



BINGHAM MEMORIAL  
INTERNATIONAL AUTOIMMUNE INSTITUTE  
AND CENTER FOR FUNCTIONAL MEDICINE

# Idaho

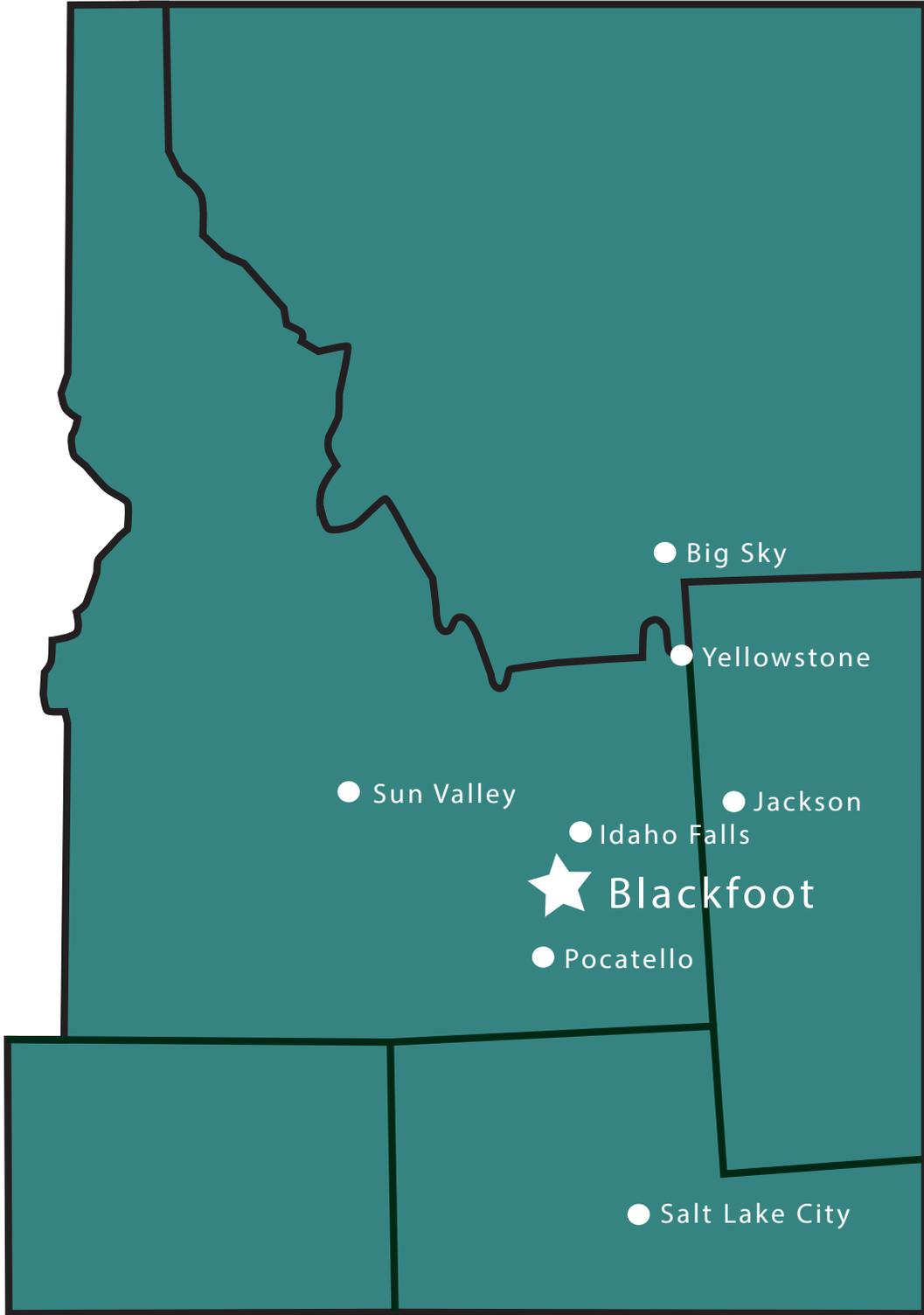
## TRAVEL GUIDE



Bingham Memorial's International Autoimmune Institute and Center for Functional Medicine is based in Blackfoot, Idaho. Located in the Snake River Valley, in the heart of Idaho's potato country, Blackfoot is in an amazing part of the country. When patients visit our center, they will also have the unique opportunity to experience some amazing areas situated in the heart of the Intermountain West.

From Blackfoot, visitors can travel just a few short hours and experience just about every type of activity you and your family have ever dreamed of—from world-class fly fishing, hiking, skiing, biking, camping, and more. Travel to our beautiful area for your healthcare and enjoy the many benefits of the area by visiting some of the exciting destinations where the rest of the world vacations—Yellowstone National Park, the Grand Tetons, Sun Valley, and Jackson Hole are waiting for you.





