

## **The Mile High City**

### **Location**

At a 5,280-foot elevation (exactly one mile high) Denver is commonly referred to as The Mile High City. Population: 598,707 (as of July 1, 2009)

Located just one block from The Brown Palace is the 16th Street Mall, a pedestrian promenade lined with outdoor cafes, shops and entertainment centers. Free mall shuttles leaving as often as every 90 seconds make it easy to commute to various attractions. Each evening after 6 p.m., horse-drawn carriages clatter up and down the granite pathway.

Larimer Square, Denver's chicest block, offers regionally exclusive shopping in quaint boutiques, located just 10 blocks from the hotel.

The 26 square blocks of LoDo (Lower Downtown) is the largest concentration of Victorian and turn-of-the-century buildings in the nation. Today, these century-old warehouses have been converted to art galleries, delightful restaurants, coffee houses and some 90 brewpubs, sports bars and nightclubs, all surrounding Coors Field, home of the MLB Colorado Rockies.

With nearly 500 shops, restaurants, galleries and spas, the Cherry Creek Shopping District is the largest and most varied shopping area between Chicago and San Francisco.

### **Climate**

Denver boasts a mild, dry climate, with an average of 300 days of sunshine a year – more sun than Miami Beach or San Diego.

### **Rocky Mountain High**

The following are some high altitude tips for adapting to the city's mile high elevation: Drink lots of water. Use sunscreen. Drink alcohol in moderation. Enjoy the blue sky; there is less water vapor in the air so the sky really is bluer. Play golf; a golf ball goes 10 percent farther in Denver's rarefied air.

## **Air Access**

Denver International Airport is the largest in the nation, covering 53 square miles. The airport services most domestic and international airlines and offers a variety of transportation options to the downtown area. DIA is served by 30+ airlines, including non-stops to 160 worldwide destinations. Just 22 miles to/from the hotel.

## **Area Attractions**

Discover Colorado's "Wild West" at Buffalo Bill's Grave & Museum and the Black American West Museum & Heritage Center. The Four Mile Historic Park, Golden Pioneer Museum and Littleton Historical museum all offer a look at what life was like on the working farms of Colorado frontiers. A tour through the Victorian Molly Brown House explains the story of the Titanic's legendary "Unsinkable Molly Brown." The Wings Over the Rockies Air & Space Museum features a large collection of military and civilian aircraft, while the Colorado Railroad Museum showcases locomotives and trains.

Families can also enjoy the Denver Museum of Nature & Science, Downtown Aquarium and the Denver Zoo, which is the fourth most popular zoo in the nation and home to 4,000 animals representing 750 species. For an urban oasis, the Denver Botanic Gardens has 23 acres of lush, themed gardens. Water World is America's largest family water park and features 42 water attractions.

One percent of all construction in Denver must go to public art. The result is a dazzling variety of art, dance and music venues to enjoy. The expanded Denver Art Museum (DAM), designed by renowned architect Daniel Libeskind, is itself a piece of art with a dramatic iconic design. The DAM has what many consider the finest collection of American Indian works in any art museum, with more than 17,000 objects covering more than 100 tribes of North America. The Museo de las Américas focuses on the art, history and culture of Latinos in the Americas. The four-square-block Denver Performing Arts Complex – the second largest in the country – welcomes award-winning theatre, opera, symphony and ballet. Red Rocks Amphitheatre is considered one of the most spectacular places to catch a concert under the stars. The 9,450-seat arena is carved between 300-foot red sandstone boulders and has hosted everyone from The Beatles to U2.

## **Sports & Recreation**

Denver built three sports stadiums in the past decade for eight professional sports teams. Some of the more popular professional sports teams in Denver include the MLB Colorado Rockies, NBA Denver Nuggets, NFL Denver Broncos and the NHL Colorado Avalanche. Other professional sports include lacrosse and soccer.

Denver's dry climate allows for most golf courses to remain open all year. A variety of private and public courses welcome visitors to experience their championship greens.

Outdoor outfitters make it possible for everyone to enjoy this Rocky Mountain paradise filled with hiking, fishing, camping, whitewater rafting, horseback riding and other adventures. Denver also has the nation's largest bike trail system with 850 miles of paved, off-road trails and hundreds of miles of nearby mountain biking trails.

## **Beer**

Called the "Napa Valley of beer," Denver brews more than 100 different beers daily. Nearby, Golden is home to Coors Brewery, the largest single brewery site in the world. Tours are offered at many of the breweries, including Coors, Anheuser-Busch and a variety of local microbreweries.

September's Great American Beer Festival is the nation's largest celebration of suds, with more than 2,300 beers to sample.

## **Side Trips**

Within an hour of downtown Denver, there are many day-trip adventures to enjoy. All of these trips can be accomplished in a single day, including the popular Rocky Mountain National Park, Colorado Ski Country, Pikes Peak, and Black Hawk and Central City for casino gambling.

## **Denver Visitor Information**

Visit Denver, the Convention & Visitors Bureau

800-233-6837

303-892-1112

[www.visitdenver.com](http://www.visitdenver.com)

*The Brown Palace Hotel and Spa is a Forbes Four Star, AAA Four-Diamond luxury landmark located in the heart of downtown Denver. It is a charter member of National Trust Historic Hotels of America and is managed by Quorum Hotels & Resorts, a full service management company headquartered in Dallas. For more information or to make reservations please call (303) 297-3111, (800) 321-2599 or visit [www.brownpalace.com](http://www.brownpalace.com).*

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