

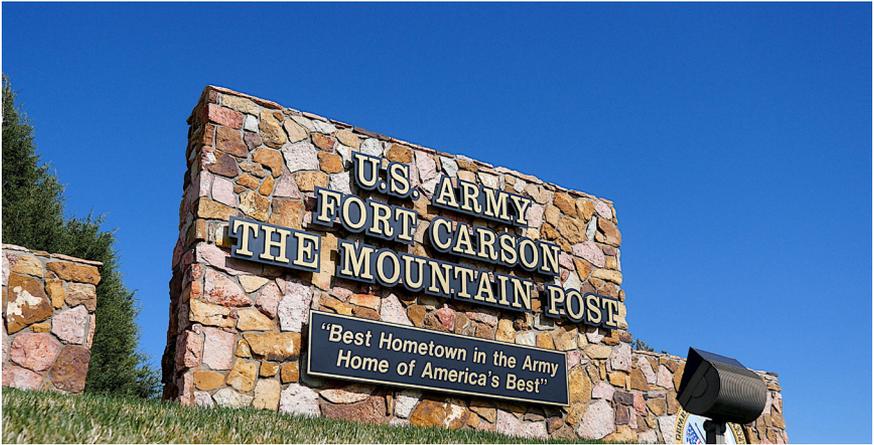
WELCOME TO THE MOUNTAIN POST



MOUNTAIN POST LIVING
WORK. PLAY. THRIVE.



STEADFAST AND LOYAL



We are truly fortunate to live and work in the beautiful Colorado Front Range Community. With over one hundred thousand Soldiers, Family Members, DA Civilians and DOD Retirees in the local area, Fort Carson is one of the premier locations in the Army to serve and live.

The Mountain Post Garrison Team provides mission readiness support and services to the Fort Carson Soldiers, Family Members and the Community to fight and win our Nation's Wars. We are leaders in readiness support to the Army.

There are incredible opportunities and experiences awaiting you and your family during your visit to Fort Carson, we commonly refer to these as Mountain Post Living!

Mountain Post Living inspires a life of balance; a way of defining your personal journey along the way by bringing together mind, body, and community into your personal destination experience.

We encourage you to take advantage of installation services and programs. Improve your health and performance, connect with the community and explore beyond our gates.

Welcome



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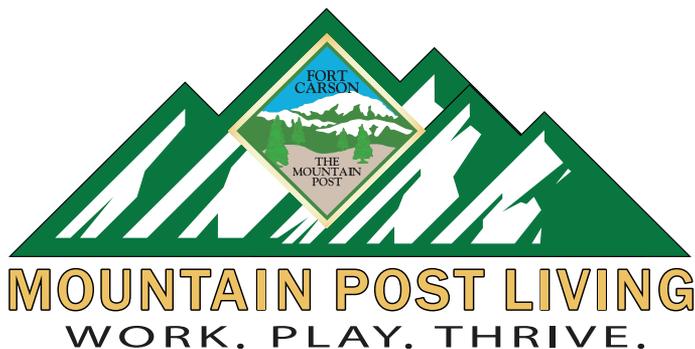
4th Infantry Division and Fort Carson builds and maintains combat ready expeditionary forces necessary to fight and win in complex environments as members of a Joint, Interagency, Intergovernmental, and Multinational (JIIM) team or as a Mission Command Element (MCE); provides first class support to Soldiers, Airmen, Civilians, and Families; and enables unified action with community, state, and interagency partners to accomplish all assigned missions.

4TH INFANTRY DIVISION



TENANT UNITS





Welcome to The Mountain Post and Colorado Springs, consistently ranked among the Top 3 places to live in the country. The Pikes Peak region has unlimited outdoor recreational opportunities for any adventure. Combining physical, spiritual, and mental health, Mountain Post Living (MPL) is a post-wide initiative to help you make the most of your time here.

Start building your #mountainpostliving bucket list now!

