



= Kid Friendly

Local Parks



Cheesman Park

1599 E. 8th St.

Joggers love Cheesman Park for the crushed granite jogging path that winds its way around the park. But it's also a popular spot for families, thanks to its large playground with swings, slides and everything else to delight your young ones. The park, located at Franklin St. and 8th St., also offers incredible vistas stretching from the Cheesman Memorial Pavilion to the Front Range.

Denver Botanic Gardens

1007 York St., Denver, CO 80206

One of the top five botanic gardens in the nation, Denver Botanic Gardens is an oasis in the city, offering year-round events, Mordecai Children's Garden, lifelong learning opportunities and research to preserve Colorado's precious natural resources.

City Park

East of downtown on 17th Ave. and York St.

This expansive, multifaceted park is Denver's version of New York City's Central Park. In City Park's 330 lovely, landscaped acres, you'll find a public golf course, colorful flower gardens, ornate fountains, placid lakes and rolling green lawns perfect for picnics. City Park is home to some of Denver's most popular attractions, including the Denver Zoo, the Denver Museum of Nature & Science, the Martin Luther King Memorial and much more. From June through August, the park plays host to City Park Jazz, with free concerts each Sunday. It's also got unbeatable views of The Mile High City skyline and the Rocky Mountains beyond.

Confluence Park

2250 15th St.

Where Cherry Creek and the South Platte River meet and mingle, you'll find the unique and scenic Confluence Park. Watch kayakers brave the rapids on custom-designed chutes, sunbathe on the sandy banks and enjoy panoramic views of downtown Denver. The park is close to the Downtown Aquarium, the Children's Museum of Denver at Marsico Campus and Elitch Gardens Theme & Water Park. Hop on the Denver Trolley and take a 30-minute scenic ride along the river, plus learn about the area's history.

Washington Park

Bordered by Virginia Ave. on the north, Downing St. on the west, Louisiana Ave. on the south, and Franklin St. on the east

One of Denver's most popular spots year-round, Washington Park (nicknamed "Wash Park" by locals) features two lakes (boat rentals are available), flower gardens, innovative playgrounds

and countless areas for outdoor recreation. Wash Park is also a favorite for its extensive sports and fitness options, including a recreation center with indoor pool, a bicycle/pedestrian pathway, a crushed granite jogging path, a fitness course, a horseshoe pit, a lawn bowling/croquet area, a soccer field and tennis courts.

Paths/ Trails

Bike Paths

Denver is a paradise for cyclists! The Mile High City boasts more than 85 miles of paved trails that connect to hundreds of additional miles of dirt trails, offering mountain bike adventures. These trails also connect riders to dozens of notable attractions, including the shopping mecca of Cherry Creek and Red Rocks Park & Amphitheatre.

You don't even need to bring your own bike — Denver's pioneering bike-sharing system, Denver B-cycle is easy, inexpensive and fun. Choose from more than 700 shiny red bikes available at 85-plus stations around town. Swipe a credit card and hop on board to start exploring. You can pick up a bike at one station and drop it at another — stations are conveniently located throughout the city near hotels and attractions.

<https://www.denver.org/things-to-do/sports-recreation/bike-trails/>

<https://www.denvergov.org/content/denvergov/en/bicycling-in-denver/resources/bike-maps.html>

Walking Trails

Denver offers more than 80 miles of off-street multi-use trails within the City. Most trails follow Denver's urban waterways offering safe and scenic routes through various neighborhoods. These trails provide recreational opportunities for walking, running, cycling, and skating supplementing the on-street grid bicycle route system throughout the City.

Regional Trails extend beyond the Denver City Limits and were designed to serve and connect the greater metro area to Denver's urban core. Trail segments and mileage listed below are primarily shown for areas within Denver. For more information about regional trails outside of Denver please visit the local municipality's website.

<https://www.denvergov.org/content/denvergov/en/denver-parks-and-recreation/parks/trails.html>

<http://denver.cbslocal.com/top-lists/best-places-to-take-a-walk-in-denver/>

Treat Yourself

Meditation

The Lotus is a community sanctuary for learning and contemplation. Our purpose is to empower others to transform their lives through meditation.

