

GETTING TO DOWNTOWN DENVER

Here is the link to a map of the Denver International Airport (DIA) ground transportation areas:

www.flydenver.com/map_passenger_transport

<p>Shared Ride</p>	<p>Super Shuttle Inc (the blue vans with SUPER SHUTTLE printed on the side) costs about \$22 per person, one way to/from any of the conference hotels. At DIA, the ticket counter is staffed from 6:00 AM to 11:30 PM daily. For ticket information, go online (www.supershuttle.com/Locations/DENAirportShuttleDenver.aspx) or call 800-258-3826 or 303-342-2000</p> <p>To get to the Super Shuttle desk at DIA: Once you are in the main terminal and have retrieved your luggage in Level 5 of the terminal, go to the SuperShuttle counter in the middle of the terminal under the Ground Transportation signs (also in Level 5). Purchase a ticket and they will direct you to the appropriate loading area of the terminal (Island 3, doors 505/507 on the east side of the terminal, or Island 3, doors 510/512 on the west side). Your seat is NOT reserved when buying your ticket at the SuperShuttle counter, so once you buy your ticket, go to the appropriate loading area and get in line to board the next available shuttle. You can also buy a ticket directly from the SuperShuttle driver in Island 3 on either side of the terminal.</p>
<p>Taxi</p>	<p>Pickup is at Island 1, outside doors 507 through 511 (terminal east) and doors 506 through 510 (terminal west). As of August 6, 2014, flat-rate charges (one-way fare) to downtown Denver is \$55.15 (www.flydenver.com/taxi).</p>
<p>Bus</p>	<p>RTD SkyRIDE - Public transportation is economical and takes you conveniently to the newly renovated Union Station in downtown Denver. The RTD AF line provides service between DIA and downtown Denver. You must have exact change for your fare (\$11 as of August 6, 2014), one-way per person.</p> <p>There is a SkyRide counter at DIA in the west terminal, level 5, in the Ground Transportation area, for information. It is open 8:00 AM – 5:30 PM on weekdays, and 8:00 AM to 4:00 PM on weekends. You <u>do not</u> need to visit the counter to board the bus.</p> <p>You will board the bus on Island 5, west terminal, through doors 504, 506 & 510. Buses from DIA to Downtown run from 4:50 AM to 12:50 AM, at different intervals during the day. The trip takes approximately 45 minutes. Check the website for the RTD AF line schedule (www3.rtd-denver.com/schedules/getSchedule.action?runboardId=143&routeId=AF&routeType=9&direction=W-Bound&serviceType=3&branch=&colStart=1&colEnd=0&rowStart=0&rowEnd=0) You will take the Westbound direction to go from DIA to downtown. In the website make sure to select Westbound direction and the day of travel (weekday, Saturday or Sunday/Holiday). Your departure is DIA West Terminal (1st column on the left), and your arrival stop is Union Station Underground Bus Concourse (Wewatta St – 17th St., Arrive) (4th column from the left). You can ask the driver to let you know when you arrive at Union Station.</p> <p>Exit the underground Union Station back up to ground level through the Chestnut Pavillion exit and walk straight to the Free Mall Ride stop next to the Light Rail station (www.rtd-denver.com/unionstation-busconcourse.shtml).</p> <p>Take the Free Mall Ride, which runs on 16th St, and get off at the California Street stop (approximately 11 blocks from Union Station, and one block after Stout). The Hyatt Regency</p>

