

# DENVER VISITOR GUIDE

Your insider's guide to local attractions.

MEDPACE

PRESENTED BY MEDPACE 2023

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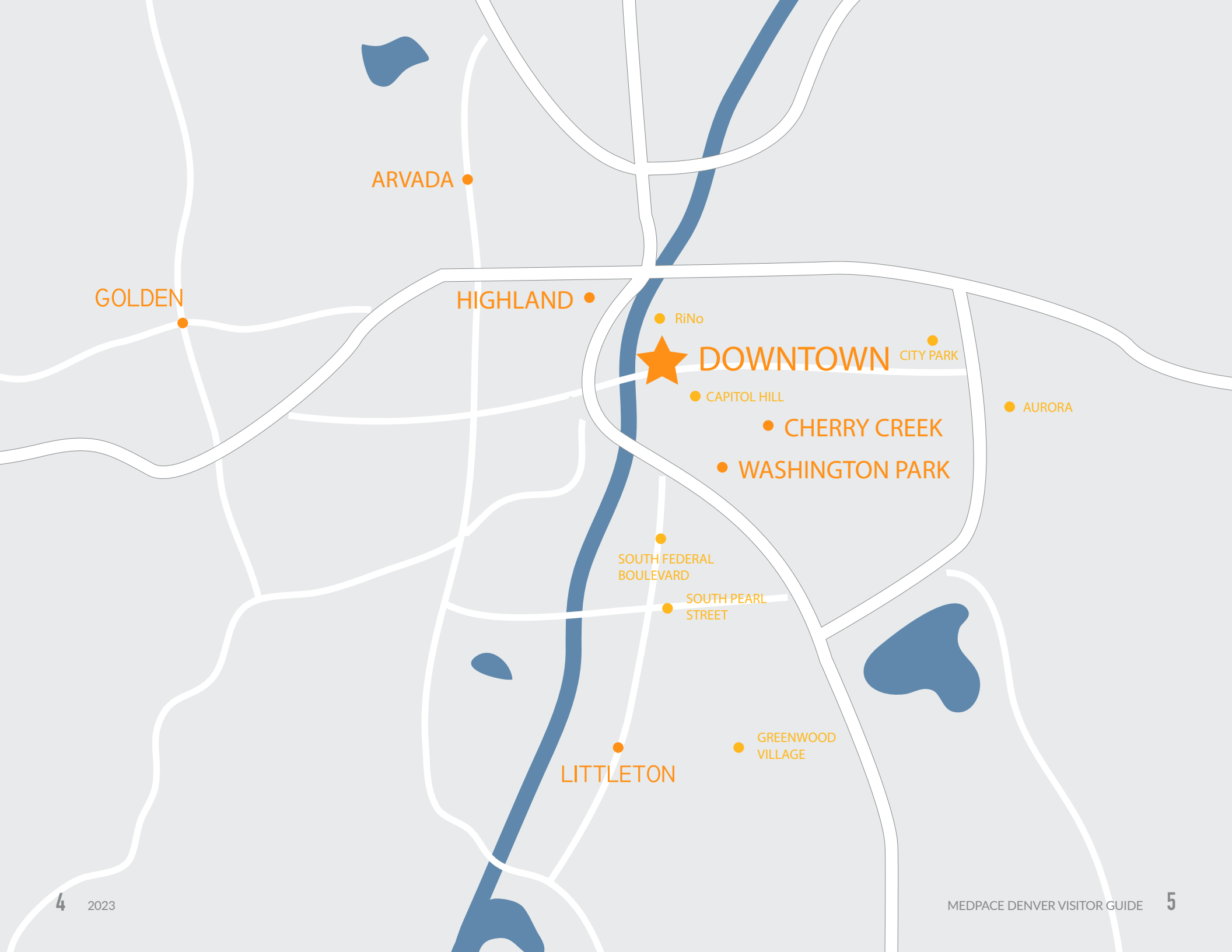
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ARVADA

GOLDEN

HIGHLAND

RiNo

DOWNTOWN

CITY PARK

CAPITOL HILL

CHERRY CREEK

AURORA

WASHINGTON PARK

SOUTH FEDERAL BOULEVARD

SOUTH PEARL STREET

LITTLETON

GREENWOOD VILLAGE



# NEIGHBORHOODS

Refer to the map on pages 4-5 for locations.

## Downtown

Medpace Denver is in the heart of Denver's historic downtown district, known as "LoDo." LoDo blends commercial and residential spaces and offers many attractions. Stroll the 16th Street Mall, only one block from Medpace. From there, explore the dozens of restaurants and shops in and around Union Station. While in LoDo, be sure to check out the 19th century architecture of Larimer Square, Denver's oldest city block, which still boasts thriving businesses and stately homes. And don't miss the Denver Convention Center, with its famous 40-foot-tall sculpture called the "Big Blue Bear."

## Cherry Creek

Cherry Creek is a few miles southeast of downtown. This affluent neighborhood boasts an upscale indoor shopping mall, high-end boutiques, and art galleries, plus a blend of eclectic restaurants, cafés, and cocktail lounges.

[denver.org/neighborhoods/cherry-creek](https://denver.org/neighborhoods/cherry-creek)

## Washington Park

Washington Park is a residential district in south-central Denver. Its layout is based on George Washington's gardens at Mount Vernon. Its most popular features include two lakes, flower gardens, bike/running paths, and tennis courts.

[denver.org/neighborhoods/washington-park](https://denver.org/neighborhoods/washington-park)

## Highland

The historic Highland neighborhood lies just east of the South Platte River and north of downtown. Known for its hip restaurants, bars, and shops.

[5280.com/neighborhood/highland](https://5280.com/neighborhood/highland)

## Golden

Golden is 15 miles west of downtown. This former gold rush town loves to celebrate the Old West. It is also home to the Coors Brewery. You can book tours online and over the phone.

[visitgolden.com](https://visitgolden.com)

## Littleton

Littleton is 8 miles south of Denver. It is one of the most popular suburbs in the metro area with both locals and tourists. The historic downtown is lined with antique stores, cozy restaurants, bars, and specialty shops.

