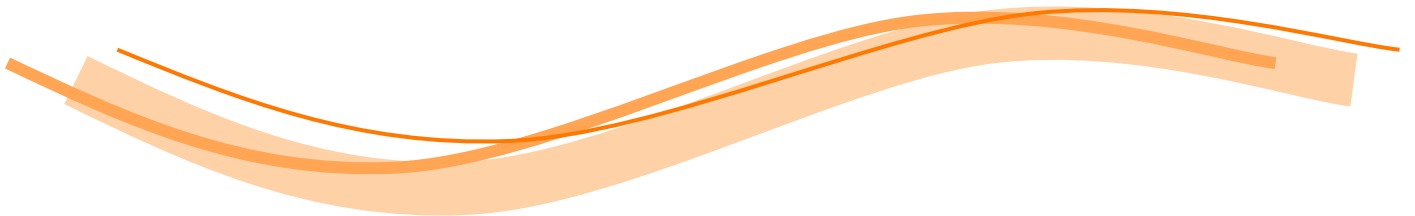




# COLORADO – SOUTH





## COLORADO

Let's Talk Colorado! In 2009 I explored Northern Colorado (see [http://christalkstravel.blogspot.com/2009\\_06\\_01\\_archive.html](http://christalkstravel.blogspot.com/2009_06_01_archive.html) ); in 2010 I am touring Southern Colorado, to landscapes of deserts, snow-capped peaks, deep canyons and vibrant communities.

I will be broadcasting live on location – from the amazing UNESCO World Heritage Site of **Mesa Verde National Park** in southwest Colorado.

Whilst in Colorado, I'll be visiting the exciting cities of **Denver and Colorado Springs**.

I'll explore Southern Colorado's amazing landscapes including **Great Sand Dunes National Park** and the **Black Canyon of the Gunnison National Park**.

I'll ride the spectacular **Durango and Silverton Narrow Gauge Railway** through awesome canyon scenery – one of the great rail journeys of the world.

I'll travel by segway through the remarkable 'Garden of the Gods' and explore some of the old West mining towns high up in the Colorado Rockies, such as **Crested Butte, Silverton and Gunnison**.

And naturally, I'll investigate some of the finest inns, resorts and restaurants that Colorado has to offer!

I look forward to sharing my travels with listeners during the show and upon my return through my Travel Blog at [www.christalkstravel.blogspot.com](http://www.christalkstravel.blogspot.com)

Venture outdoors to the sky-grabbing peaks of the Rocky Mountains and for some of the world's most sought-after whitewater rafting rivers. Discover picture-perfect wildlife and lively local artisans. And with an average of three hundred sunny days a year, enjoy horizon-wrapping sunsets and sunny pool-side service at Colorado's award-winning resorts.

Add the current unbeatable Hot Deals, and now is the time to visit the four-season state of Colorado. At [www.Colorado.com](http://www.Colorado.com) you'll find travel-planning tools, articles, maps, itineraries and more – [www.Colorado.com](http://www.Colorado.com) is your one-stop vacation planner.

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<b>Location</b>	Where the plains meet the Rockies in the heart of the USA, Colorado is 270,000 sq kms of wonder, making it the 8 <sup>th</sup> largest state in the US. It is bordered to the north by Wyoming, to the south by New Mexico, at the southwest corner by Arizona, to the east by Nebraska, Kansas, and Oklahoma, and to the west by Utah.
<b>Geography</b>	<p>Discover Colorado's stunning natural landscape. From the highest sand dunes in North America to mountain peaks over 14,000 feet, Colorado has one of the most unique and varied natural landscape in the entire nation. As you travel through the state, you'll see emerald green forests, fields of vibrant wildflowers as far as the eye can see, picturesque mountain lakes, abundant grasslands and rich red rock formations. You'll find many places to enjoy Colorado's vast natural beauty. There are:</p> <ul style="list-style-type: none"> <li>four national parks,</li> <li>five national monuments and</li> <li>41 state parks waiting to be explored.</li> </ul> <p>If you're looking for a beautiful drive, Colorado is also home to 25 scenic and historic byways, noted for their distinct qualities. They include ghost towns, ancient ruins, alpine tundra, some of the oldest trains in the West and much more.</p> <p>The Rocky Mountains within Colorado contain 53 peaks that are 14,000 feet (4,267 m) or higher elevation, known as fourteeners. The mountains are timbered with conifers and aspens to the tree line, at an elevation of about 12,140 feet (3,700 m) in southern Colorado to about 10,500 feet (3,200 m) in northern Colorado; above this only alpine vegetation grows.</p> <p>Colorado is split into seven regions: Greater Denver, the Front Range, Northeast, Southeast, South Central, Southwest and Northwest.</p>
<b>Name</b>	The state was named after the Spanish word "Colorado," which means "reddish colored" that presumably refers to the red sandstone formations in the area or reddish brown color of the Colorado River.
<b>Population</b>	The State's population is nearly 5 million and the Denver-Aurora-Boulder Combined Statistical Area is home to nearly 3 million people, so containing 60% of the state's population.
<b>Language</b>	English, but 17% Hispanic. Colorado's Hispanic presence is one of the largest in the U.S.—only five states have more Hispanics per capita
<b>Currency</b>	US Dollars; the current exchange rate at June 1 2010 is 94 cents US to the Canadian Dollar
<b>Tipping</b>	The custom of tipping is a common practice in Colorado: 15% to 20% for waiters; 10% to 15% for taxi drivers; \$1 per bag for bellmen. Occasionally gratuities are automatically added to restaurant checks, but not usually.
<b>Government</b>	Like all U.S. states, Colorado's constitution provides for three branches