	<p>will be one block south on California & 15th St. The Free Mall Ride runs seven days a week and stops on every block between Union Station and Civic Center. It starts running at 5:00 AM on weekdays, 5:30 AM on Saturdays, and 6:30 AM on Sundays. Service runs throughout the day with the last complete round-trip of the night starting out at 1:21 AM from Union Station to Civic Center and back. Visit the Free Mall Ride website for additional information and a map of the route (the blue dot #17 is the Hyatt Regency Hotel, and the dot #18 is the Convention Center) (www.rtd-denver.com/FREEMallRide.shtml)</p>
<p>Car</p>	<p>Distance to the conference hotels is about 27 miles and takes about 35 minutes. In addition to hotel valet parking, there are several overnight parking options. Most downtown lots offer some form of overnight parking and should be posted on the rate sign; however many overnight rates end at 6am, at which time you will have to pay an additional next day's rate (or receive a parking ticket). There are some lots that allow overnight parkers to stay until 7 or 8 am at no additional charge. For more information about parking and overnight parking in downtown Denver go to: www.downtowndenver.com/getting-around/driving-and-parking Wherever you decide to park make sure to read the posted signs for hours, restrictions, and street-sweeping days.</p> <p>Check Google Maps (www.googlemaps.com) or Mapquest (www.mapquest.com) for specific directions to the Hyatt or any other hotel. DIA's address is 8500 Peña Boulevard, and the Hyatt is on 650 15th Street, Denver, Colorado.</p> <p>Parking at the Hyatt: Self-parking: \$27 per night until 12:30 PM on departure day or Valet parking: \$33 per night until 12:30 PM on departure day.</p> <p>Parking at the Magnolia Hotel: Guest valet parking: \$26.00 daily; self-parking is not available.</p>

Denver is... “the perfect blend of outdoor adventure and urban sophistication. That’s the duality locals love about the Mile High City. With snowcapped peaks providing a spectacular backdrop, Denver is as refined as it is laid-back. It’s a place where aerospace engineers rub elbows with rock climbers at local brewpubs, at art festivals, or while strolling their favorite pedestrian mall. And with 300 days of sunshine per year, it’s easy to see why people fall in love with Denver the first time they visit.” (www.denver.org/metro). Denver is home to eight professional sports teams, the nation’s largest city park system, and over 850 miles of urban trails. More beer is brewed here than anywhere else and downtown Denver is peppered with local microbreweries. Don’t forget about Stranahan’s (www.stranahans.com/index.php?q=home), the first Colorado-born whiskey (now earning national recognition). Denver is also home to Daz Bog, a growing local coffee company worthy of a try (www.dazbog.com/).

Getting around Denver is fairly easy, with light rail (www.rtd-denver.com/LightRail/) and bus service (www.rtd-denver.com/) available throughout most of downtown and much of the city. One-way trips on RTD transportation goes from \$2.25 for local trips to \$5.00 for regional trips (e.g., from Denver to Boulder; www.rtd-denver.com/Fares.shtml). If using the light rail, you must buy a ticket at the kiosks located at each light rail station. Keep your ticket while on board as well as if you plan to use it as a transfer to a bus. If boarding a bus, you’ll need exact change since drivers don’t carry cash. Ask the driver for a transfer if you plan to use another bus or the light rail for a connecting trip.

You can also travel by taxi by calling one of four taxi companies in Denver: Metro Taxi at 303-333-3333; Yellow Cab at 303-777-7777; Zone Cab at 303-444-8888; and Freedom Cab at 303-292-8900. Taxis don’t usually pick up passengers if flagged on the street. You can always ask your hotel concierge to get a taxi for you.

DOWNTOWN DENVER AREAS & NEIGHBORHOODS

Like most cities, Denver is divided into neighborhoods—some of the more interesting ones happen to be in the downtown area, though locals will encourage visitors to visit some of the outlying neighborhoods. Details on many of the Denver neighborhoods can be found here: www.denver.org/metro/neighborhoods. Downtown Denver areas and neighborhoods close to the conference hotel are listed below.