[denver.org/neighborhoods/littleton](https://denver.org/neighborhoods/littleton)

## Arvada

Located northwest of Denver, the city of Arvada is another popular suburb with a historic downtown. Here you will find a high concentration of restaurants, galleries, and breweries within a short walk from one another.

[oldtownarvada.org](https://oldtownarvada.org)

# LOCAL ATTRACTIONS

## Art District on Santa Fe

525 North Santa Fe Drive  
720.773.2373 | [colorado.com](http://colorado.com)

This is a unique cultural and creative district with more than 50 art galleries, restaurants, and shops. On the first Friday of every month, visitors can enjoy an event known as the “First Friday Art Walk.”

## Denver Zoo

2300 North Steele Street  
720.337.1400 | [denverzoo.org](http://denverzoo.org)

The Denver Zoo is a zoological garden in City Park that houses more than 450 species on an 80-acre space.

## Denver Art Museum

100 West 14th Avenue Parkway  
720.865.5000 | [denverartmuseum.org](http://denverartmuseum.org)

The Denver Art Museum is housed within the iconic Frederic C. Hamilton Building, which stands among the historic and cultural structures of the Denver Civic Center. The museum was designed by renowned architect Daniel Libeskind and features more than 70,000 diverse collections.

## Botanic Garden

1007 North York Street  
720.865.3500 | [botanicgardens.org](http://botanicgardens.org)

Located in the Cheesman Park neighborhood, this 23-acre park includes a conservatory, seven gardens, and an amphitheater. It features North America’s largest collection of plants, which are gathered from cold weather regions around the world.

## Denver Museum of Nature & Science

2001 North Colorado Boulevard  
303.370.6000 | [dmns.org](http://dmns.org)

The museum houses more than one million artifacts. It is a resource for science education and provides an overview on the natural history of Colorado.

## Molly Brown House Museum

1340 North Pennsylvania Street  
303.832.4092 | [mollybrown.org](http://mollybrown.org)

This beautiful Victorian house was the home of American philanthropist and socialite Margaret Brown, known as Molly Brown, who was a passenger on the Titanic and survived to share her story.

## Colorado State Capitol

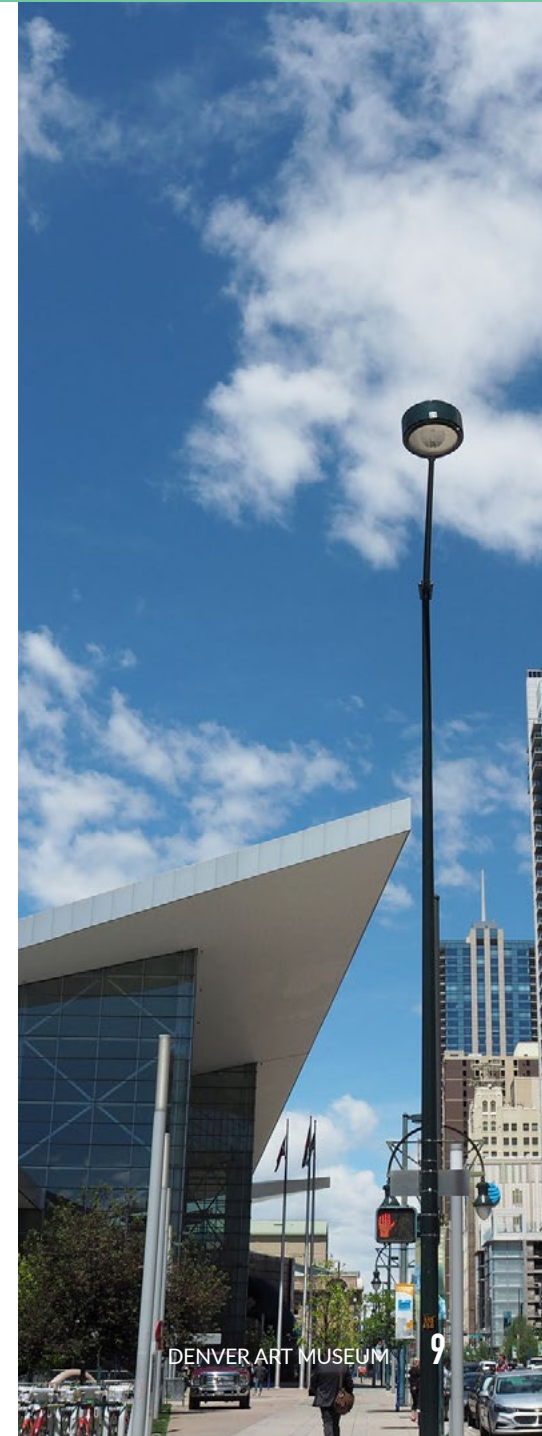
200 East Colfax Avenue  
303.866.2604 | [capitol.colorado.gov](http://capitol.colorado.gov)

It is the home of the Colorado General Assembly and the offices of the Governor of Colorado and Lieutenant Governor of Colorado. The elevation of Denver is displayed outside the west entrance to the building (“One Mile Above Sea Level” or 5,280 feet).

## Elitch Gardens Theme Park

2000 Elitches Circle  
303.595.4386 | [elitchgardens.com](http://elitchgardens.com)

This is Denver’s largest amusement park, located downtown. Elitch Gardens features an assortment of rides, from roller coasters to drop towers to water rides.



DENVER ART MUSEUM

# HIKES NEAR DENVER

Colorado is world-renowned for its hiking. There are thousands of trails to satisfy everyone, from beginner to advanced hiker. And the landscapes are diverse, ranging from lush forests to red rock deserts, deep canyons to snow-covered peaks, and more.

## Red Rocks Mountain Park (Trading Post Trail)

Drive less than 20 minutes from Denver and you will arrive at the Trading Post Trail. This is an easy, family-friendly hike of 2.8 miles round trip. The trail is nestled within Red Rocks Mountain Park, where the famous concert venue Red Rocks Amphitheater lies. Following a hike, visitors often like to stop by the cozy neighboring town of Morrison for lunch.

[redrocksonline.com](http://redrocksonline.com)

## Chautauqua

Located in Boulder, 29 miles northwest of Denver. Chautauqua offers 40 miles of hiking trails ranging from easy to difficult.

