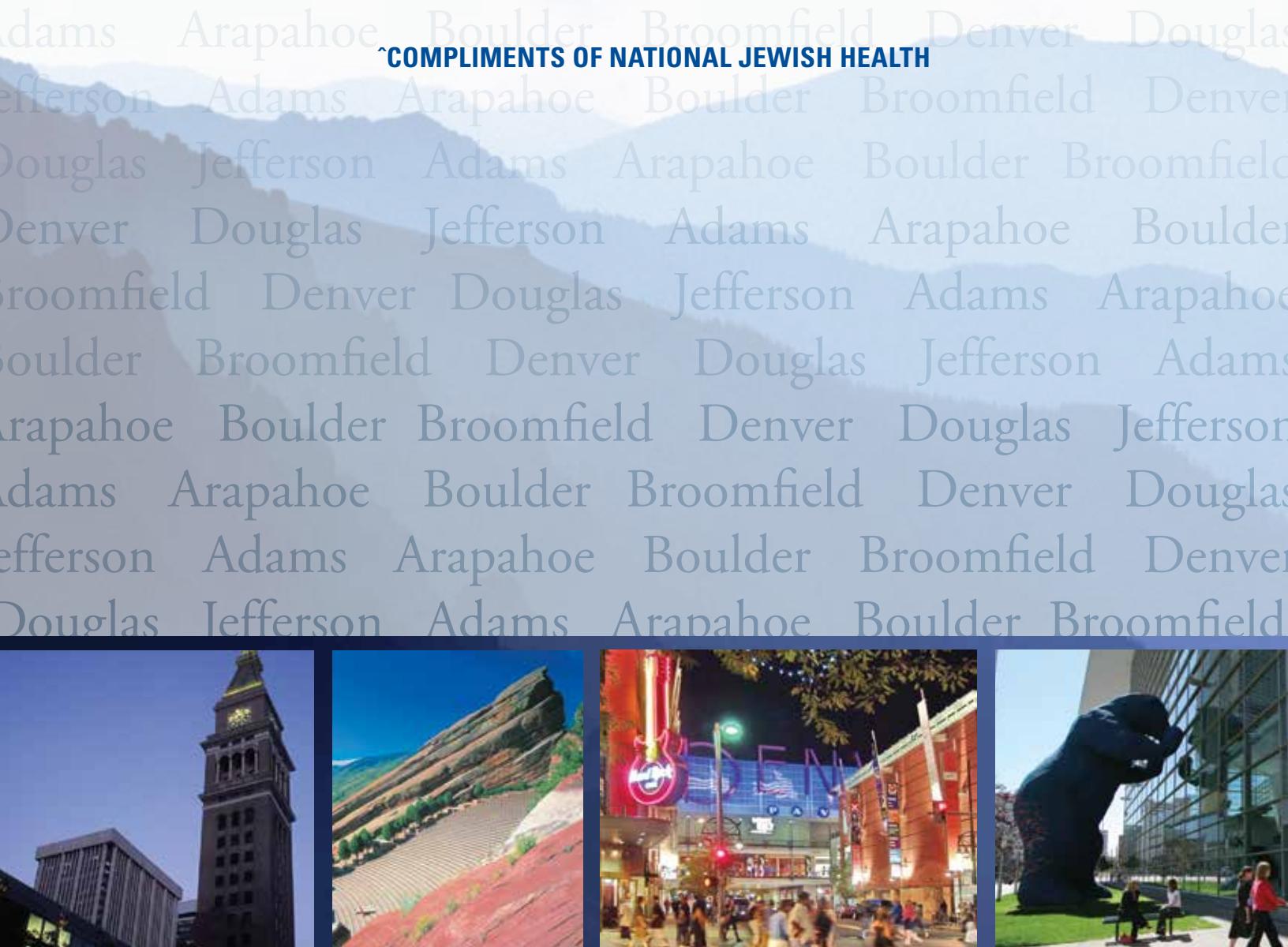


A Welcome Guide to **DENVER** and Area Attractions

^COMPLIMENTS OF NATIONAL JEWISH HEALTH



**National Jewish
Health®**

Science Transforming Life®

Welcome to Denver, Colorado

National Jewish Health is providing you with this welcome guide to assist with your adjustment to life in Colorado. You may find it helpful to read this guidebook in its entirety or find that only certain sections pertain to your situation.

Human Resources is here to assist with your transition to your new life! Our office is located at 1400 Jackson Street, Southside Building, Room G-113, Denver, Colorado 80206.

Our offices are open Monday to Friday from 8:00 a.m. to 4:00 p.m. Please call our main number at 303.398.1035 to contact us.

We look forward to you joining our National Jewish Health team.

Human Resources
National Jewish Health

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SECTION 1

Colorado, An Ideal Climate

Metro Denver is situated on the high plains at the base of the Rocky Mountains. Moderate temperatures, low levels of humidity and abundant sunshine provide an ideal climate for year-round activities. In fact, the area has more annual days of sunshine than either San Diego or Miami Beach. Typically, Colorado will see over 300 days of sunshine each year.

Contrary to popular belief, winter storms are normally shortlived, and snow melts rapidly with an average daily high of 45 degrees Fahrenheit, 7 degrees Celsius in February, warmer than New York, Boston, Chicago or St. Louis.

Golf courses remain open all year and have been played on as many as 30 days in January. Chinook winds (*a wind blowing down from a mountain that gains heat as it loses elevation*) can bring 60 degree F (16 degrees C) weather to Denver at any time throughout the winter.

The nearby Rocky Mountains and ski resorts receive significant annual snowfall, allowing residents to enjoy the best of both worlds — a mild climate for hiking, biking and a variety of outdoor activities, as well as a nearby climate for snow skiing, snow-boarding and other mountain activities.

In the summer, dry relative humidity makes Denver feel cool and comfortable, offering natural air conditioning. Fall is a particularly delightful time to visit the city and make day excursions to the mountains to view the colorful changing of the aspens, an event that takes place from mid-September until mid-October.

The city of Denver is located just east of the Rocky Mountains and far from any source of moisture giving Denver a mild, dry and arid climate. The city receives only 8-15 inches (20.3 - 38 cm) of precipitation annually.

Metro Denver's climate is best described as "semi-arid," averaging a little less than 16 inches of precipitation annually.



Preparing for High Altitude

Denver is situated at a high altitude of 5,280 feet (*one mile high*) above sea level. It is fairly common for visitors not accustomed to living in such a high altitude to suffer from one or more symptoms of altitude sickness during their first few days in Denver.

Some of these symptoms include: headache, breathing difficulties, dizziness, fatigue, nausea and loss of appetite. In order to prevent experiencing discomfort due to the altitude, it is recommended that you drink water to avoid dehydration and consume less alcohol and caffeine. It is also a good idea to avoid heavy exercise for the first few days until your body adjusts to the altitude.

Remember that there is a higher risk of getting sunburned when living at high altitudes, so wearing sunscreen is advisable.

Colorado, An Ideal Climate

FUN DENVER FACTS

- Denver receives 300 days of sunshine a year.
- Denver is the nation's most highly educated city with the highest percentage of high school and college graduates.
- Denver brews more beer than any other American city.
- Denver has the largest city park system in the nation with 205 parks within city limits and 20,000 acres of parks in the nearby mountains.
- Denver is the "Baby Boomer" capital of America with the highest percentage of boomers of any major U.S. city.
- Denver is 20th in the U.S. in population, but has the 10th largest downtown in terms of office space and retail space.
- Denver has the nation's second largest performing arts center. The Denver Performing Arts Complex has eight theaters seating over 9,000 people.
- Denver citizens contribute more public funding for the arts per capita than any other U.S. city.
- Denver has the thinnest residents of any U.S. city, according to a federal study.
- Denver really is a mile high. There's a spot on the west steps of the State Capitol building that is exactly 5,280 feet above sea level.

With the discovery of more gold in the mountains, Denver became a boomtown. Saloons, gambling halls and wagon trains lined the mud-filled streets, and every outlaw, lawman and desperado in the West made a visit to the Mile High City.

The turn-of-the-century brought respectability and the wealth of the mountains was poured into parks, fountains, statues, tree-lined streets and elaborate mansions. Denver became the most elegant city in a thousand mile radius — the "Queen City of the Plains."

The building boom in recent years has seen Denver more than double in population since 1960. In 1983 alone, as much office space was added to the city as already existed. Recession and a drop in the energy industry caused Denver to slow down in the late 1980's, but in 1997, the city experienced its highest hotel occupancy in eight years and the highest average room rate ever, a sure sign that the economy in Mile High Denver had recovered once again. Denver is still growing with more people being attracted to the opportunity, the quality of life and the beautiful climate with which Denver spoils its residents.



History of Denver

Denver was born during the great "Pikes Peak or Bust Gold Rush" of 1859 when some flakes of placer gold were found where the South Platte River meets Cherry Creek.

In its first few years, the city survived a flood, two major fires, several Indian attacks and even raised an army that defeated an invading force of Confederates from Texas during the Civil War.

Colorado, An Ideal Climate

Urban City Living

Contrary to popular belief, Denver is not in the mountains; it is near them. The “Foothills” (a gentle series of peaks ranging from 7,000 to 11,000 feet high (*2,133 to 3,353 meters high*) start to rise 15 miles (24 kilometers) west of the city. Slightly beyond that is the Continental Divide and a series of peaks soaring to heights of 14,000 feet, (*4,267 meters*) known locally as the “Front Range.” Denver itself is located on high, rolling plains.

Although considered “western” in character, Denver is actually located in the center of the country, just 346 miles (557 km) west of the exact center of the continental United States. With the exception of Kansas City, Denver is closer to the exact center of the nation than any other metropolitan area.

Denver is the largest city within a 600-mile radius. For more than 125 years, it has been the cultural, shopping and entertainment capital of this vast region.

This clean, young and green city with over 200 parks and dozens of tree-lined boulevards has always been known as the Mile High City.

Unlike some western cities, Denver has a central downtown area. Here, within easy walking distance, are over 5,280 hotel rooms (we are the Mile High City), a convention complex, performing arts complex, and a wide variety of shops, department stores, restaurants, and nightspots. Also within easy walking distance are some of the city's top attractions including the U.S. Mint, Denver Art Museum and Colorado History Museum. A mile-long pedestrian mall cuts through the heart of downtown Denver and is surrounded by a series of parks and plazas that soften the towering skyscrapers and provide viewpoints from which to see and appreciate the

modern architecture. The Mile High Trail is a series of six walking tours throughout the downtown area. Copies of the tours can be obtained from the Denver Metro Convention and Visitors Bureau Information Center, located on the 16th Street Mall. For those who love to explore on foot, the 16th Street Mall is a mile-long pedestrian promenade through the heart of downtown Denver, lined with shops, department stores and outdoor cafes.

LoDo (*Lower Downtown*), on the northern edge of downtown Denver, offers one of the nation's greatest concentrations of Victorian buildings and warehouses, most of which have been renovated into house lofts, restaurants, art galleries, offices and shops. This is the center of the city's brew pubs, with six large brew pubs and micro breweries, each brewing six to eight exclusive beers, all within easy walking distance of each other.

Downtown is also the home of the University of Colorado Auraria Campus, and combined with two other colleges enrolls over 30,000 students. With the extensive renovation and availability of lofts, this area is rapidly attracting people who are excited about living in the dynamic heart of the city.

Denver has now become the largest sports mecca in the west with the addition of three stadiums within the last several years. In May 1995, downtown Denver unveiled a new 50,000-seat stadium, Coors Field, for the Colorado Rockies, Denver's MLB team. Be sure to sit in the purple seats, where you will view the game at a mile high. The Pepsi Center was added to the Denver skyline in 1999 and this magnificent stadium hosts the Denver Nuggets of the NBA and the 2001 Stanley Cup winners, the NHL's Colorado Avalanche. Denver also opened Sports Authority at Mile High in 2001 (*to replace the old Mile High Stadium. 'Natives' still refer to Sports Authority at Mile High as Mile High Stadium*) for the NFL's Denver Broncos.



Photos: VISIT DENVER - Denver Metro Convention and Visitors Bureau

Colorado, An Ideal Climate

In May of 1995, Elitch Gardens moved to downtown Denver with a year-round amusement park offering 48 thrill rides, water parks, formal gardens, restaurants and shops. Touching Downtown Denver and Elitch Gardens is the spectacular Denver Aquarium which opened in 1999. One of the features of this aquarium is a journey on the Colorado River.

With the redevelopment of the inner city, LoDo and Uptown, and the addition of Riverfront Park, Ball Park and Prospect Park, there are hundreds of new and renovated lofts and apartments attracting people of all ages to live in the city. Denver is also attracting new restaurants, shops and people involved in cultural activities and entertainment. It is the nation's most highly educated city with the highest percentage of high school and college graduates. With all it has to offer, Denver is exploding with life and offers everyone an exciting place to live, work, and play!

DENVER COUNTY

AREA: 44.7 square miles

POPULATION: 634,265

COLORADO: The state had a population of 5,188,000 in 2012, a 30.6% increase since 1990 with more than one million people moving to Colorado in the past decade, an average of 276 new residents every day for the past decade.

