



2022



How We Care For Our Employees

Pioneers Medical Center

PMC's Patient Experience: Voted 5-Stars by *Becker's*

Our Clinic Providers

Together, our Meeker Family Health Center, Colorado Advanced Orthopedics, and visiting specialist providers deliver exceptional, compassionate care to our patients. From an annual check up to diabetic management, our team of providers is equipped to provide quality and holistic care.

Our Executive Team



Liz Sellers, CEO



Amy Peck, CNO



Lionel Montoya, CFO

Pioneers Medical Center (PMC) was recently listed as one of the best hospitals for patient experience in the Western US. The list, compiled by the prestigious Becker's Hospital Review, includes 27 facilities in Arizona, California, Colorado, Idaho, Montana, New Mexico, Oregon, Utah, Washington, and Wyoming. "We're honored to be included in this list," said Liz Sellers, CEO at PMC. "We're driven by our purpose, which is to provide high quality, individualized care. Part of that care is providing an exceptional patient experience during every stage of treatment. Our entire staff goes above and beyond to ensure each patient receives the best possible experience. It's extremely rewarding to see these efforts recognized by a prestigious publication such as Becker's."

Becker's list of top 27 hospitals was compiled using the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) scores provided by the Centers for Medicare & Medicaid Services (CMS). The HCAHPS creates a summary containing the average star ratings of 10 separate metrics related to patient experience.

Every facility included in Beckers list received a five-star patient experience summary rating. Pioneers Medical Center was one of only six facilities in the entire state of Colorado and the only Critical Access Hospital (CAH) in the state to be included on this list. CAO and PMC patient, Steve H. echoes the CMS HCAHPS scores. "I will always be indebted to Dr. Kevin Borchard, his staff, and the incredible operating room team at Colorado Advanced Orthopedics at Pioneers Medical Center. Not only am I extremely grateful for the quality care I received, but I feel like I have made life-long friends. Thank you to everyone for making me feel better and who made coming to the doctor's office, dare I say ... fun!"

Recently, PMC's Meeker Family Health Center began a 4,200 sq. ft. expansion project which will include more patient rooms, office space, and storage with an anticipated completion date of November 2022. "We are excited to begin this expansion project and are encouraged by the growth of our Meeker Family Health Center and Colorado Advanced Orthopedics clinics," said Liz Sellers. According to internal patient data, Meeker Family Health Center saw patient volumes increase 5% from 2020 to 2021.

**What can make things even better?
You.**



Kellie Turner, MD
Family Practice



Travis Anderson, MD
Family Practice



Caroline Dorman, MD
Family Practice



Albert Krueger, MD
Family Practice



Rosaly Coombs, RN-CFNP
Nurse Practitioner



Andrea Hazelton, FNP-C
Nurse Practitioner



Starla Secrest, PA-C
Physician Assistant



Heather Babcock, PA-C
Family Practice

Our Orthopedic Providers

Our Anesthesiology Team and Visiting Providers



Kevin Borchard, MD
Orthopedic Surgeon



Justin Grant, DO
Sports Medicine Physician



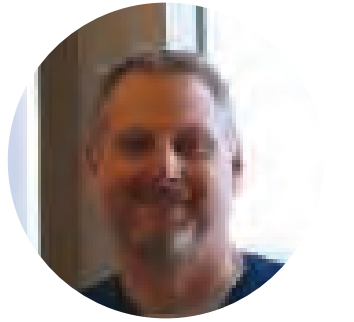
Gregg G. Martyak, MD
Orthopedic Surgeon



Ryan C. Nau, CRNA
Nurse Anesthetist



Russell Stagg, CRNA
Nurse Anesthetist



William Trouskie, CRNA
Nurse Anesthetist



Mark Purnell, MD
Orthopedic Surgeon



J. Alex Sielatyski, MD
Spine Surgeon



Dan Ward, MD
Orthopedic Surgeon



Jim Hanosh, MD, FACS
Visiting General Surgeon



Frank Laws, MD
Visiting Cardiologist



Darren Nisly, DO
Visiting General Surgeon



Terri Jourgensen, RN
Orthopedic Clinic Director



Brad Nace, PA-C
Physician Assistant



Joshua Peters, PA-C
Physician Assistant



Caleb Van Essen, MD
Visiting General Surgeon



Chris Wibbelsman, MD, FACS
Visiting General Surgeon

About Pioneers Medical Center

Located in the beautiful intersection between the sandy deserts of Dinosaur, CO and the dense forests of the White River National Forest, Pioneers Medical Center is a community-based healthcare facility dedicated to offering a wide range of competitive and strategic benefits that support all aspects of life and wellbeing in Western Colorado. We focus on building lifelong partnerships with our patients to empower them to achieve optimal health. We've been serving patients nearby and from afar since 1950, and we plan to continue to do so.

Today, Pioneers Medical Center is licensed through the Colorado State Department of Health and is both Medicare and Medicaid certified. Healthcare has become central to our community, and PMC serves as the anchor providing those important and necessary services.

Pioneers Medical Center began its journey in 1947 when Freeman Fairfield approached the Rio Blanco County Commissioners about establishing a hospital for the Meeker community.

Mr. Fairfield contributed \$175,000 of his own money to the project. His commitment and financial support have enabled Meeker and area

residents to benefit from exceptional quality healthcare services to this day. The hospital opened in 1950 and has served our Community ever since. While we may have moved from the original building Freeman Fairfield sponsored, the mission and purpose of PMC lives on as we continue to expand the services we provide to the community.

01

Our Employee Benefits



Overview of Our Benefits

Medical Plans and Coverage

Are you an employee seeking more detailed information about our medical plans for the 2022 plan year? Reference your "2022 Benefit Enrollment Overview" packet or contact Human Resources to request a new copy of the packet and enrollment materials.

We pride ourselves at Pioneers by our broad, comprehensive, and unique array of benefits that our employees are able to continually enjoy and capitalize on. We believe that excellent patient care comes from employees that are best taken care of.

Our standard benefits package is available for all benefit-eligible employees, including one of two medical plans, dental and vision coverage, life and AD&D insurance, exceptional retirement matching, unparalleled time off, and access to a warm, growing, and fostering community of leaders and healthcare professionals that support one another.

At Pioneers, we're committed to a diverse and inclusive workforce. We invite you to join our team and support our mission of providing excellent care.

In addition to our medical and health benefits, Pioneers also recognizes the importance of mental and physical health, especially now. That's why we offer three counseling sessions at no cost through our Employee Assistance Program (EAP) for you and your dependents. Our EAP also provides you with access to

financial counseling, legal help, and crisis communications so that you always have a shoulder to lean on. Our employees also benefit from access to our gym and gym equipment as well as regular yoga and wellness programs to promote wellbeing year-round.

We offer two medical plans, both affordable and flexible to your individual needs. We're here to help you decide which plan is best for you and your family, so you're never alone in the process.

Both our medical plans are offered through United Medical Resources (UMR), a United Healthcare company utilizing the UHC Choice Plus network of providers.



HDHP (High Deductible, High Premium) Plan

- > Lower monthly premiums but greater out-of-pocket expenses when medical care is needed.
- > Access to an HSA account and card to allocate money pre-tax for health spending purposes.
- > Coinsurance on physician and regular visits rather than a copay.*
- > Preventative care covered 100%.



PPO (Preferred Provider Organization) Plan

- > Higher monthly premiums but smaller out-of-pocket expenses when medical care is needed.
- > Access to an FSA account and card to use throughout the year to cover healthcare costs.
- > Flat copays on qualifying care visits and medications.
- > Preventative care covered 100%.

Which health plan should I choose?

Understanding coverage tiers in our health plans

Deductibles Both the PPO and HDHP plans have the same affordable deductibles of \$3,000 for individuals and \$6,000 for families (when in the UHC Network).	
Out of Pocket Maximums Both the PPO and HDHP plans have the same out of pocket maximums of \$6,000 for individuals and \$11,000 for families (when in the UHC Network), including what you’ve paid into your deductible already.	
Physician Office Visit The HDHP plan does not have copays, so you will have to incur the cost of the visit until your deductible is met.	Physician Office Visits There is a \$50 copay for all office visits when seeing a provider in the UHC Network.
Outpatient Mental Health Services The HDHP plan does not provide copays for outpatient mental health services.	Outpatient Mental Health Services There is a \$50 copay for all outpatient mental health visits in the UHC Network.
Health Savings Accounts (HSA) HDHP plans are eligible for an HSA plan rather than a FSA plan.	Flexible Spending Accounts (FSA) PPO plans are eligible for an FSA plan rather than a HSA plan.
Premiums (per pay period) Employee: \$49.15 Employee + Spouse: \$107.08 Family: \$136.30 Employee + Children: \$98.97	Premiums (per pay period) Employee: \$78.35 Employee + Spouse: \$170.69 Family: \$217.26 Employee + Children: \$157.76

HDHP

We typically recommend the HDHP plan to individuals seeking coverage for just themselves, those that don’t anticipate seeking care much during the year, or those that would like access to an HSA to cover other medical and healthcare costs, such as dental.

PPO

The PPO is our best “catch-all” plan and may be the plan you’re most used to hearing about. The PPO provides copays to help defray costs at visits. We also recommend the PPO plan for those with chronic conditions, medications, or those anticipating surgery and major care.

Care in the Pioneers Medical Center Network \$1,500 Individual Deductible \$3,000 Family Deductible When opting to receive care at Pioneers Medical Center, you enjoy a small \$1,500 individual deductible and a 90% coinsurane, regardless of your plan choice.	Care in the nationwide UHC Network \$3,000 Individual Deductible \$6,000 Family Deductible The UHC Choice Plus network provides you with in-network access to over 895,000 physicians and health care professionals at over 5,600 facilities and hospitals. When seeking care within the network, whether at a different facility or specialty care, your care falls under a \$3,000 individual deductible category with a 80% coinsurance rater after you meet your deductible.	Care outside of the UHC Network \$10,000 Individual Deductible \$20,000 Family Deductible You’ll still have coverage through our plans if you decide to go out of the network for care. However, you can save money if you receive care from a provider or professional within the UHC Choice Plus network, as out-of-networ providers will likely charge you more for services than our own providers do. Additionally, when opting to receive care out of the network, you’re subject to a \$10,000 individual deductible and a \$11,000 out of pocket maximum. If you meet this deductible out of network, you’ll then be subject to a 60% coinsurance rate. Note that copays in the PPO plan do not apply to providers that are not in the network, as well as prescriptions from outside providers.
Tier 1	Tier 2	Tier 3

Dental and Vision Benefits

Supplemental Health Protection Plans

Both our dental and vision plans are managed through Guardian Insurance and are available for next-to-nothing with top-notch coverage. Our dental plan is operated under the Guardian Dental PPO plan, providing you with access to excellent in-network, nationwide coverage. Additionally, our vision plan utilizes the VSP Choice Plus network, also providing nationwide access to optometrists.

Vision

Our vision plan boasts a small \$20 copay for exams and materials as well as annual for lenses to match any prescription changes you may encounter. A \$130 biannual credit is available to use toward frames, and save up to 80% on any additional extras. With a nationwide network of optometrists and retail locations, such as Visionworks, you won't have to fret about finding an in-network provider again.