Components of Mountain Post Living

Mind

Enhance the mental strength and readiness of Soldiers, Families, and DA Civilians through mental discipline, maturity, self-confidence, self-reflection, character building, decision making, and intellectual progression.

Body

Enhance the physical fitness and wellbeing of Soldiers, Families and DA civilians to ensure readiness by providing effective programs which support nutrition, exercise, sleep, and activity.

Community

Building a sense of belonging and pride in one's unit, family, and the places you live, work, and play.

Installation "Quick Reference"

Fort Carson, the Mountain Post, also known as the "Best Hometown in the Army", is one of the most requested stateside duty stations in the Army. Located on the Southern end of Colorado Springs, Fort Carson is a new adventure, a great place to call home, and a location where community makes all the difference.

Colorado Springs was ranked # 1 Best Big City in "Best Places to Live" by Money magazine, #1 Outside Magazine's list of America's Best Cities and #2 on U.S. News list of most desirable cities.

We hope you have a wonderful Fort Carson Mountain Post Living experience for the duration of your stay!

For information on all you need to know about Fort Carson, please follow this QR Code.



INSTALLATION MWR FITNESS CENTERS

IVY FITNESS CENTER

6345 Specker Ave., Bldg. 1925
(719) 526-2706

GARCIA FITNESS CENTER

6360 Porter St., Bldg. 1856
(719) 526-3944

MCKIBBEN FITNESS CENTER

5785 Barkeley Ave., Bldg. 1160
(719) 526-2597

WALLER FITNESS CENTER

6946 Magrath Ave., Bldg. 2357
(719) 526-2742



Follow this QR code to
find the Fort Carson
Running Trail Map



For hours of
operation, please
follow the QR code

INSTALLATION AAFES DINING OPTIONS

Bun-D

Bldg 6110 Martinez St.

Charleys

Bldg 6110 Martinez St.
(719) 576-5661

Subway

Bldg 6110 Martinez St.
(719) 576-5661

Starbucks

Bldg 6110 Martinez St.
(719) 576-5661

Brisket Brothers

Bldg. 1510
(719) 357-6459

Dunkin' Donuts

Bldg 5940
(719) 785-4823

Boston Market

Bldg 6110 Martinez St.
(719) 576-5661

Domino's

Bldg. 1510
(719) 377-6868

Jimmy John's

Bldg. 3600
(719) 579-7827

Pizza Hut

Bldg 5940
(719) 538-0100

Baskin-Robbins

Bldg 5940
(719) 785-4823

Green Beans Coffee

Bldg. 1827
(719) 576-0130

Arby's

Bldg. 1533
(719) 226-1269

Kentucky Fried Chicken

Bldg. 1533
(719) 579-8237

Burger King

(719) 226-1269

Qdoba Mexican Eats

Bldg. 1533
(719) 226-1269

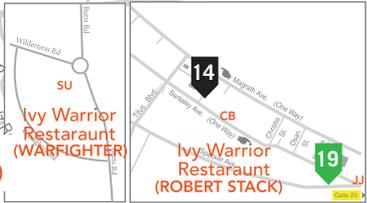
For hours of operation,
please follow the QR code



MAP OF FORT CARSON



CANDLEWOOD
SUITES
Our Place. Your Space.