The Lotus offers a variety of classes guided by professional instructors with diverse backgrounds, allowing you the freedom to choose what style is best for you! This is the perfect place to begin your journey to greater peace, joy, love, compassion, gratitude and ultimately personal transformation. The Lotus offers various guided meditation and yoga sessions for all.

- Single Class \$15
- 5 Class Pack \$70
- 10 Class Pack \$130

<https://thelotusmeditation.com/corporate-wellness/>

Spa Services:

Body Massage Wellness Med Spa

1616 Welton Street Denver, CO 80202

Located on Welton Street in the heart of beautiful downtown Denver, CO, where mountains meet metro, Body Massage Wellness Spa offers a wide range of services from therapeutic massage and waxing to microderm abrasion and other skin care treatments like Micro Needling, RFSkin resurfacing, and skin rejuvenation with signature facials like our Fire and Ice Facial.

<https://body massagewellnessspa.com/denver-spa-group-parties/>

Veda Salon & Spa Denver

1717 Champa St, Denver, CO 80202

They offer hair, makeup, bridal, nail and spa services at our four locations in Colorado—three in Colorado Springs and one in Downtown Denver.

<https://www.coloradoveda.com/services/denver/>

Entertainment

El Chapultepec - Denver's Oldest Jazz & Blues Club

1962 Market St, Denver, CO 80202

Well-known nightclub with regular live jazz, late hours & Mexican chow served on paper plates.

- February 7, 2019: Freddy Rodriguez Quartet
- February 8, 2019: Barenuckle Blues Band
- February 9, 2019: The Barrelors

<http://www.thepeclodo.com>

Nocturne Jazz and Supper Club

1330 27th St, Denver, CO 80205

Bi-level lounge & eatery serving up eclectic plates & cocktails amid live jazz music. The acoustically designed room in the heart of Denver plays host to live jazz nightly (Tuesday through Saturday) until 10:30 PM and also late night sets on Friday and Saturday nights (from 11 PM - 12:30 AM).

A nightly per guest artist fee will be applied to all checks to support the artists who perform at Nocturne. Make sure to see the Music Calendar for pricing, as fees can vary from one night to another.

<http://nocturnejazz.com/>

Dazzle

1512 Curtis Street, Denver, CO 80202

The show admission varies depending on the artist, but generally range from free – \$40. Please see the Performance Calendar. Dining is encouraged but not mandatory. A \$15 minimum purchase is required at all performances.

Sometimes Student/Teacher Discounts

<https://dazzledenver.com/>

Denver Center for the Performing Arts

1101 13th St, Denver, CO 80204

The Denver Center for the Performing Arts is an organization in Denver, Colorado which provides a showcase for live theatre, a nurturing ground for new plays, a preferred stop on the Broadway touring circuit, acting classes for the community and rental facilities.

<https://www.denvercenter.org/>

Mayan Theater

110 Broadway, Denver, CO 80203

The Mayan Theater is a movie theatre which opened in 1930 and is currently run by Landmark Theaters. It is one of the country's three remaining theatres designed in the Art Deco Mayan Revival style. The city of Denver has declared it to be a historic landmark.

<https://www.landmarktheatres.com/denver/mayan-theatre>

The Clocktower Cabaret

Nestled beneath the historic D&F Tower on the 16th Street Mall, entering the club is like falling down a rabbit hole into another world. Music, burlesque, comedy, drag, circus, dance... all

performed in an intimate, vintage setting. A full bar and kitchen offers sumptuous cocktails and tasty treats delivered with warm, friendly service.

<http://www.clocktowercabaret.com/#nav>

Breweries/ Distilleries

Stem Ciders

2811 Walnut St #150, Denver, CO 80205

Welcoming bar & brewpub offering handcrafted hard ciders & live music in rustic surroundings. Stem offers a wide variety of ciders - from sour to sweet and everything in between.

