



# An Intern's Guide to Denver

*Denver is a young and active city with the best of both worlds: quick access to the great outdoors and the many perks of a growing city. The city maintains a solid website full of information that'll keep you engaged and entertained: <http://www.denver.org/things-to-do>*

## Arts & Culture



**City Parks:** Despite being “the big city” in the west, Denver is chock full of parks and greenways. In fact, 78% of Denverites live within a 10-minute walk of a city park. In the warm seasons, the parks come alive with kickball leagues, music & BBQ events like Jazz in the Park, and festivals such as New Belgium’s bike/beer celebration Tour de Fat. And don’t let the cold discourage you—the parks still teem with runners and bikers throughout the cold and snowy days.

**Red Rocks:** The only naturally-occurring acoustically perfect amphitheater in the world, Red Rocks is one of the most famous music venues in the country. Located about 25 minutes west of Denver in the Rocky Mountain foothills, Red Rocks hosts multiple concerts and a movie night each week in the summertime. If you want to make the trip a full day, there are multiple running, hiking and biking trails winding through the park, providing gorgeous views of the foothills.



**Denver Botanic Gardens:** Whether you want to take a whiff of the Corpse flower, stroll through the flowers or enjoy the Blossoms of Light the Denver Botanic Garden is always a great stop and is open year-round.

**National Western Stock Show:** You don’t need to drive up I-25 to Wyoming to experience a good rodeo. Denver’s hometown stock show draws 650k visitors over its 2 week duration. Watch some crazies try to go 8 seconds on a wild bull, take your kids to see the ponies, or learn how judges compare steer. Giddy up!

**Chamberlin Observatory:** Spend a night under the stars at the Chamberlin Observatory on the University of Denver campus. The Denver Astronomical Society hosts weekly and monthly events open to the public. These events begin with an informative, multimedia astronomy presentation by a Denver Astronomical Society member as well as telescopic views of the moon, stars, star clusters, planets, galaxies and nebulae.

**Santa Fe Art Walk:** The Santa Fe Arts District is one of many such locations that hosts a monthly art walk. Go on First Friday to view Denver’s art offerings, mingle in galleries and on the streets, and enjoy some food trucks and wine.



**RiNo:** Denver’s River North is a reinvigorated warehouse district that is home to numerous breweries, cideries, dive bars, start-ups, and some of the best dining in the city. This hip-hop club is a cultural center for the neighborhood. Street art takes center stage here, culminating in **Crush Walls**, an annual graffiti festival that makes RiNo one of the most intriguing places to go alley-walking.

**Music Venues:** Aside from **Red Rocks**, Denver boasts multiple notable music venues. On any given night, you can find any type of music including jam bands, indie, jazz, and bluegrass bands playing at spots like the **Ogden**, **Fillmore**, **Bluebird**, **Dazzle** or **Hi-Dive**. Another plus, most of the venues are right next door to plenty of bars around South Broadway or Colfax. In the summertime, City Park hosts Jazz in the Park. Every Sunday, thousands of people gather in the park for free music and festivities.

## Restaurant Areas

Denver is a rapidly growing city, and with that influx of people comes a strong food and beverage game. Denver’s food scene is one of the best up and coming in the country.

**Tennyson/Berkeley:** The northwest edge of Denver is home to the Berkeley neighborhood, a quaint corner of town filled with couples and their young families as well as longtime Denver residents who prefer to live among tree-laden streets and an abundance of parks. At the heart of Berkeley is a stretch of restaurants, bars, and galleries known as the Tennyson Arts District. **Hops and Pie** hosts one of the most unique tap lists in Denver and some of the best scratch made pizza anywhere. Other choices include **Brazen Neighborhood Eatery** for farm-to-table fare and **Block & Larder** for carnivores. Local breweries include **Call to Arms** and **De Steeg Brewing**. For a relaxing afternoon, sip some coffee while you lounge with cats at the **Denver Cat Company**, a cafe that is home to adoptable cats from local rescue shelters.



**Union Station:** While the days of train tourism have mostly come to a halt (except the **Winter Park Express ski train**), Denver took advantage of a revitalized downtown to build up its historic train station into a social and public transit hub. Located in the heart of downtown, Union Station is a place to visit at any time of the day with **Snooze** (a must-have Denver brunch spot), as well as a cocktail bar and **Milkbox Ice Creamery**.

**LoHi:** This hot neighborhood just a few steps across the iconic walking bridge from downtown is home to too many good restaurants to name them all. Take in sipping tequilas at **Lola’s**, grab a toe-tag menu for tapas at the morgue-turned-chic restaurant **Linger**, and grab some **Little Man Ice Cream** in the middle. Maybe catch a nightcap at the speakeasy **Williams & Graham** while you’re at it. Don’t forget **Root Down** for “field to fork” fare and **Recess Beer Garden** for a nice sunny afternoon.





**City Park:** The grunge of Colfax turns into a string of nice blocks near City Park. This area is home to *Atomic Cowboy*, the bar that hosts *Denver Biscuit Company* and *Fat Sully's Pizza*, as well as many a DHREM resident after swing shifts at the U. You'll also find a nice spot to transition from coffee shop reading to happy hour cocktails between *St. Mark's* and *Thin Man*. Right next door is *Vine St. Pub*

with its delicious burgers and beers, and some of the best chalk art you will ever see.

**Breweries:** One offering that Denver is never short of: local brews. Denver is ranked among the top beer towns in the nation. Whether you feel like a German-style beer at *Prost* or you want to drink for a good cause at *Berkeley Untapped*, you will never find yourself going to the same place twice out of necessity. And if you can hold yourself together, there are many neighborhoods that are perfectly set up for walking or biking brewery tours.