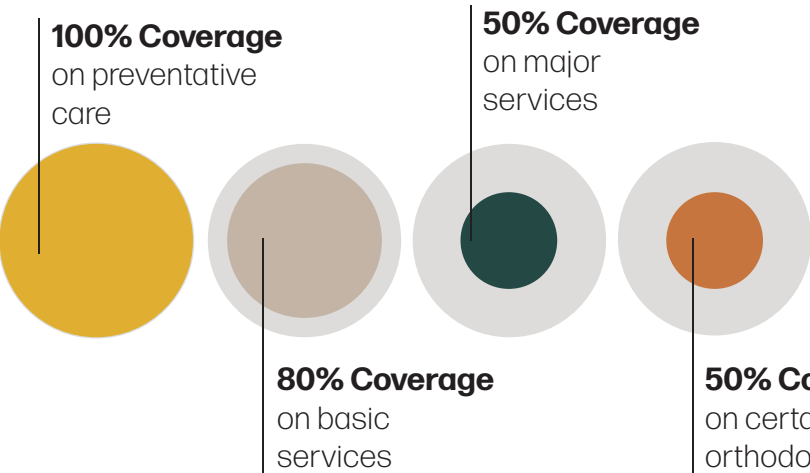
Biannual Frame Allowance



Premium per pay period

\$6.00 | Employee + Spouse
\$6.23 | Employee + Children
\$10.15 | Family

Dental

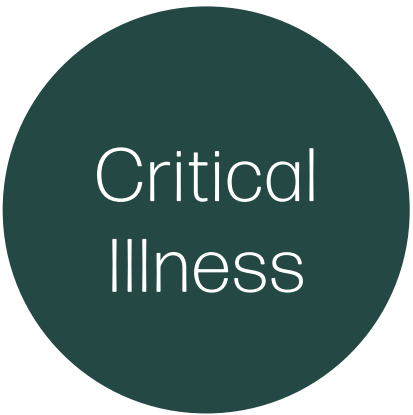


With the Guardian PPO plan, you can visit any dentist, but you save money when you utilize a provider that is within the network.

Premiums for the dental plan are affordable, with the employee plan starting at \$3.38 per pay period.

\$8.42 | Employee + Spouse
\$11.25 | Employee + Children
\$16.62 | Employee + Family

As a Pioneers employee, you'll have access to additional health protection plans to supplement your existing coverage. Although both our medical plans offer broad and comprehensive coverage, some employees may still incur out-of-pocket expenses for certain types of care. There may also be additional expenses that could be non-medical, such as lodging or travel costs related to critical illness care. Our employees are eligible for our Accident Insurance and Critical Illness Insurance. Both plans are operated by Guardian. With our supplemental health plans, payments are made directly to you, not your physician, so you can choose best what to allocate funds to in times of need.



Critical Illness Insurance

- > Choose a lump sum amount of \$5,000, \$10,000, \$15,000, or \$20,000.
- > Plan cost varies on employee's age and elective coverage for family members, such as spouse and children.
- > 100% of lump sum is paid out after the first occurrence of most illnesses.



Accident Insurance

- > Guardian pays out a lump sum amount depending on the type of accident that occurred.
- > Covers you off the job and your family in their day to day lives.

\$15.16 | Employee
\$25.34 | Employee + Spouse
\$26.65 | Employee + Children
\$36.83 | Family

Financial Security and Wellness

Temporary Disability Insurance

Accidents happen. It's difficult, if not impossible, to predict when and if you could become temporarily disabled or are unable to work. Temporary disability insurance plans are designed to supplement your income while you're away from PMC.

Employer benefits shouldn't just stop at health benefits, and we made sure that ours didn't. In addition to employee health and wellbeing, we offer affordable and flexible financial benefits to provide an extra hand if ever needed. Our Employee Assistance Program (EAP) provides free financial coaching and assistance to employees that would like to use it. Our available financial security benefits include life and accidental death & dismemberment (AD&D) insurance, temporary disability insurance, access to sponsored HSA's and FSA's, competitive retirement savings and matching, and exceptional time off policies.

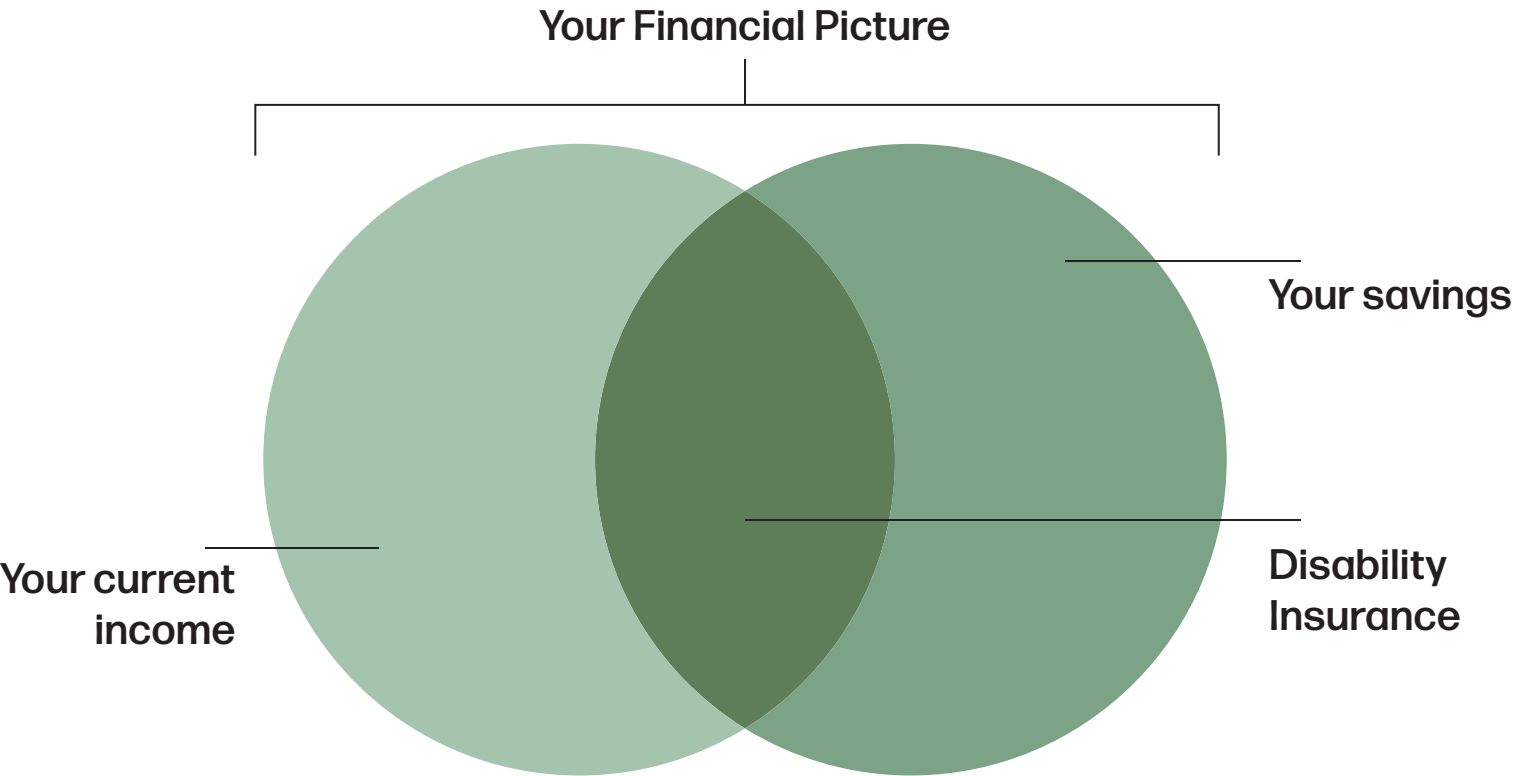
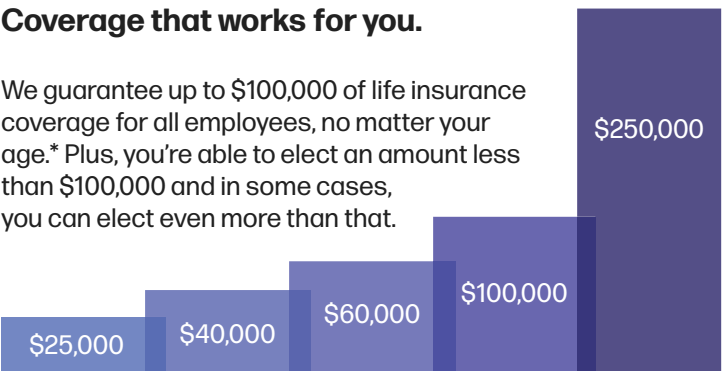
As a hospital, we always prepare for the unexpected, so we provide all of our employees a \$25,000 life insurance benefit at no cost to them. However, we do provide the opportunity to purchase additional, voluntary coverage at an additional, low cost.

Voluntary Life and AD&D Insurance

Everybody's life insurance needs are different, but that's why we hope our life insurance plan offers you and your loved ones peace of mind in case you were to pass away. Life insurance is more than just covering expenses; it's a safety net. If you don't want to elect additional coverage, no need to worry. Our \$25,000 is still there for you if you need it.

Coverage that works for you.

We guarantee up to \$100,000 of life insurance coverage for all employees, no matter your age.* Plus, you're able to elect an amount less than \$100,000 and in some cases, you can elect even more than that.



Bridge the gap & invest in your wellbeing.

Short-term Disability

- > Short-term Disability insurance is designed to replace only a portion of your income for a short period of time.
- > After a 15-day elimination period, Short-term Disability pays you up to 11 weeks of you temporary disability.
- > In the event, for example, that you were unable to work due to a broken leg for ten weeks, Short-term Disability would pay you a percentage of your income for nine of those weeks.

Long-term Disability

- > Long-term Disability insurance is designed to replace a portion of your income while you're disabled for a period longer than what Short-term disability covers.
- > After a 91-day elimination period, Long-term Disability pays you, at most, until your Normal Retirement Age (usually 65) if you're unable to work.
- > In the case that you were to pass away while disabled, three months of benefits are paid to your family after your death.

HSA's and FSA's: What's the difference?

Portability and Ownership

You can take your HSA with you if you decide to leave PMC. Plus, you have full ownership over your account.

Contribution Limits

Individual: \$3,450 annual contribution limit
Family: \$6,900 annual contribution limit

Structure: a "bank" account

Your HSA is set up much like a typical checking account. You can only spend what you have in your account.

Funding your HSA

PMC gives all employees \$200 at the beginning of the year in their HSA's. After that, you can choose how much you would like to contribute to your HSA on a pay-by-pay basis.

Changes and Rollovers

HSA's are not bound to open enrollment rules for making changes. You can change and adjust your contribution amounts at any time in the year. There are also no limitations on rolling over funds into the next year, and your fund don't expire.

HSA

Remember that you can only have either an HSA or an FSA account, and that you're only eligible to enroll in an HSA account if you are also enrolled in an HDHP health plan. Other qualifications apply, such as required ineligibility for medicare and an independent filing status.

Portability and Ownership

FSA's are owned by the employer, so if you decide you leave PMC, you lose your FSA account.

Contribution Limits

Individual: \$2,650 annual contribution limit
Family: \$5,300 annual contribution limit

Structure: a "pool" of funds

FSA's are different in that you have the ability to access the full amount you select at any time in the year, provided that you continue to make payments to match that amount by the end of the year. For example, if you have selected an annual amount of \$1,000, and suddenly have a \$1,250 medical bill mid-year, you can use all \$1,000 to apply toward your bill.

Paying into your FSA

Since your total funds are available at the beginning of the year, your monthly contribution amount is fixed.

Changes and Rollovers

FSA's are bound to open enrollment rules, meaning you can only make changes in open enrollment or in a qualifying event. FSA's also have rollover rules and funds expire at the end of the year.