Downtown Denver Areas & Neighborhoods

Destination	Details
16th Street Mall	The 16th Street Mall is a pedestrian street lined with shops, restaurants, kiosks, and performers. The MallRide, a free shuttle bus that runs along the mall, provides frequent service daily. Destinations on and off the Mall are just a quick shuttle ride away. The Denver Performing Arts Complex and Colorado Convention Center are two blocks from the 16th Street Mall, Coors Field is four blocks from the Mall, and the shuttle runs right through Lower Downtown between Blake and Wynkoop Street. The ride starts at Civic Center Station at 16th St. & Broadway and ends at Union Station. MallRide provides connections to the light rail at Stout (southbound) and California (northbound).
Denver Pavilions	Located 1.5 blocks from the Hyatt, the Denver Pavilions (on the 16 th Street Mall, 500 16th Street) features over 50 shops and restaurants. Eateries include the Hard Rock Cafe, Maggiano’s Little Italy, and Jazz@Jacks (jazzatjacks.com/), Lucky Strike Lanes, and United Artists Theatres. (www.denverpavilions.com/)
Tabor Center	Located four blocks from the conference hotel, the Tabor Center (home to the Westin), features coffee shops, bars, restaurants, and an athletic club. To get there from the Hyatt (either walking or taking the free MallRide/16th Street Shuttle), take California to the 16th Street Mall, turn left on to the 16th Street Mall. Walk 4 blocks to the Tabor Center. Located between Arapahoe Street and Larimer Street. If taking MallRide get off at Lawrence Street. (www.taborcenter.com/index.cfm)
Lower Downtown (LoDo)	<i>“This area comprises a 25-block area that just a decade ago, wasn’t much more than abandoned warehouses and rail yards. Today, it has been restored and renovated to make LoDo (lower downtown) one of the liveliest areas in the city – not to mention one of the most historic.”</i> LoDo is full of trendy restaurants and bars. The heart of LoDo is located at 20th and Blake. http://www.lodo.org/
Larimer Square	<i>“More Denver history can be found in Larimer Square. It was here that the city got its name, when in the 1850s, representatives from various settlements in the area got together over a barrel of whiskey and decided to consolidate their resources under the Denver name. Denver was originally named after James Denver, the Kansas Territorial Governor at the time after the merging of the settlements Denver City and Auraria. Today, Larimer Square is one of the most stylish spots in the city, with high-end fashion boutiques, charming restaurants and cafes and much more.”</i> Larimer Square is on Larimer Street between 14th and 15th Streets.
Union Station	In July 2014, Denver celebrated the grand re-opening of its historic train station. Home to the Crawford Hotel, shops and restaurants, the station is a hub for locals and tourists, and for buses and light rail. http://unionstationindenver.com/
The Highlands	<i>“Highlands is Denver’s latest ‘it’ place to be. This community, with a distinct Hispanic heritage, has been featured in Travel + Leisure Magazine as well as National Geographic Traveler. The</i>

250-acre section northwest of downtown has experienced amazing growth and changes over the past few years, and is overflowing with trendy restaurants, bars, and shops. Three diverse commercial districts - Lower Highlands (LoHi), Highlands Square and Tennyson Street make Highlands Denver's largest neighborhood." To walk to the Highlands from downtown, go to the west end of the 16th Street Mall at Union Station, then continue west through Confluence Park to the Highland pedestrian bridge. <http://www.denver.org/about-denver/denver-neighborhoods/highlands/>

Below are some suggestions for things to do, including some ideas for day trips as well as some for extended trips, in case your plans allow you to arrive before the conference or stay a few days after.

Entertainment

Art / Culture	Details
Denver Performing Arts Complex	<p>“Ground zero for the Denver performing arts world is, naturally, the Denver Performing Arts Complex (DPAC). Located in the heart of downtown at 14th and Curtis Streets, the DPAC houses the 2,700-seat Boettcher Concert Hall (the nation’s first in-the-round concert hall, house of the Colorado Symphony Orchestra), the Helen G. Bonfils Theatre Complex (with four separate stages), the 2,830-seat Temple Hoyne Buell Theatre, the Donald R. Seawell Grand Ballroom and the Ellie Caulkins Opera House.” http://www.artscomplex.com/</p> <p>During the week of AEA: The Unsinkable Molly Brown; You Say Tomato, I Say Shut Up; Lord of the Flies; or Vanya and Sonia and Masha and Spike.</p>
Denver Art Museum	<p>“One of the city’s newest architectural jewels, the striking Hamilton Building opened to rave reviews in October 2006. Its bold, jagged look was inspired by the Rocky Mountains and geometric rock crystals found in the foothills near Denver. Of course, the original building built in 1971 and designed by Italian architect Gio Ponti remains an impressive part of the Denver landscape, and is renowned for its collection of Native American art and artifacts.” http://www.denverartmuseum.org/ Special exhibitions during AEA include: Matisee and Friends (selected Masterworks from the National Gallery of Art) and Daniel Spricks’ Fictions.</p>
Colorado History Museum	<p>“Constructed in 1977, the museum preserves a collection of historic and prehistoric artifacts and documents and is the Colorado Historical Society's headquarters. In addition to exhibits and educational programs, the museum includes the Stephen H. Hart Library, the Office of Archaeology and Historic Preservation and membership services.” http://www.historycolorado.org/</p>
Museum of Contemporary Art	<p>At 15th & Delgany: “...designed by cutting edge London architect David Adjaye. Its sleek exterior houses works by some of today’s most innovative artists.” http://www.mcadenver.org/index.php</p>
Children’s Museum	<p>“The Children's Museum of Denver offers 11 innovative and interactive Playscapes, educational daily programming and special events all year long for children newborn through age eight. Annually serving nearly 250,000 children, the Museum provides rich play experiences and a dynamic learning environment for children to explore and discover.” www.cmdenver.org/</p>