## Outdoors

**Eldorado Springs:** Tucked just outside of Boulder, *Eldorado Springs* is famous for its climbing and hiking trails. Eldorado is also home to one of the most scenic pools in Colorado. Fed by fresh artesian water, the water has such a deep hue that most people think it is artificially colored.

**Hiking:** There is amazing hiking to be had within a 30-minute drive of Denver. Head out to *Golden Gate Canyon Park* for great views of the Front Range and Golden. A trip up to Boulder will get you to the famous *Flatirons* loop trail, a stroll up *Sanitas*, or even the challenging *Bear Peak* if you're looking for a lung buster. Red Rocks isn't just a music venue; there's also some great hiking trails with views of the dramatic rock formations. The more time you have to get away, the more epic it gets! Head to the *Indian Peak Wilderness* or, if you're feeling ambitious, tackle one of Colorado's 50+ 14,000 ft peaks. Even the drive up *Guanella Pass* to *Mt. Bierstadt* is worth a look (if you don't like the look of the 3,000 ft elevation gain to the summit).



**Biking:** The Front Range boasts a ton of biking opportunities. When time is your enemy, drive 20 minutes over to Golden for a quick spin on *North Table Mountain* or *Green Mountain*. Challenge yourself across the road from Green Mountain for a more technical route. A couple of the more popular intermediate trails are *Lair of the Bear* and *Centennial Cone*, both of which are about 30 minutes away. About an hour away, you can find more epic riding at *Buffalo Creek* or in the Boulder area on Betasso or Walker Ranch trails. Kenosha Pass, along the Colorado Trail, takes about an hour

to get to, but its massive Aspen groves make for great sightseeing during the fall color change. And don't forget the world-famous riding and camping in Fruita and Moab, just a few hours down I-70.

**Climbing:** From clipping bolts to alpine summits, there are dozens of day-trippable, world-class climbing spots around Denver. If you only have a couple of hours, you can drive just past Golden and be in sport climbing heaven at *Clear Creek Canyon*, where sunny south-facing crags mean year-round access. For a longer day, you can head out to *Rocky Mountain National Park* or *Lumpy*



**Ridge** for an accessible alpine experience. Feel like thrashing up some off-widths? **Vedauwoo** is only two hours away. And if that's not enough, **Eldorado Canyon**, the Flatirons, and Boulder Canyon are all within an hour of downtown Denver. There are also several amazing climbing gyms in the city that are worth checking out, including Earth Treks and Movement.



**Ski Areas:** Perhaps the biggest draw (aside from the residency program) to come to Colorado is the world famous skiing. Denver Health's SHRED (Ski House for Residents in the Emergency Department) is a season-long lease in Silverthorne, about 90 minutes away from Denver. Along with a season pass, you are less than 30 minutes away from **A Basin**, **Keystone**, **Breckenridge**, **Vail** and **Beaver Creek**, among others. And for those with a wild hair, there are classic backcountry ski touring areas within 45 minutes of downtown, or more adventurous options 1.5 hours away in Rocky Mountain National Park.

## Sports

Summer sunsets over the Rockies, viewed from Coors Field, paired with fireworks make for a great evening whether the Rockies win or lose. Tickets are as cheap as \$4.00 with the rowdy crowd in the Rock Pile... Hard to beat!



## Getting Around

**RTD:** The biggest draw of Denver metro's public transit is the new light rail from Union Station to the airport—a free ride with your Denver Health Eco Pass. Otherwise, it costs about \$9 to make the trip without the pass, which is still considerably cheaper than Uber or Taxi. This makes for an easy escape out of town if you are planning a getaway or flying out during vacation. RTD also has fairly convenient east-west bus lines for access from central neighborhoods to Denver Health or University.

**Car:** You may hear locals complaining about traffic with the influx of new residents over the past few years. However, our shifts generally start and end outside of rush hour. Parking is free and convenient at both Denver Health and University. Outside of work, however, many of Denver's neighborhoods are cramped for street parking, and downtown is a meter-maid's heaven.

**Bike:** Denver is rapidly adding protected bike lanes to its city streets. You can bike to any of our 4 hospitals via major bike routes on dedicated lanes. This is a great way to sneak in your work-out before

and after a shift, at least during the warm months. As the weather gets colder, only the strongest (and best-outfitted) continue to bike commute.

**B-cycle:** Want to get to all of these places without all the hassle of driving or finding a parking spot? Denver has numerous B-cycle stations all around town. B-cycle is a form of bike sharing so you don't have to worry about maintaining a bike. All you have to do is swipe your credit card or B-cycle card & you'll be off in no time. Worried about locking it up? Just park it at the closest B-cycle station closest to your destination and you're all set.

**Scooter:** Over the summer Denver was invaded by the Bird and Lime scooters, with offerings from other companies (Uber, Razor, and Lyft) popping up seemingly every week. These are a great way to cruise around the city--just make sure to wear a helmet!

## Neighborhoods & Hospitals

Confused about where everything lies? Don't fret, Denver is a pretty easy place to get around. Despite growing traffic due to the surging influx of youth in the metro area, most places are just a short drive away. Most residents live between the hospitals we serve, in fun neighborhoods that are drivable, bikeable, and public transit-able. And with the addition of the light rail A Line to the airport, it's now easier than ever to skip out of town without hassle.

DENVER NEIGHBORHOODS