FSA

Although an FSA may be less flexible in terms of functionality and usage, it can be especially great to have in the case of an expensive medical bill that occurs halfway throughout the year. In these cases, your FSA can help minimize the financial impact on you and your family by "breaking it up" into manageable payments.

Navigating an HSA Account

Where does the money come from?

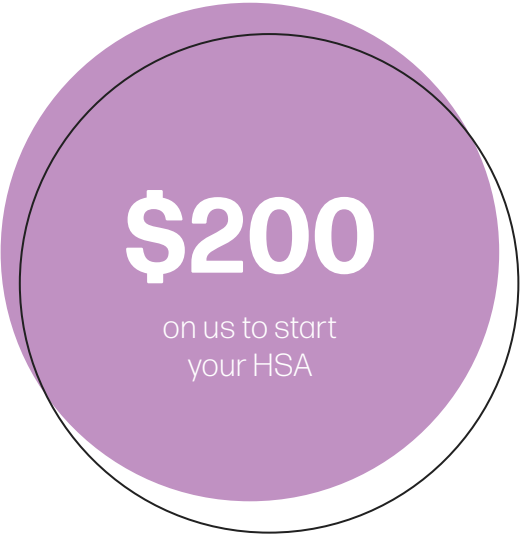
If you enroll in an HDHP plan and subsequently enroll in an HSA, you'll receive a debit card from Discovery Bank, our HSA account manager. You'll have \$200 right off the bat, and after that, any money you contribute from your paychecks will be available to use on your card throughout the year. If you expect more cash flow one month, you can always contribute more to your account for just that month, or if you decide you want to skip contributions for a month, you can do that too. HSA's are flexible and easy to navigate.

When can I use the funds?

Funds in your HSA are available on the same basis as your checking account funds would be. You can only spend what you in your account.

Where or for what can I use the money?

You can use your HSA funds on any qualifying medical, dental, or vision expense for you and your dependents. From glasses to ibuprofen to insulin, your HSA can reimburse you for more than you may think it can. However, it's always a good practice to keep your receipts and to double check your shopping list's eligibility before you make a run to the drug store for supplies. As of 2020, menstrual care products are reimbursable and over-the-counter drugs no longer require a prescription to be reimbursable.



Retirement and Life Beyond Pioneers

Our retirement plans are administered by the Colorado Retirement Association (CRA). CRA is managed by Empower Retirement, a trustworthy and national retirement firm. Empower is the second-largest retirement provider in the United States, with over 12 million participants.

We are meant to grow together.

Here at Pioneers, we require all employees to participate in the 401(a) plan, a special retirement plan tailored for government and special district employees. Participants can elect between 3% and 6% of their pay to be contributed to their account. As a competitive bonus, we'll match retirement contributions up to 6%. So if you contribute 6% of your pay, we'll match that amount every pay period.

We also offer an optional 457(b) plan so that you can make additional contributions beyond your 401(a). Both your and our contributions are mandatory to ensure consistent and long-term savings. If you already have an existing retirement account, CRA makes it easy for you to move those funds over into your 401(a) account at Pioneers.

Your Contributions

Your retirement package

Our Match

Time Off and Away from Pioneers

While we value the hard work and effort of our employees when they're at Pioneers, we also recognize the value of time away from work to relax, adventure, and explore all that Western Colorado has to offer. Pioneers offers paid time off at a competitive accrual rate.

Our journey starts here.

For our first year together, you'll accrue at a 10% rate.

Year One

If you accrue time off at a 10% rate and work a typical 40 hours a week, you'll earn four hours of time off. However, if you only work 32 hours the next week, you'll only earn 3.2 hours of time off.

...and our time together continues.

After a career with us, you'll accrue at a 16% rate.

Year Twenty-One and Beyond

02

Education and Outreach: Beyond Pioneers



PMC

Many of our departments have developed individualized and targeted training methods and plans to better improve workflows and efficiency in their own spaces. Many of these education opportunities include asynchronous work, synchronous lectures and hands-on training, and comprehensive training and learning conferences and events.

Training and Continuing Education

Pioneers acknowledges the power and potential in providing excellent care through a holistic, comprehensive, and collaborative care model. We achieve our goals by providing our employees with multidisciplinary training opportunities and promoting continuous, evidence-based education.

Because Pioneers believes that formal education has a positive impact on an employee's contributions to our community, we support self-development and educational efforts by providing reimbursement for many of the expenses associated with continuing education and CE courses. This is in conjunction with our own internal annual and continuing education programming to ensure that our staff are always up-to-date and prepared for what could happen next.

Certifications and licensure are a critical part of care-giving, so we strive to facilitate recertification and relicensure as best we can



The Pioneers Healthcare Foundation

A building's foundation is constructed over time, piece by piece. The same is true with a charitable organization. Community members have helped lay the groundwork for the Pioneers Healthcare Foundation to achieve our goals. Over time, individual donations from the members of our community have helped us amass the money necessary to fund important healthcare services that Pioneers Medical Center provides to the White River Valley community.

Scholarships for Employees

At PMC, we strongly believe in the strength and power of education and continuing education. That's why we make scholarships and tuition reimbursement available for all of our employees.

Annually, the Pioneers Healthcare Foundation operates a round of scholarship applications and giving that our employees are eligible for if they choose to seek a medical or non-clinical health degree. From undergraduate degrees in nursing or respiratory therapy to post-graduate work in nursing, pharmacology, and even medicine, we value the time and effort our employees put into bettering themselves to better serve our community.

Educating those of the future: CNA's

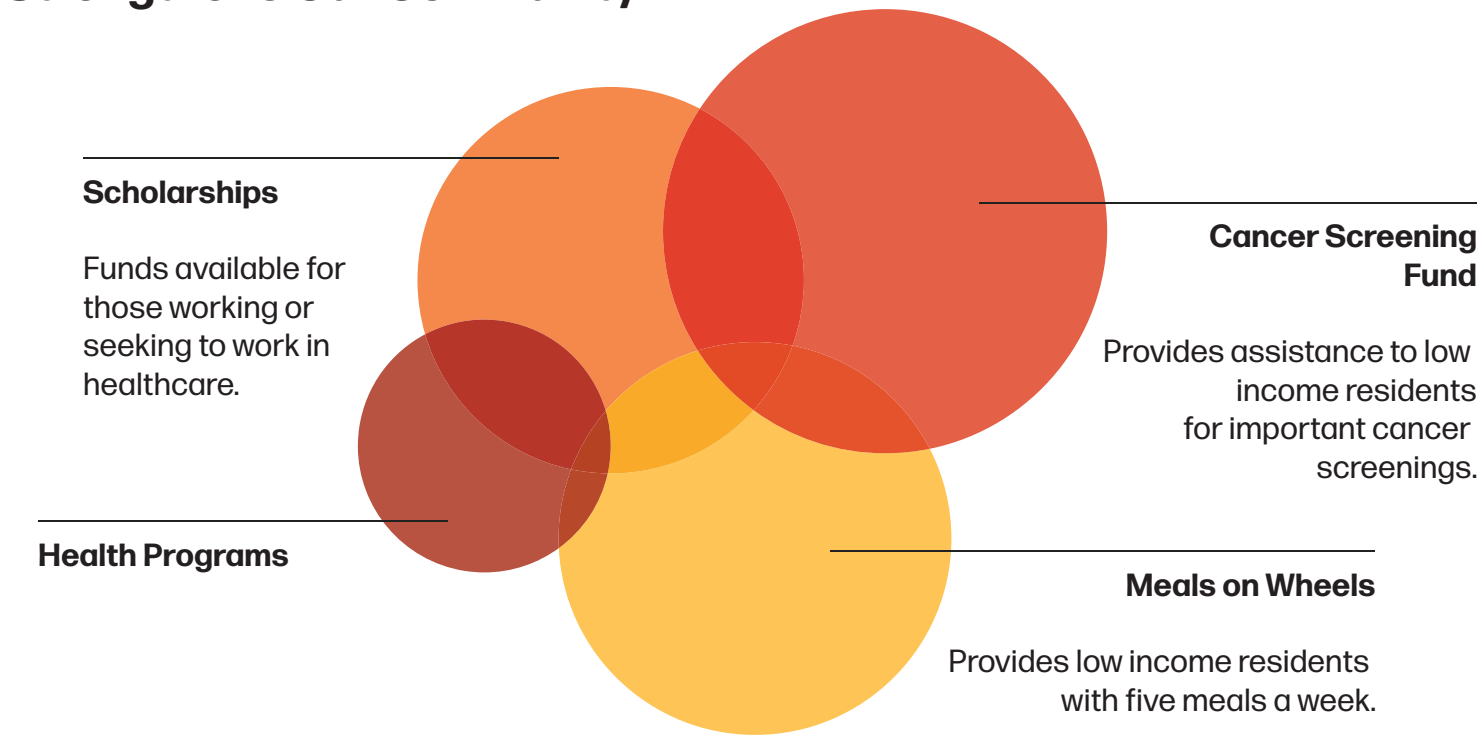
About the CNA Program at PMC

At the front line of our hospital and long-term care facilities are our patient care technicians and certified nursing aides, both of which are critical to operating an efficient and effective standard of care. Our CNA program is designed to recruit employees, local students, and area residents and educate them so that they can sit for a qualifying board exam to become a certified nursing aid in the State of Colorado.

Taught by our nursing educator and experienced nursing staff, the program is fast-paced and rigorous but achievable and rewarding. The 104-hour course is taught in a span of only a few weeks and includes clinical hours on the floor, exam time, and hands-on practice of nursing aide skills and abilities.

We believe that education should be accessible, which is why we provide the program at no cost to those interested in working with us after their obtain their certification and for a low, affordable cost for other students that are interested in joining the medical field.

How the Pioneers Healthcare Foundation Strengthens Our Community



104
Course
Hours

10
Students
per Session

Careers and Your Future at PMC

Pioneers Medical Center is dedicated to supporting and helping our employees succeed in their respective fields. From those new to the medical profession to those that are looking to try new things.

Explore and grow at PMC

Certified Nursing Assistants (CNA)

CNA's are a critical component to the care of patients in the Emergency Department, Medical/Surgical Department, and our Walbridge Wing Long-term Care Facility. PMC has partnered with Colorado Northwestern Community College and Colorado Mountain College to produce a robust program that will gear CNA's up for success once they begin patient care. PMC offers assistance in paying for your CNA license for those committed to providing high quality care at PMC.

Medical Assistants (MA)

MA's are an integral part of the patient care experience in clinical settings. MA's work by side-by-side with our providers providing assistance with procedures, vital signs, immunizations, and so on in our clinic. PMC is committed to the success of MA's by offering assistance to those interested in pursuing certification for those that also commit to our standards of care here at PMC.

New Grad Nurses

PMC is committed to ensuring that new nurses are successful. We've partnered with the Colorado Center for Nursing Excellence to provide new grads with support from other new grads from across the nation. Our preceptorship program provides new nurses with the support and guidance to ease the transition from student to nurse.

Preceptors

We believe in the power of knowledge and experience, and that's no exception when it comes to our preceptor program. Nurses that have been working for over two years are eligible to receive formal preceptor training through the Colorado Center for Nursing Excellence to help teach the next generation of incredible nursing staff.

Nurses in the Emergency Department

Our Emergency Department Nurses are critical to our facility's mission. We've partnered with the Emergency Nurse Association to assist both novice and advanced ED nurses to grow and develop their knowledge and skills.