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	of government: the legislative, executive, and judicial branches. The governor heads the state's executive branch. The Colorado Supreme Court is the highest judicial body in the state. The state legislative body is the Colorado General Assembly, which is made up of two houses, the House of Representatives and the Senate. The House has 65 members and the Senate has 35. Currently, Democrats control both chambers of the General Assembly.
<b>Documentation</b>	Passports are now required for Canadian visitors arriving by air and land. An enhanced provincial driving license will also be an alternative if you are driving to Colorado.
<b>Time zone</b>	Mountain Time Zone, 2 hours behind Ontario and Quebec
<b>Health</b>	Excellent services are available but ensure that you have travelers health insurance as health costs in the US can be very high Remember to drink more water to counteract the effects of altitude
<b>Safety tips</b>	Colorado is relatively safe for the tourist. One should use the same precautions as when traveling anywhere - try not to travel alone and avoid deserted areas at night. In Denver's wild days, famous gunfighter Bat Masterson was employed as a guard at several of the city's saloons, but today, downtown Denver is one of the safest cities in America. Denver is ranked by the F.B.I. as one of the safest downtowns in America.

<b>CLIMATE</b>	
<b>General climate</b>	In 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
<b>Today's weather</b>	Denver is 25C and mostly sunny whilst Mesa Verde is 27C and sunny (as at 1 <sup>st</sup> June 2010)
<b>Best time to visit</b>	Genuinely a four-season destination: winter is the mecca for skiers, spring is the wildflower season, summer temperatures are tempered by the varying altitudes and fall is a colour explosion!

<b>GETTING AROUND</b>	
<b>Getting There</b>	<b>Denver International Airport</b> is the only major airport to be built in the U.S. in the last 25 years. The current facility can accommodate 50 million passengers a year without any additional construction. It is the USA's sixth-busiest airport and the 11th-busiest in the world. The airport is easily accessed by interstate highways and is conveniently located less than 35 minutes from downtown Denver by car, shuttle buses, public transportation or taxis. I personally rate it as one of the most traveller-friendly airports in North America.

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	<p><b>Air Canada</b> offer the only non-stop service from Toronto and Montreal to Denver in association with its Star Alliance partner United Airlines. Both have convenient connections through Air Canada's extensive domestic and international network. For reservations, go to their website at <a href="http://www.aircanada.com">www.aircanada.com</a></p>
<b>Cities</b>	<p><b>Denver</b>  Population: 557,000. Elevation: 5280 feet (One mile high!)  Denver is near the mountains, not in them. Denver is located on high rolling plains, 12 miles east of what locals call the "foothills," a series of gentle mountains that climb to 11,000 feet. Just beyond is the "Front Range of the Rocky Mountains," a series of formidable snowcapped peaks that rise to 14,000 feet. Denver might not be in the mountains, but the mountains dominate Denver. There are 200 named peaks visible from the city, including 32 that soar to 13,000 feet and above. Denver really is exactly one mile high. By an amazing stroke of good luck, there is a step on the State Capitol Building that is exactly 5,280 feet above sea level – one mile high.  Denver is one of America's most beautiful and most fun cities. And it's a lively city with a great love of the outdoors. Down every Denver street there are mountain panoramas. Discover sports stadiums, three hundred restaurants, bars and brewpubs, a restored historic district, museums, galleries, shopping, performing arts and more. Plus it's a great gateway to all that Colorado has to offer.  <b>Weather:</b> Denver has 300 days of sunshine a year. Located east of a major mountain range, Denver has a mild, dry and sunny climate with more annual hours of sun than San Diego or Miami Beach. In winter, Denver is dryer than Phoenix with an average daily high of 45 degrees in February. Golf courses remain open all year and have been played as many as 30 days in January. Denver receives only 14 inches of precipitation a year – about the same as Los Angeles.  <b>Name:</b> In hopes of gaining political favors, local boosters in 1859 named the frontier mining camp on the South Platte River "Denver" after Kansas Territorial Governor James Denver. They never received any favors -- by the time they named the town, Denver had already resigned. It was years before James Denver saw the mining camp named after him. He was reportedly not impressed.  <b>History:</b> Denver's history is short, but colorful. In 1858, there was not a single person living in the Denver metro area except for some migrating camps of Arapaho and Cheyenne. Just 30 years later, Colorado was a state with a population of almost 200,000. It was a Gold Rush that caused this boom, and in a 30 to 40 year period Denver saw some of the wildest events in the "Wild West". This fascinating period lives again in museums, old gold mining villages and hundreds of elegant Victorian buildings that can be found throughout the city, many</p>

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of which now house restaurants, shops and hotels. Denver is one of the few cities in history that was not on a road, railroad, lake, navigable river or body of water when it was founded. Denver just happened to be where the first few flakes of gold were found in 1858 and it was here that the first camp was made. The first permanent structure was a saloon.