# *Eastern Idaho's Hotel Accommodations*

While visiting Bingham Memorial's International Autoimmune Institute and Center for Functional Medicine, the following are some of the hotel accommodations available in the region.

## **BLACKFOOT**

Best Western Blackfoot Inn  
Shoshone-Bannock Hotel  
Super 8 by Wyndham

## **IDAHO FALLS**

Residence Inn by Marriott  
Home2Suites by Hilton  
Hilton Garden  
Best Western Driftwood Inn  
Candlewood Suites  
Fairfield Inn & Suites  
Hampton Inn Idaho Falls  
Hilton Garden Inn  
SpringHill Suites

## **POCATELLO**

Clarion Inn  
Fairfield Inn & Suites  
Hampton Inn & Suites  
Holiday Inn Express & Suites  
La Quinta Inn & Suites

## Sightseeing Near Blackfoot

Experience Idaho's culture and discover why it's much more than just the potato state. Tour local museums, spend time perusing national exhibits, visit the animals in the zoo or at our annual fair; we have something to enjoy for every time of year.

### **IDAHO POTATO MUSEUM – BLACKFOOT, IDAHO**

The Idaho Potato Museum has information about Idaho's most abundant crop and how the distribution of potatoes came to be. Along with vintage farming equipment and the world's largest potato chip on display, the sell candies and confectionaries made from our beloved Idaho potatoes.

### **BINGHAM COUNTY HISTORICAL MUSEUM – BLACKFOOT, IDAHO**

This historic museum has a collection of Native American artifact, housed inside of a beautifully restored building.



*Potato Museum, Blackfoot, Idaho.*

## **MUSEUM OF IDAHO – IDAHO FALLS, IDAHO**

The Museum of Idaho has welcomed national exhibitions including Bodies, World of Steampunk, and World of the Pharaohs.



*Museum of Idaho, Idaho Falls, Idaho.*

## **IDAHO MUSEUM OF NATIONAL HISTORY – POCATELLO, IDAHO**

This museum is located on the campus of Idaho State University and features both natural and cultural displays. The Museum collects objects relating to anthropology, vertebrate paleontology, earth science, and the life sciences. Classes are offered by the museum to give a broader look into Idaho's natural history.



# Local Parks and Zoo

Join in on community fun and entertainment for the entire family. Enjoy fun in the sun at our local parks and zoos. Even though the area may seem small, there are two zoos just minutes away and parks around the corner where visitors can soak up the rays while visiting these attractions.

## BLACKFOOT, IDAHO

### JENSEN GROVE

Jensen Grove has something for the entire family; playground equipment for the kids, a skate park, and a 10-mile greenbelt.

### DEPOT PARK

This park, situated next to the former train station, showcases a 1959 Union Pacific Railroad Caboose and provides an in-depth look into the history of potato harvesting.

### VETERAN'S PARK

Veteran's Park honors veterans who served in the United States military. The park contains tanks and army relics to explore.

## POCATELLO, IDAHO

### ZOO IDAHO

The Pocatello Zoo focuses on the natural wildlife of North America. Some of these exciting animals include bison, cougars, eagles, and grizzly bears.

## IDAHO FALLS, IDAHO

### TAUTPHAUS PARK ZOO

This zoo is home to more than 400 animals, the largest collection in Idaho. The animals come from Africa, Asia, Australia, New Guinea, North and South America. The zoo also offers animal encounters, so visitors can have up-close and personal experiences with the animals.

## RIGBY, IDAHO

### YELLOWSTONE BEAR WORLD

Yellowstone Bear World is a drive-through wildlife park in which you will be surrounded by the free-roaming wildlife of North America. There are also opportunities to feed a bear and get a picture with bear cubs.

# Local Entertainment

## BLACKFOOT, IDAHO

### BLACKFOOT MOVIE MILL – MOVIE THEATER

Experience the newest movies and special events at Blackfoot's beautifully restored theater just a few blocks from the hospital.

### BLACKFOOT PERFORMING ARTS CENTER

The Blackfoot Performing Arts Center seats over 1,000 spectators and is located on the campus of Blackfoot High School. It presents school and community events with a fully recessed orchestra pit and a full fly loft.

### NUART THEATRE

This theatre built in 1920 was designed to show silent movies. Since 1930, it has been hosting sound movies and currently shows local productions. It has been designated as an Idaho National Historic Place.