[chautauqua.com](http://chautauqua.com)

## Garden of the Gods

Located 70 miles south of Denver in Colorado Springs, Garden of the Gods is known for its towering red sandstone formations and panoramic views of Pikes Peak. The area includes 31 great hiking trails, biking paths, running trails, and more! The trails range from easy to moderate.

[gardenofgods.com](http://gardenofgods.com)

## Emerald Lake

One of the most heavily trafficked trails in Colorado, Emerald Lake is a 3.5-mile loop in Rocky Mountain National Park (RMNP). The trailhead is near Estes Park (64 miles northwest of Denver), with difficulty levels varying from easy to moderate.

**Note:** Make an online reservation before trying to visit Emerald Lake and/or RMNP. Reservations can fill up days or weeks in advance, so make yours as soon as possible if you plan to visit.

[rockymountainhikingtrails.com/emerald-lake](http://rockymountainhikingtrails.com/emerald-lake)

## St. Mary's Glacier

St. Mary's Glacier lies just outside the small town of Idaho Springs, less than 50 minutes by car from Denver. This destination makes a perfect day trip. The trail is a 1.5-mile loop ranging from easy to moderate in difficulty. Once you reach the summit, you will have a panoramic view of majestic St. Mary's Lake, which makes the hike even more worthwhile.

[thisidahospings.com/st-marys-glacier-hike](http://thisidahospings.com/st-marys-glacier-hike)

## Deer Creek Canyon Park

Located in Littleton, just a 20-minute drive from Denver, Deer Creek Canyon Park has several trails that you can tailor to an individualized workout.

[jeffco.us/1208/Deer-Creek-Canyon-Park](http://jeffco.us/1208/Deer-Creek-Canyon-Park)

## Maxwell Falls

Popular for its scenic waterfalls, this park is in Evergreen, just 40 minutes from Denver. There are three trail options to reach Maxwell Falls, ranging from 1.6 to 4 miles round trip and varying from easy to moderate in difficulty.

[maxwellfalls.com](http://maxwellfalls.com)



Top 10 Hikes

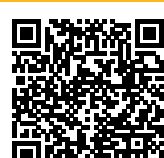


GARDEN OF THE GODS

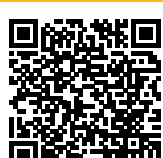
Denver offers a wide variety of parks within city limits. Each park offers a unique perspective of the city, with many recreational options, along with beautiful vegetation and wildlife.



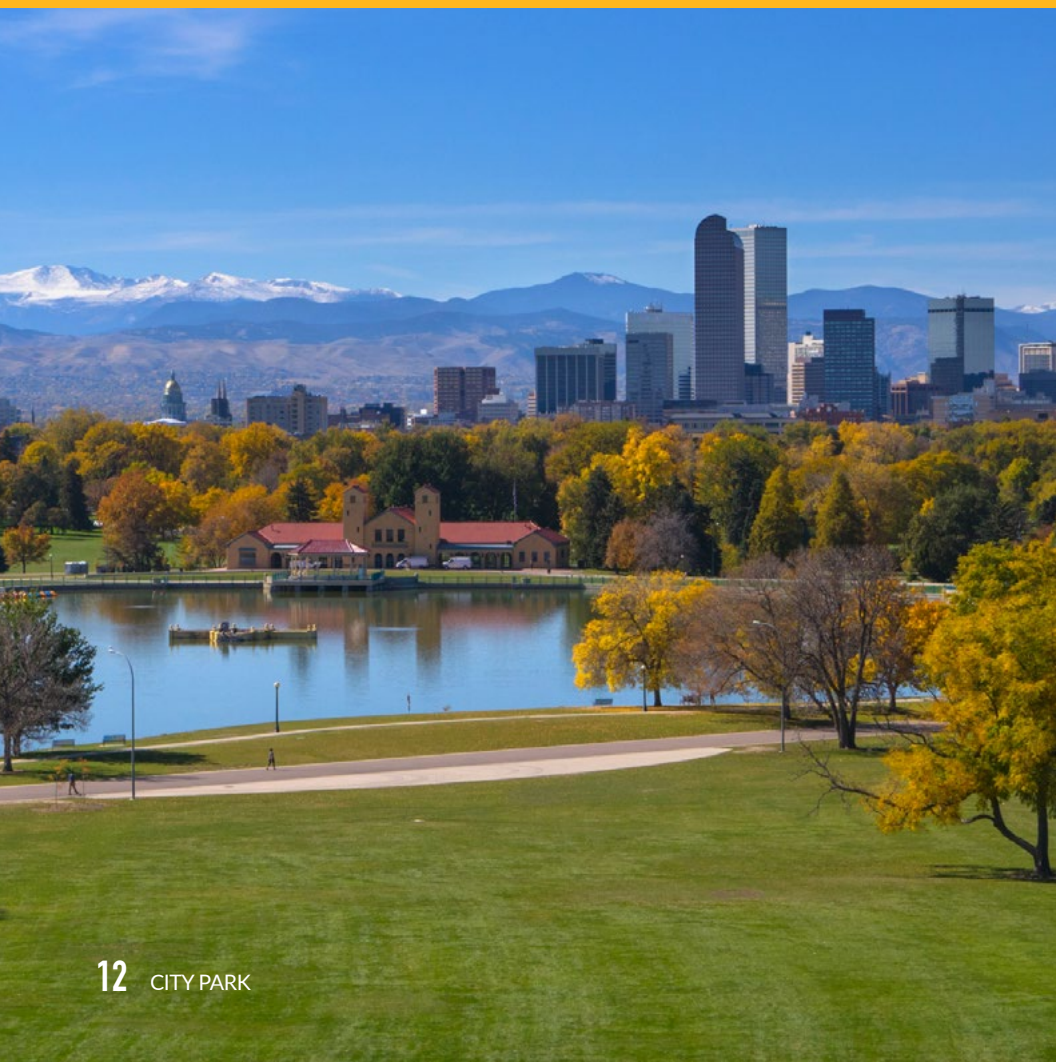
TheTravel.com



Denver.org



USA Today



## Washington Park

900 South Downing Street  
303.744.7100 | [washpark.com](http://washpark.com)

Washington Park is a replica of George Washington's gardens at Mount Vernon. Its 155 acres lie in the heart of an affluent residential area and encompass two lakes, flower gardens, bike/running paths, tennis courts, and more. Locals enjoy playing volleyball, jogging, and paddle boating on the lake.