**Historic Buildings:** The 26 square block Lower Downtown Historic District (LoDo) is the largest concentration of Victorian and turn-of-the-century buildings in the nation.

**The Colorado State Capitol** stands a mile above sea level with a plaque on the 13th step to mark the spot that is 5,280 feet (1,609 m) high – exactly one mile high. The dome is covered with 200 ounces of pure gold and offers a beautiful view from the rotunda of the entire Front Range, from Pikes Peak, all the way north to the Wyoming border, a distance of more than 240 km

**Denver Parks:** Denver has more than 200 parks within the city and 20,000 acres of parks in the nearby mountains, including spectacular **Red Rocks Amphitheatre.** Red Rocks Amphitheatre is a 9,000-seat natural outdoor arena carved out of huge, 500-foot (152 m) high, red sandstone cliffs, all overlooking Denver and the plains.

**Highest Educated City:** Denver is the most educated city in the United States. Denver has the greatest percentage of college graduates of any major metropolitan area in the country.

### **Colorado Springs**

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

Colorado Springs, Colorado, is home to more than 50 exciting and unique attractions such as Pikes Peak, U.S. Olympic Training Center, Garden of the Gods Park, The Pikes Peak Cog Railway, Royal Gorge Bridge, Cave of the Winds, Manitou Cliff Dwellings, Seven Falls, Flying W Ranch and the U.S. Air Force Academy.

With over 300 days of sunshine each year, outdoor recreation opportunities are everywhere you look. Extensive parks and open spaces with trails that wind through magnificent rock formations and shady mountain forests are perfect for hiking, biking and horseback riding. Or tackle the rapids of the Arkansas on a whitewater rafting tour that winds through the Royal Gorge. Try something different such as a guided bike ride down Pikes Peak or a hot air balloon ride up into the Colorado sky. Fishing, camping, golfing and rock climbing are also favorites in Colorado Springs and the Pikes Peak region for family vacations.

Colorado Springs is also known for its rich and diverse cultural activities. Learn about how the city was founded and how the Pikes Peak or Bust gold rush shaped our region at the Colorado Springs

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	<p>Pioneers Museum and Cripple Creek Heritage Center. Descend 1,000 feet into a gold mine or take an historic train ride in Cripple Creek or the Royal Gorge. Visit historic homes such as Glen Eyrie Castle, Miramont Castle and Briarhurst Manor. View classic and modern art at the Colorado Springs Fine Arts Center and Smokebrush Gallery or explore your passion and interests at the Money Museum, Outlaws &amp; Lawmen Museum, Western Museum of Mining &amp; Industry, Rock Ledge Historic Ranch, Rocky Mountain Motorcycle Museum or the Rocky Mountain Dinosaur Resource Center.</p> <p><b>Garden of the Gods:</b> The Garden is a unique biological melting pot where the grasslands of the Great Plains meet the pinon-juniper woodlands characteristic of the American Southwest, and merge with the mountain forest of the 14,110-foot Pikes Peak. See the Visitor &amp; Nature Center and see the amazing HD movie "How Did Those Reds Rocks Get There? <a href="http://www.gardenofgods.com">www.gardenofgods.com</a></p> <p>Also: Segway tour through the Park with <b>Adventures Out West</b>, <a href="http://www.advoutwest.com">www.advoutwest.com</a></p> <p><b>Olympic Training Center:</b> 1 Olympic Plaza, Colorado Springs, CO 80909, 719-866-4618 <a href="http://www.teamusa.org/about-usoc/colorado-springs-olympic-training-ctr">www.teamusa.org/about-usoc/colorado-springs-olympic-training-ctr</a> The U.S. Olympic Complex in Colorado Springs is the headquarters for the U.S. Olympic Committee administration and the Olympic Training Center programs.</p> <p><b>Manitou Springs:</b> just west of Colorado Springs, is a magical and historic mountain town filled with galleries, shops, mineral springs, and restaurants. <a href="http://www.manitousprings.org">www.manitousprings.org</a></p>
<b>Distances</b>	<p>Denver to Aspen: 260kms Denver to Grand Junction: 400kms Denver to Durango: 530kms</p>
<b>Trains</b>	<p>Colorado has a number of world class scenic trains:</p> <p><b>Durango &amp; Silverton Narrow Gauge Railroad:</b> Perhaps the most famous of them all...In its heyday, more than \$300 million in gold and silver were hauled on the narrow-gauge tracks. Authentically restored 1880 passenger cars will sweep you into days gone by and abandoned mine sites and virgin forests, while chugging along the wild Animas River up into the San Juan Mountains, with a stop at the gold mining era town of Silverton, before returning to Durango. <a href="http://www.durangotrain.com">http://www.durangotrain.com</a></p> <p><b>Cripple Creek and Victor Narrow Gauge Railroad:</b> Enjoy a four-mile round-trip through historic Victor and past old mining sites, then back to the gold-rush town of Cripple Creek, now known for its low-stakes gambling as well as its restored Victorian-era town.</p>