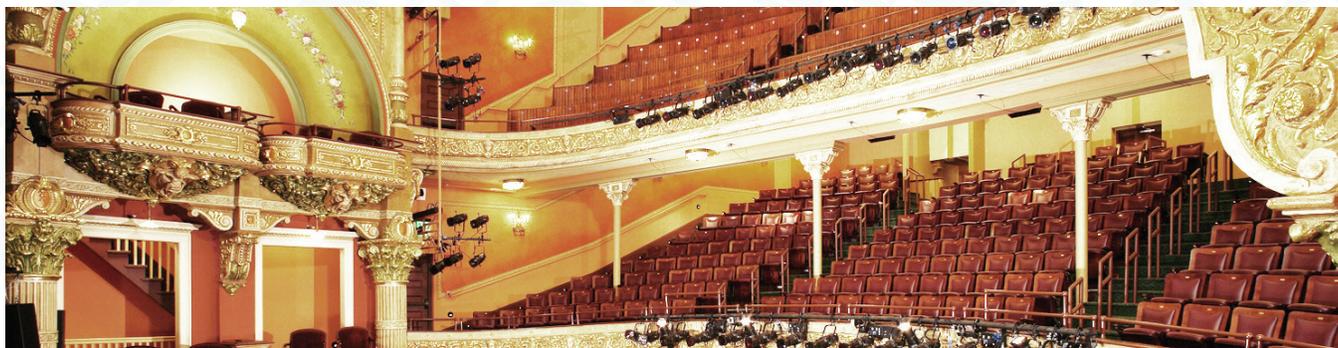


*Nuart Theatre, Blackfoot, Idaho.*

## IDAHO FALLS, IDAHO

### COLONIAL THEATER

The Colonial Theater has been hosting events since 1919, featuring musicals such as Singin' in the Rain, performances from well-known entertainers like Ray Charles, and entertainment from local non-profit organizations like the Idaho Ballet Theater.



*Colonial Theater, Idaho Falls, Idaho.*

### **EDWARDS GRAND TETON STADIUM 14 – MOVIES THEATER**

Stadium seating in 14 theaters offering newly released films, special events, and concession snacks.

### **WILLARD ARTS CENTER**

This center includes two art galleries, three classrooms, a conference room, and the Colonial Theater. The theater hosts music, film and performance art.

## **POCATELLO, IDAHO**

### **AMC CLASSIC PINE RIDGE 11 – MOVIE THEATER**

### **STEPHENS PERFORMING ART CENTER**

This center is located on the campus of the Idaho State University. It has state-of-the-art equipment, costume shops, a concert hall that seats 1,200, and a 200-seat black box theatre.



*Stephens Performing Art Center, Pocatello, Idaho.*

## Area Attractions

There are plenty of beautiful outdoor attractions and activities to enjoy. In no time, you can reach unlimited hiking, fishing, camping, and much more. Idaho abounds with outdoor adventure and awe-inspiring access to some of nature's most beloved treasures.

### IDAHO

#### MESA FALLS

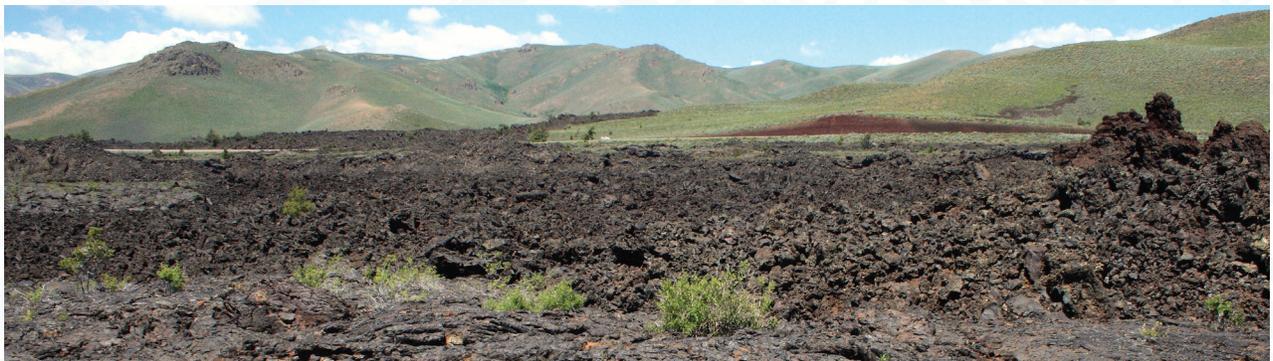
Located in the heart of the Targhee National Forest, two beautiful falls named the Upper and Lower Mesa Falls reside on Henry's Fork of the Snake River. The area is naturally beautiful and provides trails for hiking and mountain biking.



*Upper Mesa Falls.*

#### CRATERS OF THE MOON NATIONAL MONUMENT

This expanse of wilderness has a four-mile trail that leads from the parking lot out into the monument and five accessible caves. This area is unlike any you will find anywhere else in the world and allows you to explore its volcanic lava flows.