## Cheesman Park

1599 East 8th Ave  
303.964.2500 | [tripadvisor.com](http://tripadvisor.com)

This is a beautiful 80-acre urban park surrounded by the Capitol Hill mansions. It offers a stunning view of the Rocky Mountains. Its central pavilion was built in 1910 and has fountains at its base. The park hosts many events during the summer.

## City Park

1700 York Street  
720.913.1311 | [denver.org](http://denver.org)

Situated within a 320-acre sanctuary, City Park contains the Denver Zoo, the Denver Museum of Nature & Science, and an IMAX Theater. You can enjoy activities such as kayaking and paddle boarding on Ferril Lake during the warmer months.

## Civic Park

101 14th Avenue  
303.861.4633 | [civiccenterpark.org](http://civiccenterpark.org)

Civic Park is in central Denver, slightly south of downtown. It's surrounded by the State Capitol, the City and County Building, and the Denver Art Museum. It hosts cultural and political events throughout the year.

## Confluence Park

2250 15th Street  
720.913.1311 | [uncovercolorado.com](http://uncovercolorado.com)

This is an urban park where Cherry Creek and the South Platte River meet. The park is near the Aquarium, the Children's Museum of Denver at Marsico Campus, and the Elitch Gardens amusement park. Locals use Confluence Park for fishing, kayaking, picnicking, and sun-bathing during warmer months.

## Sloan's Lake Park

1700 Sheridan Boulevard  
720.913.1311 | [denvergov.org](http://denvergov.org)

Sloan's Lake is the largest lake in Denver and very popular with water sports enthusiasts. Visitors can enjoy stunning views of the Rocky Mountains and the Denver skyline. The Sloan's Lake neighborhood that surrounds the park is one of the most popular residential districts in Denver.

# ATTRACTIONS NEAR DENVER

## Central City & Black Hawk

These former gold rush towns are home to several casinos that are open 24 hours/7 days per week. Black Hawk is 20 miles west of Golden. Next to Black Hawk is Central City, located in the mountains of Gilpin County.

[colorado.com/cities-and-towns/black-hawk](https://colorado.com/cities-and-towns/black-hawk)

## Georgetown

Located 45 minutes from Denver, this former silver mining town is home to restored 19th century buildings and is a charming place for a day trip. Restaurants and antique stores are found on historic Main Street. Georgetown Loop Railroad is a famous (and historic) narrow gauge railroad that transports passengers through sections of the magnificent Rocky Mountains.

[georgetown-colorado.org](https://georgetown-colorado.org)  
[georgetownlooprr.com](https://georgetownlooprr.com)

## Boulder

This is a laid-back college town with stunning views of the Flatirons and Rocky Mountains. Boulder sits at the base of the Rocky Mountains and is 30 miles northwest of Denver. Boulder offers an array of outdoor activities, including hundreds of miles of hiking and biking trails. It is also home to varied breweries, restaurants, and boutiques.

[colorado.com/boulder-channel](https://colorado.com/boulder-channel)

## Glenwood Springs

Located 160 miles west of Denver, Glenwood Springs is known for its geothermal hot springs. Glenwood Hot Springs Resort offers the world's largest hot springs pool, and world-class spa treatments are also available. Hot springs are just one of the many things to do in Glenwood Springs. During the summer months, visitors enjoy white water rafting, kayaking, fishing, mountain biking, hiking, climbing, golfing, and more!

[visitglenwood.com](https://visitglenwood.com)  
[glenwoodcaverns.com](https://glenwoodcaverns.com)

## Royal Gorge

One of the most popular tourist attractions in Colorado, and located near Canon City, the Royal Gorge is approximately 130 miles southwest of Denver. The Royal Gorge Bridge stretches 1,053 feet above the Arkansas River and is America's highest suspension bridge. The bridge connects both sides of the 1,200-foot canyon.

[royalgorgebridge.com](https://royalgorgebridge.com)

## Colorado Springs

Located 70 miles south of Denver, Colorado Springs offers many fun destinations for visitors, including the Garden of the Gods, the Broadmoor Seven Falls, Manitou Springs, Pikes Peak, the U.S. Air Force Academy, the Cheyenne Mountain Zoo, and more.

[visitcos.com](https://visitcos.com)

## Estes Park

Estes Park is a hub for outdoor sports enthusiasts, located about 70 miles northwest of Denver at the base of Rocky Mountain National Park. Visitors enjoy year-round wilderness recreation. Winter brings cold-weather activities like snowshoeing, sledding, and skiing. During the warmer months, visitors enjoy camping, backpacking, day hiking, horseback riding, fishing, and wildlife viewing. The town also features the historic Stanley Hotel, which inspired Stephen King's 1977 bestselling novel, *The Shining*.

[visitestespark.com](https://visitestespark.com)  
[stanleyhotel.com](https://stanleyhotel.com)

## Pikes Peak

Pikes Peak is one of Colorado's "Fourteeners" (summits 14,000+ feet above sea level). The mountain rises from the middle of Pike National Forest, 12 miles west of Colorado Springs. The summit is renowned for its breathtaking scenery. Peak Highway, which supplies year-round motorized access to Pikes Peak, requires reservations. You may also be able to take a scenic railway up to the top of the mountain.

[cograilway.com](https://cograilway.com)  
[pikes-peak.com](https://pikes-peak.com)







# LOCAL SPORTS TEAMS

## Denver Nuggets

The Nuggets are an NBA franchise that play in the Northwest Division and have been a frequent playoff team. The Nuggets are an original ABA franchise, before the ABA merged with the NBA in the 1970s. As of 2022, reigning two-time NBA MVP Nikola Jokic starts at center for the Nuggets. The team plays its home games at Ball Arena.