FACILITY LOCATIONS

FACILITY	PHONE #	BUILDING #
AQUATIC CENTERS		
1. Ivy Indoor Pool	526-4093	1925
2. Nelson Indoor Pool	526-3107	1446
3. Outdoor Pool	526-4456	1231
ARMY COMMUNITY SERVICE		
4. Main ACS Ctr.	526-4590	1526
5. ACS Annex	526-5807	7492
6. Survivor Outreach Services	526-2069	6215
DINING AND ENTERTAINMENT		
7. Elkhorn Catering & Conference Ctr.	526-6646	7300
8. Mulligan's Snack Bar & Grill	526-4122	7800
9. Special Events Ctr.	524-1163	1829
10. Strike Zone Snack Bar & Grill	526-5542	1511
FITNESS CENTERS		
11. Ivy Fitness Ctr.	526-2706	1925
Indoor Pool	526-4093	
Intramural Sports	526-3972	
12. McKibben Fitness Ctr.	526-2597	1160
13. Garcia Ftness Ctr.	526-3944	1856
14. Waller Fitness Ctr.	526-2742	2357
INDOOR LEISURE		
15. Auto Skills Ctr.	526-2147	2427
16. Grant Library	526-2350	1528
17. Thunder Alley Bowling Ctr. Strike Zone Snack Bar & Grill T&M's Pro Shop	526-5542	1511
TRAVEL & OUTDOOR LEISURE		
18. Cheyenne Shadow Golf Course Mulligan's Snack Bar & Grill	526-4122	7800
19. Cheyenne Mountain Shooting Complex	526-6196	2429
20. Outdoor Recreation Complex Adventure Programs & Education Equipment Checkout Ctr. & RV Storage Mountain Post Outfitters	526-1993 526-5176 526-1993 526-1993	7093
21. ITR Leisure Travel Services	526-5366	1532

AR	Arby's	DP	Domino's Pizza
BK	Burger King	GB	Green Beans Coffee
BM	Boston Market	JJ	Jimmy Johns
BD	Bun-D	KFC	Kentucky Fried Chicken
CB	Caribbean Blend	PH	Pizza Hut
CC	Carson Café	ST	Starbucks
CS	Charleys Steakery	SU	Subway
DFAC	Dining Facility	QD	QDOBA
DD	Dunkin' Donuts		



THE COLORADO SPRINGS COMMUNITY



For activities and points of interest in the Colorado Springs Front Range Community, please visit the website below using the provided QR code.



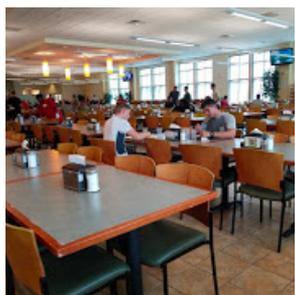
No federal endorsement is implied, nor is this an exhaustive list of all available off-post activities or establishments. This information is brought to you by your Fort Carson MWR.

ON-POST DINING FACILITIES



Fort Carson has five Ivy Warrior Restaurants (dining facilities) that serve breakfast, lunch and dinner weekdays. On weekends and holidays, one Ivy Warrior Restaurant serves brunch and supper. Schedules are printed in the weekly Fort Carson Mountaineer newspaper and posted to the U.S. Army Fort Carson Facebook page on Thursday mornings.

For hours of operation, please follow this QR code:



DOD ID card holders and their guests can dine at all Ivy Warrior Restaurants on Fort Carson. Ivy Warrior Restaurants are cash only.

The Ivy Warrior Restaurants are located at:



James R. Wolf

Building 1444
near Specker Avenue and Nelson Street

Robert C. Stack

Building 2330
near Titus Boulevard and Specker Avenue

Warfighter

Building 9439
near Wilderness and Warfighter roads

LaRochelle

Building 7481, near Devens Street and Jedburgh Drive (Note: only serves breakfast and lunch weekdays; closed weekends and holidays)



Evans Army Community Hospital Dining Facility

1650 Cochrane Circle
West Entrance
719-526-7000

IMPORTANT INSTALLATION PHONE NUMBERS

QUICK REFERENCE

PHONE

Army Emergency Relief	(719) 526-4783
Base Operator	(719) 526-5811
Candlewood Suites	(719) 374-9158
Chaplain	(719) 526-5279
Civilian Personnel Office	(719) 526-8341
Dental Clinic #1	(719) 526-2200
Dental Headquarters	(719) 526-2006
Emergency	911
Evans Community Hospital	(719) 526-7000
Housing Services Office	(719) 526-2323
ID/CAC Card Processing	(719) 524-3704
In-Processing	(719) 526-6961
Information and Referral	(719) 526-4590
Legal Services and JAG	(719) 526-5572
Medical Appointments	(719) 524-2273
Post Shuttle	(719) 524-1124
SHARP 24/7 Hotline	(719) 338-9654
Suicide Prevention Hotline	(800) 273-8255
Veterinary Service	(719) 526-3803
Welcome Center	(719) 526-2325



MOUNTAIN POST LIVING
WORK. PLAY. THRIVE.