Denver has more than doubled in population since 1960. The City and County of Denver had a population of 554,636 in 2000, making it larger than the entire population of Wyoming (*which has 480,000 people*). The six-county metro area has a population of 2.4 million. Denver's metro population has increased by 29.8% since 1990. In 2000, Denver was the 20th largest metro area in America, and had the 10th largest downtown area. All of Colorado is experiencing a population boom. Colorado's population grew 30.5% from 1990 to 2000 with a total of 4,301,261 residents. It was the third fastest growing state in that decade. The city continued to grow at a rapid rate through 2002 as more people discovered this diamond in the Plains.

■ **Most Educated City:** Denver is the most educated city in the U.S. Denver has the greatest percentage of high school and college graduates of any major metropolitan area in the U.S.; 89.9% of the population in the metro area have high school diplomas and 36.7% have at least a bachelor's degree, according to the U.S. Census of 2000. The national average is 85% for high school diplomas and 28.5% with a college degree.

■ **Baby Boomer Capital:** Denver is also the nation's baby boomer capital, with the highest percentage of boomers of any major city, according to the 2010 U.S. Census. One third of the city is between age 35 and 54. Including small cities, only two had a higher percentage than Denver -- Santa Fe and Anchorage. Among major cities, percentage of boomers is: Denver 32.8%; Seattle 31.5%; Atlanta 31.4%; Washington 31.4%; Portland OR 31.4%; San Francisco 30.8%.

■ **Healthy City:** Denver is also the "thinnest" city in America. A federal report in late 1996 declared that half of American adults have a weight problem, but Colorado is the exception with less than 15% of Colorado adults being overweight. The active lifestyle in Denver, the great weather, the abundance of recreational opportunities and the high education level are credited for this fact.

DEMOGRAPHICS

Median Age	31.7 years
Median Household Income	\$58,244
White	70%
Hispanic	18%
African American	5%
Asian Pacific Islander	3%
Other	3%
Native American	1%

Colorado, An Ideal Climate

HOUSING

Median home cost	\$254,800
Unemployment rate	7%

The low cost of living a mile high

Colorado's historic focus on low taxes, coupled with Metro Denver's high household incomes, keeps the region's cost of living near the national average.

Denver ranks just above the national average for cost of living, but well below many other major metropolitan areas. According to the ACCRA Cost of Living Index First Quarter 2010 data, Denver ranks slightly above the national average of 100, with a composite index of 102.

A region of neighborhoods to call home

A broad spectrum of housing options are available in metro Denver, ranging from executive housing to entry-level homes and apartments. The metro Denver market has stabilized and offers some of the best housing values of any major metropolitan area.

NBC's Today Show real estate expert named Denver No. 1 on a list of "Five Cities in America on the Verge of Recovery from the Housing Slump." They stated Denver is clearly on the rebound and the city has a vibrant downtown, a high employment base, highly educated residents and one of the biggest park systems in the country.

Many communities, employers and organizations in the metro Denver area provide programs ranging from down payment assistance to community advocacy programs in order to increase the availability of affordably priced homes.

The metro Denver median sales price of existing single-family homes was \$219,900 in 2009, while the national median home price was \$172,100, according to the National Association of Realtors. The average rent in metro Denver in the first quarter of 2010 for all apartments was \$877.16 per month.

The region's housing trends are changing. As more residents use transit, they also want to live near it. According to the Center for Neighborhood Technology, demand for housing

near mass transit is on the rise. In addition, energy- and resource-efficient homes, also known as "green homes," are growing in popularity.

Metro Denver is taking charge of its future by proactively designing a multimodal infrastructure and intelligently planning residential, commercial and retail development. The result is the nation's leading model for smart growth, complete with one of the country's most advanced transportation systems, new transit-oriented developments, and innovative mixed-use developments including Belmar, Lowry and Stapleton neighborhoods.

Find a Home in Metro Denver:

- Residential property listings: www.recolorado.com
- Denver: www.downtowndenver.org
- Apartment Association of Metro Denver: www.aamdhq.org
- Housing Colorado: www.housingcolorado.org
- Realtor.com: www.realtor.com

Metropolitan Areas

Known as the Mile High City, Denver is the heart of an energetic metropolitan area that embraces newcomers and visitors. The metro Denver area consists of seven counties — Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas and Jefferson.

This diverse region ranges from a dynamic central business district with a cosmopolitan urban atmosphere to small communities with a distinctly rural flavor to picturesque mountain towns in the foothills of the Rockies.

Metro Denver is a vibrant location where companies can easily attract highly skilled workers and expand their operations.

Colorado's population topped 5 million in 2009 according to the U.S. Census Bureau. The state had a 1.81% population growth rate between 2008 and 2009, the fourth-highest in the nation. In terms of total population gain, Colorado added 89,535 residents in 2009 from the previous year, the eighth-highest total among the states.

Colorado, An Ideal Climate

ADAMS COUNTY

In 1902, voters approved creation of Adams County which, prior to that time, had been part of an enormous Arapahoe County. The county was named after Alva Adams, a popular former governor who was in office at the time of this election. The county courthouse was temporarily housed in the residence of Daniel Carmichael (*the founder of Brighton*) in Brighton. After a fire destroyed these offices in January 1904, the offices were relocated to a rented house at 3rd and Bridge Street in Brighton.

In an election held November 8, 1904, Brighton was chosen as the permanent county seat and, as was befitting a new and prosperous county, a new courthouse was built at 4th and Bridge Street in 1906. That building still stands as the eastern half of Brighton City Hall.



Alva Adams

Photo: (from "Adams County Crossroads of the West Volume I" by Albin Wagner)

AREA: 1,198 square miles

POPULATION: 441,603

DEMOGRAPHICS

Median Age	31.4 years
Median Household Income	\$56,633
White	87%
Hispanic	38%
African American	3.0%
Asian Pacific Islander	.2%
Other	15.2%
Native American	2.1%

HOUSING

Median home cost	\$188,100
Unemployment rate	4.3%

ARAPAHOE COUNTY

Located east of Denver, Arapahoe County is experiencing major residential growth. Aurora is the county's largest city with a population of more than 300,000. Englewood, including Cherry Hills Village and Greenwood Village, are among of its more affluent neighborhoods.

Aurora

Whether it is a neighborhood with tree-lined streets that you are seeking or the security that comes from knowing you are in one of the nation's safest cities, you will find it in Aurora.

The city was founded with a sense of community that continues today. Aurora's government cares about its communities and provides many services to its residents. Here you will find neighborhood grant programs, home ownership assistance, neighborhood libraries and a community television station. And do not forget safety. Aurora is home to one of the finest police and fire departments in the metro area.

Amenities/Attractions:

- Closest city to Colorado's Denver International Airport, which is about a 15-minute drive from the center of Aurora.
- Two public reservoirs — Aurora and Cherry Creek reservoirs — providing boating, sailing, fishing, swimming, bicycling and picnicking opportunities.
- Eighty parks and seven public golf courses maintained by the Parks and Open Space Department.
- More than 8,000 recreation programs offered annually by the Library and Recreation Services Department.
- Less than a one-hour drive to the Rocky Mountains.
- Outstanding ethnic dining opportunities with more than 80 ethnic restaurants and markets.

AREA: 144 square miles

POPULATION: 325,078

DEMOGRAPHICS

Median Age	29.5 years
Median Household Income	\$51,048
White	88.1%
Hispanic	8.8%
African American	5.6%
Asian Pacific Islander	3.8%
Other	2.0%
Native American	0.5%

HOUSING

Median home cost	\$273,014
Unemployment rate	7.1%

ARAPAHOE COUNTY (CONTINUED)

Englewood

Englewood was incorporated in 1903 and is located just south of Denver and inside the 470 Beltway. Englewood extends both east and west of I-25, through the Denver Tech Center, and covers an area of 6.89 square miles. It is ideally situated for citizens, businesses and visitors. The charm of Englewood, coupled with the vast business opportunities and the amenities of the Rocky Mountains, make it a dynamic, yet comfortable place to call home for both residents and businesses.

AREA: 6.89 square miles

POPULATION: 31,727

DEMOGRAPHICS

Median Age	35.0 years
Median Household Income	\$78,100
White	91.9%
Hispanic	5.4%
African American	3.2%
Asian Pacific Islander	3.8%
Other	0.8%
Native American	0.3%

HOUSING

Median home cost	\$171,700
Unemployment rate	4.0%

Colorado, An Ideal Climate

BOULDER COUNTY

Boulder County is large and diverse, featuring everything from the spectacular scenery of Rocky Mountain National Park (*a national treasure*) to lush farmland, and one of the nation's largest concentrations of research laboratories and high-tech industries. Situated in the north-central part of Colorado, northwest of Denver, the western border of the county is the Continental Divide. The eastern half of the county is rolling plains, and the western half is mountainous. Boulder County remains diversified, with both rural and urban settings. The University of Colorado at Boulder, two school districts and numerous scientific, research and recreational facilities are among the attributes of the county.

AREA: 741 square miles

POPULATION: 291,288

DEMOGRAPHICS

Median Age	33.4 years
Median Household Income	\$66,463
White	83.6%
Hispanic	10.5%
African American	0.9%
Asian Pacific Islander	1.4%
Other	4.7%
Native American	1.2%

HOUSING

Median home cost	\$494,862
Unemployment rate	5.9%

BROOMFIELD COUNTY

The municipality of Broomfield was incorporated in 1961 in the southeastern corner of Boulder County. It received its name from the broomcorn grown in the area. Over the next three decades, the city grew through annexations, many of which crossed the county line into three adjacent counties: Adams, Jefferson and Weld. In the 1990s, city leaders began to push for the creation of a separate county to avoid the inefficiencies of dealing with four separate court districts, four different county seats (*each a considerable distance away*), and four separate county sales tax bases. It also had longstanding political differences with Boulder County, which impelled it to separate. Broomfield reasoned that it could provide services more responsively under its own county government, and sought an amendment to the Colorado State Constitution to create a new county. The amendment was passed in 1998, after which a three-year transition period followed. On November 15, 2001, Broomfield County became the 64th, newest and smallest county of Colorado.

AREA: 27.5 square miles

POPULATION: 54,858

DEMOGRAPHICS

Median Age	33 years
Median Household Income	\$80,483
White	88.62%
Hispanic	9.07%
African American	0.92%
Asian Pacific Islander	4.18%
Other	2.45%
Native American	0.61%

HOUSING

Median home cost	\$494,862
Unemployment rate	5.9%

DOUGLAS COUNTY

Douglas County is the eighth most populous of the 64 counties in the state of Colorado. The county is located midway between Colorado's two largest cities: Denver and Colorado Springs. The county seat is Castle Rock, named after a prominent castle tower-shaped butte just north of the town.

Douglas County is lightly wooded, mostly with ponderosa pine, with broken terrain characterized by mesas and small streams. Cherry Creek and Plum Creek rise in Douglas County and flow north toward Denver and into the South Platte River. Both were subject to flash flooding in the past, Plum Creek being partially responsible for the Denver flood in 1965. Cherry Creek is now a dam.

Most residents commute to workplaces elsewhere in the metropolitan area outside of the county. Suburban development is displacing the ranching economy of the county.

AREA: 842.6 square miles

POPULATION: 293,521

DEMOGRAPHICS

Median Age	34 years
Median Household Income	\$123,812
White	89.7%
Hispanic	5.1%
African American	1%
Asian Pacific Islander	0.6%
Other	3.3%
Native American	0.8%

HOUSING

Median home cost	\$449,034
Unemployment rate	7.1%

Colorado, An Ideal Climate

JEFFERSON COUNTY (Incorporated and Unincorporated)

Located along the Front Range of the Rocky Mountains, Jefferson County is part of the Denver metropolitan area. The major expressway, Interstate 70, traverses Jefferson County from east-to-west, passing just south of the county seat of Golden. Jefferson County is a quite long county from north to south, following the Front Range. The county is known as the Gateway to the Rocky Mountains.

A major employer in Jefferson County is the large Coors Brewing Company in Golden. Also, the state-supported Colorado School of Mines is located in Jefferson County, offering one of the top programs in mining and engineering in the country.

Jefferson County is commonly nicknamed “Jeffco”. The name Jeffco is incorporated in the name of the Jeffco School District, the Jeffco Business Center Metropolitan District No. 1 and several businesses located in Jefferson County. Jeffco is also incorporated in the unofficial monikers of many Jefferson County agencies. The Rocky Mountain Metropolitan Airport operated by Jefferson County was previously known as the Jeffco Airport.

DEMOGRAPHICS

Median Age	40 years
Median Household Income	\$66,344
White	84.9%
Hispanic	10%
African American	0.9%
Asian Pacific Islander	2.2%
Other	3.2%
Native American	1.5%

HOUSING

Median home cost	\$283,483
Unemployment rate	7.4%

INCORPORATED AREA: 773 square miles

INCORPORATED POPULATION: 545,290

UNINCORPORATED AREA: 665 square miles

UNINCORPORATED POPULATION: 190,440

Colorado, An Ideal Climate

Denver's Hip and Stately Neighborhoods

From the stately Victorian houses of Five Points to the hip restaurants and nightclubs of historic LoDo, Denver's laid-back attitude is exemplified in its neighborhoods.

Art District on Santa Fe

Join fellow art lovers during The Art District on Santa Fe's popular monthly First Friday Art Walk, with galleries, shops and restaurants open late.

Belmar/Lakewood

Belmar's 22-square city block pedestrian district hosts a European-style market during the summer, as well as the Festival Italiano every September.

Capitol Hill/Congress Park

The gold-domed Colorado State Capitol anchors this hilltop neighborhood, which features art galleries, brewpubs and restaurants lining Sixth Avenue.