[nba.com/nuggets](https://nba.com/nuggets)

## Colorado Avalanche

The Avalanche were 2022 Stanley Cup champions. The current lineup features NHL stars Nathan MacKinnon and Cale Makar. The Avalanche also play their home games at Ball Arena.

[nhl.com/avalanche](https://nhl.com/avalanche)

## Denver Broncos

Perhaps the most popular professional sports team in Denver, the Broncos are an original AFL team, before the AFL merged with the NFL in the 1960s. The Broncos are three-time Super Bowl champions with such famous past players as John Elway, Shannon Sharpe, Von Miller, and Peyton Manning. The Broncos compete in the AFC West division. In 2022, they have a new quarterback, Russell Wilson, who is a past Super Bowl winner. The Broncos play their home games at Empower Field in downtown Denver.

[denverbroncos.com](https://denverbroncos.com)

## Colorado Rockies

The Rockies contend in the National League West division and play their home games at Coors Field, in the Lower Downtown Area. Although the Rockies have never won a championship, fans still flock to games for a renowned stadium experience. The “party deck” at Coors Field is somewhat unique in baseball and usually jammed with fans.

[mlb.com/rockies](https://mlb.com/rockies)

## Colorado Rapids

The Rapids are a professional soccer team that competes in the MLS Western Conference. The Rapids play their home games at Dick’s Sporting Goods Park in Commerce City (north Denver), which is a modern, cozy venue to watch a game.

[coloradorapids.com](https://coloradorapids.com)

## Colorado Mammoth

The Mammoth are a professional lacrosse team playing in the National Lacrosse League. The Mammoth are currently the reigning professional lacrosse champions and play their home games at Ball Arena. Lacrosse is a popular sport at the high school and developmental league levels in Denver.

[colorodomammoth.com](https://colorodomammoth.com)

# SKI RESORTS NEAR DENVER

## Breckenridge

350 Four O'clock Road | Breckenridge, CO  
970.453.5000 | [breckenridge.com](https://www.breckenridge.com)

Breckenridge receives one of the highest snowfalls in Colorado and is one of the most visited ski resorts in the country. The resort offers 5 peaks, 2,908 skiable acres, and 187 trails.

## Vail

38 Rockledge Road | Vail, CO  
970.306.0946 | [vail.com](https://www.vail.com)

With 5,300 acres of skiable terrain, Vail is the largest ski mountain in Colorado. The beautiful town of Vail has a European flair and is known for luxurious accommodations, abundant access to restaurants, nightlife, and shopping.

## Copper Mountain

509 Copper Road | Frisco, CO  
888.760.7561 | [coppercolorado.com](https://www.coppercolorado.com)

Located only 90 miles from Denver, many locals take day trips to this resort. It offers 2,500 acres of skiable terrain and is snowboarding-friendly.

## Winter Park

85 Parsenn Road | Winter Park, CO  
970.726.5514 | [winterparkresort.com](https://www.winterparkresort.com)

Winter Park offers 3,000 acres of terrain that includes diverse runs for everyone, from beginners to advanced skiers to snowboarders. The Winter Park Express "ski train" leaves from Denver's Union Station to the base of Winter Park Resort on winter weekends. The trip takes just two hours.

## Keystone

21996 US Highway 6 | Dillon, CO  
970.496.4386 | [keystoneresort.com](https://www.keystoneresort.com)

Keystone is a family-friendly ski resort 100 miles west of Denver. It covers 3,000 acres and offers night-skiing.



# EVENTS

## National Western Stock Show

This is an annual livestock show, rodeo, horse show, and festival held every January at the National Western Complex in Denver since 1906. This family-friendly festival offers multiple immersive programs, exhibits, and events.

[nationalwestern.com](http://nationalwestern.com)

## Cinco de Mayo

This annual festival occurs at Civic Center Park every May 5th. There are more than 200 exhibitors and food vendors. Festival events include live entertainment, a taco-eating contest, a Chihuahua race, a children's carnival, parade, and more!

[cincodemayodenver.com](http://cincodemayodenver.com)

## Bolder Boulder

This is an annual 10-kilometer run that takes place in Boulder over Memorial Day weekend.

[bolderboulder.com](http://bolderboulder.com)

## Cherry Creek Arts Festival

The Cherry Creek Arts Festival occurs each July 4th weekend in the Cherry Creek North neighborhood. The festival features world-class visual artists, curated exhibits, and performing and culinary arts.

[cherryarts.org](http://cherryarts.org)

## Dragon Boat Festival

The Colorado Dragon Boat Festival celebrates Asian American and Pacific Islander heritage. It takes place each summer at Sloan's Lake Park and features a popular dragon boat competition, live performing arts, and cultural exhibits. The Taste of Asia food court highlights some of the best Asian restaurants in Denver. A central marketplace features Asian gifts, artwork, and crafts.

[cdbf.org](http://cdbf.org)

## Taste of Colorado

This annual celebration takes place at Civic Center Park over the Labor Day Weekend. There are more than 50 local food vendors and hundreds of booths featuring arts and crafts. There are also multiple outdoor live music performances with over 60 artists.

[uncovercolorado.com](http://uncovercolorado.com)

## Oktoberfest

Denver Oktoberfest takes place downtown along Larimar Street (between 20th and 22nd Streets) in late September each year. It is one of the largest beer festivals in Colorado and features Bavarian food, dance, and music.

[thedenveroktoberfest.com](http://thedenveroktoberfest.com)

## Parade of Lights

Although the Parade was temporarily cancelled because of the pandemic, it usually takes place on the first Saturday of December. The parade travels from the City & County Building through the streets of downtown.

[denver.org/event/parade-of-lights](http://denver.org/event/parade-of-lights)



# SHOPPING

## 16th Street Mall

1001 16th Street Mall  
303.534.6161 | [denver.org](https://denver.org)

Located in the heart of downtown Denver, this mile-long outdoor mall offers more than 250 shops, restaurants, cafes, and year-round special events. Free shuttle buses travel up and down its length.

## Larimer Square

1430 Larimer Street  
303.454.8863 | [larimersquare.com](https://larimersquare.com)

This is Denver's first locally protected historic district where Victorian buildings house specialty shops, art galleries, jewelry stores, boutiques, and trendy culinary-driven restaurants.