<https://stemciders.com/>

Bruz Beers

1675 W 67th Ave #100 Denver, CO 80221

Specializing in Belgian beers, this spot is a real neighborhood gem where staff is friendly and parking is easy. Trivia night happens every Wednesday and some weekend workouts with beers are also a highlight.

<http://www.bruzbeers.com/>

Bierstadt Lagerhaus

2875 Blake St Denver, CO 80205

German beer is the name of the game at this RiNo brewhouse. Drinkers should order a Slow Pour Pils or Dunkel, and enjoy the vibe of the classic Munich beer hall set in new industrial surroundings.

<http://www.bierstadtlager.com/>

Novel Strand Brewing Company

305 W 1st Ave Denver, CO 80223

Novel Strand brings some much-needed diversity to Denver's craft beer scene. Two of its owners are black women, one of them born in the Dominican Republic, and the third was raised in Israel. Drinkers here should try the similarly international Super Conductivity ale with hops from three different continents.

<http://novelstrand.com/>

Dos Luces Brewery

1236 S Broadway Denver, CO 80210

South Broadway's newest brewery makes something entirely different for the Denver craft scene: chicha and pulque. Both are corn-based, pre-Columbian fermented beverages. Chicha is traditionally fermented by chewing on corn, while pulque relies on the sap of an agave plant called maguey. The brewers are also making fruit-blended curados and Peruvian chicha morada.

<http://www.dosluces.com/>

Cerveceria Colorado

1635 Platte St Denver, CO 80202

The new offshoot of Denver Beer Co. on Platte Street is a destination all its own, with brews inspired by Mexican ingredients and brewed in collaboration with Mexican craft breweries. In a bright setting, find beers flavored with nopal cactus and piloncillo sugar, from easy-drinking lagers to stouts brewed with churros.

<https://www.cerveceriacolorado.com/>

Denver Brewery Tours

Lower Downtown Denver Craft Beer Tour

Pop in to four local breweries to taste more than 10 samples of Colorado craft beer with an expert hops-, ale-, and lager-loving guide.

<https://www.viator.com/tours/Denver/Historical-Lower-Downtown-Denver-Beer-Tour/d4837-43435P1>

Booze and Brews Walking Tours

Sip your way through Colorado's thriving craft beer and spirits scene with a 3-hour walking and drinking tour in Downtown Denver. Get a behind-the-scenes look at some of the Mile High City's best local breweries and distilleries, where you'll learn about traditional brewing and spirit-making methods and taste generous samplings of small-batch beers, liquors, and craft cocktails.

<https://www.viator.com/tours/Denver/Brews-and-Booze-Walking-Tours/d4837-40844P1>

Denver Microbrew Tour

What is included in the tour?

- beer samples at each brewery and a pint at the end of the tour
- Denver Microbrew Tour souvenir sample glass
- a guided 1.5 mile stroll through the LODO historic district
- visits to several microbreweries in downtown Denver
- interesting beer trivia
- scandalous Denver history tidbits and more!

<https://www.denvermicrobrewtour.com/>

Things to Do

Antique Row

1500 S Broadway, Denver, CO 80210

Expansive antiques showroom with American & European furniture, china, silver & other collectibles.

Brown Palace Hotel and Spa - Tours & Afternoon Tea (.5 miles)

321 17th St, Denver, CO 80202

Public Tours: Guided historical tours recounting interesting anecdotes about the general history of The Brown Palace Hotel are offered every Wednesday and Saturday at 3 p.m. Tours are approximately 1h 15min in length and cost \$10 per person. Children must be 10 years of age or older. Reservations are required. Public Tours are complimentary to all overnight hotel guests. Reservations can be made through the hotel concierge at ext. 3404.

<https://blog.brownpalace.com/hotel-tours/>

Colfax Ave

Ruth Handler, the inventor of the Barbie doll, have in common?

They all got their start on Colfax Avenue, famously nicknamed the “longest, wickedest street in America.”

