

## **Family Fun!**

“When we first arrived in Albuquerque my children were four-years-old and two-years-old. Since that time I have been amazed at all of the family activities that are located in and around Albuquerque. It would be impossible to do justice to these locations in such a short time but let me add some of the highlights of our experiences below.

Explora Museum (<https://www.cabq.gov/culturalservices/explora>): This “child” museum is a science center built for hands on STEM activities. You can go from solving puzzles, to making giant bubbles, to riding a high wire bike, to making electrical circuits. This science center thankfully does have adult nights too, and often I find myself having as much fun as my children.

New Mexico Bio Park: The New Mexico Bio park includes the Albuquerque Zoo, Aquarium, Botanical Garden, and Tingly Beach. The Family pass allows for unlimited visits to each of these locations and is very affordable. Each of these locations is an amazing experience and would be worth the pass alone, but with all of them you will always have somewhere fun to go. The botanical gardens has a butterfly exhibit, along with koi pond, and a must see BUGarium. The Zoo has animals ranging from the great apes, to polar bears, to elephants. The Aquarium has a walk through underwater tunnels and a massive shark tank, while Tingly Beach is a park that has multiple large ponds set up where your family can go fishing and enjoy picnics on sandy beaches along the Rio Grande and the ponds themselves.

The National Museum of Nuclear Science and History: This was a pass my family was able to obtain free through the Albuquerque Public library system. This museum has replicas of the initial atomic bombs, nuclear uses in medicine, and a 9 acre outdoor exhibit area of military aircraft ranging from B-29 super fortress to a Minute man missile.

Albuquerque Balloon Fiesta: This is experience will be like no other in your life. This event happens one a year in October and is the largest hot air balloon festival in the world. Attending the mass ascension was truly a magical experience. The observers are in the field where the balloons are launched and you can visit and talk with the pilots and teams. When the ascension happens as you look into the sky there are hundreds of hot air balloons in every direction! There are thousands of colors and shapes of balloons.

Other Must Visit Locals: Sandia Park Tramway (A tram from the bottom Albuquerque to the peak of the Sandia mountains), Unser Museum (racecar museum), Indian Pueblo Cultural Center, Hinkle Family Fun center, Old Town (original site of ABQ), Meow Wolf in Santa Fe (Just google it), Kirtland Air and Space Show.”

-Corey Barger, MD, PGY-4