CNA

MA

RN

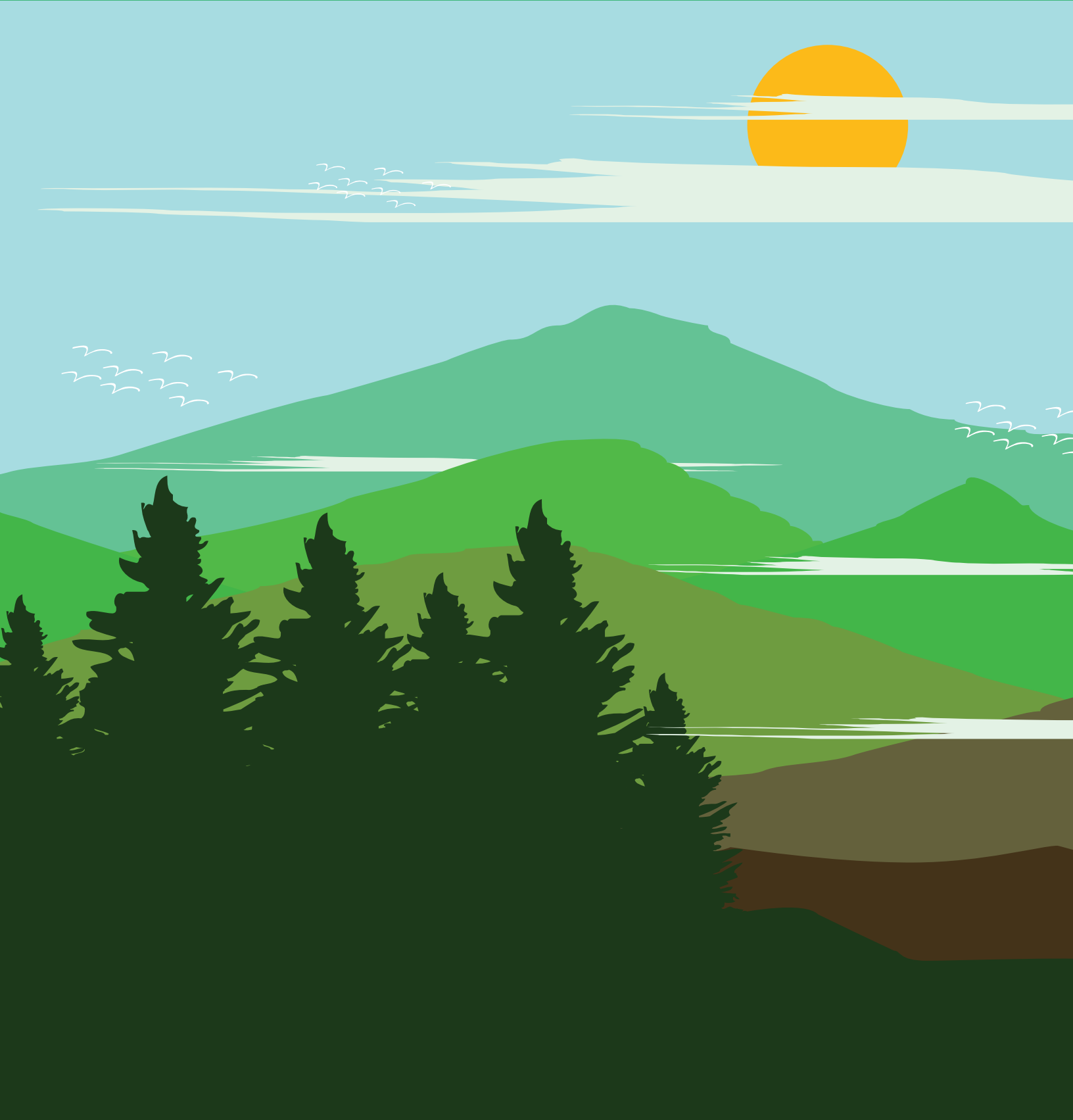


Our New Retail Pharmacy

We're thrilled to announce the completion of our new retail pharmacy facility that will serve to bridge the gap in pharmaceutical access in the community. The new pharmacy will expand on the existing inpatient pharmacy and offer a greater and broader selection of medication and therapies to further enhance our own medical offerings as well as to provide the general public with their needed medications.

03

About Meeker and Western Colorado



PMC

Finding Us

Meeker is located approximately 3 hours and 45 minutes west of Denver, Colorado and about 4 hours and 45 minutes east of Salt Lake City, Utah. Grand Junction, Colorado, the nearest metropolitan area, is about an hour and 40 minutes southwest of Meeker.

The closest airports to Meeker are the Yampa Valley Regional Airport (HDN), the Grand Junction Regional Airport (GJT), and the Denver International Airport (DEN).

About Meeker

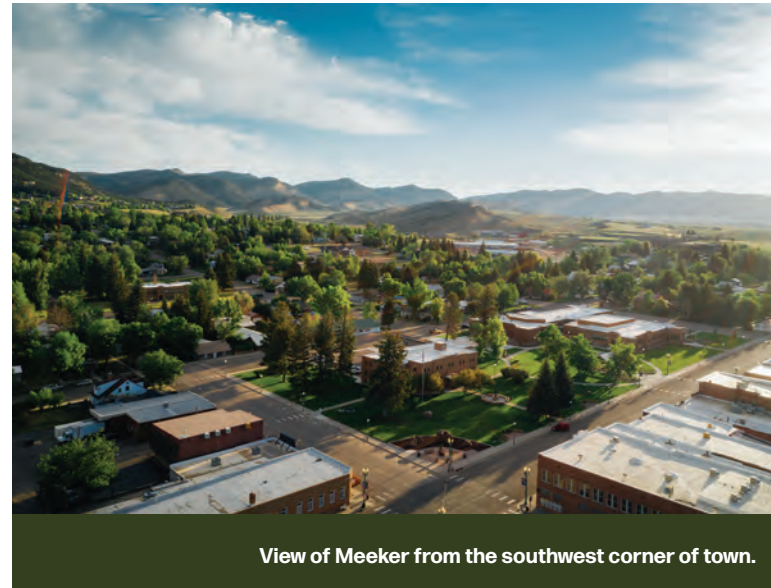
Meeker is a small mountain town located on the famous White River just below the Flat Tops Wilderness Area. Positioned in the Northwestern Corner of Colorado, Meeker offers access to an extensive amount of land managed by the Bureau of Land Management, State of Colorado, and Federal Forest Service. Meeker’s public land gives rise to unparalleled hiking, biking, snowmobiling, and motorized vehicle trails. Endless fishing, hunting, and camping along with fun in sun at Meeker’s streams, lakes, reservoirs and the White River, are what distinguish this small town as such a desirable destination. Events like Meeker Range Call, the Sheep Dog Trials Championship, Skijoring, Summer Rodeo Series, and the Rineheart Archery Tour ensure year round entertainment for all ages.

A short drive away, towns including Grand Junction, Glenwood, and Steamboat Springs, offer big city amenities as well as world-class skiing. Grand Junction showcases Colorado Mesa University and everything that comes with a college community; Glenwood includes the Glenwood

Caverns Amusement Park and several hot springs; Steamboat offers a variety of charming shops and food, and so much more. Meeker, located 225 miles west of Denver is the perfect place to experience the wilderness and be part of a caring community.

Places to See and Visit Near Meeker

Fun in the northwestern corner of the state doesn't have to end at Meeker's town limits. With the White River flowing along the south of the town, cities and towns in all directions, and public lands and parks in and outside of the town, the Meeker area is guaranteed not to limit the activities and experiences you can have here.



View of Meeker from the southwest corner of town.

Scenic Byways

Colorado's 26 scenic byways offer roadtrippers an opportunity to gasp in awe at Colorado's rich and colorful landscapes. Easy access to one of those scenic byways is just East of Meeker. The Flat Tops Trail connects connects Meeker directly to the town of Yampa and is about 80 miles long, but allow yourself three to five hours to take it slow, stop and look, and perhaps even take a quick walk or hike on the many trails off the road. Just West of Meeker is easy access onto Dinosaur Diamond, a 134 mile byway stretching from Dinosaur southward to Fruita.



Meadow Lake

Meadow Lake is located about 40 miles southeast of Meeker, Colorado in the valley between Burro Mountain and Blair Mountain. The area around the lake houses the Meadow Lake Campground and the Meadow Ridge Campground, both providing an excellent view of the water. The picnic area at the lake features picnic tables, fire rings, a dock, and boat launch. The campgrounds and the lake are accessible via car from late spring to late fall, and they make for a great basecamp for OHV riding, hiking, hunting, and fishing activities.



Rifle Falls & Rifle Gap

An incredibly popular state park, Rifle Falls is rich in green and flourishing vegetation amidst a series of spectacular water falls. The waterfalls serve as curtains to mysterious caves and rock formations beneath for those brave enough to crawl in. The area is great for both a brief lunch picnic or an entire day walking and exploring.



White River Museum

A small, yet packed and feature filled, museum, the White River Museum is housed in two officer's quarters left behind by the U.S. Army in the late 19th century, following the Meeker Incident. The museum itself showcases local artifacts dating back to the mid-19th century up until mid-20th century. From weaponry used in the infamous Meeker bank robbery of 1896 to a two-headed calf from 1934, the White River Museum is a must-see for a dose of the what the Wild West has had to offer.



Dinosaur National Monument

Former home to dinosaurs, Dinosaur National Monument now showcases their phenomenal fossils against a gorgeous, rocky landscape. Take a hike, camp, see petroglyphs, or try river rafting; Dinosaur's vast size and history offers a niche for every explorer. Pay a visit to the Quarry Exhibit Hall to see the thousands of dinosaur bones resting in a massive, rock wall. Dinosaur National Monument earned the International Dark Sky Park designation in 2019, promising exceptional views of the stars and the Milky Way at night.



Colorado National Monument

Meadow Lake is located about 40 miles southeast of Meeker, Colorado in the valley between Burro Mountain and Blair Mountain. The area around the lake houses the Meadow Lake Campground and the Meadow Ridge Campground, both providing an excellent view of the water. The picnic area at the lake features picnic tables, fire rings, a dock, and boat launch. The campgrounds and the lake are accessible via car from late spring to late fall, and they make for a great basecamp for OHV riding, hiking, hunting, and fishing activities.



Trappers Lake

One of the most iconic lakes in the area, Trappers Lake sits in a valley guarded by 10,000 foot peaks, the famous Ampitheatre Peak, and astonishing greenery. Known as the “Cradle of the Wilderness,” Trappers Lake was protected in the early 20th century from vast development, leaving it largely untouched from the forces of man since. Visit for a day trip out in the backcountry or a holiday weekend camping with your family and hike, fish, and picnic.



The TANK

Featured in news publications across the country, the Tank Center for Sonic Arts is any audiophiles dream. The center is housed in a refurbished, seven-story water tank that was moved to Rangely, CO in the mid-20th century. It's acoustic profile can hold a sound for as long as 40 seconds, creating a dreamy, lucid experience that's sure to send chills down your spine. The TANK holds an annual series of concerts and music, as well as providing residency opportunities to artists that want to transform their music. Learn more about the TANK at tanksounds.org.



White River National Forest

The White River National Forest is the most visited national forest in the United States, with over 2,500 miles of trails, eight wilderness areas, and over 2.3 million acres of land coverage. The forest houses many of the most recognizable landmarks in the area, including Trapper's Lake and Meadow Lake.



Black Canyon & Gunnison National Park

Formed over two million years, the Black Canyon of Gunnison National Park is a sculptural phenomenon highlighting Colorado's geological history. Hike in and around the canyon, go on a scenic drive, fish, or even scale the walls of the canyon. Gunnison National Park is also an International Dark Sky Park, so camping and over-night expeditions will truly be a thrilling experience. In the winter, visit the area for cross country skiing.