You could spend days exploring all that Colfax has to offer, but if you’ve only got a few hours, visit the link for recommendations for some can’t-miss Colfax haunts (plus a few of our own).

<https://www.denver.org/blog/post/colfax-avenue/>

Denver Children’s Museum



2121 Children's Museum Dr, Denver, CO 80211

- Under Age One: Free
- Age One: \$12
- Ages 2 - 59: \$14
- Seniors (60+): \$12

<https://www.mychildsmuseum.org/>



Denver Zoo

2300 Steele St, Denver, CO 80205

The Denver Zoo is an 80-acre facility located in City Park of Denver, Colorado, United States. Founded in 1896, it is owned by the City and County of Denver and funded in part by the Scientific and Cultural

Facilities District. It is the most popular paid attraction in the Denver metropolitan area.

- Adults (Ages 12-64) - \$15
- Seniors (Ages 65+) - \$13
- Children (Ages 3-11) - \$10

<https://www.denverzoo.org/>



Museum of Contemporary Art

1485 Delgany St, Denver, CO 80202

The Museum of Contemporary Art Denver (MCA Denver) explores the art and culture of our time through rotating exhibitions and public educational programs. Featuring

regional, national and international artists, MCA Denver offers a wide range of exhibitions promoting creative experimentation with art and ideas.

<https://mcadenver.org/>



Museum of Nature and Science/ IMAX Theatre

2001 Colorado Blvd. Denver, CO 80205

The Denver Museum of Nature & Science is a municipal natural history and science museum in Denver, Colorado. It is a resource for informal science education in the Rocky Mountain region.

It is very interactive and family/kid friendly.

A few of the current exhibitions:

- The Discovery Zone—made possible by Kaiser Permanente—is bursting with activities that help build a strong foundation of science skills in young children as they look, ask, discover, make, and share.
- Kovovalenko: Gem Carvings of Russian Folk Life- See the only collection of the remarkable Vasily Konovalenko gem sculptures on public display outside of Moscow.
- VR Arcade: The pop-up experience uses virtual reality technology that lets you explore wherever your curiosity leads. VR Arcade features six bays for individual VR opportunities and a four-person Virtual Reality Transporter ride.

Museum Admission:

Adult \$19.95

Child \$14.95

<https://www.dmns.org/>

Denver's 16th Street Mall

1001 16th St Mall, Denver, CO 80265

Discover the 16th Street Mall, located in downtown Denver. The mile-long, pedestrian-friendly mall is packed with shopping, restaurants and attractions.

The mall offers Denver's best people watching. There are 42 outdoor cafés along the mall, making it the perfect place to grab a bite to eat or have a drink. Denver Pavilions, near the south end of the mall, is a shopping and dining complex with 12 movie theaters and more than two dozen shops and restaurants. At the north end of the mall, 16th Street continues as a pedestrian path over three bridges connecting downtown to Commons Park and LoHi, a hip neighborhood filled with restaurants and brewpubs. There is a free shuttle going up and down the mall.*

Larimer Square

At the opposite end of the Pavillions is Larimer Square, full of locally owned restaurants, and Comedy Works.

- The Walkway Gallery: Larimer Square is enthusiastic about supporting the arts in the local Denver community. The Walkway Gallery is a curated, bi-weekly, rotating art display located in the Larimer Square Walkway across from wax. This changing gallery showcases local artists and all pieces are for sale.
- History: Larimer Square is an area as rich in history as it is in fine shopping and dining. As the Mile High City's oldest and most historic block, its buildings tell vividly the story of the birth and early years of Denver.

<https://www.larimersquare.com/>

The Mercury Cafe

2199 California Street, Denver, CO 80205

They are a three ring circus with Music, Dance, Theater & Poetry. In the Rose Dining Room you can expect quiet beautiful Jazz & Classical Musicians. In the Jungle Dining Room you will find song with Jazz, Concerts, Community Theater, Flamenco, Opera, Poetry, Films, and later in the evening, up and coming Indi music Bands. They serve Local, Organic Food, and Community is our purpose. Every Wednesday the Mercury Café offers west coast swing lessons at 7:00 p.m. and social dancing immediately after until 12:30 a.m. On Thursdays, they have Lindy Hop.

