WCBR TRAINEE BUDGET GUIDE

WINTER CONFERENCE ON BRAIN RESEARCH

BRECKENRIDGE, COLORADO

Restaurants • Groceries • Non-ski Activities • Transportation • Shopping



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BUDGET STRATEGY

HIGHLIGHTS FOR WCBR TRAINEE BUDGET STRATEGY

NOTE All prices are approximate/currently published prices and may change before January 2027. Restaurant hours and seasonal activity schedules can also change. Students should confirm prices, hours and reservations shortly before travel.

GETTING AROUND

- **Local:** Breck Free Ride provides free transportation around Breckenridge.
- **Regional:** Summit Stage has free regional trips down to Frisco, Dillon and Silverthorne.

AIRPORT SHUTTLES

Epic Mountain Express has given Winter Brain attendees a special discounted rate of $98++ one-way to/from Denver International Airport and Eagle Airport (a 10% discount). Epic Pass holders receive an even deeper 20% off.

PROVIDER	PRICE	DETAILS
Epic Mountain Express	$98++ one-way	WCBR-discounted rate (10% off); 20% off for Epic Pass holders. Denver International Airport and Eagle Airport.
Fresh Tracks	$80++ one-way	Shared transfer to/from Denver International Airport to 620 Village Road (Beaver Run).
Peak One Express	from $69++	Most economical option; drops off at the Breckenridge Transfer Station. Door-to-door shuttle prices begin at $84++.
Summit Mountain Express	from $99++ one-way	Shared shuttle rates.

FOOD TIPS

- **Included with registration:** a breakfast buffet and several evening snacks are provided at WCBR. Don't be shy — pack some extra leftovers for the day if you need.
- **Bring bars:** many WCBR-goers also pack meal bars (Clif, RXBar, Kind Bar, Quest Bar) as substantial snacks or small meals in between. They are easy to carry and give you a lunch or light-meal option when food is expensive.
- **Big grocery runs:** take the Summit Stage to Walmart / Whole Foods in Frisco — far cheaper than local grocery stores. You can also post on our Slack channels to see if attendees are making a run with rental cars.
- **Cheapest restaurants:** the least expensive meals will be found at Ollie's, Pho Real, Soupz On, Fatty's and similar casual restaurants — see Section 1.

ACTIVITIES

Skiing is expensive for all, but Breckenridge offers plenty of free and affordable activities (full list with prices in Section 2).

FREE

- **BreckConnect Gondola:** ride up the mountain for free and explore the top of the mountain.

- **Snow sculptures:** the snow sculptures exhibit downtown is free and a fun place to network. The International Snow Sculpture Championships runs January 23 – February 2, 2027, so sculptures are on view throughout the first part of the conference. Saturday, January 30 is historically the busiest viewing day; weekday viewing is recommended when possible.
- **Museums:** Edwin Carter (taxidermy), Barney Ford (Barney Ford, architecture and civil rights) and the Breckenridge Welcome Center Museums (small exhibits).
- **Downtown and river walks:** stroll through downtown, stop for a hot cocoa, visit shops and walk by the river — a time to relax and enjoy the fresh mountain air.
- **Sledding:** go sledding with peers at Carter Park. Free sleds are available as long as you return them when done.

AFFORDABLE

- **Ice skating:** ice skating opportunities (~$20 including rental) — go and see your friends shred the ice.
- **Recreation Center:** The Recreation Center ($20/day) gives you access to fitness facilities, a pool and water slides, and climbing walls (extra $5 for climbing shoes and $5 for harness/belay rental).
- **Gold Run Nordic Center:** $35/day + $25 snowshoe or cross-country ski rental, or $20/hour for a fat bike — gives you access to a cleaned path for outdoor fun.