## Cherry Creek

3000 E 1st Avenue  
303.388.3900 | [shopcherrycreek.com](https://shopcherrycreek.com)

The Cherry Creek Shopping Center is an upscale indoor shopping mall with over 160 shops and boutiques. In addition to shopping, it offers an eight-screen movie theater, a children's play area, and a variety of restaurants.

## Cherry Creek North

2401 East 2nd Avenue Suite 150  
303.394.2904 | [cherrycreeknorth.com](https://cherrycreeknorth.com)

Just north of the Cherry Creek Shopping Center is 16-block outdoor premier shopping district called Cherry Creek North. The area is a pedestrian-friendly outdoor shopping and dining neighborhood. There are hundreds of galleries, high-end boutiques, restaurants, and spas.

## Belmar

464 South Teller Street | Lakewood, CO  
303.742.1520 | [belmarcolorado.com](https://belmarcolorado.com)

This popular outdoor shopping district in Lakewood offers 98 retail stores and services, and more than a dozen restaurants.

## Park Meadows

8401 Park Meadows Center Drive  
Lone Tree, CO  
303.792.2999 | [parkmeadows.com](https://parkmeadows.com)

Park Meadows Mall is Colorado's largest indoor shopping mall, in the suburb of Lone Tree. Park Meadows features more than 185 stores and restaurants.

## Colorado Mills

14500 West Colfax Avenue | Lakewood, CO  
303.384.3000 | [simon.com/mall](https://simon.com/mall)

Located on the border of Golden and Lakewood, Colorado Mills is an indoor outlet shopping mall home to more than 160 stores. It features designer brands in fashion, cosmetics, and gifts. In addition to shopping, it offers movie theaters and multiple entertainment centers for children.





# RESTAURANTS

Refer to the map on pages 4-5 for locations.

## Downtown Area – Union Station/LoDo

### Cholon

1555 Blake Street  
303.353.5223 | [cholon.com](http://cholon.com)

Upscale, modern Asian restaurant offering fusion Chinese and Southeast Asian cuisine. \$\$\$

### Ocean Prime

1465 Larimer Street  
303.825.3663 | [ocean-prime.com](http://ocean-prime.com)

Upscale restaurant offering classic steak and seafood. \$\$\$\$

### Rioja

1431 Larimer Street  
303.820.2282 | [riojadenver.com](http://riojadenver.com)

Mediterranean restaurant featuring a menu of locally sourced products. \$\$\$

### Bistro Vendome

1420 Larimer Street  
303.820.2282 | [bistrovendome.com](http://bistrovendome.com)

French restaurant with elegant outdoor seating tucked into a secluded courtyard at Larimer Square. \$\$\$

### Mercantile Dining & Provision

1560 Wazee Street #1705  
303.825.3232 | [mercantiledenver.com](http://mercantiledenver.com)

French restaurant with elegant outdoor seating tucked into a secluded courtyard at Larimer Square. \$\$\$

## The Kitchen American Bistro

1701 Wynkoop Street #155  
720.460.3733 | [thekitchenbistros.com](http://thekitchenbistros.com)

Bistro-style restaurant offering a wide selection of internationally inspired dishes. \$\$

## Downtown – Central Business District

### Panzano

Kimpton Hotel Monaco Denver  
909 17th Street  
303.296.3525 | [panzano-denver.com](http://panzano-denver.com)  
Contemporary Northern Italian cuisine. \$\$\$

### La Loma

1801 Broadway  
303.433.8300 | [lalomamexican.com](http://lalomamexican.com)  
Family-owned Mexican restaurant. \$\$\$

### 54thirty Rooftop

1475 California Street  
720.996.1558 | [54thirty.com](http://54thirty.com)

Open air rooftop bar on the 20th floor of the Le Meridien Hotel. Offers panoramic views of downtown and the Rocky Mountains. \$\$

### Corner Office Restaurant & Martini Bar

1401 Curtis Street  
303.825.6522 | [thecornerofficedenver.com](http://thecornerofficedenver.com)

American restaurant offering upscale pub food and outstanding cocktails. \$\$\$

## Mad Greens

1600 Stout Street, Suite 101  
720.468.4173 | [madgreens.com](http://madgreens.com)

Colorado-based fast food chain restaurant offering healthy salads, wraps, and grain bowls. \$

## Downtown – LoHi/Highlands

### El Five

2930 Umatilla Street, Unit #500  
303.524.9193 | [ediblebeats.com/el-five](http://ediblebeats.com/el-five)

Tapas restaurant known for breathtaking views of the Denver skyline. \$\$\$

### The Post Chicken & Beer LoHi

1575 Boulder Street  
720.570.8686 | [postchickenandbeer.com](http://postchickenandbeer.com)

Colorado-based restaurant and brewery serving delicious fried chicken. \$\$

### Avanti Food & Beverage

3200 North Pecos Street  
720.269.4778 | [avantifandb.com](http://avantifandb.com)

Variety of food vendors situated in a bi-level shipping container offering reasonably priced dishes. \$

### Root Down

1600 West 33rd Avenue  
303.993.4200 | [ediblebeats.com/root-down](http://ediblebeats.com/root-down)

An old gas station converted into a modern restaurant offering internationally inspired eclectic food. \$\$\$

## Sushi Sasa

2401 15th Street #80  
303.433.7272 | [tataijapanese.com/sushi-sasa-redirect](http://tataijapanese.com/sushi-sasa-redirect)

Highly rated sushi restaurant offering traditional and modern-style Japanese cuisine. \$\$\$

## On and Off Café

2401 West 32nd Avenue  
720.726.3092 | [onandoffco.com](http://onandoffco.com)

Nice neighborhood restaurant offering breakfast sandwiches, chili, and omelets. \$

## Sassafras American Eatery

3927 West 32nd Avenue  
303.433.0080 | [sassafrasamericaneatery.com](http://sassafrasamericaneatery.com)

Southern style restaurant offering breakfast and lunch. \$\$

## RiNo

### The Denver Central Market

2669 Larimer Street  
[denvercentralmarket.com](http://denvercentralmarket.com)

Gourmet marketplace and food hall featuring 11 food vendors. \$

### Barcelona Wine Bar

2900 Larimer Street  
303.816.3300 | [barcelonawinebar.com](http://barcelonawinebar.com)

Spanish tapas and paella restaurant offering an extensive list of Spanish wines. \$\$