*Craters of the Moon.*

## SUN VALLEY

A year-round destination, Sun Valley offers a variety of both winter and summer activities. Besides the winter activities, Sun Valley hosts a number of summer activities like rafting, fishing, hiking, horseback riding, mountain biking, concerts and much more. This is a popular Idaho vacation and fun spot for celebrity sightings.



*Sun Valley.*

## LAVA HOT SPRINGS

Lava Hot Springs is a water park for the entire family. With an Olympic-size swimming pool, a 33-foot-high diving tower, water slides of all kinds, indoor aquatic center with a rock-climbing wall, and natural hot pools, this water attraction welcomes visitors from around the world.



*Lava Hot Springs in the summer.*

## ISLAND PARK

Island Park sits in the world's largest caldera, or what remains of Mount Yellowstone. The area is famous for its snowmobiling, cross-country skiing, trout fishing, river rafting, boating, and golfing. Take the kids to Mack's Inn Dinner Theatre for a fun-filled dinner and show.



*Snow Mobiling.*

## WYOMING

### GRAND TETON NATIONAL PARK

The Teton Mountain Range brings over 3 million visitors a year to Grand Teton National Park. And even though they are magnificent to look at, they also provide a plethora of outdoor activities. Hiking, backpacking, fishing, mountain biking, and canoeing are just a few of the recreation options available. For outdoor enthusiasts, this is the place to be.



*The Grand Tetons.*

### JACKSON HOLE

Jackson Hole is a popular vacation spot because of its diverse nature of entertainment. During the summer, rafting trips on the Snake River are sure to please but is just one of the myriads of activities available in the area, from tram rides, to alpine slides and zip lines. Jackson Hole is also known for its skiing in the Rocky Mountains. Not only are there outdoor adventures in Jackson, but various theaters, restaurants, and art galleries as well.



*Jackson Hole, Wyoming town square.*

## MONTANA/WYOMING/IDAHO

### YELLOWSTONE NATIONAL PARK

Yellowstone is the nation's first and still most recognized national park. Wildlife is abundant here in its natural habitat including elk, deer, bears, bison, eagles, and other wildlife. Visitors can see geysers, hot pots, Mammoth Hot Springs, and Tower Falls all located within the park. Its most famous attraction is Old Faithful, a geyser that erupts consistently every 90-minutes.



*Old Faithful at Yellowstone National Park.*

### WEST YELLOWSTONE

Just down the road from Yellowstone National Park is West Yellowstone, the west gateway into the park. This quaint town features the Playmill Theater that offers Broadway quality entertainment. It also boasts an IMAX theater, the Grizzly and Wolf Discovery Center, Yellowstone Museum, and lots of shopping.

### BIG SKY

Home of the biggest skiing in America. Explore Big Sky with endless views and wide-open skies. Big Sky offers unlimited access to outdoor recreation including whitewater experiences, blue-ribbon trout streams, back country hikes, wildlife and of course, world-class skiing.

# Transportation

## BUSES

Blackfoot offers two major bus lines for getting around; Miles Bus Company and Teton Stage Lines.

## SHUTTLE SERVICE

### SALT LAKE EXPRESS

The Salt Lake Express offers a shuttle to the Salt Lake International Airport, the Boise Airport, and the Idaho Falls Airport.

## AIRPORTS

### IDAHO FALLS REGIONAL AIRPORT (IDA)

A regional air transportation center serving eastern Idaho, southern Montana, and western Wyoming. The airport is served by:

- Skywest/Delta Airlines with frequent daily flights to Salt Lake City, Utah, and Minneapolis-St. Paul, Minnesota.
- United Express with daily non-stop flights to Denver, Colorado.
- Allegiant Air with weekly flights to Las Vegas, Nevada, and Phoenix/Mesa, Arizona, and summer seasonal flights to Los Angeles and Oakland, California.

### POCATELLO REGIONAL AIRPORT (PIH)

Serves the cities of Pocatello, Chubbuck and the southeast Idaho region with SkyWest Airlines service to Salt Lake City and the Delta Connection to destinations throughout the United States and the world.

### SALT LAKE CITY (SLC)

An international airport that ranks the 27th busiest in North America. It is served by eight airlines and their affiliates, including Alaska Airlines, American, Delta, Frontier, JetBlue, Southwest, United and US Airways.

### JACKSON (JAC) AIRPORT

This small airport located at the base of the Teton mountain range is serviced by Delta, American, and United Airlines.

### SUN VALLEY (SUN) AIRPORT

Easily accessible from major gateway cities including Seattle, Los Angeles, Salt Lake City, Denver and Chicago. Alaska Airlines, Delta, and United fly into the airport.



# Questions?

If you have questions about your appointment, or the area, please call our office at 208-782-2444.







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