1 BUDGET RESTAURANTS

KEY **$** = $20–40 per person **$$** = $50+ per person

MAIN STREET, BRECKENRIDGE

RESTAURANT	ADDRESS	BUDGET	NOTES
Blue Stag Saloon	323 S. Main St.	$	Pub food; craft beer, wine and cocktails; two decks.
Breckenridge Brewery	600 S. Main St.	$	Local brewery with pub fare.
Breckfast	500 S. Main St., La Cima Mall	$	Breakfast/lunch; biscuit sandwiches, burritos and classics; daily 8am–2pm.
Burke & Riley's Irish Pub	520 S. Main St., La Cima Mall	$	American fare and Irish specialties; late-night menu.
Carboy Winery	103 N. Main St.	$$	Wine tastings; appetizers ~ $15, mains ~ $30; happy hour 3–7pm.
The Canteen Tap House and Tavern	208 N. Main St.	$	Modern comfort food, beer and cocktails.
Columbine Cafe	109 S. Main St.	$	Breakfast/lunch; breakfast served all day.
Downstairs at Eric's	111 S. Main St.	$	Sports bar, arcade; open late.
Flipside	320 S. Main St.	$	Burgers, salads, sandwiches, shakes and beer.
Gold Pan Saloon	103 N. Main St.	$	Historic saloon; lunch/dinner and late-night service.
H.D. Tavern	500 S. Main, La Cima Mall	$	Chicago-style sports bar and grill; karaoke Fri–Sun.
Highside Brewing	301-1 N. Main St.	$	Brews and BBQ; happy hour Mon–Thu 3–6pm.
Kenosha Steakhouse	301 S. Main St.	$$	Meat, BBQ, burgers; gluten-free and vegetarian options.
Motherloaded Tavern	103 S. Main St.	$$	Regional American comfort food; $12 weekday blue-plate lunch specials.
Prospector Gastropub	130 S. Main St.	$$	Cocktails; lunch, dinner and late night.
Quandary Grille	505 S. Main St., Main Street Station	$$	Tacos through steak; daily happy hour 3–5pm.
Whiskey Star Smokehouse	231 S. Main St.	$$	Texas-style BBQ by the pound and classic sides.

ADDITIONAL LOWER-COST RESTAURANTS

Off / adjacent to Main Street.

RESTAURANT	ADDRESS	BUDGET	NOTES
Ollie's Pub & Grub	180 W. Jefferson Ave.	$	Burgers, wings, pub food; happy hour daily 3–5pm and 10pm–midnight. Kitchen until 11pm.
Pho Real	161 E. Adams Ave.	$	Vietnamese. Spring rolls $10, gyoza $10, bao $13, banh mi $16, pho $18. Good value for a substantial meal.
Mi Casa	600 S. Park Ave.	$–$$	Mexican. Enchiladas $17–18, quesadilla $18, chile relleno $20; happy hour 2–5pm.
Fatty's Pizzeria	106 S. Ridge St.	$	Pizza and casual Italian; useful for groups and takeout.
Tin Plate	110 S. Ridge St.	$$ / shareable	Pizza; current menu lists Margherita $22 and pepperoni $26. Better for sharing than for an individual budget meal.
Soupz On	North Park Ave area	$	Soups, salads and casual lunch; useful inexpensive daytime option.

2 NON-SKI ACTIVITIES

Color-coded by cost: green is free, yellow is reasonable and red is a splurge.

FREE

ACTIVITY	APPROX. PRICE / PERSON	LOCATION	NOTES
International Snow Sculpture Championships	**FREE**	Riverwalk Center, 150 W Adams Ave	Jan 23–Feb 2, 2027; finished sculptures are displayed through Feb 2 and illuminated evenings. Jan 30 is historically busiest; weekdays are recommended.
BreckConnect Gondola	**FREE**	Breck downtown → mountain	No ski ticket required. Ride for mountain views; conditions/hours should be checked.
Historic museums	**FREE / ~$5 suggested donation**	Downtown Breckenridge	Edwin Carter Museum, Barney Ford Museum and other historic sites.
Downtown/Main Street + Riverwalk	**FREE**	Central Breckenridge	Walk historic downtown, shops, galleries and the Blue River.
Carter Park sledding	**FREE**	Carter Park	Season/snow conditions permitting; bring or rent a sled.