Cherry Creek North

Denver's premier shopping destination, with 320 independent shops, restaurants and galleries and Cherry Creek Shopping Center's 160 name brand stores.

East Colfax

Music lovers flock to the Fillmore Auditorium and Ogden Theatre, bookworms browse the expansive Tattered Cover and foodies find eclectic eats in this area located just west of National Jewish Health.

Five Points

Rich in African American culture, head to this neighborhood for authentic BBQ joints, the Five Points Jazz Fest and the Black American West Museum.

Golden

Golden bursts with Wild West flavor, thanks to an old-fashioned downtown, the Colorado Railroad Museum, Coors Brewery and the Buffalo Bill Museum and Grave.

Golden Triangle Museum District

Explore the spectacular Denver Art Museum and a neighborhood brimming with galleries, restaurants, music venues, theatres and remarkable architecture.

Highlands

Panoramic patio dining, art galleries on Tennyson Street and Victorian homes highlight the Highlands, one of *Men's Journal's* top neighborhoods.

Littleton

Littleton's Main Street is lined with turn-of-the-century buildings and shops. The city also features two living history farms, perfect for family outings.

LoDo/Larimer/Riverfront

Denver's hip, historic district, with a huge independent bookstore, brewpubs, western wear store, Coors Field, and dozens of dining and nightlife options.

Colorado, An Ideal Climate

Old South Gaylord

Just blocks from Washington Park, kick back with locals in this pedestrian-friendly 'hood sipping brews at pubs, sampling sushi, and browsing shops.

Old South Pearl

Browse shops and relax in bistros, offering 37 different beers, 24 types of sushi, a murder mystery bookstore and Denver's oldest folk music center.

Olde Town Arvada

Grab a gourmet pizza on Arvada's turn-of-the-century Main Street, and see a smash Broadway musical at the Arvada Center for the Arts and Humanities.

RiNo/River North

RiNo is "where art is made" — a hotspot for creative types, with a renovated dry ice factory providing artists with space to create cutting edge works.

South Broadway

South Broadway buzzes with activity year-round. Experience hip rock clubs, Antique Row, an arthouse movie theater and plenty of raved-about eateries.

Stapleton/Northfield

Stroll trails linking this "new urban" neighborhood's parks and shops. Watch the Colorado Rapids play soccer at nearby Dick's Sporting Goods Park.

Uptown

One of Sunset Magazine's "hippest 'hoods,'" thanks to Restaurant Row, and proximity to City Park, Denver Zoo and Denver Museum of Nature and Science.



Photo: Barry Silverstein

SECTION 2

Industry and Research

From energy to aerospace to bioscience, information technology, software and financial services, metro Denver offers a diversified economy of viable industries as well as the nation's second-most highly educated work force.

CNBC ranked Colorado number three in America's Top States for Business in 2010 for the second consecutive year. The state ranked especially high for business friendliness, economy and access to capital. In addition, *Forbes* ranked Colorado number one for labor prospects and number two for growth prospects in 2009.

Aerospace - Metro Denver is first among the 50 largest metro areas for total private aerospace workers with 19,870 people employed at aerospace companies. Colorado has the nation's third-largest aerospace economy and is home to four military commands, eight major space contractors and more than 300 aerospace companies and suppliers.

Aviation - Denver International Airport (DIA), three reliever airports and top aircraft manufacturing companies create a solid foundation for 15,690 workers directly employed by aviation companies.

Bioscience - Ten local higher education institutions with bioscience programs and numerous bioscience research assets support the region's bioscience industry. The industry is also enhanced by the opportunities to bring together academic, research, and corporate biotechnology institutions at the \$5 billion Fitzsimons Life Science District and the adjacent Anschutz Medical Campus.

Broadcasting and Telecommunications - Metro Denver's Mountain Time Zone location makes it the largest U.S. region with one-bounce satellite uplinks, providing companies real-time connects to six of seven continents. With a broad mix of broadcasting and telecommunications firms, the region ranks fourth out of the 50 largest metros for employment concentration.

Energy - The integration of cleantech and the state's rich energy resource base place the region at the forefront of energy development. The National Renewable Energy Laboratory (NREL) in Golden is the Department of Energy's laboratory for renewable energy and energy efficiency research and development.

Financial Services - The region is one of the few areas outside of the northeast with a substantial financial services industry in three key market segments. A variety of trade associations and service firms support the diverse financial services industry base of over 11,930 companies and 93,950 employees in the region.

Information Technology/Software - Colorado has the third-highest concentration of high-tech workers per capita in the nation according to TechAmerica's Cyberstates 2010 report. A strong entrepreneurial spirit fuels this industry, employing nearly 42,300 workers.



Photo: NREL National Renewable Energy Laboratory

Industry and Research

Moving our great discoveries to the private sector

Colorado's universities and research facilities are turning ideas into discoveries and making medical breakthroughs with significant worldwide impact. Several companies across a variety of industries have gotten their start as a result of tech transfer activities at area universities.

Colorado ranks number 8 in the nation in science and engineering doctorate holders as a percent of the workforce, according to the National Science Foundation. This high amount leads to new discoveries and brings additional funding to the organization.

Research and tech transfer at Colorado universities and hospitals

■ **The Colorado School of Mines (CSM)** in Golden, one of the few universities in the world to offer education from baccalaureate through doctorate levels in all key fields related to energy, is regarded internationally for its research institutes. CSM's Office of Technology Transfer manages the patenting and licensing of intellectual property developed at CSM.

■ **Colorado State University** in Fort Collins is at the forefront of research and technology transfer in agricultural sciences, biomedical sciences, engineering, the environment, information technology, nutrition, and human health. The Office of Technology Transfer facilitates transition of university research from the laboratory to the marketplace.

■ **National Jewish Health** in Denver is the nation's top respiratory hospital (U.S. News and World Report). Its Technology Transfer Office facilitates business partnerships for technology licensing and commercialization.

■ **The National Renewable Energy Laboratory (NREL)** is the nation's primary laboratory for renewable energy and energy efficiency R&D. The NREL Technology Transfer Team works with private and public sector agencies to move NREL-developed technologies and expertise into commercially viable products and businesses.

■ **University of Colorado (CU-Boulder)** has a myriad of institutes, centers and laboratories in space sciences, bioscience, physical sciences/engineering, and natural sciences. Researchers at the University of Colorado Denver, Colorado's largest research and professional education university, are conducting ground-breaking research at its Anschutz Medical Campus. CU's Technology Transfer Office works to turn university research into patentable intellectual property and marketable business opportunities.

■ **The Eleanor Roosevelt Institute (ERI)** at the University of Denver (DU) conducts basic biomedical research that may lead to new therapies for Down syndrome, ALS, cancer, autism, diabetes, and obesity. Researchers at ERI collaborate with DU scientists and students to strengthen the University's expanding life science initiative.

Metro Attractions and Entertainment

Metro Denver offers a variety of attractions that appeal to everyone from the young in years to the young at heart. Visitors can experience the beauty of a collection of live butterflies that originated from places around the world at the Butterfly Pavilion to the majesty of a herd of buffalo in their natural habitat, or take a prehistoric journey at Dinosaur Ridge.

If you have a curiosity about animals from across the globe, the Denver Zoo offers more than 750 species and is just minutes from downtown Denver. The newest exhibit, "Predator Ridge," recreates a portion of the Samburu National Reserve in Kenya and features 14 African species of mammals, birds and reptiles.

The Wildlife Experience in Parker features an extensive collection of natural history and exhibits.

For plant lovers, the Denver Botanic Gardens and The Hudson Gardens and Event Center offer serene gardens and plants from around the world. For thrill seekers, you can pick up the pace and visit an amusement park with heart-stopping rides or a water park with more than 40 water attractions.

Culture abounds and thrives in metro Denver — a place for energetic minds. The area's diverse population supports culture through the Scientific and Cultural Facilities District (SCFD), a unique regional funding system for venues such as The Denver Performing Arts Complex and the Denver Art Museum. Each year, the SCFD distributes millions of dollars in tax funds to local arts and culture organizations.

Downtown's Denver Performing Arts Complex, already the second-largest arts center in the nation, will complete a restoration of the historical Denver Auditorium Theatre, transforming it into a 2,400-seat showpiece.

The Denver Art Museum completed a \$90 million expansion project that doubled the museum's size. The new building was designed by renowned architect Daniel Libeskind, the architect chosen to design the World Trade Center site.

A favorite summertime activity for many locals is catching

a concert at Red Rocks Amphitheater, the world-famous outdoor music venue in the foothills of the Rockies. This natural sandstone venue features a \$16 million visitor center.

Sports City, U.S.A.

Metro Denver is truly a "sports city," with the fans and facilities to prove it. In the past 10 years, new facilities have been constructed for the area's major sports franchises. More than six million fans attend sporting events in the area each year.

The Colorado Rockies (MLB)

www.rockies.mlb.com

Denver's biggest sports headlines of recent years were the result of the Colorado Rockies' rollercoaster 2007 season, which saw the team battling its way from the lower reaches of the National League West standings all the way to the N.L. West Pennant – and the team's first-ever World Series appearance. The Rockies play home games at Coors Field, which offers the nostalgic feel of a classic ballpark mixed with state of the art technology. The season runs from April to September.

The Denver Broncos (NFL)

www.denverbroncos.com

The enormous INVESCO Field at Mile High is where the NFL's Denver Broncos call home. Here in Denver, being a Broncos fan is not just a hobby – it is a way of life. On game days, you will see the city awash in the team's trademark orange, blue and white colors. The team is still best known for its league-dominating heyday with Hall of Fame quarterback John Elway, but its current roster is packed with young talent. The season runs from September to January.

Metro Attractions and Entertainment

The Denver Nuggets (NBA)

www.nba.com/nuggets

The NBA's Denver Nuggets rule the court at the Pepsi Center in downtown Denver. With a roster that includes big name veterans and exciting up-and-comers, the Nuggets are truly one of the Mile High City's most exciting teams, year after year. The season runs from October to June.

The Colorado Avalanche (NHL)

www.avalanche.nhl.com

The Pepsi Center is also the home of Denver's beloved hockey team, the Colorado Avalanche – the "Avs" to fans. With a powerhouse starting lineup leading the way, the team is a solid presence in the NHL standings, and their home games are always packed with Avs fans – some of the most devoted (and vocal!) hockey aficionados in the U.S. The season runs from September to June.

The Colorado Rapids (MLS)

www.coloradorapids.com

Major League Soccer's Colorado Rapids have a new home at the sprawling, high-tech Dick's Sporting Goods Park, which opened its doors in 2007. The Rapids are a force with which to be reckoned, and boast an international roster, featuring players from Jamaica, England, Africa, Japan and Argentina, not to mention some homegrown talent like midfielder Colin Clark, a Colorado native. The season runs from March to October. The team won its first MLS cup in 2010.

The Denver Barbarians

www.denverbarbarians.com

Rugby is a sport more often identified with the United Kingdom, but Denver has had a pro ("super league") rugby club for more than 40 years. The Denver Barbarians (*known as the Barbos*) compete against 15 other club teams from all over the United States, the highest level of competitive rugby play in the U.S. Head to the new Dick's Sporting Goods Park to catch the club in all their rough-and-tumble glory. The season runs from February to May.

The Colorado Mammoth (NLL)

www.coloradomammoth.com

Lacrosse may not be as popular a professional sport as those mentioned above but thanks to the Colorado Mammoth, it's gaining a fervent following in the Mile High City. The team is part of the growing National Lacrosse League and plays home games at the Pepsi Center, where they often attract crowds rivaling those of the Nuggets and Avalanche. The Mammoth took home the league championship in 2006. The season runs from December to April.

The Denver Outlaws

www.denveroutlaws.com

Even more major league lacrosse thrills can be found at INVESCO Field, where the Denver Outlaws take on all comers from May through August. The team is young, hungry and provides a great introduction to this exciting sport.

Metro Denver has hosted some of the world's top sporting events, such as the 2005 NCAA Final Four, the 2005 U.S. Women's Open Golf Championship and the 2008 NCAA Frozen Four Hockey Tournament.

VISITOR INFORMATION

Colorado Tourism Office

1625 Broadway

Suite 1700

Denver 80202

303.892.3885

www.colorado.com

Visit Denver

1555 California

Suite 300

Denver 80202

303.892.1112

www.denver.org

www.helldenver.com



Photos: VISIT DENVER - Bob Ashe for Denver Metro Convention and Visitors Bureau

Downtown Attractions

Colorado State Capitol

Broadway and Colfax Avenue

Modeled after the nation's Capitol in Washington, D.C., the building was constructed almost entirely of Colorado materials, including granite, white marble, Fort Collins sandstone and Colorado onyx, a rare, rose-colored stone used on the wainscoting and pillar facings. A gold dome made from 200 ounces of pure gold leaf tops the Capitol.

Denver Firefighters Museum

1326 Tremont Place

Housed in Historic Station No. 1, the Museum tells the story of the Denver Fire Department. The self-guided tour weaves the city's past with the history of firefighting in creative displays and hands-on activities that are entertaining and educational for visitors of all ages.

Downtown Aquarium – Denver

700 Water Street

Downtown Aquarium was purchased by Landry's Restaurants, Inc. in 2003, when it was known as Colorado's Ocean Journey Aquarium. On July 14, 2005, Landry's reopened the redesigned complex as the Downtown Aquarium. The entertainment and dining complex features a public aquarium boasting more than a million gallons of underwater exhibits

that highlight fascinating ecosystems around the world. Downtown Aquarium houses over 500 species of animals, the interactive Stingray Reef touch tank, Aquarium Restaurant, Dive Lounge, the Nautilus Ballroom and amusements for the entire family. With a full-service restaurant, an upscale bar, a fully equipped ballroom, aquatic and geographic exhibits and shopping, Downtown Aquarium has it all!