COMING IN FEBRUARY

- Their Annual Valentine's Follies Theater ~ Friday Nights and Valentine's Day
- The Vagina Monologues – February 1, 7, 9, 10, 17
- Soldier of Love (Sade Tribute) ~ 9th

<http://mercurycafe.com>

Art District on Santa Fe

525 Santa Fe Dr, Denver, CO 80204

The Art District on Santa Fe is one of Colorado's designated Creative Districts, with more than 30 art galleries, studios and innovative businesses. The neighborhood's traditionally Hispanic roots are evident around every corner, from colorful murals and the exhibitions at [Museo de las Americas](#) to the [Latino influence](#) on the neighborhood's restaurants. The district features some of the most authentic Mexican culture in the city. It's also home to craft breweries and the [Buckhorn Exchange](#), Denver's oldest dining establishment.

Black American West Museum

3091 California St, Denver, CO 80205

Preserves the history and culture of those African American men and women who helped settle and develop the American West. Located in the former home of Dr. Justina Ford, the first Black woman doctor in Denver. Exhibits on African American cowboys including Bill Pickett.

<https://bawmhc.org/>

Comal Heritage Food Incubator

3455 Ringsby Ct #105, Denver, CO 80216

Training program for immigrant women; changing menu**

Comal is a restaurant on a quest: The RiNo lunch spot opened in late 2016 with the goal of training low-income women (many of whom are immigrants and refugees from Mexico, El Salvador, Syria, Ethiopia and Iraq) in restaurant and business skills. But such noble ambition doesn't mean much if a restaurant doesn't serve great food — and here Comal succeeds admirably. Mexican dishes are on the menu early in the week, with offerings changing regularly based on recipes handed down from generation to generation. On Friday, though, Syrian cooks take over the kitchen and serve creamy hummus and pillowy housemade pita, along with other hard-to-find dishes such as stuffed artichoke hearts, bulgur salad and the transcendent dessert called kanafeh, made of mild white cheese surrounded by shredded pastry and soaked in syrup.

You'll want to sample everything the kitchen turns out — which is why you'll keep returning to Comal, time and time again

<http://www.facebook.com/comalkitchen/>

Far East Center

333 W. Federal Blvd. Denver, CO 80219 - 333 South Federal and further South
Southeast Asian Restaurants and Shops

East meets West at the Far East Center, an exotic shopping area in a very unexotic stretch of Federal Boulevard right off Alameda Avenue. If you're looking for a great Asian meal – or the ingredients to make your own great Asian meal – the many restaurants and shops in the Far East Center should have just what you're looking for. And if you're also looking for a manicure, a new cell phone, tax preparation and translation services, you'll find that at the Far East Center, too.

Museo de las Americas

861 Santa Fe Dr, Denver, CO 80204

Museo de las Americas is a fine arts museum in Denver, Colorado. It is dedicated to educating the community through collecting, preserving, interpreting and exhibiting the diverse arts and cultures of the Americas from ancient to contemporary, through innovative exhibitions and programs.

<http://museo.org/>

RiNo Arts District

3501 Wazee St suite 109, Denver, CO 80216

Located just north of downtown Denver, RiNo includes a remarkable concentration of creative businesses, including architects, art galleries, designers, furniture makers, illustrators, painters, media artists, photographers, sculptors and an array of studio spaces. RiNo is "Where Art Is Made" in Denver and you can always find something new and exciting to check out around the neighborhood.

<https://rinoartdistrict.org/>

Union Station

1701 Wynkoop Denver, CO 80202

Sit back, relax and take in the view inside one of Denver's most iconic historic landmarks, Denver Union Station. Located in the heart of downtown Denver, the renovated 1914 Beaux-Arts train station is home to 10 chef-owned restaurants and bars, boutique shops, and the 112-room Crawford Hotel.