Museo de las Americas	<p>“Located in the heart of Denver’s Santa Fe Art District, the Museo de las Américas was founded in 1991 as a nonprofit museum that is committed to preserving, presenting, and promoting the art and culture of the Latino people. Through innovative exhibitions and collections, bilingual programs, educational activities and special events, the Museo educates its public in the richness of Latin American arts.”</p> <p>www.museo.org/</p>
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Science	
Denver Museum of Nature & Science	<p>Located in City Park, 3 miles east of downtown Denver, the Denver Museum of Nature & Science is the Rocky Mountain region’s leading resource for informal science education. A variety of exhibitions, programs, and activities help Museum visitors experience the natural wonders of Colorado, Earth, and the universe. From September 2008 – January 2009, the museum will feature: Dinosaurs: Ancient Fossils, New Discoveries. Open seven days a week year-round, with the exception of December 25: 9:00A–5:00P</p> <p>http://www.dmns.org/</p>
Downtown Aquarium	<p>“Get a behind-the-scenes look at the chemistry, biology, and technology involved in keeping thousands of aquatic animals healthy and a million gallons of water habitable. Downtown Aquarium has five exhibit areas that show water and aquatic life in all its forms, from the seas to the freshwater river systems of North America. Stand above the largest exhibits and you’ll get a sense of how big Downtown Aquarium really is! Learn about filtration, how the animals are fed, and what aquarium staff does on a daily basis to take care of their aquatic charges.”</p> <p>http://www.aquariumrestaurants.com/downtownaquariumdenver/visitorInfo.asp</p>
National Center for Atmospheric Research	<p>“Visit a working research laboratory to see how scientists explore the atmosphere and Earth system. The National Center for Atmospheric Research (NCAR) is a scientific research facility sponsored by the National Science Foundation and operated by the University Corporation for Atmospheric Research, a consortium of over 100 university and international members and affiliates.” www.ucar.edu.</p>
National Renewable Energy Laboratory (NREL)	<p>“Humans have tapped into solar, wind, biomass, and geothermal energy sources for millennia. Lately, renewable energy is receiving a lot of attention as a result of international interest in climate change and global warming and increased energy demands by developing countries. The National Renewable Energy Laboratory (NREL) is our only national laboratory dedicated to renewable energy and energy efficiency technologies.” (Cameras are not allowed in several of the research areas)</p> <p>www.nrel.gov/</p>

Local Landmarks

Destination	Description
Molly Brown House Museum	<p>“The mission of Historic Denver’s Molly Brown House Museum is to accurately portray the story of Margaret Tobin Brown within the context of her lifetime through ongoing research, artifact collection, preservation, and educational programming in</p>