Elitch Gardens

2000 Elitch Circle

More than 45 rides, shows and attractions are featured at this amusement and water park. The theme park's newest ride is HALFPIPE — the only ride of its kind in the country that simulates the excitement of extreme winter sports. A giant snowboard that fits 16 people in two cars spins 360 degrees around a 230-foot long, 100-foot tall halfpipe.

Governor's Residence at the Boettcher Mansion

400 East 8th Avenue

The Colorado Governor's residence includes museum-quality artwork and furnishings, including the President Grant chandelier, which previously hung in the White House. The Colorado Historical Society offers tours of the mansion.

United States Mint

320 West Colfax Avenue

The United States Mint at Denver produces more than 50 million coins daily. Group tours are conducted on weekdays. Individuals, families and groups with 15 or fewer people must contact a member of Congress for sponsorship before a tour can be conducted. Contact the Mint for more information.

Venice on the Creek

Speer Boulevard and 14th Street

Venice on the Creek boasts the only punts (*similar to Italian gondolas*) in the country and offers you the opportunity to glide down Cherry Creek. Learn about Denver's history on your ride and enjoy the scenery along Cherry Creek and lower downtown Denver. It also features landscaped pedestrian trails as well as ramps that lead to the bank of Cherry Creek.



Photo: D. Beaudette

Metro Area Attractions

Bison and Elk Herds

Genesee Park and Daniels Park, Denver

Visitors can view two herds of bison and elk in their natural habitat at two area parks. Genesee Park, Denver's first and largest mountain park, spans 2,300 acres and includes a 160-acre wild elk and bison enclosure. Daniels Park covers more than 1,000 acres, of which 900 acres is a preserve and natural area for Denver's second herd. The parks offer picnic areas and scenic mountain views.

Butterfly Pavilion and Insect Center

6252 West 104th Avenue, Westminster

Spanning five acres, the Butterfly Pavilion is the first nonprofit, stand-alone insect zoo in the country. It features more than 1,200 free-flying butterflies, outdoor butterfly gardens, a nature trail, museum shop and deli. Visitors can watch adult butterflies emerge in a chrysalis viewing area or touch insects from around the world, including Chile's rose-haired tarantula and Madagascar's hissing cockroach. View peppermint shrimp, hermit crabs and other marine invertebrates in their natural habitat, or feel inches tall in a backyard with giant animatronic insects and interactive exhibits.

Celestial Seasonings

4600 Sleepytime Drive, Boulder

Celestial Seasonings, the largest manufacturer and marketer of specialty hot teas in the country, offers tours through its art gallery, herb garden and factory. Enjoy samplings of more than 50 varieties of teas and experience The Mint Room where crates of peppermint and spearmint are stored. A café and gift shop are on-site.

The Children's Museum of Denver

2121 Children's Museum Drive, Denver

The Children's Museum of Denver is all about children and their grownups learning through play. With interactive exhibits, year-round special events, and daily educational programming, there is always something fun and exciting to do.

Colorado State Parks

In addition to offering magnificent scenic views and a great outdoor experience, Colorado State Parks offer a host of activities for all ages, including camping, biking, bird watching, boating, cross-country skiing, fishing, horseback riding, hunting, ice skating, jet-skiing, sail boating, sledding, snowmobiling, swimming and many other activities and attractions.

Coors Brewing Company

13th Street and Ford Street, Golden

A 45-minute tour through Molson Coors' brewery in Golden guides visitors through the beer-making process from malting and brewing to packaging. The tour of the largest single brewery in the world includes a stop at a sampling area where complimentary soft drinks and beer samples are served. Beer samples are served to visitors over 21 years of age with a valid ID.



Photo: VISIT DENVER - Steve Crecelius for Denver Metro Convention and Visitors Bureau

Denver Art Museum

100 West 14th Avenue Parkway, Denver

The Denver Art Museum is a private, non-profit, educational resource for Colorado. The 356,000 square foot museum complex includes collection gallery space, three temporary exhibition venues and the Lewis I. Sharp Auditorium. In addition to its art collections, the Denver Art Museum is internationally recognized for its family-friendly environment, and has received critical acclaim for encouraging art appreciation through interactive activities.

Denver Botanic Gardens

1005 York Street, Denver

Recognized as one of the top five botanical gardens in the nation, Denver Botanic Gardens spans 23 acres and has more than 32,000 plants from around the world. Other sites are located in Chatfield, Littleton and Mt. Goliath.

Denver Museum of Nature and Science

2001 Colorado Boulevard, Denver

The Denver Museum of Nature and 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. The Denver Museum of Nature and Science inspires curiosity and excites minds of all ages through scientific discovery and the presentation and preservation of the world's unique treasures.

Denver Zoo

2300 Steele Street, Denver

Established in 1896, the Denver Zoo has grown to be one of the most visited zoos in the country and Colorado's most popular cultural attraction. Located on 80 acres, just minutes from downtown Denver in City Park, the zoo is recognized internationally as a leader in exhibitory and continues to grow as a leader in conservation and education programs. Home to nearly 4,000 animals, representing over 750 species, the zoo is open every day. In 2004, the zoo unveiled Predator Ridge, a three-acre exhibit featuring Africa's greatest predators. The series of five exhibits recreates a portion of the Samburu National Reserve in Kenya. Visitors can wind through rock outcroppings and brush to discover amazing views of lions, African wild dog and hyena. The zoo continues to create innovative wildlife habitats such as Tropical Discovery, Northern Shores and Primate Panorama. Gates Wildlife Conservation Education Center, a regional hub for activities, introduces Coloradans of all ages to the principles of conservation and natural resources.

Dinosaur Ridge

16831 West Alameda Parkway, Morrison

Located just 15 miles west of downtown Denver in the Morrison Fossil Beds National Natural Landmark, Dinosaur Ridge is an outdoor museum that features Jurassic dinosaur bones and more than 300 cretaceous dinosaur footprints. A visitor's center and gift shop are located on-site.

Fiske Planetarium and Science Center

2414 Regent Drive, Boulder

Located on the CU-Boulder campus, Fiske features hands-on science exhibits and a stellar variety of featured speakers and original shows for the whole family, including free 3-D Science on a Sphere demonstrations. Regular offerings include Star Chats, Spanish Star Talks, Laser Shows, Live Talks and Star Shows, plus free stargazing at the Sommers-Bausch Observatory most Fridays after 8pm.

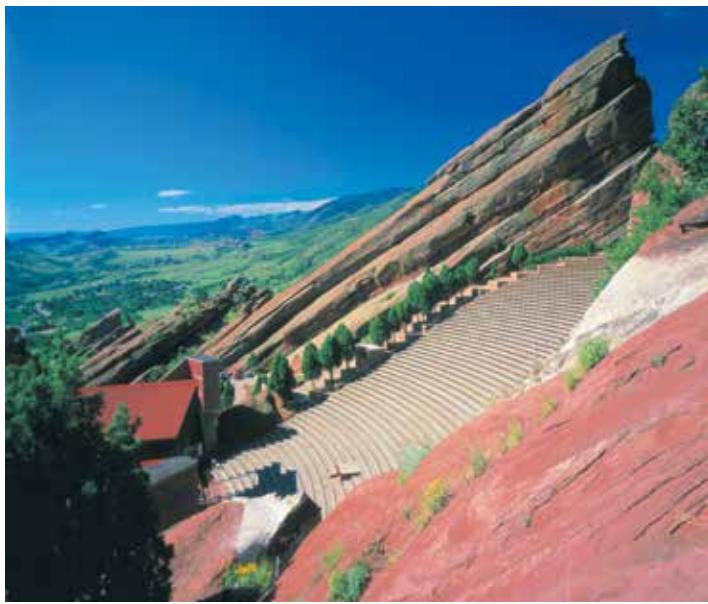


Photo: VISIT DENVER - Ron Ruhoff for Denver Metro Convention and Visitors Bureau

Four Mile Historic Park

715 South Forest Street, Denver

Four Mile Historic Park seeks to preserve Colorado's western rural heritage. It is home to Four Mile House, Denver's oldest house, which once served as a stagecoach stop, wayside inn and tavern for travelers on the Cherokee Trail. The 12-acre park offers school/youth programs, senior field trips, special events, guided museum and grounds tours, a summer day camp and site rental opportunities.

Heritage Square

18301 West Colfax Avenue, Golden

This "Western Victorian" shopping and entertainment complex has unique shops and restaurants open year-round, with special rides, games and merchants open seasonally or on weekends. Heritage Square's lodge and Victorian house are available for special events.

The Hudson Gardens and Event Center

6115 South Santa Fe Drive, Littleton

The Hudson Gardens and Event Center offers a multitude of concerts, educational programs and holiday events throughout the year. Visitors will enjoy the facility's 21 gardens, which vary from flower, herb and water gardens to wetlands and the cascades. The gardens span 30 acres and are arranged around a garden railroad, ponds, wildlife, sculptures and other natural displays and hideaways.

Lakeside Amusement Park

I-70 and Sheridan, Denver

This amusement park offers countless rides, games and roller coasters for adults, as well as 15 rides for children. The park offers free parking and welcomes picnics.

Mile High Market

7007 East 88th Avenue, Henderson

Open on Wednesdays and on the weekends, this indoor-outdoor market caters to 20,000 to 40,000 customers regularly.

Mother Cabrini Shrine

20189 Cabrini Boulevard, Golden

Owned by the Missionary Sisters of the Sacred Heart of Jesus, this shrine is a place of prayer, pilgrimage and devotion to Saint Frances Xavier Cabrini. The area includes a chapel, grotto, statue, artifacts, barn and a stone house available for meetings.

National Center for Atmospheric Research (NCAR)

1850 Table Mesa Drive, Boulder

Discover how scientists study weather and climate at NCAR's Mesa Lab. Enjoy science exhibits, an educational research center, gift shop, weather trail, art galleries and special public events. The site also is a natural preserve for wildlife that roam the area and in nearby mountain parks.

Red Rocks Amphitheatre

18300 West Alameda Parkway, Morrison

It took 300 million years to create Denver's most scenic attraction and once you step inside this internationally known amphitheatre, you will understand why Mother Nature took the time. The 30,000-square-foot Visitor Center offers guided tours, Colorado-style cuisine, an amazing Performer's Hall of Fame and more.

Tiny Town, Colorado

6249 South Turkey Creek Road, Tiny Town

Touted as the oldest village and railroad in the country, Tiny Town was created in 1915 at the site of the Denver-Leadville stagecoach stop southwest of Denver. Today, the one-sixth sized town has more than 100 colorful buildings and offers a train ride that is powered by authentic steam locomotive.

Metro Attractions and Entertainment

Water World

West 88th Avenue and Pecos Street, Denver

Located on 64 acres, the park features 42 water attractions, including Speed Slides, Lazy River and Thunder Bay. Picnics are welcome and parking is free. Other amenities include a gift shop, tube rentals and lockers.

The Wildlife Experience

10035 South Peoria, Parker

This wildlife conservation museum features an extensive collection of natural history, paintings, sculptures, photography and film exhibits throughout the year. The 101,000-square-foot center also houses a restaurant, gift shop, educational programs and classes.

State-wide Attractions

There is no limit of things to see and do in Colorado. Our vast array of attractions include everything from sporting events to spas, historical sites to casinos and everything in between. Take your family to an amusement park or live like an actual cowboy on a working dude ranch. Explore the land where dinosaurs once roamed or ghost towns where gold miners called home. Whether it's a trip to a farmer's market or a dip in the soothing waters of

our many natural hot springs, a scenic train ride or an afternoon at the zoo, if you can dream it, you can find it in Colorado.

Anheuser-Busch

www.budweisertours.com

Visit the home of Budweiser and discover how its products are crafted using the highest quality ingredients.

Black Hawk and Central City

www.visitbhcc.com

The twin towns of Central City and Black Hawk in Clear Creek Canyon west of Denver are so close, it's hard sometimes to tell where one begins and the other ends. However, they do have two other things in common, they both have revived the history of the area and are known today for limited-stakes gambling.

Cave of the Winds

www.caveofthewinds.com

Now offering three adventure-filled tours! Choose between the Discovery Tour, Lantern Tour and the new Flashlight Tour. Surround yourself with the mysterious world of caves. A gritty, unforgettable adventure into the 500-million-year-old world of the underground unknown. Stalactites and stalagmites - it is truly an awesome caving experience. A must-do for the Rocky Mountain vacationer.



Photo: D. Beaudette

Metro Attractions and Entertainment

Cheyenne Mountain Zoo

www.cmzoo.org

America's ONLY mountain zoo! Experience unforgettable adventures with over 800 animals from around the world and breathtaking mountain scenery. Feed its renowned reticulated giraffe herd, the largest of any zoo in the world, come nose to nose with great apes, and enjoy spectacular views from the Mountaineer Sky Ride. Be sure to visit the historic Will Rogers Shrine while you're here - included in your admission. Cheyenne Mountain Zoo is open 365 days a year.

Dinosaur National Monument

www.nps.gov/dino

Explore craggy hills, discover fragments of a long ago world where the largest land creatures of all time once roamed and died. Rock art, scenery, homesteads, whitewater rafting.