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	<p><b>Cumbres &amp; Toltec Scenic Railroad:</b> The longest and highest narrow-gauge line in North America, it stretches 64 miles/103 kilometers from Antonito, Colorado to Chama, New Mexico. From an open-air sightseeing coach, you can take in the sights and enjoy on-train refreshments.</p> <p><b>Georgetown Loop Historic Mining and Railroad Park:</b> You can hop on at either the Georgetown or Silver Plume Depot; this historic narrow-gauge railroad loops through both as it makes its way through Clear Creek Canyon. Originally built in 1884, the railroad is a major attraction in Georgetown, and it's easy to see why as you gaze out from open-air or covered cars at the rugged wilderness going by.</p> <p><b>Leadville, Colorado and Southern Railroad:</b> Nestled in the alpine valley under the shadow of Colorado's highest peak, Leadville was settled and developed by miners and merchants in the 1800s. Discover the mining and railroad history of Leadville while enjoying the breathtaking views of the Arkansas River Valley as you travel to the Continental Divide.</p> <p><b>Manitou and Pikes Peak Cog Railway:</b> The world's highest cog (rack) railroad, this line takes passengers to the 14,110-foot/4,300-meter summit of Pikes Peak, and its one-of-a-kind views.</p> <p><b>Rio Grande Scenic Railroad:</b> Colorado's newest scenic train offers steam engine rides out of Alamosa. Enjoy hundreds of miles of historic rail, through mountain valleys and passes.</p> <p><b>Royal Gorge Scenic Railway:</b> The little train with big views of the spectacular Royal Gorge. An incline railway with open-air cars allow for breathtaking vistas of the Sangre de Cristo Mountains and Royal Gorge region on this three-mile, 30-minute round-trip ride.</p> <p><b>Royal Gorge Route Railroad:</b> This 1950s-era rail line forges through one of America's most spectacular canyons. Travel in comfortable cars (including three recently added historic observation dome cars) as you chug along the bottom of the gorge and look up 1,200 feet/366 meters to the Royal Gorge Bridge spanning the top.</p>
<b>Car Rental</b>	There's no better way to see Colorado, than from the open road. Whether you're looking for a car, truck, 4x4 or ATV, there are plenty of companies around the state that provide rental vehicles of all shapes and sizes.
<b>Buses</b>	There is excellent bus service both within Denver and throughout the

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	state. Tour bus charters to many of the sights are also available.
<b>Passes</b>	<p><b>Pikes Peak Country Pass</b>  <a href="http://www.pikes-peak.com">http://www.pikes-peak.com</a>  Pikes Peak Country is a wonderful region to explore in Southern Colorado around Colorado Springs. The Plus Pass is good for one-time general admission to the attractions listed following and is excellent value from \$160 per adult:</p> <ul style="list-style-type: none"> <li>Buckskin Joe Frontier Town &amp; Railway</li> <li>Cave of the Winds</li> <li>Cheyenne Mountain Zoo</li> <li>Cripple Creek &amp; Victor Narrow Gauge R.R.</li> <li>Cripple Creek Heritage Center</li> <li>Echo Canyon River Expeditions</li> <li>Flying W Ranch Chuckwagon</li> <li>Dinner and Show</li> <li>Garden of the Gods Trading Post</li> <li>Garden of the Gods Visitor &amp; Nature Center (Free movie)</li> <li>Ghost Town Museum</li> <li>Historic Manitou Springs</li> <li>Iron Springs Melodrama</li> <li>Manitou Cliff Dwellings</li> <li>May Natural History Museum</li> <li>Miramont Castle</li> <li>Mollie Kathleen Gold Mine</li> <li>Pikes Peak Highway</li> <li>ProRodeo Hall of Fame</li> <li>Royal Gorge Bridge &amp; Park</li> <li>Seven Falls</li> <li>Western Museum of Mining &amp; Industry</li> </ul>
<b>ACCOMMODATION TYPES</b>	<p>When each day comes to an end, your choices in Colorado are just beginning. From five-star luxury hotels to rustic campsites, you'll find a wide variety of places to rest at night. Whether it's a city hotel, mountain resort, historic bed and breakfast or rustic lodge, Colorado provides amazing views, values and experiences. Travellers can choose between the largest international hotel chains to small inns, maintained and managed by the owner. And, you'll find plenty of great dining options and activities no matter where you go. Here's a few hotels that I visited on my trips to Colorado and can personally recommend:</p> <p><b>Far View Lodge, Mesa Verde</b>  No. 1 Navajo Hill, Mesa Verde National Park, CO 81330 800-449-2288</p>

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Far View Lodge is located 24kms inside Mesa Verde National Park, conveniently close to the park Visitor Center. The traditional Western decor of the lobby and dining room, fantastic views, warm hospitality and superb dining welcome you for an unforgettable stay. The lodge comprises 150 rooms in 2 room types. The lodge was designed to reflect the true essence of Mesa Verde, with solitude all around you and freedom from the distraction of in-room TVs or cell phone service but plenty of wildlife watching and from your private balcony there are fabulous stargazing opportunities. The lobby features free wireless Internet.