<https://unionstationindenver.com/>

Native American Experiences in Denver

<https://www.denver.org/about-denver/diverse-denver/native-american/>

Manitou Cliff Dwellings Museum

10 Cliff Dwellings Rd., Manitou Springs

Travel back to a time before the arrival of Christopher Columbus to visit the fascinating culture that created the awesome and mysterious stone structures the Manitou Cliff Dwellings. The Manitou Cliff Dwellings Museum, located at the foot of Pikes Peak (an hour-and-a-half drive from Denver), is a rare treasure, allowing visitors to explore the remarkably preserved ruins of a long-gone civilization. "There are no 'Do Not Touch' signs," the Museum's website proudly proclaims. Visitors are free to touch and even go inside these architectural remnants of an American Indian culture that roamed the Four Corners area of the Southwest from 1200 B.C. to A.D. 1300.

<https://www.denver.org/listing/manitou-cliff-dwellings-museum/3661/>

Native American Trading Company

213 West 13th Ave. Denver, CO 80204

For more than 25 years, the Native American Trading Company has offered high quality affordable and authentic handmade Indian art. Every piece is individually selected by owners Jack Lima and Robin Lima Riddel, who frequently make trips to reservations, pueblos, and the homes of the artists in search of the finest pieces, including antique weavings, pottery, baskets, jewelry, artifacts, and photographs. Located just across the street from the Denver Art Museum, Native American Trading Company is a must-visit gallery.

<http://www.nativeamericantradingco.com/>

Denver Art Museum

100 W 14th Ave. Pkwy Denver, CO 80204

The Denver Art Museum's newly remodeled American Indian art galleries opened on January 30, 2011, with a new focus on artists, their creations, and their inspirations. The DAM's American Indian art collection includes more than 18,000 art objects representing the heritage of all cultures and tribes across the United States and Canada. Recognized as one of the best of its kind in the United States, the collection spans more than 2,000 years of artistic creativity, from prehistoric times to the present. The collection includes diverse artistic traditions such as Pueblo ceramics, Navajo textiles, Northwest Coast sculpture, basketry, Plains beadwork, and oil paintings, representing the full range of American Indian art styles. Over the past 80 years, these artworks have been featured both nationally and internationally in scholarly publications, innovative exhibitions, and educational programs. Keep an eye on the Museum's events calendar: The Native Arts Department periodically brings Native American artists to the museum to speak about their art, and sponsors an annual Friendship Powwow each September.

<https://denverartmuseum.org/>

Buffalo Bill Museum & Grave

987½ Lookout Mountain Road, Golden, CO 80401

Old West icon Buffalo Bill Cody is buried 30 minutes west of Denver on Lookout Mountain in Golden. The Buffalo Bill Museum & Grave takes visitors through Bill's dynamic life - including his fascinating relationship with American Indians. Originally a scout during the Indian wars, he later became an advocate for American Indians and was well known for treating them with equality and respect during his years touring with Buffalo Bill's Wild West.

<http://www.buffalobill.org/>

Food

To find local Food Trucks visit: <http://foodtruckrow.com/about-us/>

Restaurant Name	Phone Number	Address	Type of Cuisine
Sip	(720)-464-6765	891 14th St. STE 110 Denver, CO 80202	Tapas/Charcuterie
Rioja	(303)-820-2282	1431 Larimer St. Denver, CO 80202	Medierranean/Spanish
Euclid Hall Bar & Kitchen	(303)-595-4255	1317 14th St. Denver, CO 80202	American (New)
Modern Market Eatery	(303)-534-0190	900 16th St. Denver, CO 80202	Salad/Sandwiches
SOKO Sushi and Korean Foods	(303)-571-1818	1600 Champa St. STE 200 Denver, CO 80202	Korean/Ramen/Sushi Bar
Mint Indian Restaurant & Lounge	(720)-931-1111	1531 Stout St. STE 130 Denver, CO 80202	Indian/Vegetarian
5280 Burger Bar	(303)-825-1020	500 16th St. STE 160 Denver, CO 80202 (inside Denver Pavillions Mall?)	Burgers/American Trad.
Uncle Joe's Hong Kong Bistro	(720)-330-8487	891 14th st. Unit 100 Denver, CO 80202	Asian Fusion, Wine, Szechaun
Pizza Republica	(303)-623-2811	890 14th St. Denver, CO 80202	Pizza, Italian, Wine Bar
Guard and Grace	(303)-293-8500	1801 California St. Denver, CO 80202	Steakhouse, Seafood
Boney's BBQ	(303)-825-9900	1543 Champa St Denver, CO 80202	Southern, BBQ, Soulfood