Durango and Silverton Narrow Gauge Railroad and Museum

www.durangotrain.com

Experience the adventure of traveling by a historic coal-fired, steam-powered locomotive on the same tracks miners, cowboys and settlers of the Old West took over a century ago. Wind through spectacular and breathtaking canyons in the remote wilderness of the two-million-acre San Juan National Forest for an unforgettable journey.

Estes Park

www.estesparkcvb.com

Rocky Mountain National Park is as Colorado as it gets. World-class hiking, climbing, sightseeing and fishing are just some of the experiences you'll remember the rest of your life. Estes Park puts you right at the front door with lodging, dining and shopping suitable for all.

Georgetown Loop Railroad

www.georgetownlooprr.com

Climb aboard one of Colorado's famous historic narrow gauge railroads. This engineering marvel climbs high over the Devil's Gate Bridge and winds through a scenic Rocky Mountain pathway. Silver mine tours available in conjunction with train ride.

Glenwood Hot Springs

www.hotspringspool.com

Relax in the world's largest hot springs pool. It is the perfect escape for basking in the sun, swimming laps and soaking in the 104-degree mineral therapy waters or the 90-degree mineral waters in the big pool. Enjoy the Athletic Club, The Grill, Sport Shop and the Hot Springs Lodge. Room rates include free continental breakfast and unlimited swimming.

Great Sand Dunes National Park and Preserve

www.nps.gov/grsa

Because the dunes and surrounding mountains are designated wilderness, this is a great place to enjoy unspoiled natural beauty in a variety of ways. Whether you play in Medano Creek, build a sand castle, slide down the dunes, go birdwatching in wetlands or ascend a 13,000-foot peak, plenty of kinds of outdoor recreation is available for all ages.

Mesa Verde

www.mesaverdecountry.com

Home to Mesa Verde National Park, two national monuments and a tribal park. Travel the Trail of the Ancients, the only National Scenic Byway dedicated to archeology. Experience Native American culture. Shop at exceptional trading posts; dine in great restaurants; stay at the excellent accommodations. Walk with us through time and create a memorable adventure!

North Pole Home of Santa's Workshop

www.santas-colo.com

Santa's Workshop is a Christmas-themed amusement park. This enchanted family-themed park has something for everyone in the family. Visit with Santa and meet his elves. We have more than two dozen family-friendly rides for your pleasure. Browse through our quaint village shops, watch a magic show or play a game in our arcade!

Royal Gorge Railroad

www.royalgorgeroute.com

Step aboard the Royal Gorge Route Railroad to embark upon a breathtaking journey that began 140 years ago. Like a bar-room brawl on wheels, two companies vied for the route and the legal battle dubbed the "Royal Gorge War" began. The



Photo: D. Beaudette

victor offered rail service until 1967, but the route laid fallow until a local railroader restored a dozen mid-century rail cars to begin passenger service again in 1999. Royal Gorge Route now ferries 100,000 travelers each year for an unforgettable scenic and culinary adventure within the Royal Gorge.

The Wild Animal Sanctuary

www.wildanimalsanctuary.org

Located 30 miles northeast of Denver and home to more than 200 lions, tigers, bears, leopards, cougars, wolves and other carnivores rescued from illegal or abusive situations, roaming free in species-specific habitats on 320 acres of open grassland.

SECTION 4

Shopping



Photo: VISIT DENVER - Steve Crecelius for Denver Metro Convention and Visitors Bureau

Numerous shopping and dining options are located across the metro area. Denver was ranked as one of the 13 best sports cities in the country. — Sporting News, 2005 Denver area and feature popular retail chains, trendy and unique specialty shops, and a variety of service establishments.

There are 14 major shopping centers (500,000 square feet or larger) and numerous shopping districts located throughout the area, with several new projects planned.

Located in central Denver and close to National Jewish Health, Cherry Creek Shopping Center, one of the area's top tourist destinations, offers 160 stores and restaurants and is home to exclusive stores such as Nordstrom, Saks Fifth Avenue, Macy's and Neiman Marcus. Downtown Denver's 16th Street Mall is another popular tourist attraction. The 16-block pedestrian and transitway serves as downtown Denver's retail core and includes the Denver Pavilions.

Belmar, the city of Lakewood's downtown district, offers 22 blocks of stores, boutiques, restaurants, entertainment, parks, plazas, offices and residences.

Colorado Mills in Lakewood is one of metro Denver's newest malls. The 200 store center features outlet-style retail, entertainment and restaurants.

Southlands, a 1.5 million square-foot shopping center in Aurora, will include 1,100 residential units and office space. Other malls include FlatIron Crossing in northern metro Denver, Park Meadows in Lone Tree and Southwest Plaza in the southwest metro area.

16th Street Mall

[16th Street, Denver](#)

Covering 16 blocks, this pedestrian mall includes Denver Pavilions and other retail shops, residential and office buildings, hotels and services. A free shuttle serves the area.

Cherry Creek North

[299 Milwaukee Street, Denver](#)

Cherry Creek North is home to more than 320 independently owned businesses, a unique collection of boutiques, spas, restaurants, galleries and other specialty shops located in the heart of central Denver.

Cherry Creek Shopping Center

[3000 East 1st Avenue, Denver](#)

Cherry Creek Shopping Center is the region's most popular shopping destination with 160 stores and restaurants, including Elway's, a bustling Colorado steakhouse co-owned by Denver Broncos Hall of Fame quarterback John Elway. Cherry Creek offers Nordstrom, Saks Fifth Avenue, Neiman Marcus, Cartier, Tiffany & Co., Tommy Bahama, Louis Vuitton, Polo/Ralph Lauren, Apple, Inc. and Sony Style as well as many other popular name brands.

Shopping

Denver Pavilions

16th Street Mall and Glenarm, Denver

This popular 350,000-square-foot mall has a movie theater, nightclub, six restaurants and 34 stores. Largest stores include Barnes & Noble, Victoria's Secret, Hard Rock Cafe, Niketown and Forever 21.

Larimer Square

1430 Larimer, Denver

Located in the heart of downtown Denver, Larimer Square is an area rich in history, as well as 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. Larimer Square offers clothing stores, specialty shops, nightclubs, a host of restaurants, a day spa and a gallery.

Tabor Center

1200 17th Street, Denver

Tabor Center offers a diverse selection of shops, restaurants and services, including Cheesecake Factory, the Palm Restaurant and The Purple Martini.

Aspen Grove Lifestyle Center

7301 South Santa Fe Drive, Littleton

Aspen Grove is an outdoor shopping experience with more than 300,000 square feet of space and trendy stores such as American Eagle Outfitters, Bombay Company, White House/Black Market and Yankee Candle Company.

Aurora Mall

14200 East Alameda Avenue, Aurora

Aurora Mall has 98,600 square feet and more than 140 specialty stores, restaurants and services. Highlights include a carousel, movie theater and anchor stores such as Dillard's, JCPenney, Macy's and Sears.

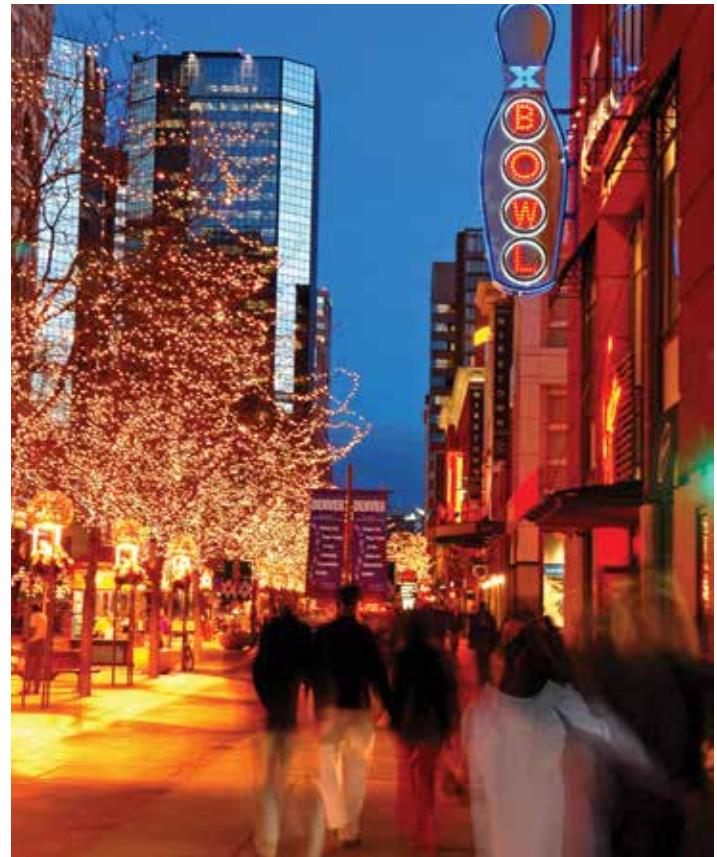


Photo: VISIT DENVER - Denver Metro Convention and Visitors Bureau

Belmar

Alameda Avenue and Wadsworth Boulevard, Lakewood

Enjoy 22 blocks of stores, boutiques, restaurants, entertainment, parks and plazas, offices and residences, and year-round events and cultural activities in Belmar, Lakewood's new downtown. The district currently has 61 shops and restaurants including the Metropolitan Museum of Art Store, New York & Company, Guess and American Apparel.

Colorado Mills

14500 West Colfax Avenue, Lakewood

Nearly 200 stores including an Ann Taylor Factory Store, an Off 5th-Saks Fifth Avenue and the Last Call by Neiman Marcus are located at this 200-acre, 1.2 million square-foot mall. Features include free kids activities, a United Artists theater, miniature golf course and special events.

Shopping

Downtown Boulder

Pearl Street and Broadway, Boulder

Downtown Boulder is home to hundreds of stores, specialty shops, restaurants and service establishments. Pearl Street Mall, an outdoor pedestrian mall, offers popular chain stores such as Banana Republic and Abercrombie & Fitch, as well as locally owned shops. Free parking is available on weekends.

Flatiron Crossing

1 West Flatiron Circle, Broomfield

The world's first zip shuttle serves this 1.5-million square foot, indoor/outdoor shopping center. Enjoy more than 200 shops and restaurants, including Nordstrom, Dillard's, Dick's Sporting Goods and AMC 14 Theaters.

The Shops at Northfield Stapleton

8340 Northfield Boulevard, Denver

The Shops at Northfield Stapleton is an open air shopping district featuring specialty shops and restaurants including Macy's, Bass Pro Shops Outdoor World, and Harkins Theatres 18. Located in north Stapleton and minutes from Downtown Denver, The Shops at Northfield Stapleton is a pedestrian-friendly gathering place for shopping, dining and entertainment.

Outlets at Castle Rock

5050 Factory Shops Boulevard, Castle Rock

Anchor outlets at this 43-acre, nearly 478,000-square-foot open-air mall include Liz Claiborne, Levi's and Dockers Outlet, and Gap.

Park Meadows

8401 Park Meadows Center Drive, Littleton

As Colorado's only retail resort, Park Meadows encompasses 1.6 million square feet and has 130 shops. Nordstrom, Dillard's, Macy's and JCPenney are anchor stores.

Southlands

Smoky Hill Road and E-470, Aurora

Southlands provides southeast Denver residents with a convenient, comfortable, charming atmosphere for shopping, dining and entertainment. More than 40 retailers and restaurants are now open including Southlands Stadium 16 Cinema, Bed Bath & Beyond, Pier 1 Imports, Best Buy, Wal-Mart, Sam's Club, PF Chang's, Chili's, On the Border and many more.

Southwest Plaza

8501 West Bowles Avenue, Littleton

Touted as the only shopping destination in southwest metro Denver with full-line department stores, Southwest Plaza has approximately 1.3 million square feet of retail space and 150 stores. Anchor stores include Dillard's, Macy's, JCPenney and Sears.

Twenty Ninth Street

Arapahoe Avenue and 28th Street, Boulder

Anchored by Macy's and Century Theater's state-of-the-art 16-screen cinema, this exciting outdoor shopping district offers a collection of both local and national upscale specialty stores, restaurants, 150,000 square feet of class "A" office space and various entertainment venues. One and two-story shops, restaurants with indoor and outdoor seating, and key anchor tenants, combined with plazas and open space, together create a vibrant environment for shopping and gathering with friends.

Marketplace at Northglenn

104th Avenue and I-25, Denver

This outdoor shopping center has approximately 650,000 square feet of space and approximately 40 stores including Lowe's, Borders Books and Sports Authority.

Dining and Nightlife

Whether you are looking for a quick bite to eat at a casual diner or full service at an upscale restaurant, Denver has a wide range of choices to suit your palate.

Denver's dining guides are a great source of information, with comprehensive lists of the area's dining halls, as well as reviews, articles and suggestions from both editors and readers. Some popular dining guides in the region include:

5280

www.5280.com

This Mile-High magazine publishes an annual "Top of the Town" issue available on newsstands, as well as online. On the Web, more than 300 restaurant reviews are archived.

Boulder Magazine

www.getboulder.com

Metro-area restaurants are profiled.

Citysearch: Denver

denver.citysearch.com

Find detailed reviews of Denver's restaurants, nightlife and entertainment venues. In addition, find top picks in a variety of dining categories.

Colorado Restaurant Association

www.coloradorestaurant.com

This organization offers an online dining guide of member restaurants for all types of cuisine. Search by cuisine, city, price or amenities offered.