Meeker's Historic Downtown

Founded in 1885, Meeker became the first permanent town in the northwestern corner of the state. Being over 130 years old, the town is packed with buildings and landmarks almost as old as it is. The Meeker Historic District encompasses the downtown area from 4th street to 8th street with 32 historic buildings, many of which are still in use today. The earliest constructed buildings in the district are from 1880 and are prime examples of the U.S. Army's “piece-sur-piece” log construction in the 19th century. Two of those buildings are the White River Museum.



Exploring Meeker and Western Colorado

Shower in sunshine in Colorado's 300 days of sunshine or gaze in awe at the stars at one of the state's International Dark Sky Places designated parks, monuments, or cities. Night or day, Colorado has an experience for anybody, whether you're an avid Geocacher or a spa-junkie.

Western Colorado's terrific blend of landscapes and communities dazzle the eyes of visitors, tourists, and locals alike. Vibrant cultures and celebrations sprinkle our calendars with continuous, annual festivities to step-back and disconnect.

From remarkable, shapeshifting desertscapes to crisp, marine blue, highcountry lakes, Meeker and the surrounding nature is a cradle for indulgent, unique experiences.

Pages to Follow

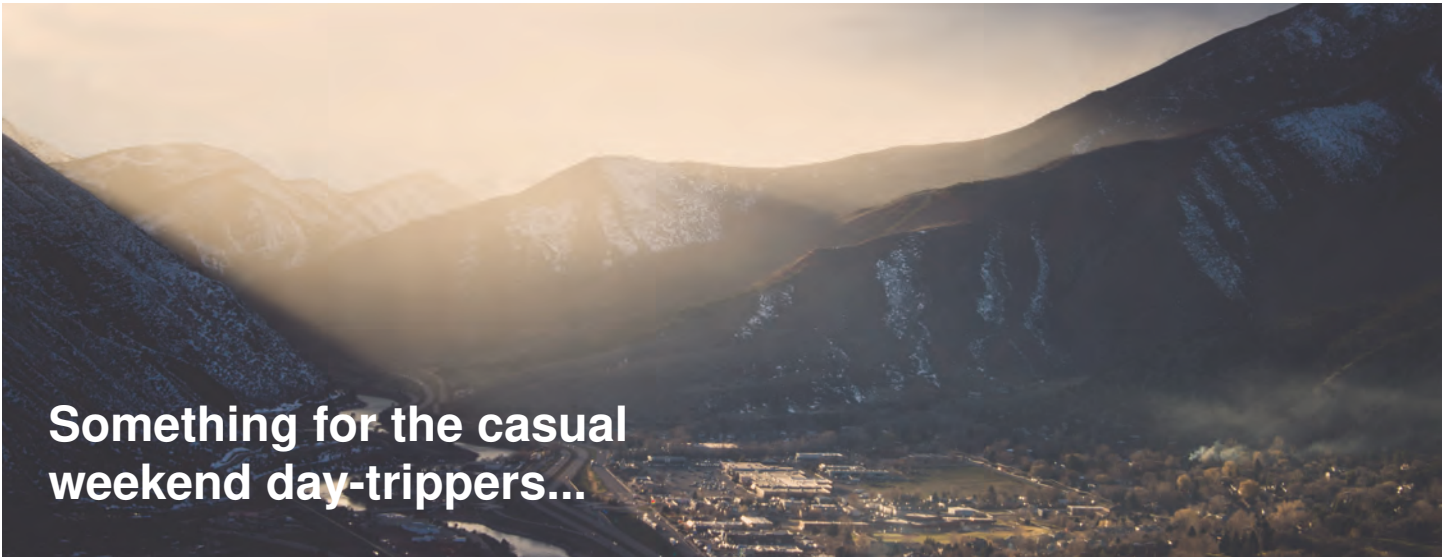
Instagram

@pioneersmedical | Pioneers Medical Center
@visitmeekercolorado | Official Visit Meeker, Colorado
@visitglenwood | Visit Glenwood Springs
@steamboatcolorado | Visit Steamboat Springs
@visitcolorado | Visit Colorado
@coloradogrammers | Colorado Photography
@ht.1885 | Rio Blanco Herald Times Newspaper
@historycolorado | History Colorado
@coparkswildlife | Colorado Parks and Wildlife

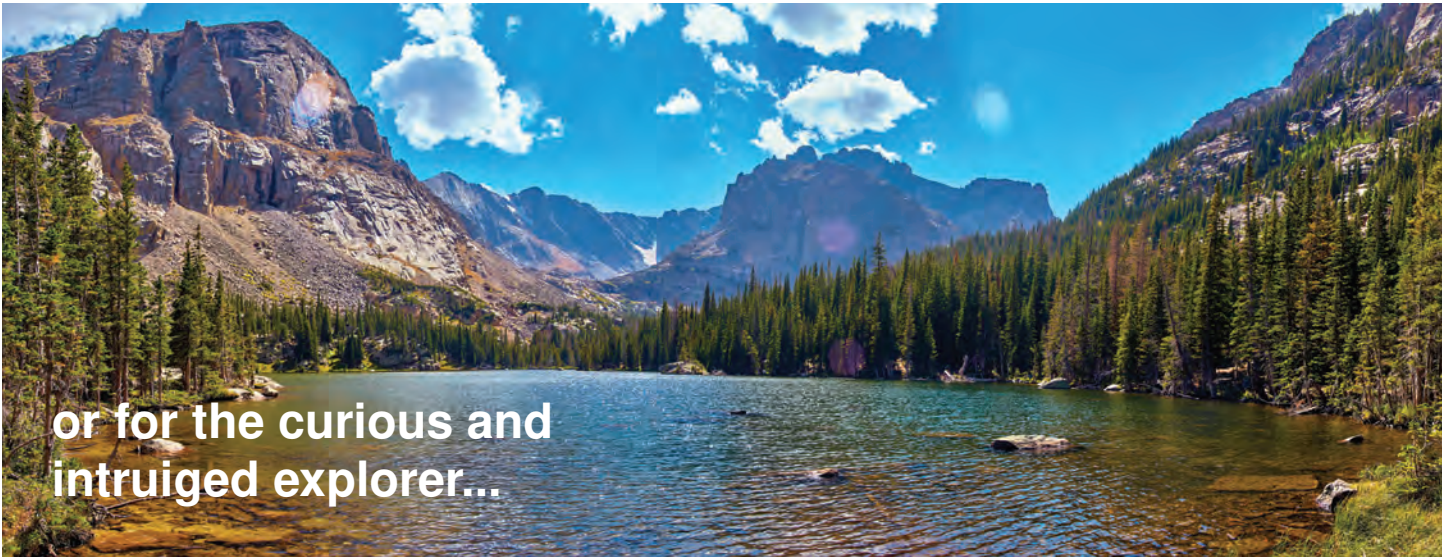
Facebook

@pioneersmedicalcenter | Pioneers Medical Center
@visitmeekercolorado | Official Visit Meeker, Colorado
@VisitGlenwood | Visit Glenwood Springs
@steamboatcchamber | Visit Steamboat Springs
@MeekerChamber | Meeker Chamber of Commerce
@ht.1885 | Rio Blanco Herald Times Newspaper

Steamboat Springs, Colorado



Something for the casual weekend day-trippers...



or for the curious and intruiged explorer...



and something for those that call nature their first home.

Casual Weekends & Day Trips

Soak and Dine

Being an active center for volcanic activity, the Rocky Mountains spur surface level hot springs that offer a one-of-a-kind therapeutic experience. Iron Mountain Hot Springs in Glenwood Springs makes an excellent apres-ski or post-dinner location to relax and soak in the mineral water from deep below the surface. The Glenwood Downtown offers a broad selection of quality cuisine within walking distance of the hot springs. Another popular option is to head north to Steamboat Springs for their Strawberry Park Hot Springs, featuring a broad array of private mineral pools. Famous for top-notch entertainment for skiers, the Steamboat Downtown makes for a must-visit at any time of the year for its dining, river wading, and festivities.

Downtown Glenwood Springs, Colorado



Stay and Explore

With some of the tallest mountains in the country, the Rocky Mountains are absolutely at the center of our Meeker pride. Spend a weekend gazing out over Trapper’s Lake at the Trapper’s Lake lodge in a one-of-a-kind, off-the-grid cabin experience with access to exceptional mountain restaurant.

Feel like staying closer to town? Book a night or two in a tiny house at the Trail & Hitch Tiny Home Hotel. Lounge outside with a beer from Meeker’s own Smoking River Brewing Co. and watch a spectacular Colorado sunset.

Other day trip destinations are the Glenwood Caverns Adventure park in Glenwood Springs or ride a carriage through Palisade’s wine country.

Peach Orchards in Palisade, CO



Glenwood Springs Hot Springs
▲
An alternative to Iron Mountain Hot Springs, Glenwood Hot Springs is an iconic and popular spot for all-season swimming and relaxation.



Maroon Bells, Colorado

One of Colorado's most iconic and photographed places, Maroon Bells is home to Maroon Lake, the lake you see above.

A Taste of Rugged Colorado

Top Notch Switchbacks

Hiking is a staple sport in Colorado, with over 300,000 people alone hiking a 14er every year. The Meeker area doesn't lack in its selection of quality hiking either. Our proximity to the mountains guarantees easy access to trails at the Big and Little Marvine Peaks, Buford Peak, and Fowler Peak. In fact, you dont even have to leave town for a hike. The adjacent trail system in Meeker provides park-side access to 11-miles of bike and pedestrian rails for a quick evening of tricks or trail running.

Colorado's most iconic hikes aren't too far either. Maroon Bells is only a 2 and a half hour drive south and can make for a stunning weekend trip in Aspen and a strenuous, but thrilling, hike between Crested Butte and Aspen.

Devil's Causeway near Trappers Lake



Fishing is a year-round activity in the White River.