	order to inspire courage, conviction and proactive change in the spirit of Margaret Brown” mollybrown.org/
REI Flagship Store	“The REI Denver flagship location in Denver, Colorado is a must visit for anyone who is interested in the outdoors or sports. The spacious property on the banks of the Platte River offers all of the fantastic REI products for camping and biking and snow sports. The property also hosts a Starbucks, with indoor and outdoor seating. The banks of the Platte outside of REI is a great place to take a lunch on a nice day or the trails offer great walking or biking opportunities. If you’re headed there from downtown, the Free Mall Shuttle can save you about a mile of walking distance.” www.rei.com/stores/18
Denver Mint	One of six U.S. mints in operation in the United States. Tours are free, but reservations are required. www.usmint.gov/mint_tours/index.cfm?flash=yes&action=StartReservation
Tattered Cover	“One of Denver’s most treasured attractions – the independently owned and operated Tattered Cover Bookstore. Of course, calling Tattered Cover merely a “bookstore” is doing it some injustice. Its multileveled location is filled wall to wall with books, magazines, greeting cards, gifts and souvenirs. There’s also a great café serving coffee, pastries and sandwiches. This is a great spot to take a break in and settle in with a good book – browsing is strongly encouraged! Also enjoy the architecture. This building once housed the Morey Mercantile warehouse business which thrived in the late 19th century.” www.tatteredcover.com/
State Capitol	“Modeled after the U.S. Capitol in Washington D.C., the 272-foot-high dome of Colorado’s State Capitol is covered with 200 ounces of 24kt. gold leaf. However, the truly priceless material is inside where the entire world’s supply of Colorado rose onyx was used as wainscoting. No more of the ultra-rare, rose-colored stone has been found since. Construction on the building began in 1886 and was finally completed in 1908. Free tours of the Capitol offer this and other tidbits of information as well as visits to the Senate and House of Representatives chambers.” www.milehighcity.com/capitol/
Denver Botanic Gardens	Ten minutes east of downtown and one mile north of the Cherry Creek Shopping Center, the Denver Botanic Gardens at York Street, the Denver Botanic Gardens ...presents a wide range of gardens and collections that illustrate an ever-widening diversity of plants from all corners of the world. Distinctive gardens define and celebrate our Western identity and a unique high altitude climate and geography. Many of our innovative gardens are models of drought-tolerance and showcase native and adapted plants that thrive in Western gardens. Throughout Denver Botanic Gardens, the time honored traditions of European horticulture merge with a dynamic diversity of plants and design that represent the best in horticultural achievement.” Open 9 a.m. to 5 p.m. daily (September – May) www.botanicgardens.org/ During AEA: See the stunning outdoor exhibition by American artist Dale Chihuly. His dramatic, colorful sculptures--including water features and a 30-foot neon tower--grace the 24-acre urban oasis. http://chihuly.denver.org/

Hammond's Candy	<p>The Travel Channel considers Hammond's Candies in the top five of candy stores in the country. The factory is located in Northern Denver and provides free tours from April 2-December 31, 2008: Monday - Friday, 9am - 3pm, every 30 minutes; Saturday, 10am - 3pm, every 30 minutes; Sunday-Closed. Location: 5735 N. Washington Street in Denver, across from the Denver Merchandise Mart on 58th Avenue between Washington Street and I-25.</p> <p>http://www.hammondscandies.com/index.html</p>

Evening Entertainment

Location	Description
Jazz@Jacks	<p>One of Denver's Premier Live Music Venues. See website for schedule of events: http://jazzatjacks.com/.</p>
Dazzle	<p>Considered one of Denver's premier jazz clubs. See website for schedule of events: www.dazzlejazz.com/index.php?s=5</p>
Ogden Theatre	<p>American Authors, October 14th: http://www.axs.com/events/252766/american-authors-tickets?skin=ogden</p>

Sports

Team	Information
Denver Broncos	October 19th versus San Francisco 49ers
Colorado Avalanche	Road games.
Denver Nuggets	Preseason.

Day Trips

If you have rented a car, the following trips may be of interest to you:

