

A Week in Denver for First-Timers

Welcome to Denver! Whether you're a nature lover, history buff, foodie, or nightlife enthusiast, the Mile-High City has something for everyone. Here's a detailed guide to help you make the most of your week in Denver, complete with must-see attractions and a few secret bars you'll want to check out.

Day 1: Exploring Downtown Denver

- **Morning Excursions:** Begin your adventure at Union Station, a hub of activity and a fine example of restored architecture. After a refreshing coffee, explore the LoDo District, known for its historic buildings and vibrant art scene, offering a perfect blend of old and new.
- **Afternoon Discoveries:** Enjoy a flavorful lunch at Larimer Square, a locale rich with history and dining options. Post-lunch, a leisurely stroll through the 16th Street Mall provides an immersive urban experience with its unique shops and street performances.
- **Evening Highlights:** Dine in the bustling LoDo area, choosing from a diverse array of restaurants. Conclude your evening with a visit to Williams & Graham, a quintessential Denver speakeasy, offering a secretive and intriguing end to the day.



Day 2: Museums and Culture in Denver

- **Morning Art Exploration:** Start the day at the Denver Art Museum, renowned for its diverse collections, including an extensive array of Native American art and contemporary exhibits. This visit offers a deep dive into cultural appreciation and artistic innovation.
- **Afternoon Cultural Immersion:** After a relaxing walk in Civic Center Park, head to the RiNo district for lunch at Denver Central Market, a hub for food lovers. Post-lunch, explore RiNo's dynamic street art, where vibrant murals and graffiti showcase the city's thriving creative scene.
- **Evening of Modern Dining:** Conclude your cultural day with dinner in RiNo at one of the trendy local eateries. Visit Millers & Rossi for a secretive speakeasy experience behind an art gallery, blending culinary delights with artistic flair.



Day 3: Outdoor Adventures Around Denver

- **Morning at Red Rocks:** Begin your day with a scenic drive to Red Rocks Park and Amphitheatre. Explore the trails and enjoy the breathtaking views of the rock formations. The visitor center offers insights into the natural and cultural history of this iconic venue.
- **Afternoon in Nature:** After lunch in the charming town of Morrison, visit the Denver Botanic Gardens. These gardens are a tranquil oasis in the city, featuring diverse plant collections from around the world and beautifully designed green spaces.
- **Evening in Cherry Creek:** Conclude your day in the upscale Cherry Creek neighborhood. Dine at one of the local restaurants and discover B&GC, a hidden speakeasy behind an unmarked door at the Halcyon Hotel, for a unique cocktail experience.



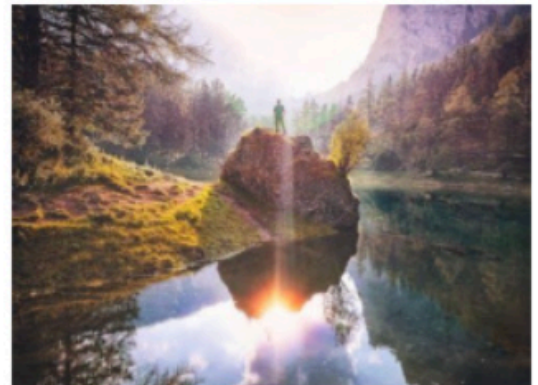
Day 4: Exploring Denver's History and Science

- **Morning Museum Visit:** Begin the morning at the Denver Museum of Nature & Science. This museum offers a compelling look at natural history, featuring an impressive collection of dinosaur skeletons and other paleontological exhibits. It's a place that sparks curiosity and fosters a deeper understanding of the natural world.
- **Afternoon Exploration:** After exploring the museum, take a leisurely walk around City Park, which is right next to the museum. Enjoy the serene landscape and perhaps a picnic. Later, visit the Colorado State Capitol and take the opportunity to climb up to the dome for a panoramic view of Denver, blending historical insight with stunning cityscapes.
- **Evening Return to Union Station:** Return to Union Station for dinner. This area combines historical architecture with modern culinary delights. Cap off your evening with a visit to The Cruise Room, Denver's longest-running bar, known for its art deco interior and classic cocktails, adding a historical touch to your night.



Day 5: A Day Trip to Boulder

- **Morning Exploration in Boulder:** Begin your day with a scenic drive to Boulder. Upon arrival, explore the vibrant Pearl Street Mall, an outdoor pedestrian mall known for its local shops, street performers, and cafes. This area reflects Boulder's eclectic and artsy vibe, offering a lively start to your day.
- **Afternoon Hiking and Nature:** After enjoying a local lunch, head to Chautauqua Park for an afternoon hike. The park provides stunning views of the Flatirons and access to a variety of trails, catering to all fitness levels. This experience highlights the natural beauty and serene landscapes Boulder is famous for.
- **Evening Return and Dinner:** Return to Denver and dine in the Highlands neighborhood, known for its excellent restaurants and vibrant nightlife. Cap your evening with a visit to The Occidental for a relaxed atmosphere and expertly crafted cocktails, providing a perfect end to your Boulder adventure.



Day 6: Exploring Denver's Zoo and Neighborhoods

- **Morning Zoo Adventure:** Start your day at the Denver Zoo, one of the most popular and innovative zoos in the United States. Explore a variety of exhibits that mimic natural habitats and offer close-up views of exotic and native animals. It's an engaging experience that emphasizes conservation and education.
- **Afternoon in Uptown and Five Points:** Have lunch in Uptown, known for its eclectic dining scene. After lunch, explore the historic Five Points neighborhood. This area is celebrated for its jazz heritage and vibrant cultural scene, making it a great place to soak in local history and arts.
- **Evening Culinary Delights:** Enjoy dinner in Five Points, where the culinary options reflect the neighborhood's rich cultural diversity. End your evening at Finn's Manor, a unique spot that offers a combination of a great cocktail bar with a rotating selection of food trucks, providing a lively and varied dining experience.



Day 7: Tiki Time and Final Exploration

- **Morning Breakfast and Shopping:** Start your day at Snooze, an 'A.M. Eatery' known for its inventive breakfast options. After a hearty meal, spend some time shopping at the Cherry Creek Shopping Center or exploring nearby boutiques, experiencing Denver's retail diversity.
- **Afternoon Cultural Visit:** After shopping, enjoy lunch in the South Broadway (SoBo) neighborhood, known for its eclectic mix of shops and eateries. Later, visit the Museum of Contemporary Art to immerse yourself in Denver's vibrant art scene, featuring works from both established and emerging artists.
- **Evening Tropical Vibes:** Conclude your trip with dinner in South Broadway, selecting from a variety of dining spots. Cap off your evening at Adrift, a tiki bar that offers a tropical escape with its unique cocktails and fun decor, providing a perfect end to your Denver adventure.



Enjoy your time in Denver and make sure to check out these hidden gems to make your trip unforgettable!