## Marco's Coal Fired (Ballpark location)

2129 Larimer Street  
303.296.7000 | [marcoscfp.com](http://marcoscfp.com)

Highly rated pizzeria. \$\$

## Capitol Hill

### Mizuna

225 East 7th Avenue  
303.832.4778 | [mizunadenver.com](http://mizunadenver.com)

Highly rated upscale restaurant offering creative New American cooking. \$\$\$\$

### City, O' City

206 East 13th Avenue  
303.831.6443 | [citycitydenver.com](http://citycitydenver.com)

Popular vegetarian restaurant. \$\$

### Potager

1109 North Ogden Street  
303.246.7073 | [potagerrestaurant.com](http://potagerrestaurant.com)

Restaurant and wine bar offering dishes featuring locally sourced ingredients. \$\$\$

## City Park

### Ace Eat Serve

501 East 17th Avenue  
303.800.7705 | [aceeatserve.com](http://aceeatserve.com)

Asian fusion restaurant with a ping-pong hall. \$\$

## D Bar Denver

494 East 19th Avenue  
303.861.4710 | [dbardenver.com](http://dbardenver.com)

Popular dining spot offering comfort food and award-winning desserts. \$\$\$

## Onefold

1139 East 18th Avenue  
303.954.0877 | [onefolddenver.com](http://onefolddenver.com)

Farmhouse-style restaurant offering breakfast and lunch. \$\$

## Washington Park/ South Gaylord

### Hey Bangkok!

301 South Pennsylvania Street  
303.777.0559 | [heybangkok.net](http://heybangkok.net)

Locally owned Thai restaurant. \$\$

## Homegrown Tap & Dough

1001 South Gaylord Street  
720.459.8736 | [tapanddough.com](http://tapanddough.com)

Colorado-based Italian restaurant offering house-made pasta and wood-fired pizzas. \$\$

## Jerusalem

1890 East Evans Avenue  
303.777.8828 | [jerusalemrestaurant.com](http://jerusalemrestaurant.com)

A local favorite and affordable Mediterranean restaurant near University of Denver. \$

## Cherry Creek

### Cherry Creek Grill

184 Steele Street  
303.322.3524 | [cherrycreekgrill.com](http://cherrycreekgrill.com)

Local favorite known for its comforting American cuisine. \$\$\$

### True Foods Market

2800 East 2nd Avenue, Unit 101  
720.509.7661 | [truefoodkitchen.com](http://truefoodkitchen.com)

Health-focused restaurant serving anti-inflammatory and vegan food. \$\$

### Mehak India's Aroma

250 Steele Street Suite 100  
720.638.9350 | [mehakdenver.com](http://mehakdenver.com)

Authentic Indian cuisine. \$\$

## Denver Tech Center/ Greenwood Village

### Shanahan's

5085 South Syracuse Street  
303.770.7300 | [shanahanssteakhouse.com](http://shanahanssteakhouse.com)

Highly rated steakhouse owned by former Denver Broncos' head coach Mike Shanahan. \$\$\$\$

### Hong Kong Station

6878 South Yosemite Street  
720.592.0861 | [hkstationdenver.com](http://hkstationdenver.com)

Casual Chinese restaurant serving authentic yet sophisticated Cantonese-style food. \$

### Yanni's Greek Restaurant

5425 Landmark Place #D 109  
303.692.0404 | [yannidenver.com](http://yannidenver.com)

Authentic Greek restaurant featuring indoor and outdoor seating. \$\$

## South Pearl Street

### Sushi Den

1487 South Pearl Street  
303.777.0826 | [sushiden.net](http://sushiden.net)

Denver's premier sushi/Japanese restaurant offering an extended selection of fresh sushi and sashimi. Fish are flown in daily from Japan and elsewhere. \$\$\$\$

### Uno Mas Taqueria y Cantina

1585 South Pearl Street  
303.777.2866 | [unomastaqueria.com](http://unomastaqueria.com)

Mexican eatery serving elevated street tacos and specialty tequilas. \$\$

### Tokyo Premium Bakery

1540 South Pearl Street  
720.531.3784 | [tokyopremiumbakery.com](http://tokyopremiumbakery.com)

Bakery offering Japanese-style bread and pastry. \$\$

## Morrison/Golden

### Morrison Inn

301 Bear Creek Avenue  
303.697.6650 | [morrisoninn.com](http://morrisoninn.com)

Opened in 1979, the Morrison Inn is a local favorite Mexican restaurant featuring outdoor seating and live music. \$\$

### Sherpa House Restaurant & Culture Center

1518 Washington Avenue  
303.278.7939 | [sherpa.house](http://sherpa.house)

Restaurant designed to resemble a traditional Sherpa home and serving Nepali cuisine. \$\$

### Table Mountain Grill & Cantina

1310 Washington Avenue  
303.216.8040 | [tmigrillandcantina.com](http://tmigrillandcantina.com)

Restaurant with beautiful Santa Fe decor serving fresh Southwestern cuisine. \$\$

## South Federal Boulevard

(Neighborhood with the highest concentration of authentic Chinese and Southeast Asian restaurants in Denver)

### New Saigon

630 South Federal Boulevard  
303.936.6954 | [newsaidenver.com](http://newsaidenver.com)

Award-winning restaurant serving authentic Vietnamese cuisine. \$\$

## Star Kitchen

2917 West Mississippi Avenue  
303.936.0089 | [starkitchen.com](http://starkitchen.com)

Often called Denver's best dim-sum and seafood restaurant. \$\$

### Suvipa Thai Food

1015 South Federal Boulevard  
720.379.6038 | [suvipathaifood.com](http://suvipathaifood.com)

Small neighborhood restaurant serving traditional Thai noodles, stir-fries, curries, and other traditional Thai dishes. \$

## Aurora

(Denver's Korean district)

### Seoul Korean BBQ & HotPot

2080 South Havana Street  
303.632.7576 | [seoulkoreanbbq.com](http://seoulkoreanbbq.com)

Korean BBQ restaurant serving authentic grill-at-your-table marinated meats with multiple side dishes. \$\$\$

### Tofu House 1962

2353 South Havana Street #D1  
303.751.2840 | [tofuhouse1962co.com](http://tofuhouse1962co.com)

Korean restaurant specializing in tofu cooked in bubbling stews. Traditional Korean BBQ is also available. \$\$

### Old Town HotPot

2852 South Havana Street  
303.658.0870 | [oldtownhotpotco.com](http://oldtownhotpotco.com)

Casual Chinese restaurant serving an all-you-can-eat hot pot. \$\$

# MARKETS & GROCERIES

## King Soopers

King Soopers is a Kroger-brand supermarket headquartered in Denver. It is one of the most popular grocery stores in Colorado and has multiple locations in the Denver metro area.