SWS Local Arrangements, Denver 2019

Bistro Vendome	(303)-825-3232	1420 Larimer St. Denver, CO 80202	French
Otra Vez Cantina	(303)-226-1567	610 16th St. Denver, CO 80202	Mexican, Bars
54thirty	(303)-893-1888	Le Meridien Denver Downtown, 1475 California St. Denver, CO 80202	Lounge, Tapas
Ocean Prime	(303)-825-3663	1465 Larimer St. Denver, CO 80202	Seafood, Steakhouse
The Oceanaire Seafood Room	(303)-991-2277	1400 Arapahoe St. Denver, CO 80202	Seafood
Yard House	(303)-572-9273	1555 Court Pl. Denver, CO 80202	American, Vegetarian, Bar
Rock Bottom Restaurant & Brewery	(303)-534-7616	1001 16th St. Ste A-100 Denver, CO 80265	Brewery/Sports Bar
Maggiano's Little Italy	(303)-260-7707	500 16th St. Ste 150 Denver, CO 80202	Italian/Bar
Tamayo	(720)-946-1433	1400 Larimer St Denver, CO 80202	Mexican
Little India Restaurant & Bar	(303)-629-5777	1533 Champa St. Denver, CO 80202	Indian
La Loma	(303)-433-8300	1801 California St. Denver, CO 80202	Mexican, Mex-tex
Red Square Euro Bistro	(303)-595-8600	1512 Larimer St Unit R38 Denver, CO 80202	Modern European

SWS Local Arrangements, Denver 2019

Los Cabos	(303)-595-3232	1525 Champa St. Denver, CO 80202	Peruvian
ChoLon	(303)-353-5223	1555 Blake St. Denver, CO 80202	Asian Fusion
Blue Agave Grill	(303)-872-6216	1201 16th St Ste 104 Denver, CO 80202	Seafood. Mexican
Green Russell	(303)-893-6505	11422 Larimer St. Denver, CO 0202	Lounges/ Jazz & Blues/Cocktails
Blue Sushi Sake Grill	(303)-640-3655	1616 16th Street Denver, CO 80202	Japanese, Sushi Bar
MAD Greens	(720)-468-4173	1600 Stout St. STE 101 Denver, CO 80202	Vegetarian/Salad/Juice and smoothie bar
Rhein Haus Denver	(303)-800-2652	1415 Market St. Denver, CO 80202	German
Hapa Sushi Grill & Sake Bar	(720)-354-5058	1514 Blake St. Denver, CO 80202	Japanese/Hawaiian/Sushi
Protien Bar	(303)-573-0204	1600 Glenarm Denver, CO 80202	Vegan
Golden Pita	(303)-825-9999	1456 Champa St. Denver, CO 80202	Middle Eastern
What The Pho	(303)-623-2702	1600 Champa St Ste 110 Denver, CO 80202	Vietnamese
Cuba Cuba	(303)-605-2822	1173 Delaware St. Denver, CO 80204	Cuban