REASONABLE

ACTIVITY	APPROX. PRICE / PERSON	LOCATION	NOTES
Stephen C. West Ice Arena	**$13 admission + $7 skate rental = ~$20**	Breckenridge	Public skating; indoor/outdoor rink depending on schedule. Group discounts may be available.
Breckenridge Recreation Center	**$20/day adult**	Breckenridge	Pools, lazy river, slides, hot tub, sauna/steam, gym, fitness areas, indoor track and climbing wall.
Frisco Adventure Park tubing	**~$30–40/person (verify 2027 price)**	Frisco	Nearby tubing option; reach by free Summit Stage.
Escape Room Breckenridge	**$45/person**	233 S. Ridge St.	60-minute escape rooms; good group/bad-weather option.
Gold Run Nordic Center — snowshoeing	**$35 trail pass + rental (check current rental price)**	Gold Run	Snowshoeing on Nordic trails; free regional transit may be available.
Fat biking	**~$55–75 depending on rental duration**	Gold Run Nordic Center	Trail pass plus bike rental; check current winter pricing.

MORE EXPENSIVE — TREAT AS A SPLURGE

ACTIVITY	APPROX. PRICE / PERSON	LOCATION	NOTES
Spa massage	**From $150 + 20% gratuity**	Breckenridge Resort Spa	50-min rejuvenation massage $150; athletic recovery $160. Treat as a splurge.
Dog sledding	**$204 + $7 permit = $211/person**	Good Times Adventures	2026/27 winter pricing; ~1.5-hour interactive tour. Splurge.
Snowmobiling	**Typically ~$125–175/person when sharing a machine**	Good Times Adventures / backcountry	Price depends on tour and whether a machine is shared; transportation to the facility is not provided.
Sleigh rides	**~$150/person for dinner/theater option**	Nearby Breckenridge/Summit County	Memorable but expensive; splurge category.

3 GROCERY STORES AND LARGE SHOPPING TRIPS

STORE	ADDRESS	APPROX. DISTANCE	GETTING THERE
City Market	400 N. Park Ave., Breckenridge	~1 mile from central downtown/resort area	FREE Breck Free Ride; walkable from downtown for some lodging; full supermarket, deli, bakery, pharmacy, pickup and gas.
Walmart Supercenter	840 Summit Blvd., Frisco	~10 miles from Breckenridge	FREE Summit Stage; route includes a Walmart stop. Best option for a large budget grocery/general-merchandise run.
Whole Foods Market	261 Lusher Court, Frisco	~10–11 miles	FREE Summit Stage to Frisco, then local connection/walk; grocery pickup available. Couple with a stop at OuterRange brewery + BirdCraft (Thai-ish Fried chicken)

4 TRANSPORTATION

Breck Free Ride Free local bus network	Free local bus network within Breckenridge. Use it for downtown, lodging areas, the recreation center and ski-area access points.
Summit Stage Free regional bus	Free regional public transportation from Breckenridge to Frisco, Silverthorne, Keystone and Copper Mountain. Current route information includes a Walmart stop in Frisco.

HEADS UP Avoid relying on Uber/Lyft for activities outside town. Availability can be limited in Summit County.

5 BEST-VALUE ITINERARY IDEAS

PLAN	ACTIVITY COST / PERSON	OUTLINE
Free afternoon	FREE	BreckConnect Gondola → mountain views → Main Street → snow sculptures → Riverwalk.
Cheap active afternoon	~$20	Ice skating with rental OR Recreation Center day pass.
Budget grocery run	FREE transportation + groceries Ask around if other attendees rented a car for convenience with groceries	Summit Stage to Walmart in Frisco → large grocery run → return to Breckenridge.
Snow day (non-ski)	$35 + rental	Gold Run snowshoeing → return to town → dinner in town.
Group evening	$45/person	Escape room → shared pizza or casual meal.

6 BUDGET SNAPSHOT

APPROX. COST	EXAMPLES
FREE	Snow sculptures, gondola, museums, Main Street/Riverwalk, Carter Park sledding, local/regional buses
$10–20	Pho Real appetizers/bao, casual restaurant meals, ice skating admission
~$20	Ice skating with rental; Recreation Center day pass
$35	Gold Run Nordic trail pass before equipment rental
$45	Escape room
$55–75	Fat biking, depending on rental duration
$150+	Spa, sleigh rides and other splurges
$211+	Dog sledding