<http://www.visitmesaverde.com/accommodations/far-view-lodge.aspx>

**Residence Inn by Marriott Denver City Center**

1725 Champa St., Denver, CO 80202 , 303-296-3444

Downtown's only all-suite hotel. Perfect for extended stays or a short trip, each suite includes all the comforts of home including kitchens and complimentary high speed Internet access. Free hot breakfast buffet, happy hour and 24 hour health club. Walk to the downtown venues, shopping and various restaurants.

<http://www.marriott.com/hotels/travel/denrd-residence-inn-denver-city-center>

**The Cliff House at Pikes Peak, Manitou Springs**

306 Canon Avenue, Manitou Springs, CO 80829, 719-685-3000

One of Colorado's finest luxury hotels, this unforgettable historic hotel has been voted one of the top hotels in the world by Travel & Leisure magazine. From the world-class fine dining, amazing rooms, personalized service, fun new bar and grill, to the limitless experiences and activities Manitou Springs has to offer - you will love your stay here.

<http://www.thecliffhouse.com>

**Cheyenne Mountain Resort, Colorado Springs**

3225 Broadmoor Valley Road, Colorado Springs, CO, 719-538-4000

This hotel continues to receive accolades and awards from across the country. Set against picturesque mountain views and surrounded by Colorado Springs' naturally breathtaking scenery, Cheyenne Mountain Resort features an impressive range of year-round recreational activities. See Prize Hotel section below for further details.

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

**Broadmoor Hotel, Colorado Springs**

1 Lake Avenue, Colorado Springs, CO 80906, 719-577-5896

An historic hotel, built in 1918, in a beautiful part of Colorado Springs.

Forbes Travel Guide Five-Star Awards (formerly Mobil Five-Star Award

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by Mobil Travel Guide) announced its list of Five-Star winners for 2010 and honored The Broadmoor for a record 50th consecutive year. The Broadmoor is the only property ever to achieve this status. Additionally, the resort has the distinction in 2010 of becoming a triple Five-Star winner with the addition of both the Penrose Room restaurant and The Spa at Broadmoor.

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

### **Elk Mountain Lodge, Crested Butte**

129 Gothic Ave, Crested Butte, Colorado (CO) 81224, 970-349-7533

Experience the old-world elegance and comfort of The Elk Mountain Lodge, Crested Butte Colorado's Historic Hotel & Inn. Built in 1919 as a miner's hotel, the lodge has a touch of the past with modern conveniences. Completely and beautifully renovated, this one of a kind Crested Butte Hotel features a complimentary full breakfast and 19 guest rooms each with private bathroom, Cable TV, wireless internet, and telephone with voice-mail. All the guest accommodations are individually decorated. Third floor rooms have balconies with spectacular Colorado Rocky Mountain views of the Crested Butte Mountain Resort and the surrounding Elk Mountains. After a long day of skiing or mountain biking guests relax in the indoor hot tub room or the lobby bar which is open each evening.

<http://www.elkmountainlodge.com>

### **Rochester Hotel, Durango**

721 East Second Avenue, Durango, CO 81301 970-385-1920

The newly renovated Rochester Hotel, built in 1892, offers 15 luxurious rooms with high ceilings and private bathrooms. The Rochester Hotel is situated on a beautifully landscaped site, featuring a flower-filled courtyard. Rooms are decorated in Old West motif inspired by Western movies filmed in the Durango area.

<http://www.rochesterhotel.com>

### **Brown Palace Hotel, Denver**

321 17<sup>th</sup> Street Denver, CO 80202 303-297-3111

Towering office buildings are softened by many historic structures showcasing the city's Western roots, including downtown's crown jewel, the famed 117-year-old Brown Palace Hotel & Spa, with its eight-story atrium topped by a spectacular stained-glass roof.