SWS Local Arrangements, Denver 2019

Urban Farmer Denver	(303)-262-6070	1659 Wazee St. Denver, CO 80202	Steakhouse, American
Bd's Mongolian Grill	(303)-571-1824	1620 Wazee St Denver, CO 80202	Mongolian
Shish Kabob Grill	(303)-837-8800	1503 Grant St. Denver, CO 80203	Middle Eastern/Mediterranean
The Kitchen	(303)-623-3127	1560 Wazee St. Denver, CO 80202	American (New)
Watercourse	(303) 832-7313	837 E 17th Ave, Denver, CO 80203	American/Vegan
Work and Class	(303) 292-0700	2500 Larimer St, Denver, CO 80205	Latin American
Cholon	(303) 353-5223	1555 Blake St #101, Denver, CO 80202	Vietnamese
Bar Dough	(720) 668-8506	2227 W 32nd Ave, Denver, CO 80211	Italian

Special Thanks To:

The Ceremony for Healing

7269 Lowell Blvd Westminster, CO 80030

They are located in the Historic Penguin Building in the Historic Westminster Arts District in Colorado. They offer a range of classes and healing modalities from Reiki sessions to yoga to meditation to sound bathing to classes on essential oils, and more. They are a constantly evolving eco-system with new exciting things happening all the time.

Drop Ins - \$15

Their community classes are donation based - if you feel memberships and packages are keeping a consistent yoga practice out of reach. Suggested donation is \$10.

<http://ceremonyhealing.com/>

m: 646.280.6633

Tattered Cover

- 2526 East Colfax Avenue, Denver, CO 80206
- 1628 16th Street, Denver, CO 80202
- 1701 Wynkoop Street in Historic Lower Downtown Denver

Tattered Cover is a bookstore chain in Denver, Colorado. It is one of the largest independent bookstores in the United States. Tattered Cover is open seven days a week at all branches, hosts prominent book signings, and is known for its customer service.

<https://www.tatteredcover.com/>



Wild Women Wine

1660 Champa Street Denver, CO 80202

Stop by with your SWS Winter Meeting badge to get a few samples, on the house!

303-534-0788

www.wildwomenwinery.com

Lady Justice Brewing

3845 Lipan Street, Denver, Co, 80211

Lady Justice Brewing Company brews and sells beer. All profits over cost are donated through a grant-making process to Colorado-based community organizations that promote the status and opportunity of women and girls.

<http://www.ladyjusticebrewing.com/>

Resources

Denver Area Central Committee of Alcoholics Anonymous

Website: <http://www.daccaa.org/>

24 hr Hotline: 303-322-4440

Find Meetings: <http://www.daccaa.org/meetings.htm>

Transportation

Note: Denver International Airport (DIA) is 28 miles from Downtown Hotel

<http://www.rtd-denver.com/>

RTD - Light Rail From Airport - Regional 1 Day Pass \$9

(senior & people w disabilities discounts; kids under 5 ride free)

RTD Free MallRide -- Runs 16th Street Mall past Embassy Suites

Planning for Denver Climate

(Adapted from advice given in the ASA Summer Meeting Program in 2012)

Denver Climate: The arid conditions bring only 8 to 15 inches of annual precipitation, with more than 300 days of sunshine a year. The mild weather is due in part to the city's altitude: 5,280 feet above sea level, or exactly a mile high. Drink Water! Before your trip to Denver, and while you are here, drinking plenty of water is the number one way to help your body adjust easily to the higher altitude. The low humidity in Colorado keeps the air dry, so you need about twice as much water as you would normally drink. Monitor your alcohol intake. In Denver's rarified air, golf balls go ten percent farther ... and so do cocktails. Alcoholic drinks pack more of a wallop than at sea level. It is recommended that you go easy on the alcohol in the mountains and in Denver, as its effects will feel stronger here. Eat Foods High in Potassium. Foods such as broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes, and tomatoes will help you replenish electrolytes by balancing salt intake. Watch your physical activity. The effects of exercise are more intense here. If you normally run 10 miles a day at home, you might try 6 miles in Denver. Pack for Sun. There's 25 percent less protection from the sun, so sunscreen is a must. Dress in layers. Check the weather and pack appropriately. Because Denver is closer to the sun, it can feel much warmer than the actual temperature during the daytime, but then become very chilly after sundown. Enjoy! The air is just thinner here and drier. Follow these tips and you will likely not even notice the difference.