Destination	Description
Colorado Springs: Garden of the Gods	<p>“Imagine towering sandstone rocks against a backdrop of snow-capped Pikes Peak and brilliant blue skies—the Garden of the Gods is truly one of a kind. Explore the geology, plants, animals, and people of this amazing regional park in Colorado Springs. The park offers paved and unpaved hiking paths as well as the Rock Ledge Ranch Historic Site and the Garden of the Gods Trading Post, also a historic landmark.” http://www.gardenofgods.com/home/index.cfm?flash=1</p>
Colorado Springs: Pikes Peak	<p>“The most visited mountain in North America and the second most visited mountain in the world behind Japan's Mount Fuji, Pikes Peak forms a stunning backdrop for Colorado Springs and the Garden of the Gods. At an altitude of 14,110 feet above sea level, Pikes Peak is the 31st highest peak out of 54 Colorado peaks. It is the farthest east of the big peaks in the Rocky Mountain chain, which contributed to its early fame among explorers, pioneers and immigrants and made it the symbol of the 1859 Gold Rush to Colorado with the slogan, "Pikes Peak or Bust". The 8.9 mile Cog Railway started operating year round in 2007 weather permitting.”</p> <p>www.pikespeakcolorado.com/ www.cograilway.com/</p>
Cañon City: Royal Gorge	<p>“‘Awe’ doesn't begin to describe what you'll feel when walking or driving across the Royal Gorge Bridge, the highest suspension bridge in the world and an unforgettable quarter-mile journey through the clouds. Or what you'll experience in the expanded Royal Gorge Park, a unique combination of natural adrenaline, human achievement and scenic beauty that must be experienced to be believed.”</p> <p>www.royalgorgebridge.com/</p>
Boulder	<p>Catch the bus from Market Street Station in Denver. It's a short 40 minute ride to access miles of hikes around the Flatirons, CU Boulder campus and Pearl Street mall.</p> <p>www.bouldercoloradousa.com/</p>
Colorado Springs: Challenger Learning Center	<p>“The Challenger Center for Space Science Education was founded in April 1986 by families of the 51-L Challenger Space Shuttle crew to continue the educational mission of the NASA Teacher-in-Space program. The center is devoted to inspiring young people to learn and explore. Through these innovative experiential learning centers, hundreds of thousands of students and thousands of teachers participate in exciting mathematics, science, and technology programs each year.” www.clccs.org</p>
Estes Park including Rocky Mountain National Park	<p>“Rocky Mountain National Park and Roosevelt National Forest surround the village of Estes Park, Colorado with spectacular mountain scenery, abundant wildlife habitat, miles of hiking trails and scenic drives including Trail Ridge Road over the Continental Divide and the Peak to Peak Scenic Byway. Drive up Trail Ridge Road to the alpine tundra and sample the air at 12,000 feet. Get off the beaten path and glimpse the backcountry from Old Fall River Road. Enjoy the scenic Peak to Peak Highway that leads to Central City gaming or Eldora downhill skiing. Watch for bighorn sheep in the narrows of the Big Thompson canyon as you go to the flatlands to shop at Centerra in Loveland or see the Budweiser Clydesdales north of Ft.</p>

	<p>Collins. Estes Park is a hub of scenic drives to interesting places.” Some roads in Rocky Mountain National Park will be partially closed in November. Please check the website before departing.</p> <p>http://www.visitestespark.com/ www.nps.gov/romo/planyourvisit/hiking.htm</p>
Golden Gate Canyon State Park	<p>30 miles from Denver. “More than 12,000 acres of dense forest, rocky peaks, and aspen-rimmed meadows laced with miles of trails await the hiker, horseback rider, mountain biker and winter sports enthusiast at Golden Gate State Park.”</p> <p>http://cpw.state.co.us/placestogo/parks/GoldenGateCanyon</p>
Dinosaur Ridge, Red Rocks & Triceratops Trail	<p>“The Dinosaur Ridge area is one of the world's most famous dinosaur fossil localities. Here, in 1877, some of the best-known dinosaurs were first discovered. These include Apatosaurus, better known as Brontosaurus; Diplodocus; Stegosaurus, the Colorado State Fossil; and Allosaurus. These animals represented life 145 million years ago in the Late Jurassic Epoch, also known as the “Age of Brontosaurus.”” www.dinoridge.org/</p>
Red Rocks State Park (& Amphitheatre)	<p>“At an Elevation of 6,200 feet above sea level, Red Rocks Park is in a unique transitional zone where the Great Plains meet the Rocky Mountains. This diverse environment allows the visitor to see plants, birds and animals of both regions.” Carved into 70 million year old red sandstone, the Amphitheatre seats 9,000. October-April: 5:00A-11:00P www.redrocksonline.com/</p> <p>After visiting Red Rocks, consider stopping at The Fort for dinner: 19192 Hwy 8, Morrison. 303-697-4771. www.thefort.com</p>
Roxborough State Park	<p>A short drive southwest of Denver, Roxborough is a Colorado Natural Area and a National Natural Landmark for good reason. The 3,339-acre park is filled with dramatic red-rock formations, distinct plant communities, and a host of wildlife ranging from black bears to mule deer. Visitors can take in all of Roxborough’s geological wonders via a series of trails for every level of hiker. The Fountain Valley Overlook is only 100 yards from the Visitor Center and provides spectacular views of several beautiful rock formations, including the Fountain Formation, Lyons Formation, and the Dakota Hogback.</p> <p>4751 Roxborough Dr, Littleton, CO 80125. (303) 973-3959.</p> <p>http://cpw.state.co.us/placestogo/parks/Roxborough</p>
Eldorado Canyon State Park	<p>Outside of Boulder. “Eldorado Canyon is a hidden treasure right in Boulder’s backyard! Whether it’s hiking amidst the towering sandstone cliffs, picnicking along scenic South Boulder Creek or climbing Eldo's sheer golden walls, Eldorado Canyon State Park truly has something for everyone! Discover this hidden jewel and take home memories that will last a lifetime.”</p> <p>http://cpw.state.co.us/placestogo/parks/EldoradoCanyon</p>
Castlewood Canyon State Park	<p>“Visitors may access deep and dramatic canyon walls and the meandering Cherry Creek. Whether it's for hiking, picnicking, celebrating or learning, this Colorado Natural Area is a great place to spend the day. Nature lovers and groups enjoy environmental diversity on several hiking trails ranging from mild to moderate. All trails are less than two miles long and can be combined for longer journeys.” http://cpw.state.co.us/placestogo/parks/CastlewoodCanyon</p>