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

### **Hotel Jerome, Aspen**

330 East Main Street, Aspen, CO 81611 970-920-1000

The lavish, AAA Four Diamond Award-winning Hotel Jerome features

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	<p>92 richly appointed guest rooms and suites, several restaurants and the ever-popular J Bar. Hotel Jerome's ornate Victorian mine-camp flavor has been painstakingly preserved and restored so that the smallest detail is an exquisite reflection of the whole.</p> <p><a href="http://www.hoteljerome.rockresorts.com">www.hoteljerome.rockresorts.com</a></p>
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LIFESTYLES	
<b>Kids</b>	<p>One of the most popular sites to visit in Denver is the famous <b>United States Mint</b>, where more than 20 billion coins are produced each year. That's 40 million-plus coins every day! A terrific family outing, the Mint offers tours that begin with the history of money and instruction on the coin stamping process. Watch the faces of the kids as they see the 60 large, high-speed presses and the machines that count, sort and bag the coins. In the basement of the Mint, you'll see the second largest deposits of gold bullion in the U.S. after Fort Knox — an estimated \$100 billion worth of solid gold bars.</p> <p><b>Glenwood Caverns Adventure Park:</b> <a href="http://www.glenwoodcaverns.com">www.glenwoodcaverns.com</a>          At the top of Iron Mountain, near Glenwood Springs, visitors can tour Glenwood Caverns and Historic Fairy Caves, recognized as one of the leading family cave tours in the country. The Cave Tour is a one-hour guided walking tour appropriate for most people. The Wild Tour is a three-hour, guided, an on-your-belly adventure tour that gives a visitor the opportunity to explore the rarely visited areas of Glenwood Caverns. There's also a great selection of attractions and thrill experiences up there, from Alpine Coaster to Giant Canyon Swing to Bungee Trampoline to the 4D Ride Theater. Check out my own experiences on my Travel Blog:  <a href="http://christalkstravel.blogspot.com/2009/06/glenwood.html">http://christalkstravel.blogspot.com/2009/06/glenwood.html</a></p>
<b>Teens</b>	<p><b>Zapata Ranch</b>          5305 State Highway 150, Mosca, Colorado 81146 719-378-2356          Owned by The Nature Conservancy and managed through a one-of-a-kind partnership with the Duke and Janet Phillips Family- a third-generation ranching family. The ranch is a 103,000-acre cattle, bison and guest ranch. It borders the <b>Great Sand Dunes National Park and Preserve</b>, the newest National Park in the United States. The high desert grasslands, alpine forests, wetlands, sand dunes, creeks and lush meadows offer one of the most scenic and ecologically diverse landscapes in the United States. The ranch and surrounding valley is a wildlife mecca and is home to thousands of elk, bison, deer, coyotes, birds and many other species.          This is a family-oriented ranch; children are welcome, but must be over 12 years old to participate in the Ranch Experience Program.          Exceptions are made for advanced youth riders (no younger than eight</p>

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	<p>years of age). Families are encouraged to participate in activities together and accompany their young children on rides. But at times when adults want to ride together, they have youth programs to allow children to have an enriching experience as well.</p> <p><a href="http://www.zranch.org">http://www.zranch.org</a></p> <p>Denver offers two gigantic water parks: <b>Water World</b>, the largest aqua park in the nation, has wave pools, surfing, tubing, rapids and more. <b>Elitch Gardens</b> is two parks in one with 56 thrill rides and a complete water park.</p> <p>Denver is also the capital of day trip adventures. In just an hour or so from downtown you can go river rafting through a 1,000-foot high canyon, ride a narrow gauge steam locomotive over a 100-foot trestle, hike among towering red rock formations, fly fish in Gold Medallion streams, see elk in a national park, gamble in Old West mining towns or shop in beautiful mountain resort villages.</p>
<b>Romance</b>	<p><b>Spas:</b> Colorado is home to dozens of hot springs and spas where visitors can soothe sore muscles after a full day of white-water rafting, skiing, ice climbing, hiking or mountain biking. Ranging from rustic to refined, Colorado's hot springs are celebrated for their high mineral content and resulting therapeutic qualities. You'll find the world's largest hot springs pool in Glenwood Springs and the world's deepest hot mineral spring in Pagosa Springs. In addition, Colorado boasts several "man made" spas within its collection of luxury hotel and resort spas. Many of the spas find inspiration in the state's hot springs culture, introducing architectural water features and hydrotherapy treatments that reflect an awareness of and appreciation for water's therapeutic qualities. What more romantic way to finish an active day than a couples massage?</p>
<b>Weddings</b>	<p>Take your love to higher elevations: say "I Do" to a Colorado wedding. From mountaintop views, open meadows near a running river or dramatic red rock formations, Colorado sets the stage, and the mood, for romantic weddings.</p> <p><b>A Monumental Wedding</b>  <b>The Colorado National Monument</b>, located just minutes from Grand Junction, CO, is a gorgeous, unique, and romantic location for a wedding celebration. Weddings are permitted in four different areas in the Monument, including the Book Cliffs View Shelter, the Saddlehorn Picnic Area, the Devils Kitchen Picnic Area, and the Saddlehorn Amphitheater. Each location is surrounded by beautiful views and a dramatic red rock landscape of canyons and cliffs, ensuring a memorable wedding day that will be enjoyed by everyone. For more details about having a wedding in the Colorado National Monument and</p>