Denver Magazine

www.denvermagazine.com

Denver Magazine is the premiere source for everything you need to know about life in the Mile High City and beyond.

This indispensable monthly lifestyle magazine is a guide from the city's best experts on dining, the arts, fashion, the outdoors, and other topics that help readers appreciate life on the front range, as well as an intelligent, provocative look at the issues, trends, and culture at the heart of this great region.

The Denver Post

www.denverpost.com

Continuous articles on food and dining are published, including reviews of area dining hot spots.

The Gabby Gourmet

www.gabbygourmet.com

Restaurant critic and media personality Pat Miller, aka the Gabby Gourmet, offers dining articles and reviews on the Web, as well as on the radio each Saturday afternoon at 630-AM KHOW.

Denver Night Life

www.denver.com/nightlife

www.denver.metromix.com

Denver comes alive in the evenings with nightclubs, bars and lounges throughout the metro area for happy hour, dining and music.

Many pubs and restaurants feature live entertainment ranging from jazz musicians to belly dancers. Clubs throughout the area play a variety of music including urban, techno, salsa, jazz, and country and western for those who enjoy dancing. Karaoke bars are open to the amateur vocalist, and professional recording artists and bands frequently tour through metro Denver at one of the many concert venues in the region.

Dining and Nightlife

For the sports enthusiast, sports bars and entertainment centers in the area have multiple television monitors, billiards tables and interactive games. Denver has seven professional sports teams, as well as collegiate and high school teams. Games take place across the area for those who enjoy spectator sports.

Bowling centers are popular for a night of fun with friends or family. Enjoy discount bowling on special nights, play video games or attend bowling events for teams or extreme bowling. Private rooms are available for parties.

Other hotspots include comedy clubs, miniature golf, paintball, motor and BMX bike racing. Outdoor concerts, festivals and films are popular on weekends, while musical theater, plays and other performing arts entertainment is available nearly every night of the week.



Photo: VISIT DENVER - Stan Obert for Denver Metro Convention and Visitors Bureau

Quality of Life, Body and Mind

Metro Denver's mild climate, low humidity, plentiful sunshine and "Mountain West" lifestyle create an ideal atmosphere for a year-round recreational haven.

The City of Denver has the largest public parks system of any U.S. city, boasting 205 parks within the city limits. The city owns 14,000 acres of mountain parks and 2,500 acres of natural areas, as well as more than 60 miles of bicycle paths. Collectively, there are nearly 400 parks and pathways located throughout the metro area.

40 state parks and three national parks are located in metro Denver's backyard, where prime recreational opportunities abound for biking, hiking, camping, fishing and skiing. More information may be found at:

- www.coloradodirectory.com/costateparks — Colorado State Parks
- www.clrma.org — Colorado's Water Resources
- www.14ers.com — The Home of Colorado's Highest Peaks

Thousands of acres of open space dot the area, allowing citizens to hike, bike and snowshoe just steps from their homes. Plans are underway for a \$200 million network of trails, greenbelts and open space areas in the cities of Denver, Aurora, Brighton, Commerce City and portions of Adams County to be called the Northeast Greenway Corridor. The project will preserve farmland, wetlands and open space in growing population areas.

Many recreational trails already exist throughout metro Denver. Plans are underway to create a continuous trail linking front range communities with a multi-use trail running from New Mexico to Wyoming. The Colorado Front Range Trail will link existing and planned trail systems with new trail corridors to create an extensive pathway system, connecting Colorado's population centers.

One of the longest recreational trails in the metro Denver area, the High Line Canal, runs 60 miles connecting Douglas, Arapahoe and Denver counties.

Located within 100 miles of metro Denver, the Rocky Mountains are home to some 25 world-class ski resorts, offering downhill and cross-country skiing, snowboarding, inner-tubing and mountain climbing opportunities. In the summer months, these resorts provide spectacular backgrounds for a variety of music and food festivals, as well as outdoor activities such as river rafting and horseback riding. Colorado is rated as one of the most popular ski destinations in the country.

With more than 75 public and private golf courses located throughout the region, the Denver area provides seasoned and novice golfers with a host of choices. Other recreational activities in the area include hunting, as well as boating, sailing, wind surfing, swimming and fishing in Colorado's many streams, lakes and reservoirs.

Preschool to Post Doctoral First-Class Educational Resources

From pre-school to post doc, metro Denver has first-class educational resources to engage our energetic young minds and prepare them for tomorrow's workforce.

Our commitment to education begins in pre-Kindergarten with initiatives that invest in preparedness like Preschool Matters and the Colorado Preschool Program. K-12 education in metro Denver offers many choices, including high-quality public schools with alternative learning environments such as charter and magnet schools, and private and parochial schools.

Higher educational resources encompass a variety of undergraduate, graduate and professional programs at 12 public and private four-year colleges and universities, including world-class research institutions like the University of Colorado, Colorado School of Mines, Colorado State University, and the University of Denver. The state's colleges offer post doctoral programs with customized training to meet changing work force needs.

Quality of Life, Body and Mind

Colorado boasts the third-highest percentage of college graduates in the country. Of the adult population, 89.6% are high school graduates and 35.5% have college degrees. Among large U.S. metro areas, metro Denver ranks third for high-school graduates and 11th for college graduates.

Denver and Aurora students rank seventh in high school graduation rates and sixth in college graduation rates among the 25 largest metropolitan areas.

In metro Denver, the focus of Kindergarten through 12th grade (*K-12*) education is “choice.” Both public and private schools offer an array of educational options for primary and secondary students.

The K-12 education system in metro Denver includes 19 public school districts and a number of private and parochial schools. Other options include charter, magnet and Montessori schools, as well as English Primary and international baccalaureate programs.

Pupil/Teacher Ratio	19.8:1
High School Graduates	88.8%
2-yr College Degree	6.8%
4-yr College Degree	29.0%
Graduate Degree	12.7%

Metro Denver schools all offer open enrollment, which allows students living in one school district to attend a school in another district. Parents can select a school that matches a child’s individual needs. Accountability reports are available by area school districts.

The region also provides a wide range of higher educational resources, including world-class research institutions, graduate and professional schools, and a broad spectrum of undergraduate programs.

Colorado universities receive more than \$450 million in research grants annually. Many of metro Denver’s colleges and universities offer non-traditional or adult education programs, and distance learning programs are available for those seeking degrees or certifications.

Ten, four-year public and private colleges and universities with enrollments totaling more than 125,000 are located in the metro area. The region’s largest providers of work force training and educational services are its five, two-year public community colleges and 60 vocational/technical schools.

UNIVERSITY/COLLEGE	CITY
Arapahoe Community College	Littleton
Colorado School of Mines	Golden
Colorado School of Trades	Lakewood
Colorado State University	Fort Collins
Community College of Aurora	Aurora
Community College of Denver	Denver and Aurora
Colorado Univ. Health Sciences Center	Denver
Front Range Community College	Boulder
Metropolitan State University of Denver	Denver
Red Rocks Community College	Golden
Regis University	Denver
University of Colorado, Boulder	Boulder
University of Colorado, Denver	Denver
University of Denver	Denver

High-Quality Health Care

Metro Denver is home to some of the finest hospitals and medical research facilities in the world. Several hospitals in the area rank among the best health care facilities in the country, according to *U.S. News & World Report's* "America's Best Hospital" survey.

National Jewish Health in Denver has been named the **#1 respiratory facility in the nation since 1998**. Also, Craig Hospital in Englewood was named seventh in rehabilitation; Children's Hospital in Denver was named seventh in pediatrics; Denver Health ranked in the top 50 in four categories; Rose Medical Center — HealthONE ranked in the top 50 in two categories; and the University of Colorado Hospital ranked in the top 50 in 13 categories, including sixth in respiratory disorders and 10th in kidney disease.

The first phase of the \$144.8 million Anschutz Inpatient Pavilion at Fitzsimons opened in 2004. The University of Colorado facility is part of the 20-year, \$4.3 billion redevelopment of the former Fitzsimons Army Medical Center in Aurora. Other recently completed projects include a new 58-bed Parker Adventist Hospital in Parker and a new 172-bed Exempla Good Samaritan Medical Center in Lafayette.

Projects on the horizon include an \$80 million renovation of the Porter Adventist Hospital in Denver, as well as a \$458 million Children's Hospital project that opened at Fitzsimons in 2007, a new University of Colorado Hospital at Fitzsimons, and a \$148 million expansion by the Denver Health Medical Center.

Recreation

CITY OF DENVER PUBLIC GOLF COURSES

www.cityofdenvergolf.com

City Park

2500 York Street, Denver 303.295.4420

Evergreen Golf Course (exec.)

29614 Upper Bear Creek Road, Evergreen 303.674.4128

Harvard Gulch (Par 3)

660 Iliff Avenue, Denver 303.698.4078

Kennedy

10500 East Hampden Avenue, Aurora 720.751.0311

Overland Park

1801 South Huron, Denver 303.698.4975

Wellshire

3333 South Colorado Boulevard, Denver 303.692.5636

Willis Case

4999 Vrain Street, Denver 720.458.4877

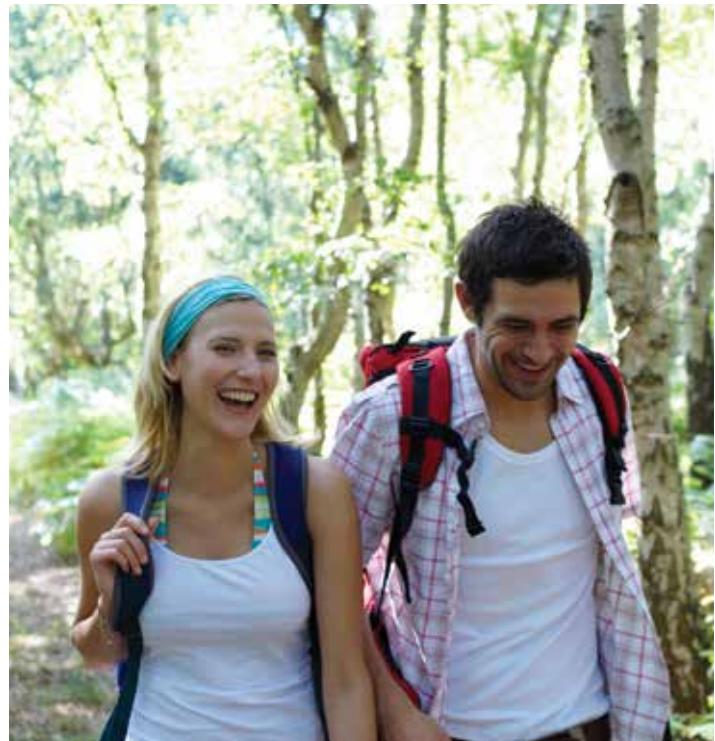


Biking and Hiking

www.bikedenver.org/maps

Denver offers more than 850 miles of paved off-road trails that connect to hundreds of miles of dirt trails and mountain bike adventures. The nearby Rocky Mountains boast hiking excursions and wildlife.

- Denver has more than 850 miles of paved off-road trails
- Paved trails connect to hundreds of additional miles of dirt trails, offering mountain bike adventures
- Bike trails take riders to dozens of notable attractions, including Cherry Creek Shopping District, the REI Flagship Store and Red Rocks Amphitheatre and Park
- Learn about Denver's pioneering bikesharing program Denver B-Cycle at www.denver.bcycle.com



Denver's Jogging Paths

[www.denver.org/what-to-do/sports-recreation/
denver-jogging-paths](http://www.denver.org/what-to-do/sports-recreation/denver-jogging-paths)

Cherry Creek Path

The prettiest and easiest jogging paths follow Cherry Creek and the Platte River. You can go as far as you want at whatever pace you choose. Both trails are basically flat so you do not have to worry about taxing your heart going uphill in the Mile High City.

You can reach the Cherry Creek path from several entry points along Speer Boulevard between downtown and the Cherry Creek neighborhood. It would be easy to add a shopping trip at the chic retail venues of Cherry Creek to your multi-tasking, provided you don't mind letting them see you sweat. The distance between Downtown and the Cherry Creek shopping district is about four miles.

LoDo/Riverfront

If you start in Lower Downtown – known as LoDo to residents – and head southeast, you hit two miles right around 8th Avenue.

Or you can take a quick out-and-back two-mile jog along Cherry Creek between LoDo and Colfax. This is especially nice because one side of the creek is dedicated to runners and walkers and the other side to bicyclists.

The Colfax access is an easy, safe walk from convention center-area hotels and puts you on the Cherry Creek Trail where it splits into designated bike and pedestrian paths. Run a little more than a mile and you reach Confluence Park, where Cherry Creek meets the Platte River.

If you find yourself short of breath from jogging at altitude, this is the perfect break point because the Platte forms rapids that attract kayakers and, in summer, rafters. Year-round, it is an interesting rush of water to watch while you acclimatize. Or you can stop in the REI headquarters that overlooks the water and shop for outdoor recreation gear.

Off the Beaten Path

Off the beaten paths of Cherry Creek and Platte River, many other jogging routes wind their way out of downtown. Begin at Broadway and 16th Avenue. Head east on 16th until you reach the incredible architectural edifice of East High School at City Park Esplanade. Turn left and jog into City Park. Continue along 17th Avenue until you reach a big blue sign just west of the intersection of Colorado and 17th. Turn and retrace your steps. You'll see the beautifully renovated City Park lake and fountain, as well as some inner-city neighborhoods. The mega-hearty may extend this route by another couple of miles around City Park.