[kingsoopers.com](https://www.kingsoopers.com)

## Trader Joe's

National grocery chain known for its affordable prices and unique food items.

[traderjoes.com](https://www.traderjoes.com)

## Whole Foods Market

Multinational supermarket chain owned by Amazon and offering a wide selection of high-quality natural and organic food. International specialty food is also available.

[wholefoodsmarket.com](https://www.wholefoodsmarket.com)

## Natural Grocers

Colorado health-food chain offering a wide selection of natural and organic foods, vitamins, and supplements.

[naturalgrocers.com](https://www.naturalgrocers.com)

## Sprouts Farmers Market

National supermarket chain offering a large variety of natural, organic, and non-GMO food items that are reasonably priced.

[sprouts.com](https://www.sprouts.com)

## Tony's Market

Family-owned local gourmet market with a full-service butcher shop offering a wide selection of high-quality premium meats and seafood.

[tonymarket.com](https://www.tonymarket.com)

## H-Mart

National supermarket chain offering a selection of international foods.

[myhmart.com](https://www.myhmart.com)





# TRANSPORTATION

## Airports

### Denver International Airport

Denver International Airport, known as “DIA,” is 25 miles northeast of Downtown Denver and is the third busiest airport in the world.

[flydenver.com](http://flydenver.com)

## Ground Transportation

### Light Rail

An “A Line” commuter train run by the Denver Regional Transportation District (known as “RTD”) offering easy transportation between DIA and Union Station.

[rtd-denver.com/fastracks/a-line](http://rtd-denver.com/fastracks/a-line)

### Avail Car Sharing Services

A car-borrowing service managed through a central rental agency.

[availcarsharing.com](http://availcarsharing.com)

### Ride App Services

Passengers who request rides through Lyft and Uber should follow signs for ground transportation on Level 5 (near baggage claim), then continue to Island 5 to meet your driver.

Lyft.....[lyft.com/rider/airports/den](http://lyft.com/rider/airports/den)

Uber.....[uber.com/global/en/airports/den](http://uber.com/global/en/airports/den)

### Car Rentals

Budget.....[budget.com](http://budget.com)

Hertz.....[hertz.com](http://hertz.com)

Avis.....[avis.com](http://avis.com)

Enterprise.....[enterprise.com](http://enterprise.com)

### E-bikes & Electric Scooters

Lyft and Lime offer e-bikes and electric scooters in Denver. You can rent them using their mobile apps.

Lyft.....[lyft.com/scooters/denver-co](http://lyft.com/scooters/denver-co)

Lime.....[li.me/vehicles/scooter](http://li.me/vehicles/scooter)

## Denver Regional Transportation District (RTD)

Denver offers an efficient public transportation system featuring buses and trains that cover over 2,000 square miles of the Denver/Boulder/Aurora region. Prices vary depending on how far you plan to travel and which type of pass you want. RTD offers discounts for seniors, youth, individuals with disabilities, and Medicare recipients. Details about pricing, along with a map of RTD routes, can be found on the website above.

The most convenient light rail station to get to the Downtown Denver/Medpace office is the Broadway & I-25 Park-N-Ride station, located at 901 South Broadway (rtd-denver.com/i-25-broadway-station). There is free parking at this station. RTD’s “D Line” and “H Line” both travel from this station to the 18th & California station, which is just across the street from the Medpace office building. It takes approximately 15 minutes to get from the Broadway & I-25 Park-N-Ride station to the 18th & California station.

[rtd-denver.com](http://rtd-denver.com)



## Downtown

(Near Medpace office)

### Hilton Denver City Center

(Medpace preferred)



1701 California Street  
303.297.1300 | [hilton.com](https://www.hilton.com)

Located next to Medpace and offers corporate preferred rates.

### Renaissance Denver Downtown City Center Hotel

(Medpace preferred)



918 17th Street  
303.867.8100 | [marriott.com](https://www.marriott.com)

### Westin Denver Downtown



1672 Lawrence Steet  
303.572.9100 | [marriott.com](https://www.marriott.com)

### Residence Inn by Marriott Denver City Center



1725 Champa Steet  
303.296.3444 | [marriott.com](https://www.marriott.com)

### Sonesta



1450 Glenarm Place  
720.571.4490 | [sonesta.com](https://www.sonesta.com)

## Cheery Creek

### Hilton Garden Inn Denver/Cherry Creek



600 South Colorado Boulevard  
303.754.9800 | [hilton.com](https://www.hilton.com)

### MOXY Denver Cherry Creek



40 Josephine Street  
303.463.6699 | [marriott.com](https://www.marriott.com)

### The Jacquard Hotel



222 Milwaukee Street  
303.515.2000 | [thejacquard.com](https://www.thejacquard.com)

## DIA

### Westin Denver International Airport



8300 Pena Boulevard  
303.317.1800 | [marriott.com](https://www.marriott.com)

### Hyatt House Denver Airport



18741 East 71st Avenue  
303.628.7777 | [hyatt.com](https://www.hyatt.com)

### Double Tree by Hilton Denver International Airport



16455 East 40th Circle  
303.574.1300 | [hilton.com](https://www.hilton.com)

### Denver Airport Marriott at Gateway Park



16455 East 40th Circle  
303.371.4333 | [marriott.com](https://www.marriott.com)