MOUNTAIN POST LIVING



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FORT CARSON



Religious Support

One of the first things many Soldiers and Families look for upon arrival at a new Army Post is a place of worship. In addition to chaplains and religious affairs specialists serving every unit, there are five chapels located across the post, all offering worship services with your "spiritual needs" in mind.

Whatever your religious background, you can grow and flourish while you are here at the Mountain Post-the "Best Hometown in the Army." There are many worship opportunities representing a wide variety of faith groups.

If you have special religious needs or a question about Religious Support, call the Fort Carson Chaplain's Office at 719-526-5279.

For off-duty emergencies, call the staff duty officer at 719-526-3400.



Soldiers' Memorial Chapel

The main post chapel is located one block West of the 4th Infantry Division Headquarters, North of the Exchange. Building 1500, 6333 Martinez Street, 719-526-5769

Saturday Catholic Confession, 3:15 p.m.

Saturday Catholic Vigil Mass, 4 p.m.

Sunday Catholic Mass, 9 and 11 a.m.

Sunday Catholic Religious Education, 10:30 a.m.

Daily Mass, Monday-Friday, 11:45 a.m.

Catholic Reconciliation: Saturday, 3:15-3:45 p.m.;

Sunday, 8:15-8:45 a.m.

By appointment prior to Mass, call 719-526-5769



Prussman Chapel

Building 1850

Southeast corner of Barkeley Avenue and Prussman Boulevard

719-526-9640

Sunday Gospel Service, 11 a.m.

Sunday Children's Church, 11 a.m.

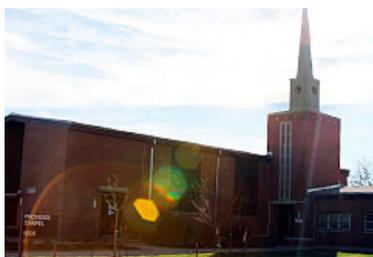
Tuesday Youth Group, 6 p.m.

ort Services



Veterans' Chapel

Building 2359
6917 Titus Boulevard/corner of
Magrath Avenue, 719-526-5890
Samoan Protestant worship - Sunday, 11 a.m.



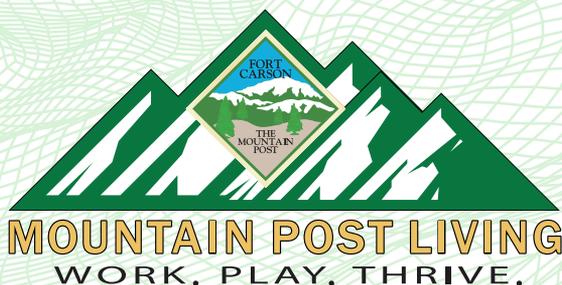
Provider Chapel

Building 1350
corner of Berkeley Avenue and Ellis Street
719-524-4316
Sunday General Protestant Worship Service, 11 a.m.
Sunday – Adult Sunday School, 10 a.m.



Healer Chapel

Inside Evans Army Community Hospital,
first floor, 719-526-7386
Sunday Protestant Service, 9 a.m.
Sunday Catholic Mass, 11 a.m.
Daily Catholic Mass, noon (Monday-Thursday)
First Friday Mass, 11:45 a.m.
Healer Chapel at EACH is a congregation
with a dedicated core that exists to provide
and sustain worship services for hospital
staff, patients and Family members.



**Welcome to Fort Carson,
we hope you enjoy your stay.**

**For more information, please
visit our website at:
<http://www.carson.army.mil>**

