



COLORADO
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Department of Public Health & Environment

FOR IMMEDIATE RELEASE

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State provides a dozen ideas for enjoying Memorial Day weekend during the pandemic

DENVER: State officials, today ahead of Memorial Day Weekend, ask Coloradans to continue to follow orders to slow and limit transmission of COVID-19. Coloradans should:

- Maintain 6 feet of physical distancing.
- Keep groups small (under 10 people).
- Wear a face-covering when around others.
- Keep it as local as possible, and especially avoid any grocery stores, gas stations or other important community resources outside of your immediate home area.
- Check out [COTREX](#) to see what trails, trailheads, and activities are permissible on state and federal public lands, and what isn't crowded.

“On Memorial Day, we honor those who have sacrificed everything for our great country. The selflessness of those brave men and women is especially poignant this year,” said Jill Hunsaker Ryan, executive director, CDPHE. “We are all reminded during this pandemic that with freedom comes responsibility. We hope that everyone enjoys their weekend, while making an effort to protect their communities from this devastating disease.”

A dozen ideas for safe things to do on Memorial Day weekend:

1. BBQ some tasty local [Colorado food](#) in your backyard with your household, or a physically distanced picnic at a local park.
2. Take a hike with you and your dogs.
3. Get in a quick overnight backpacking trip (dispersed camping is allowed on certain public lands - but be sure to gear up at home!).
4. Pedal your favorite road, local bike trail, or single track (Drivers, remember to share the road this weekend!).
5. Paddle your favorite whitewater playpark or stand up paddle boarding (SUP) spot, but keep your distance in the eddy.
6. Get in a round of golf at the local links - keep the foot-wedge in the bag and don't shake hands for now.
7. Support your favorite restaurant by ordering takeout (Don't skimp on the green chili!).
8. Participate in a neighborhood game of good ol' fashion flashlight tag.
9. Go to a drive-in movie with your sweetheart; yes, there are some great ones in Colorado!
10. Go for a horseback ride or start your big year [bird watching](#) (or both, they're not mutually exclusive, whatever floats your boat).

11. Go float a boat...

12. Climb your local crag, but please share beta from more than 6 feet apart.

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