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	<p>obtaining the necessary permits, please visit the Monument's website at <a href="http://www.nps.gov/colm/planyourvisit/specialusepermits.htm">www.nps.gov/colm/planyourvisit/specialusepermits.htm</a> .</p> <p><b>A Wedding made in Heaven</b> There's no better place to tie the knot than a Garden created by the Gods. <b>Garden of the Gods Park</b> is a geological and natural wonder as well as a treasure to the City of Colorado Springs. These jutting red rocks spires burst with different hues of red and orange creating an almost surreal scenic surrounding and backdrop. Complete with a road, hiking, biking and walking trails throughout the park, couples can choose the spot that fits them best. The legacy of the Garden of the Gods Park is that it remains free to all people and always be open to the public.</p> <p>Every bride wants to feel like a princess on her wedding day, getting married at <b>Glen Eyrie Castle</b> brings her even closer to royalty. The castle was originally built as the home of Colorado Springs founder General William Jackson Palmer. Whether a dream wedding day is grand or intimate, cottage or castle, Glen Eyrie has the perfect venue for a wedding ceremony and reception. The castle offers various wedding ceremony and reception packages including a wedding planner. Glen Eyrie is home to over 800 acres of stately pines and whispering aspen, lush lawns, sparkling waterfalls and majestic sandstone rock faces.</p> <p><b>A Rocky Mountain High Wedding</b> International couples looking for an alternative to a fantasy wedding that offers a real and natural experience should look no further than the <b>Gunnison-Crested Butte Valley</b> in southwest Colorado. The Gunnison-Crested Butte Wedding Council and Gunnison-Crested Butte Tourism Association, offer excellent tips for planning an outstanding and affordable destination wedding. Local planners can put all of the details together for couples, and with today's technology make sure everything is planned to their specifications. "That's so important when working with our international brides and grooms," says Jane Chaney, executive director of the Gunnison-Crested Butte Tourism Association. "And, if affordability is important, you'll find Gunnison-Crested Butte to be a great choice as well. Our wedding experts create a plan tailored to each couple, identifying just the right price points for things such as lodging, music, flowers, location, food and beverage." <a href="http://www.gunnisoncrestedbutteweddings.com">www.gunnisoncrestedbutteweddings.com</a> and <a href="http://www.GunnisonCrestedButte.com">www.GunnisonCrestedButte.com</a></p>
<b>Seniors</b>	<p>The great thing about Colorado's mighty mountains is that they are so accessible. For Seniors, this is perfect: you can reach the mountain tops by vehicle or train and enjoy the same great vista as the youngsters who have hiked up the hard way!</p>

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<b>UNIQUES</b>	<p><b>Colorado is a state of the highest!</b></p> <ul style="list-style-type: none"><li>- <b>Trail Ridge Road</b>, the highest continuous U.S. highway, leaves Rocky Mountain National Park on the east and soars to 12,183 feet as it crosses the Continental Divide to the Western Slope.</li><li>- <b>The highest paved road</b> in North America is the road to Mt. Evans off of I-70 from Idaho Springs. The road climbs up to 14,258 feet above sea level.</li><li>- <b>The Dwight Eisenhower Memorial Tunnel</b> between Clear Creek &amp; Summit counties is the highest auto tunnel in the world. Bored at an elevation of 11,000 feet under the Continental Divide, it is 8,960 feet long.</li><li>- <b>Leadville</b> is the highest incorporated city in the United States at 10,430 feet elevation. Because there were many "silver" named towns at the time, the founding fathers suggested Leadville.</li><li>- <b>Pikes Peak</b>: It was on top of nearby Pikes Peak in 1893 that Katherine Lee Bates was inspired to write the words to "America the Beautiful."</li><li>- <b>Mount Evans</b> has the highest paved auto road in North America snaking its way to the 14,260 foot (4,346 m) summit. The free road is open only from June through Labor Day and frequently has snow on it, even in August. The view from the top takes in the entire Front Range. The summit is 97 km from downtown Denver. On your way up the mountain, be sure to stop at the M. Walter Pesman Trail (maintained by Denver Botanic Gardens) for a wildflower hike. You won't see anything like the rare flowers and 1,500-year-old bristlecone pine trees anywhere in the world. The trail winds through subalpine and alpine areas where wildflowers and animals of the fragile tundra live. Volunteer guides from Denver Botanic Gardens give interpreted hikes that follow the trail throughout the summer.</li></ul>
<b>Surprising</b>	<p>The point where the Arikaree River flows out of Yuma County, Colorado, and into Cheyenne County, Kansas, is the lowest point in the State of Colorado at 3,315 feet (1,010 m) elevation. This crossing point holds the distinction of being <b>the highest low point of any U.S. state.</b></p>
<b>History</b>	<p>To a lot of people, Colorado means the Old West. But in the grand scheme of things, the Old West isn't really that old at all. Archeologists speculate that hunters from Siberia crossed into Colorado 11,000 years ago – even before that dinosaurs roamed the state. In relatively recent history, the <b>Ancestral Puebloans</b> inhabited the southwest region of Colorado. Today, you can walk in dinosaur tracks in the Picketwire Canyon in Southeast Colorado or see the petrified remains in Dinosaur National Monument in Northwest Colorado. The rock art on canyon walls and cliff dwellings, such as Mesa Verde National Park is remaining pieces of the ancient people who called this state home. The territory that ultimately became Colorado was added to the United</p>