Breckenridge / Dillon	“A premier, year-round resort town, Breckenridge is a rural Colorado destination offering a wide array of lodging options, including vacation home rentals, cabins and lodges with spas. One of the more popular summer activities here is golfing at the Breckenridge Golf Club.” www.breckenridge.com
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Extended Trips	
Mesa Verde	“The stunning landscape of Southwest Colorado, near Four Corners, is the backdrop as you explore Mesa Verde National Park. Here in the nation's richest archeological preserve, amazing cliff dwellings and more than 4,000 ancient sites reveal the fascinating culture of the Ancestral Puebloan people.” http://www.visitmesaverde.com/
Aspen	“Aspen is among the most popular ski destinations in the entire West. Nestled high in the Elk Mountains branch of the Rockies, Aspen and its sister town of Snowmass Village service four major ski areas (Aspen Mountain, Aspen Highlands, Snowmass, and Buttermilk), the highest concentration anywhere in Colorado.” www.aspenchamber.org/

Facts about the Mile High City

The American College of Sports Medicine ranked Denver as one of the most fit cities in the U.S. in 2013. Plenty of green space, bike rentals and paths throughout the city, as well as nearby recreation opportunities in the mountains combine to make Denver one of the fittest cities in the nation.

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Denver is a young city. According to the 2010 census, the median age is 33. Over 68% of residents are 44 or younger. 36% of the population is between the ages of 25 to 44. Just over 31% of residents are age 45 and older.

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Today, 32 percent of city residents are Hispanic or Latino and 10 percent are African American. Denver's diversity is celebrated at numerous festivals and events including the nation's largest Cinco de Mayo celebration and the annual Juneteenth and Dragon Boat Festival.

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Denver really is exactly one mile high. There is a step on the State Capitol Building that is exactly 5,280 feet above sea level. In Denver's rarified air, golf balls go ten percent farther. So do cocktails. Alcoholic drinks pack more of a wallop than at sea level.

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Mile High Denver is also extremely dry, so it is good idea to drink more water than normal. And there's 25 percent less protection from the sun, so sunscreen is a must.

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Denver has a population of 634,265 (the 23rd most populous city in the U.S.) while there are 2.7 million people in the metro area.

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Denver has been named the "Baby Boomer Capital of America," boasting a higher number of baby boomers than any other US city.

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The Denver Performing Art Complex is the 2nd largest performing arts center in the world.

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At just over 26 miles long, Colfax Avenue is the longest continuous street in America.

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The road to the top of the 14,260-foot peak of Mount Evans is the highest paved road in North America and is maintained and operated by Denver City Parks Department.

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Denver brews more beer than any other city in the nation, with over 200 different beers brewed daily, and nearly 40 breweries, including Coors Field, which is home to the Blue Moon Brewing Company.

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Colorado Rockies' Coors Field is one of the best ballparks in the nation for home runs. Because of its high elevation and the dry air, the balls fly much farther when hit than in other stadiums. The field has twice broken the record for major league home runs hit in a single ballpark in one season.