A pleasant four-mile route starts at 16th Avenue and Broadway and heads east up 16th to Park Avenue, where you turn right, then cross Colfax Avenue on to Franklin Street and into Cheesman Park. Run around the park's perimeter and head back the way you came after viewing one of Denver's most interesting public spaces along with some impressive mansions.

Whether you use the Cherry Creek Trail, the Platte River Trail, the blue sign run or Cheesman Park to get your exercise, all of these jogging treks offer easy access from most downtown hotels. They can be adapted to be as long or as short as you like.

Skiing, Snowboarding and Snowshoeing

www.coloradoski.com

The best way to hit the slopes and get a world-class vacation at the same time is to stay in the city and take daytrips outside Denver. With nearby slopes like Winter Park, great Mile High Holiday savings and plenty of ski shops, it is a textbook win-win situation.

Arapahoe Basin Ski & Snowboard Area

www.arapahoebasin.com/ABasin

Sixty-eight miles west of Denver in Summit County, Colorado, you'll find the spectacular Arapahoe Basin known as A-Basin to locals. This year 63-year-old legend offers the highest skiable terrain on the North American continent. Half of the mountain is above timberline with open bowl skiing



and snowboarding lasting through spring and often into early summer. One of its signature runs, Pallavincini, is one of Colorado's longest and steepest trails. Arapahoe Basin has some of the best ski deals for beginners in the state. Kids and adults ski or board for only \$15 on the Molly Hogan beginner hill and lift all season long. Or, get a free child ticket (*age 6-14*) with the purchase of a full price adult ticket.

Aspen Snowmass

www.aspensnowmass.com

At Aspen/Snowmass, the goings-on are ongoing all year long. Winter showcases outdoor concerts, World Cup ski races, big air competitions and signature events like the unforgettable ESPN Winter X Games and Bud Light Spring Jam. Summer means outdoor markets, music festivals, culinary and arts experiences, and an Aspen original, the Aspen Ideas Festival. If it is happening, it is happening here!

Quality of Life, Body and Mind

Breckenridge

www.breckenridge.com

Whether you are looking forward to a day off the slopes or searching for a little alternative adventure, Breckenridge has as much to offer off the mountain as it does on any of its 155 trails. As the largest historic district in Colorado, the town of Breckenridge features a wide variety of shops, activities, culture and attractions to entertain.

Copper Mountain

www.coppercolorado.com

Copper Mountain is just 75 miles from Denver with 2,465 acres of skiable terrain and a village that feels more like a neighborhood. Copper Mountain's guests enjoy steps away lodging, après ski entertainment, naturally divided terrain, exciting events and a welcoming, knowledgeable staff.

Echo Mountain Park

www.echomtnpark.com

Just 35 miles from downtown, Echo Mountain is Denver's backyard ski and snowboard area. You'll be skiing and riding in less than an hour's drive from just about anywhere along Denver's Front Range. Echo Mountain offers affordable skiing and riding in Colorado, including the cheapest season pass (*with no restrictions and no blackout dates*), the lowest daily ticket price around, afternoon/evening tickets for just \$29 and free close-in parking and public WiFi. But just because it's cheap doesn't mean Echo Mountain doesn't deliver amazing ski conditions for skiers and riders of ages and ability levels.

Eldora Mountain Resort

www.eldora.com

A favorite among locals due to its convenient location – only 21 miles from Boulder and 47 miles from Denver. Eldora Mountain receives 300 inches of snow per year. It boasts Colorado's best snowmaking system and coverage is 100% of groomed terrain, more than any other resort in Colorado. Eldora also holds the distinction of being accessible via public transportation – you can take the bus from Boulder up the mountain for a mere \$4. Check www.rtd-denver.com for schedules.

Keystone

www.kestoneresort.com

With three unbelievable mountains, tons of outdoor adventures, lodging and dining all in two unique villages, it is clear that Keystone is the best place to experience the best of the Rocky Mountains. The fun and excitement is all in one convenient location.

Loveland Ski Area

www.skiloveland.com

Just 53 miles west of Denver on I-70, Loveland averages 400 inches of snow annually. Loveland's location offers unique skiing possibilities you simply cannot find at other ski areas. There's no glitz here. For over half a century, Loveland has been long known for some of the best skiing and snowboarding conditions in Colorado. At Loveland you get 1,365 diverse acres of terrain and breath-taking views from the second highest chairlift in the world, high atop the Continental Divide. Whether you need to escape from the city for a day of riding and a night of good food, Loveland won't disappoint. Daytripper packages are available including lift ticket, equipment and clothing rental. Ski school lessons are available for all abilities and schedules.

Rocky Mountain National Park

www.nps.gov/romo

Downhill action is not the only snowbound fun you can have this winter. The legendary Rocky Mountain National Park, located just an hour from the Mile High City offers spectacular snowshoeing and cross country skiing options that will take you to some of the most scenic and serene spots in all of Colorado. Rent cross country skis and/or snowshoes in Denver and take the short drive up to Rocky Mountain National Park. Check with rangers at visitor centers for info on the right trail for you.



Telluride

www.tellurideskiresort.com

Founded in 1878, Telluride's history is as colorful as the Victorian homes lining the streets. Originally named Columbia, the fledgling town was forced to change its name in 1887 due to post office confusion with Columbia, California. After 1887, Telluride began to earn its place on the map as a budding mining town.

Most say Telluride is named after tellurium, a nonmetallic element associated with rich mineral deposits of gold and silver. Others say it originated from the castaway call "To-Hell-You-Ride" shouted by loved ones who knew of the town's boisterousness. Either way, folks were attracted to the young town full of promise and opportunity.

At the height of the gold rush, nearly 5,000 people inhabited Telluride, referred to as the "town without a bellyache." In fact, at the turn of the century, more millionaires (per capita) lived in Telluride than in New York City. The Tomboy Mine was one of the world's greatest gold producers and contributed to more than \$360 million dollars of gold pulled out of the area. The wealth of Telluride attracted the likes of Butch Cassidy, who began his illustrious bank robbing career in town. In 1889,

Butch walked away from his first heist at the San Miguel Valley Bank with \$24,580, that was never recovered.

Vail

www.vail.com

At Vail, enjoy seven miles of mountain front, seven back bowls famous from here to Timbuktu. three terrain parks, 300 days of sunshine, 5289 acres to make your mark. Vail Mountain is the ultimate blank canvas.

Winter Park

www.skiwinterpark.com

Winter Park Resort, owned and operated by the city of Denver, is nestled at the base of the Continental Divide at the east end of the Fraser Valley. As the closest major destination resort to Denver, Winter Park offers easy access to skiers arriving at Denver International Airport from hundreds of domestic and international points. Just two hours from the airport, the surrounding mountain expanses and breathtaking scenery of Winter Park give visitors the impression that they are far away from the hustle and hassle of city life.

Winter Park Resort boasts 350 inches of annual snowfall. However, just because you can count on good snow does not mean you should expect to ski in blizzard conditions. On

Quality of Life, Body and Mind

average, Winter Park has 106 days of sunshine during the ski season — or approximately 70 percent of the season is sunny! Many first time visitors are surprised to discover Winter Park's vast terrain. The three interconnected mountains and high alpine bowl are spread out over 134 designated trails on 2,886 acres served by a network of 20 chairlifts. Winter Park's variety of terrain caters to every ability level. The 30-acre Discovery Park is the ideal spot to learn and practice the basics of skiing. When skiers are ready to move on, Winter Park mountain and the Vasquez Ridge offer miles of wide-open intermediate trails for laid back cruising. For advanced and expert skiers seeking the ultimate challenge, the renowned steeps and moguls of the feisty Mary Jane mountain provide long thigh-burning bump runs, vertical chutes and precipitous glades.

The area's newest hotel, the Winter Park Mountain Lodge, is located across from the base of the resort. The lodge offers Winter Park's only microbrewery and captures the grandeur of the Rocky Mountains and offers awe-inspiring views at an exceptional value.

Hot Tip: Buy your lift tickets on the Front Range in or around Denver at King Soopers grocery stores — they sell discount lift tickets for most ski areas at their customer service desks. While prices vary throughout the season, die-hard Colorado skiers know that this is almost always the most budget-conscious way to enjoy the slopes. Find a list of stores in the area at www.KingSoopers.com.

Ski Gear

REI Flagship Store

1416 Platte Street, Denver

www.rei.com/stores/18

No outdoorsman or outdoorswoman will be able to resist the lure of the flagship REI store, with more than 100,000 square feet of recreation equipment, including skis, snowboards, snowshoes and more. Rent your ski gear here for a bargain price and head for the mountains. This REI one of the largest outdoors-centric stores in the world.

Colorado Ski and Golf

2650 Havana Street, Aurora

www.buyskis.com

More gear can be found at this store, with an expert staff and guaranteed lowest prices on ski and snowboard equipment to rent or to buy.

Denver Savings

Mile High Holidays

www.MileHighHolidays.com

Throughout the holiday season, travelers to Denver will get "mile high" savings with hotel rates starting at just \$52.80! Mile High Holidays goes from November through January. During this time, Denver's holiday magic is celebrated with 17 hotels offering hotel rates starting at \$52.80 (some restrictions may apply). There are also New Year's packages, shopping specials and an abundance of entertainment options at more than four dozen Denver hotels. For a complete list of events, hotel specials and shopping information visit www.MileHighHolidays.com or call 1-800-2DENVER.

Skiing Health Tips

Clothing: Be sure to wear water resistant, layered clothing which can be removed or added as the weather changes. Long underwear, turtleneck, sweater, waterproof jacket and pants, nylon socks, waterproof gloves, winter hat, sunglasses, goggles are all key parts of you ski outfit.

Sun/UV: Ultraviolet rays are more powerful at higher elevations, so it is highly recommended that you wear goggles and sunglasses that have UV protection. Also, regardless of your skin color or complexion, everyone needs to wear sunscreen even on overcast days when ultraviolet rays still penetrate cloud cover.

Altitude Illness: There is no foolproof method for avoiding altitude sickness, but drinking extra water and avoiding salty foods the week before you arrive seems to be the most helpful.

Transportation

A network of transportation options provides metro Denver residents with an easy commute to their places of employment, and a vast system of roadways offers easy access to shopping, entertainment, recreational activities and service providers located across the region, the state and the nation. The Regional Transportation District (RTD) offers more than 1,071 buses on 174 fixed routes and light rail service on 35 miles of track. Travel to work, home or to cultural and sporting events is quick with RTD's light rail services.

Located centrally in the United States, Denver is a hub for business, distribution of goods and services, travel and leisure. By air, the state-of-the-art Denver International Airport is Denver's link to destinations across the globe.

Airports

Boulder Municipal Airport

[3300 Airport Road, Boulder](#)

Located three miles northeast of Boulder's central business district, Boulder Municipal Airport serves the general aviation needs of the community. No commercial aircraft operate at the

airport, which offers business-related and recreational flying, mail and newspaper transport, flight training, and support services for medical, law enforcement, and fire and rescue.

Centennial Airport

[7800 South Peoria Street, Englewood](#)

Centennial Airport ranks second in the nation among airports not certified for airline service and ranks 25th among all U.S. airports. It serves as a major local reliever airport for Denver International Airport, which means it accepts smaller, private aircraft. A major hub for corporate aircraft, Centennial offers charter, air ambulance, check transport and air cargo services.

Denver International Airport (DIA)

[8500 Peña Boulevard, Denver](#)

With the capacity to serve 50 million passengers per year, DIA is the fifth busiest airport in the country and the 10th busiest airport in the world. One of the world's largest, most technologically advanced airports, DIA encompasses 53 square miles and has six runways and 89 gates. Currently, 23 airlines offer nonstop daily service to more than 130 domestic



Photo: VISIT DENVER - Denver Metro Convention and Visitors Bureau

Transportation

and international destinations. In a J.D. Power and Associates' 2003 passenger-satisfaction survey, travelers ranked DIA the number one airport in the United States and the number two airport in the world, behind Frankfurt Airport.

Front Range Airport

5200 Front Range Parkway, Watkins

Adams County's Front Range Airport lies six miles southeast of Denver International Airport and has three runways for general aviation aircraft and a railway track operated by Union Pacific. The airport's 190-foot air traffic control tower is the nation's tallest general aviation control tower.

Jefferson County Airport

11755 Airport Way, Broomfield

Jefferson County Airport is situated between Boulder and Denver and offers services for charter and private planes. Owned and operated by Jefferson County, this airport provides 24-hour customs service. The airport employs approximately 300 people.

Bikes

www.denver.bcycle.com

Denver B-cycle is the first large-scale municipal bike sharing system in the United States. Dozens of special bike stations (B-stations) are being placed in downtown Denver as well as the Cherry Creek and Denver University neighborhoods. Denver B-cycle members will be able to pick up one of the red bikes at any B-station and drop it off at any B-station.

That's why we say it's magic: a bike that is there when you need it and gone when you don't.

Bike sharing makes it economical and convenient to use bikes for trips that are too far to walk but too short to drive. As a member, you can use a B-cycle to run an errand, grab lunch, travel from the bus stop to your office, or to just get some fresh air. There are as many reasons to use a B-cycle as there are members!

With your magic red bike, you don't have to look for a parking space or bring your own bike with you everywhere you go. Plus, riding a B-cycle is good for you and good for the

environment. It's the newest and best way to get around town.