Getting Wet

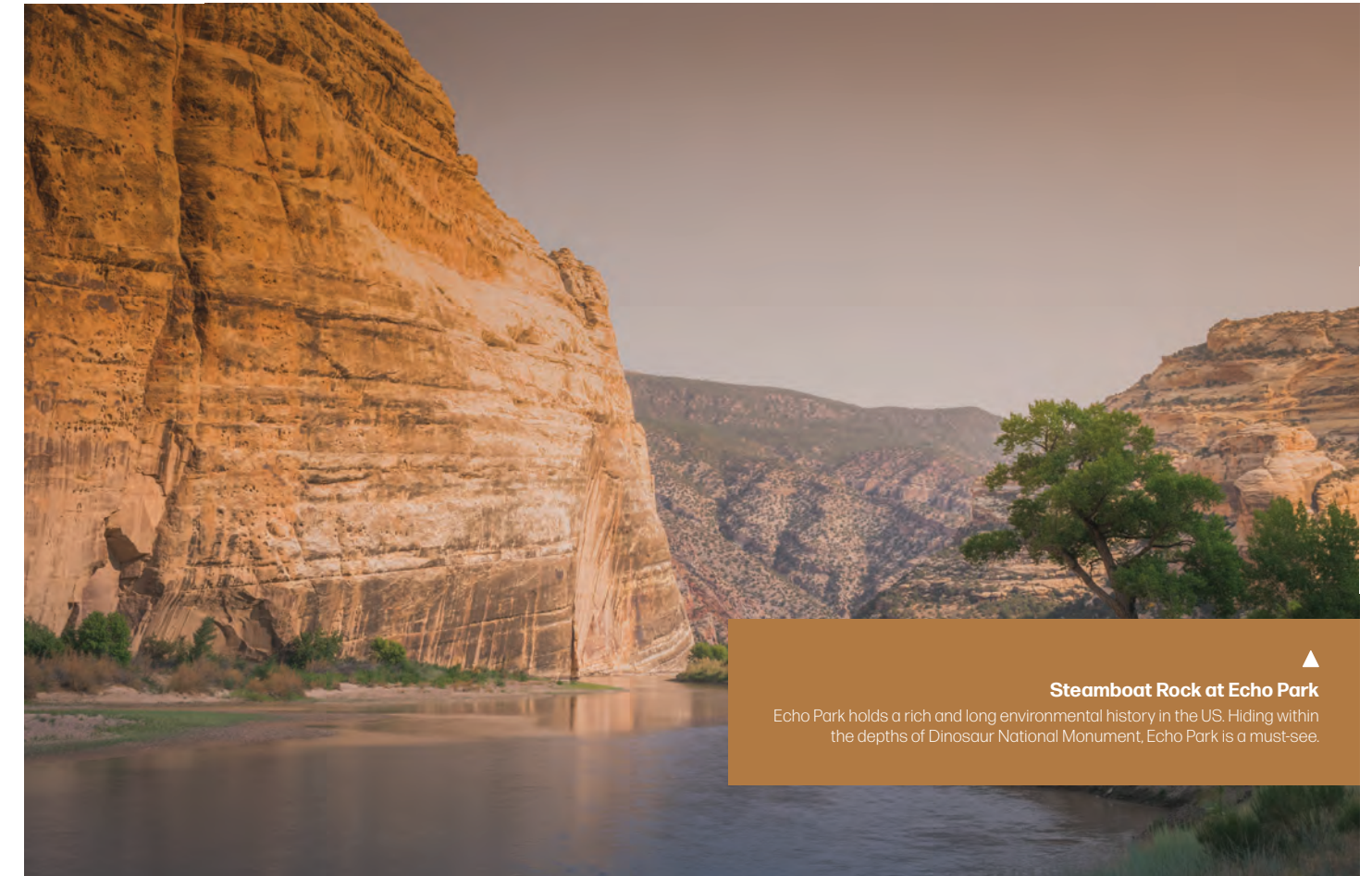
While we may be far from the beaches of California, Colorado offers a vast array of waterside activities that can pump your adrenalline. Whitewater rafting and tubing are popular summertime activites in both the Yampa River and in the Colorado River. Guided tours are available in Glenwood Springs for an immersive tour of the Glenwood Canyon, via river!

For a more casual afternoon, the Meeker area offers over 111 miles of fishable waterways and more than 780 acres of fishable lakes containing a colorful variety of trout and brookies. Plus, Lake Avery is a local ice fishing spot when the fishing bug strikes in the winter.

Colorado Loves Snow

It's no secret that Colorado offers some of the best skiing mountains in the world, with over 29,000 skiable acres in the state. Meeker rests in a central, apres ski location, with quick access to three different ski resorts. Sunlight Ski Resort offers 72 trails within a hassle-free and easy-going environment, just south of Glenwood Springs. Steamboat Ski Resort provides a larger, more comprehensive ski experience, with access to over 169 trails.

For a tougher day in the snow, the Meeker area houses 178 miles of trail and open parks and meadows for snowmobiling, cross country skiing, and snowshoeing.



Steamboat Rock at Echo Park

Echo Park holds a rich and long environmental history in the US. Hiding within the depths of Dinosaur National Monument, Echo Park is a must-see.

Where Nature Fights Back

If you're looking for a more technical and demanding challenge, Colorado and the Western Slope aren't shy about pushing you to the limits. Try a multi-day, backpacking trip, for example. See the most remote and trepid landscapes of the Flat Tops Wilderness when you take the 30 mile Trappers Lake and Devil's Causeway loop or really challenge yourself on the 50 mile Oyster Lake Trail. Really take on a challenge in the San Juan National Forest via the 79 mile

Winter Trails loop. Pack your chalk and chalk bags for an outing to Rifle Mountain Park, just south of Meeker, for a day spent climbing the steep verticals of the park. Another local option is at the Black Canyon of Gunnison National Park, with more than 140 documented routes to choose from.

Colorado is home to over 600 caves, each of which holds a rich and hidden history. Our own White River National Forest is home to Spring Cave, a largely unexplored cave system with a rowdy underground river. Spring Cave surely is a must-explore for those that crave an adventure. Another spelunking option is Fulford

Cave near Eagle, Colorado. It's one of the largest caves in the state and also one of the most dangerous. Be prepared, as the cave is 100% light-free! Groaning Cave takes the prize for being the longest known cave in Colorado with a length of 15 miles. Access to this cave is managed by the Colorado Cave Survey, an organized body of cavers that serve as a liaison between cavers and land management agencies. For more information on caving in Colorado, visit the Colorado Cave Survey website (coloradocavesurvey.com).



▲
Meeker Hotel
Built in 1896, the historic Meeker Hotel has housed famous figures from close and afar over its long-standing history.

Lodging Options in Meeker

Meeker is not short of lodging options. Lodging is available year round for all types of travelers. From hunters during Colorado’s hunting seasons to landmarkers scavenging the West for historic sites, Meeker’s lodging options make for an affordable and comfortable base camp.

Bear Mountain Inn



(970) 878-5482

A cozy bed and breakfast in the center of town, Bear Mountain Inn offers single suites for solo explorers or full suites for groups.

Blue Spruce Inn



(970) 878-0777 | bluespruceinn.com

A family-friendly hotel with a fitness center, a hot-tub, and other cozy amenities. Business and weekly rates are available for longer stays.

Elk Mountain Inn



(970) 878-3656 | elkmountaininn.com

An excellent choice right on Highway 13, this motel offers rooms with expanded food storage options for those that spend their stays hunting or fishing. Weekly rates offered.

Meeker Hotel & Cafe



(970) 878-5255 | meekerhotel.com

The historic Meeker Hotel is the perfect place to stay for an immersive Meeker experience. Located right on Main Street, coffee, shops, and dining and just a few steps away.

Trail and Hitch



(970) 235-1101 | coloradotrailandhitch.com

An eclectic stay, Trail and Hitch is home to a variety of tiny homes, a yurt, airstreams, RV’s, and RV spots. Lounge at the fire ring or hop into the sauna for a relaxing wind-down.

Trailhead Cabins & Lodging



(970) 414-0110 | meekertrailhead.com

A newly renovated site, Trailhead gives you the opportunity to stay in an A-frame cabin without the hassle of backcountry driving. Weekly and monthly rates offered.

White River Inn



(970) 878-5031

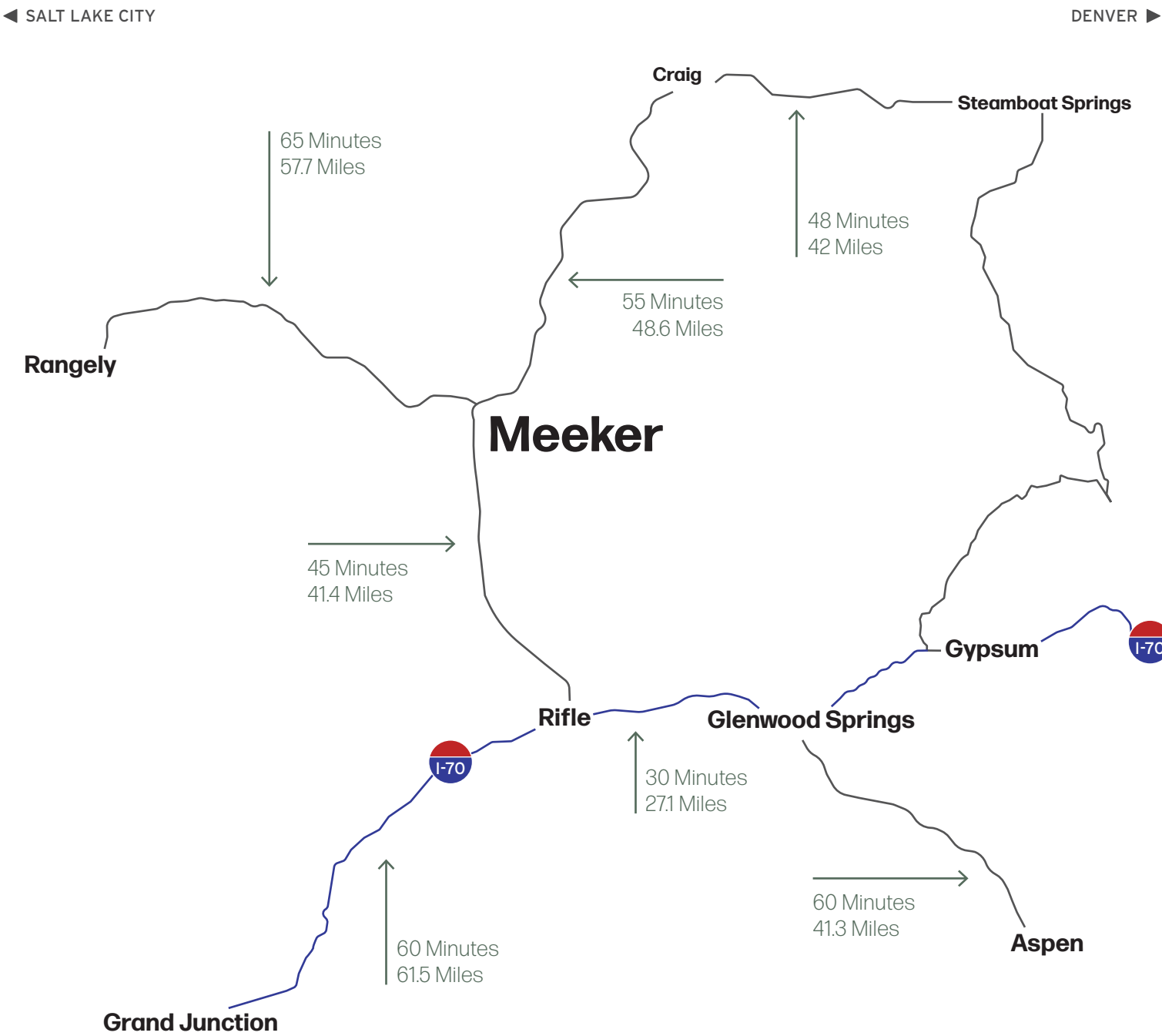
The inn, though alongside Highway 13, is quiet, clean, and comfortable. Stay for an affordable nightly rate, or stay in a kitchenette suite for a weekly or monthly rate.



Cities and Neighboring Towns

Recreation, Parks, and Public Land

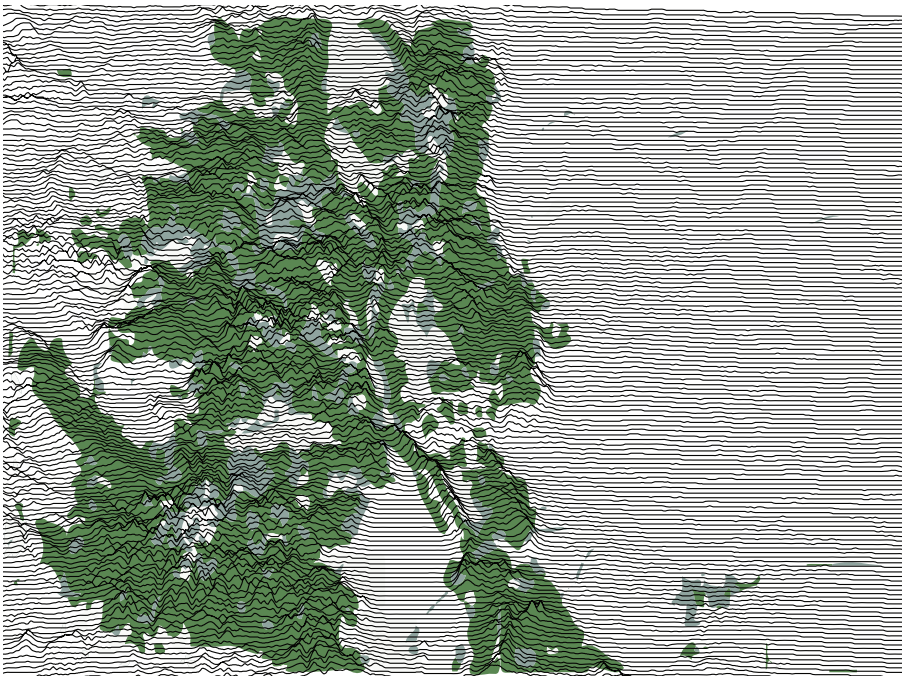
Sample a little bit of everything you can find out in the West in Colorado's public lands. Enjoy the endless snow capped peaks or fishing along the crystal clear rivers. Colorado's public lands are a treasured and prized part of our history and heritage.



Approximately 40% of the land in Colorado is public land.

That's over 26 million acres of land to recreate on and explore.

Those 26 million acres are home to 11 distinct National Forests and 8 National Monuments.



Meeker is a small town. It only covers an area of about 3.5 squared miles with only 2,500 permanent inhabitants. However, for being small, our park system is mighty, With eight distinct parks, we have one park for every 300 residents. That's not including other green spaces and community areas often used for community gathering, events, and festivities. We're also proud to feature a 25,000 square foot recreation center with an enclosed pool.



With various parks, trails, and green space accessible from town, Meeker is a great space for anyone that wants to wow everytime they step outside.

Our Recreation & Parks District

Founded in 1981, the Eastern Rio Blanco Recreation and Parks District was established to provide the residents of the Eastern side of the county with recreational programs and opportunities. At the heart of the district is the Recreation Center, located just down the road from the local elementary school and connected to a variety of outdoor amenities. The 25,000 square foot facility features a full-feature indoor pool, a fully equipped fitness center, lounge, an activity room, and a dance studio.

Living Outside

Beyond the state-of-the-art facility, the district also manages and oversees the care of the local parks, play equipment at the parks, multipurpose sport fields, hiking and biking trails, and local fishing locations. There is ongoing collaboration with the local community to ensure parks and open spaces are well kept and accessible as often as possible.

All of these spaces are utilized for the district's many recreational programs, which are tailored to offer something for every age group. Find swim lessons for your little ones as young as six months old or join a running club to meet new people and meet your fitness goals. New to operating gym equipment? Sign up for a fitness center orientation! Programs are offered year round to meet the demands and needs of the community.

Learn more online at the district website:
www.erbmrec.com



Becoming Involved at PMC and Beyond

Committees at Pioneers

Pioneers has established a series of committees that consist of healthcare professionals at the facility that are dedicated to improving the quality of care for our patients, as well as the quality of work and life for their teammates at Pioneers. We're always looking for new, passionate members to join our committees to inform care and help shape an even higher standard of care for rural health.

Our committees include anything from the Patient Safety and Quality of Care Committee, dedicated to continuously improving patient safety and augmenting the quality of care they receive, to the Employee Committee, designed at receiving feedback from teammates and designing programming to promote a better work environment.



Local Involvement

Despite being a relatively small community, there are numerous opportunities to get involved and volunteer.

The **White River Alliance** is a river conservation group working toward raising awareness of pressing issues involving our very own White River. They meet once a month and hold numerous volunteer activities throughout the year. Learn more at whiteriveralliance.net.

The **Meeker Arts and Cultural Council (MACC)** is local arts group that works with other local partners to hold an annual community theatre production, as well as an annual kids performance. Learn more at meekerartsandculture.org.

Powered by the Colorado State University Extension Office, **4-H** offers youth a safe place to learn and explore new fields and subjects. However, the program relies on volunteers to help support teaching and facilitating activities. Learn more at rbc.us/207/4-H.

The **Meeker Lions Club** is part of a network of philanthropic organizations that aim to support the needs of their communities. Learn more on their Facebook page, "[Meeker Lions Club](#)."

Your Human Resources Team

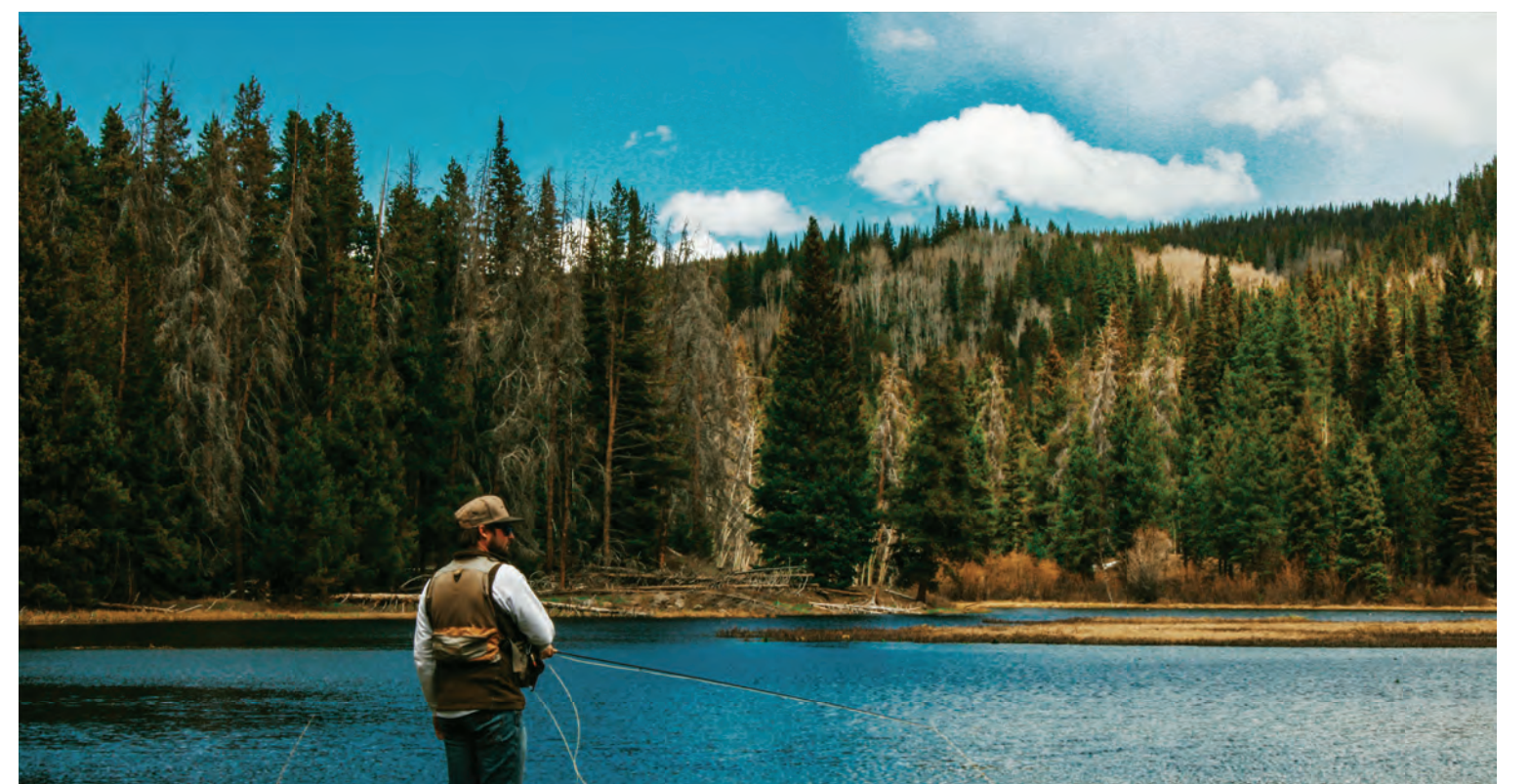
We are here to support you because we value you.

As a medical facility, Pioneers Medical Center’s goal is provide excellent patient care, but that doesn’t mean we can forget about the health and needs of our employees. It’s just as important. As your Human Resources team, we work tirelessly to ensure that everything on the backend works as smoothly as possible, so that you can provide the best care for our patients and their families. Whether it be a question about your insurance or concerns about your payroll, the role of our team is to answer your questions and resolve your issues as promptly as possible. We’re here to support you throughout the hurdles that life throws at you in the workplace, and we’re here to help you grow into an even better medical professional.

From the moment you send in that application to the day you decide to retire, we want you to know, you’re valued, and you have our support.

Sincerely,

Your Pioneers HR Team



EST. 1885

MEEKER

COLORADO

DINE, SHOP, STAY & PLAY

Pocket Map

LEGEND

4-H Building

Post Office

Airport

Hospital

Fire Department

Forest Service & BLM

Chamber of Comm./ Visitor Center

County Courthouse

County Justice Center

Town Hall

Cemetery

Public Library

School

Park

Golf

Baseball

Playground

Soccer

Pickleball

Basketball

Bird Watch

RV Dump

Scenic Byway

OHV Trails

Historic /Museum

Fairgrounds

Recreation Center

Airport

Hike

Bike

Picnic

Archery

Fishing

Parking

Snow Trails

Map provided by:

MEEKER CHAMBER OF COMMERCE & VISITOR CENTER

710 Market Street (970) 878-5510

meekerchamber.com

DINE, SHOP, STAY & PLAY

Detail Area Map

DIRECTORY

For Chamber of Commerce businesses located outside of Town visit www.meekerchamber.com

1 Rim Rock Campground

2 Peach's Auto Spa

3 Sunshine Paddleboards

4 O'Crow Beer & Beverage

5 T. Rose Etc./Ruckmans Shop

6 Meeker Gen. Mercantile

7 Meeker Riverbend RV Park

8 Backcountry Outpost

9 Glou Glou

10 Chamber of Commerce & Visitor Center

11 Elk Mt. Inn

12 Mexican House

13 Blue Spruce Inn

14 The Fork

15 Hair Hut Salon

16 Blanco Cellars

17 Meeker Embroidery

18 Crystal Meadow Farms

19 Trail & Hitch Tiny Home & RV

20 Rocky Mt. Hairbenders

21 Identity Graphics

22 Country Raised

23 Bluebell Boutique

24 Flat Tops Fuel

25 Red Rooster Sandwich Shop

26 Nana Goose Interiors & Gifts

27 Meeker Hotel

28 Meeker Cafe

29 Prescriptions Salon & Spa

30 Bank of the San Juans

31 Mountain Valley Bank

32 Northwest Auto

33 Mountain Charisma

34 For The Love Of Feet

35 The Upstairs Gallery

36 Meeker Pet Grooming

37 White River Museum

38 Old West Heritage Center

39 Ma Famiglia

40 Vital Awareness

41 Restored Grace

42 Wendli's

43 Trail Head Cabins & Lodging

44 Outfitter's Diner

45 US Forest Service & BLM

46 White River Inn

47 Walt's Ranch Market

48 Meeker Recreation Center

49 Bar 7 Bed, Bath & Barn

50 Meeker Collision Center

51 Meeker Golf Course

52 Jason's Automotive

53 CO Parks & Wildlife

54 Gianinetti's Powersports

55 Highland Cemetery

56 Smoking River Brewing Co

57 Clark's

58 McGuire Auto Parts

59 Meeker Public Library

60 Off the Olive Branch

61 CR Lode Air BnB

Dine

RESTAURANTS / COFFEE SHOPS

57 CLARKS American, Drive-Thru Mon-Sat 11am-7pm, Summer 11am-9pm 858 Market St.(970) 878-3240

14 THE FORK American, Bar, Patio Th -Sat 5-9pm; 364 7th St. (970) 878-8388

39 MA FAMILIA Italian & American, Patio, Mon-Fri 11a-2:30p, 4:30pm-8:30pm 410 Market St. (970) 878-4141 mafamilia.com

28 MEEKER CAFÉ American, BBQ, Bar, M-Sun 7am-9pm 560 Main St. (970) 878-5062 meekershotel.com/cafe/

12 MEXICAN HOUSE Mexican Food, Bar, Open everyday 11am-9pm 624 Market St. (970) 878-5535 mexicanhouse.net

44 OUTFITTER'S DINER American, Tues-Fri 11am-8pm; Sat 8am-8pm, Sun 8am-1pm 173 1st St. (970) 878-9956

25 RED ROOSTER SANDWICH SHOP Sandwich, Salad, Soup, M-Fri 10-4pm; from July 1st M-F 10-5pm, Sat 10-3pm 315 6th St. (970) 878-7701