The B-cycles are specially designed for both you and the city: B-cycles fit people short and tall, thanks to an easy-to-use adjustable seat post. Fenders, skirt guards and chainguards keep your clothes clean. Automatic lights help keep you safe. Three speeds are perfect for Denver's gentle grades. You'll love the magic red bike!

Denver B-cycle is designed to encourage you to use a B-cycle for all your short trips. Once you've paid your modest membership fee, you can take an unlimited number of rides, and there is no charge for the first 30 minutes of every ride. See you on a red bike!

Bus Lines

Greyhound Bus Lines

1055 19th Street, Denver

Just a few blocks from the Regional Transportation District's (RTD) Market Street Station, the terminal for Greyhound and other private bus lines is located at 20th and Curtis Street.

SuperShuttle Denver

4929 Ironton Street, Denver

SuperShuttle Denver provides residential and office pick-up and drop-off service to and from the Denver International Airport.

Public Transport

Regional Transportation District (RTD)

1600 Blake Street, Denver

RTD provides transit service throughout metro Denver. RTD operates 1,071 buses on 174 fixed routes and 49 light rail vehicles on 35 miles of track. Other programs include skyRide shuttle service to and from Denver International Airport, Light Rail, Park-n-Ride and special services for kids, seniors, the handicapped, business commuters and for recreational purposes. In 2003, RTD was named the number one transit agency in North America by the American Public Transportation Association. The agency employs 2,300 people.

Transportation

In November 2004, metro Denver voters approved FasTracks — RTD's 12-year, \$4.7 billion comprehensive plan to build and operate high-speed rail lines and expand and improve bus services and park-n-rides throughout the region. FasTracks includes 119 miles of new light rail and commuter rail, 18 miles of bus rapid transit service, 21,000 new parking spaces at rail and bus stations, and expanded bus service in all areas.

Taxi Services

Taxi services are an alternative to Denver's public transportation system. A quick search for "Taxicabs & Other Transportation" at Qwest's online yellow pages (www.dexonline.com) will reveal numerous taxi services. If flying into Denver International Airport, taxis are available 24 hours a day, seven days a week. Some reputable taxi service companies in the area include:

Freedom Cab

303.444.4444

Metro Taxi

303.333.3333

Yellow Cab

303.777.7777

Rail/Train

Amtrak

Union Station

Denver Union Station is a vital link in getting people to where they want to go in metro Denver. Amtrak has daily departures with connections in Chicago, Omaha, Salt Lake City and Emeryville/ San Francisco.

Denver Union Station

1701 Wynkoop Street, Denver

The city plans to transform the station into a 24-hour hub for all forms of transportation, including commuter and light rails, buses, taxis, shuttles, vans, limos, bicycles and pedestrians.

Roadways

From the construction of the area's first beltway and toll road system to the completion of the T-REX project in 2006 and the start of planning and design for FasTracks, metro Denver is continually working to develop and expand its transportation system to move people and goods.

Interstates/Highways

Metro Denver provides an efficient network of streets, freeways and highways. It is at the crossroads of three major interstates: I-25 is the north-south route, while both I-70 and I-76 provide east-west access. In addition, I-225 serves the southeast quadrant of metro Denver. U.S. 36, also known as the Boulder Turnpike, provides quick northwest access between downtown Denver and Boulder. U.S. 285 and U.S. 6 connect the western foothills and metro Denver.

Beltway

Roughly three-quarters of the beltway around metro Denver has been completed. The beltway consists of: C-470 (26 miles) extends from I-25 in the southern metro area to I-70 near Golden. The C-470 Corridor has emerged as one of metro Denver's major economic corridors, providing a vital connection between the mountains and the southern suburbs and Front Range. E-470 (toll road, 47 miles) runs along the eastern perimeter of the metro area and extends from C-470 at I-25 (south of Denver) runs east and then

Transportation

north through Aurora, passes along the western edge of the Denver International Airport, and turns west, terminating at I-25 on the north end of the metro area. Northwest Parkway (toll road, 11 miles) connects with E-470 and I-25 at 157th Avenue in metro Denver. An EIS study is currently underway, studying options for constructing the last beltway portion in northwestern Jefferson County.

T-REX

The Transportation Expansion (T-REX) Project was completed on November 17, 2006 with the opening of the Southeast Light Rail. This \$1.67 billion venture is transforming the way people in the metro Denver area travel along the southeast corridor of Interstates 25 and 225. The T-REX project added 19 miles of light rail and improved 17 miles of highway through southeast Denver, Aurora, Greenwood Village, Centennial and Lone Tree.

The project is the result of a unique collaboration between the Colorado Department of Transportation and the Regional Transportation District. T-REX leapt ahead of schedule with its “Last Big Step,” in which the finishing touches were put on this, the most ambitious and largest-scale multi-modal construction project in the country. The Last Big Step included expert landscaping and artwork as well as extensive technical testing.



Photo: Barry Silverstein

SECTION 8

Setting Up Your Home

Once you have arranged for your housing or apartment, you will need to arrange for services, which provide utilities such as gas and electricity. Xcel Energy of Colorado provides gas (used for heating, cooking, or both) and electricity.

Utilities

Xcel Energy of Colorado www.xcelenergy.com

303.571.7511
1225 17th Street

Individuals without a social security number will simply be charged a deposit for service. In addition, if your residence is outside of Excel's service location, you may be required to use a different provider. Contact your local Chamber of Commerce or city website for guidance.

Denver Water www.denverwater.org

303.893.2444
After Hours Emergencies: 303.628.6390
1600 West 12th Avenue
Denver, CO 80204-3412

Water service is based upon where you live. Contact your local Chamber of Commerce or City website for referrals.

Phone Service

TELEPHONE (LAND LINE)

Local telephone service may be obtained through a variety of vendors.

QWEST www.qwest.com

1.800.244.1111

AT&T www.att.com

1.800.222.0300

MCI www.mci.com

1.800.950.5555

Sprint www.sprint.com

1.800.877.7746

Vonage www.vonage.com

1.800.486.6037

Xfinity (formerly Comcast) www.xfinity.com

1.800.266.2278

TELEPHONE (CELLULAR)

Cellular telephone service may be obtained through a variety of vendors.

AT&T www.att.com

1.800.222.0300

Boost www.boostmobile.com

Cricket www.mycricket.com

1.800.975.3708

MCI www.mci.com

1.800.950.5555

Sprint www.sprint.com

1.800.877.7746

T-Mobile www.t-mobile.com

1.800.866.2453

Verizon www.verizonwireless.com

1.800.922.0204

TELEPHONE DIRECTORIES

Several companies provide telephone directories in the Denver metropolitan area. Usually the directories can be delivered directly to your home or apartment and include phone numbers, addresses, and excellent maps for reference.

DEX www.dexknows.com

1.877.433.9299

HelloDenver.com www.hellogenver.com

Setting Up Your Home

Postal Service

Pick-Up and Delivery

Mail is delivered to residences Monday through Saturday, once daily. If you live in a private apartment, you should have your name printed on your mail box. Mail you are sending out can be put in your mailbox for the mailman to pick up, deposited in one of the blue and red mail boxes located on many streets, or taken to the Post Office.

- US postal offices – www.usps.com or call 1.800.275.8777
- UPS – www.UPS.com
- FedEx – www.fedex.com
- My Freight – This site compares shipping rates
www.myfreight.com

Change of Address

You should notify the Post Office. If you change your address frequently, it may be a good idea to rent a “post office box” to use as a permanent address. This can be done for a small fee by going to the Post Office, with proof of your current residence, and filling out an application.

Mailing Parcels Overseas

Different countries have different regulations governing the parcels they will receive and handle in their mail. The regulations concern such things as the contents of the parcels, their weight, their dimensions, and the manner in which they must be wrapped. The Post Office has information on the postal regulation of various countries. To avoid delays, it is wise to call or visit the Post Office and request information about the requirements for mailing any package you wish to send out of the U.S.

Television Service

If your residence is outside of a service location, you may be required to use a different provider.

DirecTV www.directv.com

1.888.777.2454

Dish Network www.dishnetwork.com

1.888.232.8689

Xfinity (formerly Comcast) www.xfinity.com

1.800.266.2278

Newspaper

- The Denver Post – www.denverpost.com
www.usnpl.com/conews.php – will provide you a listing of additional local papers that are available in Colorado
- New York Times – www.nytimes.com
- USA Today – www.USAtoday.com

General Life Needs

To find information about local amenities and service providers you may wish to visit:

- www.dexknows.com
- www.mapquest.com
- www.angies.list.com
- www.servicemagic.com

Social Security

- www.ssa.gov/onlineservices – This website will help you with a variety of services that are available on-line.
- <https://secure.ssa.gov/apps6z/FOLO/fo001.jsp> – This website will help you to locate an office near your home by zipcode

AUTOMOBILE

Driver's License

Anyone living in the state of Colorado and driving a car here must have a Colorado driver's license. Before going to take the driver's license examination, you should study the booklet that is published by the Colorado Motor Vehicle Department, Colorado Driver Handbook. The booklet contains all the information needed to pass the written part of the test and is available free of charge.

Setting Up Your Home

You can pick this booklet up at any Driver's License Department Office or view it on line at www.colorado.gov/cs/satellite/revenue-MV/RMV/1177024843078.

To get a Colorado license, you must go to a Department of Revenue Driver's License Office. You will need your proof of legal status including passport, residence in Colorado and your social security card. If you do not have a social security card you will need to apply for one even if you are not eligible. You will then take your social security denial letter to the Driver's License Office in order to be eligible for a license.

<http://www.colorado.gov/cs/Satellite/Revenue-MV/RMV/1177024843137> — This website provides you with a search function for all Department of revenue locations.

AUTOMOBILE REGISTRATION

After purchasing a car, you must take all the necessary papers such as the title and emissions test results to the Colorado Department of Motor Vehicles to obtain a license plate and registration. A fee will be charged for this based on the value of the car.

www.colorado.gov/cs/Satellite/Revenue-MV/RMV/1177024843137. This website provides you with a search function for all Department of Revenue locations.

AUTOMOBILE INSURANCE

NOTE: It is Colorado state law to have at least liability insurance if you have a car, since you are financially responsible if you cause your car to injure another person or damage someone else's property.

Allstate www.allstate.com
1.866.609.7200

American Family www.amfam.com
1.800.692.6326

GEICO Insurance www.GEICO.com
1.800.841.4855

Nationwide Insurance www.nationwide.com

1.877.669.6877

Progressive www.progressive.com

1.800.776.4737

State Farm www.statefarm.com

Banking Services

There are three types of banking services available in Denver: full-service banks, savings and loan associations and credit unions. Their services are similar in that they all offer savings and checking accounts and loans to qualified customers. The interest rates for these services may be somewhat more competitive at credit unions and savings and loans, but they generally vary only slightly. Banks offer additional services, such as safe-deposit boxes and international currency exchanges. Credit unions are member-owned and one must usually be employed at National Jewish Health or selected businesses to become a member. Additionally, to belong to a credit union, one must have a social security number; this is not a requirement for banks.

1st Bank www.efirstbank.com
1.800.964.3444

Bank of the West www.bankofthewest.com
1.800.488.2265

Chase (formerly WAMU) www.chase.com
1.877.682.4273

Key Bank www.key.com
1.800.539.2968

TCF www.tcfbank.com
1.800.823.2265

US Bank www.usbank.com
303.585.8585

Wells Fargo / Wachovia www.wellsfargo.com
1-800-869-3557

Childcare

The Colorado Department of Human Services, Division of Child Care, is the State's lead agency in planning and implementing public child care policy. The Division of Child Care is responsible for the licensing and monitoring of child care facilities; managing the child care assistance program (CCCAP) for eligible families; administering child care grants and quality initiatives, and serving as the lead in implementing federal child care programs. The overall goal of the Division of Child Care is to promote quality, accessible and affordable child care services for Colorado families. The Division of Child Care accomplishes this in the following ways:

Child Care Licensing and Administration

Colorado's child care licensing laws give the Division of Child Care responsibility for licensing and monitoring approximately 9,000 child care facilities of all types. These include child care homes and centers, pre-school and school-age child care programs, summer camps, residential child care facilities, and child placement agencies. Criminal background checks are conducted on all child care providers and staff, as well as checks against the Judicial Department's ICON database to determine court dispositions.

To facilitate parents' involvement in monitoring and making decisions about licensed facilities, the Division makes licensing histories of child care facilities available to the public.

A list of approved and licensed childcare facilities may be found at www.colorado.gov/apps/cdhs/childcare/lookup/index.jsf.

On average, more than 1,900 licensing histories are reviewed annually. The licensing program is also responsible for enforcement when consumers report providers in the community for operating a child care home or facility without a license.

Real Estate

- Residential property listings: www.recolorado.com
- ReMax – www.remax.com/Colorado-real-estate
- Metro Brokers – www.denver-homes.com
- Coldwell Banker – www.coloradolhomes.com
- Residential units in downtown Denver: www.livedowntowndenver.org
- Apartment Association of Metro Denver: www.aamdhq.org
- Housing Colorado: www.housingcolorado.org
- Realtor.com: www.realtor.com/denver/nbregion.asp?source=hp
- RE colorado.com – www.recolorado.com

SCHOOLS (Pre-School - Highschool)

Find free, detailed profiles of private schools and their surrounding communities. You can also use the different forms on the website to find nearby private schools, or housing data about your community! www.privateschoolreview.com.

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