42 WENDLI'S American, Coffee, Drinks, Delivery, M-Sat 6am-3pm 206 Market St. (970)878-3688 wendli's.com

56 SMOKING RIVER BREWING COMPANY Brewery, Massage, By Appointment M-Th 4pm-8pm F-S 12pm-10pm 101 E. Market St.

09 GLOU GLOU Meat and cheese plates, outdoor patio, bar T,W,F 12:30-6, Th 12:30-9 317 E. Market St. (970)779-9463

MARKETS / LIQUOR

16 BLANCO CELLARS & THE LITTLE CHEESE SHOP Liquor, Cheese, Grocery, Tue-Fri 12:30-6pm; Sat in July 317 E. Market St. (970)779-9463

04 OI' CROW'S BEER & BEVERAGE Liquor Store with Drive Through, M-Th 9am-9pm, Fri-Sat 9am-10pm 1030 Market St. (970) 878-5485

47 WATT'S RANCH MARKET Full Service Grocery, M-Sat 7am-8pm; Sun 8am-6pm 271 E. Market St. (970) 878-5868

60 OFF THE OLIVE BRANCH Kitchen market, oils and vinegars, spices Tue-Fri 11:30am-6pm 317 E Market St. Ste 4 (970)-620-0440

Makers

21 IDENTITY GRAPHICS Graphic design, Printing, Stickers & More 640 Main St. (970) 878-3103 identitygraphics.net

06 T ROSE ETC. /RUCKMAN'S SHOP LLC Sewing, repairs, Woodworking, metal fabrication, welding, T,W,Th 8-10am & 3-5pm M & F 8am-5pm 375 12th St. (970) 388-7164 troseetc.com

18 MEEKER EMBROIDERY Custom Embroidery and Direct to Garment (DTG) Printing & Gifts. M-F 9-6 640 Main St. (970) 878-3109

Shop

APPAREL / GIFTS / HOME

22 COUNTRY RAISED Rustic Decor, Gifts, M-F 10-6, Sat 10am-2pm 610 Main St. (970) 820-7945 shopcountryraised.com

06 MEEKER GENERAL MERCANTILE Clothing, Boots, Ranch supplies, Gifts, M-Fri 8-5:30pm; Sat 8am-2pm 990 Market St. (970) 878-3333

26 NANA GOOSE INTERIORS & GIFTS Interior Decor and Gifts, Ladies Apparel, M-F 10-5:30pm; Sat 10am-4pm 590 Main St. (970) 878-3151

41 RESTORED GRACE Antiques, Furniture, Local Artisans, Vintage goods, M-Sat 10am-6pm 272 Market St. (970) 878-9813

23 BLUEBELL BOUTIQUE Womens Clothing, Gifts M-F 10-5:30, Sat 10-3 646 Main St. (970) 618-5258 bluebellboutique.shop

35 THE UPSTAIRS GALLERY Paintings, Ceramics, Jewelry, W-Sat 11am-5:30pm 592 Main St. #11 (970) 878-5164

PERSONAL CARE & PET CARE

15 HAIR HUT SALON Hair, Wax, Make up, Waxing Products, By appt 1163 Market St. (970) 260-6606

34 FOR THE LOVE OF FEET Restorative Foot Zoning, Massage, By Appointment 549 Main St. Ste 16 (970) 208-4742

29 PRESCRIPTIONS SALON & SPA Hair, Nails, Tan, Wax, Facials, Products, M-Sat 9-6pm 530 Main St. (970) 878-4266

18 CRYSTAL MEADOW FARMS CBD Tinctures, topicals, edibles, CBD for pets, Tues-Sat 11am-6pm 1085 Market (970) 274-1195 cm.farm.com

20 ROCKY MOUNTAIN HAIRBENDERS Wax, cut, color, perms, products, M-Fri 8-5pm, Sat by Appt. 640 Main St. (970) 878-3433

40 VITAL AWARENESS Massage, Sauna, Personal training, Self Care Products, Teas M-Fri 8-5pm, Sat by Appt. 592 Main St. #1 (970) 942-9709

36 MEEKER PET GROOMING Mobile Pet Grooming Services. By Appointment 1021 Main St. (970) 230-1149

SPORTS

54 GIANINETTI'S & SUNSHINE PADDLE BOARDS Off-Highway Vehicle Rentals, Standup Paddle Board Rentals 246 Market St (970) 296-4596 gianinettis.com

08 BACKCOUNTRY OUTPOST Hunting, Fishing, Camping, Souvenirs, Sporting Goods 223 8th St. (970) 878-4428

Stay

For lodging outside of town visit meekerchamber.com or call (970) 878-5510

RV / CAMPING

07 MEEKER RIVERBEND RV PARK Full Hook ups, Shade Trees, river 910 Water St. (970) 220-2150 meekerriverbend.com

01 RIM ROCK CAMPGROUND Full Hook ups RV, Cabins, Shade Trees & Views 73179 Hwy 64, (970) 878-4486 rimrockcamp.com

19 TRAIL & HITCH RV PARK AND TINY HOME HOTEL Full Hook ups RV, Tiny Homes, tent, Nightly, weekly, monthly 322 Co Rd 8 (970) 964-7620 coloradotrailandhitch.com

HOTEL / MOTEL

13 BLUE SPRUCE INN Breakfast, Fitness Room, Hot Tub, Wi-Fi, Pet Friendly 488 Market St. (970) 878-0777 bluesprucemeeker.com

11 ELK MOUNTAIN INN Motel, Bar, Pet Friendly, Wi-Fi, Laundry, Showers 723 E. Market St. (970) 878-3656 elkmountainmeeker.com

27 MEEKER HOTEL Historic Hotel est. 1896, World Renowned Deer/Elk Mounts 560 Main St. (970) 878-5255 meekershotel.com

43 TRAIL HEAD CABINS AND LODGING Motel and Log Cabins, Laundry, Pet friendly, Wi-Fi 173 1st St. (970) 414-0110 trailheadcabinsandlodging.com

46 WHITE RIVER INN Motel, Newly Renovated, Wi-Fi 219 Market St. (970) 878-5031 whiteriverinn.com

49 BAR 7 BED BATH & BARN Large Historic Ranch House, Bunkhouse, RV hookups, Horse boarding 2162 RBC 15 (970) 878-5080 bar7bedbathandbarn.com

61 CR LODGE AIR BnB Complete use of 3 bed house, continental breakfast, short or long term 1108 Pinyon Ave. (970)-620-0917

Information

10 CHAMBER OF COMMERCE & VISTOR CENTER Info, Restrooms, M-Fri 9am-5pm 710 Market St. (970) 878-5510 meekerchamber.com

53 CO PARKS & WILDLIFE Hunting / Fishing Licenses, Boat/Snowmobile/ OHV registration, info, maps 73485 Hwy 64 (970) 878-6090

45 U.S. FOREST SERVICE & BLM Info, Maps, M-Fri 8-4:30pm, except fed. holidays 220 E. Market St. (970) 878-4039

59 MEEKER PUBLIC LIBRARY M,W,F - 9:30 - 5:30, TH - 9:30 - 9, Sat - 9:30 - 2 490 Main Street (970) 878-5911

Play

ATTRACTIONS

38 WHITE RIVER MUSEUM & OLD WEST HERITAGE CULTURE CENTER Museum, Tours, Research, M-Sat 9-5pm; Sun 12-5pm 565 Park St. (970) 878-9982 rbchistory.org

55 MEEKER HIGHLAND CEMETERY Historical, views, Open 8am-5pm (winter), 8am-6pm (summer) Office: T-Th 9-5pm 265 County Road 4, (970) 878-5013

RECREATION & FITNESS

51 MEEKER GOLF COURSE 9-hole Course, Pro Shop, Driving Range, Bar, Lunch, 8am-8pm 903 Co Rd 13, (970)878-5642 meekergolfcourse.com

48 MEEKER REC. CENTER Pools, Fitness, Activities, M-Fri 5am-7:30pm; Sat & Sun 10:30am-6pm (call for pool hours) 101 Ute Rd.(970)878-3403 erbmrcc.com

33 MOUNTAIN CHARISMA Yoga Studio, Gear, Apparel, Goods 646 Main St. (970) 692-1574 mountaincharisma.com

PARKS & TRAILS See map on other side

Services

AUTOMOTIVE

24 FLAT TOPS FUEL/ MASTER PETROLEUM Gas Station, RV water, 6am-7pm 7 days a week 427 E. Market Street (970) 878-5539

52 JASON'S AUTOMOTIVE Auto Care and Maintenance, OHV Repair, M-Fri 8am-5pm 1251 Market St. (970) 878-3700

58 MCGUIRE AUTOPARTS/PARTS CITY M-Fri 7-6, Sat 8-4, Sun 10-2 314 Market St. (970) 878-9855

50 MEEKER COLLISION CENTER Auto Body Work, Paint, Restore, Windshield replacement & repair, M-Fri 8am-5pm 43904 Hwy 13 (970) 878-0000

32 NORTHWEST AUTO GMC Dealer, Service, Tire Shop, 24 hr Towing, Car Rentals, M-F 8-6pm, Sat 8-12pm 485 Market St. (970) 878-5026

02 PEACH'S AUTO SPA Car Wash, Detailing, Spray in Bed Liners, Clear Bra, Windshield replacement, M-Fri 8-5pm 1085 Market St. (970) 878-0010

BANKS / ATM

30 BANK OF THE SAN JUANS Lobby: M-Fri 9am-5pm, Drive-up: M-Th 8am-5pm; Fri 8am-6pm; Sat 9am-12pm 504 Main St. (970) 878-5073

31 MOUNTAIN VALLEY BANK Drive up: M-Fri 8am - 5:30pm; Sat 9am-12pm, Lobby: M-Fri 9am-5pm 400 Main St. (970) 878-0103

TRANSPORTATION

SOBER BUDDY SHUTTLE \$7 in-town rides, Out of Town by Appt. (970) 930-2091

MEEKER STREAKER BUS For Disabled and Senior Citizens (970) 456-7701

EV CHARGING STATION 504 Main Street

For a list of Chamber of Commerce businesses offering additional services and/or located outside of town visit www.meekerchamber.com or (970) 878-5510



Pioneers Medical Center
100 Pioneers Medical Center Drive
Meeker, Colorado 81641