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	States by the <b>1803 Louisiana Purchase</b> and the 1848 Mexican Cession. The Colorado Gold Rush of 1859 brought many settlers to the Denver area, though the population collapsed following an initial mining boom. The Colorado Territory was organized as a United States territory on February 28, 1861, and Colorado attained statehood August 1, 1876, (earning it the moniker the "Centennial State"). Colorado women were granted the right to vote starting on November 7, 1893.
<b>Books</b>	<b>Frommer's Colorado</b> – the bible of guide books to the state. <b>Taking the Old Highway</b> by Brad Modesitt – an entertaining account of his canoe journey from Fort Collins in Colorado all the way down to New Orleans.
<b>1000 Places to See Before You Die</b>	There are seven in the state... <b>Aspen</b> – most famous and sophisticated ski resort; <b>Home Ranch, Clark</b> – dude ranch, more cattle baron than cow-poke; <b>Mesa Verde National Park</b> – see National parks section below <b>Durango and Silverton Railway</b> - The D&SNGRR operates coal-fired, steam-powered locomotives, from Durango to Silverton, through the remote wilderness and high-mountain landscape of the San Juan National Forest.; <b>Rocky Mountain National Park</b> ; for my Travel Blog, go to: <a href="http://christalkstravel.blogspot.com/2009/06/rocky-mountain-national-park.html">http://christalkstravel.blogspot.com/2009/06/rocky-mountain-national-park.html</a> <b>Telluride</b> – festival capital of the Rockies; <b>Vail</b> – America's largest single mountain ski resort
<b>Must Sees</b>	<b>Sunrise Breakfast on the Colorado National Monument at the Bookcliff Overlook</b> This is noted by Outside Magazine and USA Today as one of the top 10 best places for solitude in the US. The Monument features 11 canyons, 20,000 acres of arched windows, rock spires and natural monoliths - all thrown by the hands of wind and rain over millions of years. Colorado National Monument, Fruita, CO 81521 Tel: 970-858-3617 <a href="http://www.nps.gov/colm.com">www.nps.gov/colm.com</a>

<b>SPORTS ACTIVITIES</b>	Colorado is the least populous state with a franchise in each of the major professional sports leagues. The state is able to support the teams largely because it contains a large metropolitan area with a higher population than any other city within 885 km. The teams are: <b>Colorado Rockies Baseball Major League Baseball</b> <b>Denver Broncos Football National Football League</b> <b>Colorado Avalanche Ice hockey National Hockey League</b> <b>Denver Nuggets Basketball National Basketball Association</b>
<b>Golf</b>	There's nothing like a round of golf in Colorado to make you feel better about your game. Just tee one up and see how far it flies in the thin mountain air. A <b>golf ball flies on average ten percent farther in</b>

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	<p><b>Colorado</b> than other states because of the altitude. It flies even farther at higher altitudes (above 7,000 feet). Colorado has nearly 100 of the most beautiful golf courses you'll find anywhere. You'll find award-winning courses, perfect for any skill level, throughout every part of the state, designed by the biggest names in the game. And nowhere else provides as much variety as Colorado. From beautiful mountain views to links courses, Colorado's terrain and elevation makes for countless golfing experiences. For a truly amazing experience, why not go golfing and skiing – all in the same day. Denver alone has over 90 golf courses and they remain open all year. Here is one suggestion:</p> <p><b>Cougar Canyon:</b> Play Golfweek Magazine's "#1 Best Course You Can Play in Colorado," Cougar Canyon Golf Links, and stay in a suite at Cougar Canyon Resort and Spa, a southern Colorado retreat without equal.</p>
<b>Fishing</b>	<p>With 8,000 miles of rivers and more than 2,000 lakes, Colorado has some of the best, and most abundant, fishing you'll find anywhere. Not to mention the incredible natural beauty that surrounds it all. Go to: <a href="http://wildlife.state.co.us/Fishing">http://wildlife.state.co.us/Fishing</a> for more info.</p>
<b>Horse riding</b>	<p><b>Dude Ranches:</b> For a ropin' good time, lasso your way around Colorado during a visit to one of the state's 32 dude and guest ranches, where you'll experience an authentic taste of the Old West. Serving up Western hospitality since 1946, C Lazy U, located on 8,000 acres of Colorado wilderness outside of Granby, offers the ultimate family vacation. For the kids, the ranch offers "kids' only" programs mastering the skills of cowboys and cowgirls. When the dinner bell rings, bring your appetite for cowboy-sized portions of Rocky Mountain trout, rosemary rack of lamb and sinful desserts. Within a short drive from Denver, you'll be ready to kick up your cowboy boots at North Fork Guest Ranch, in Shawnee. Whether you're a seasoned horseman, hunting enthusiast or nature lover, the ranch has plotted your course for unique Western adventure — from trail rides and whitewater rafting to pony rides for the younger cowboys and cowgirls.</p> <p>Ever since the <b>world's first rodeo was held in Deer Trail, Colorado</b>, in 1869, cowboys have been riding and roping in the state. In addition to the Pro Rodeo Hall of Fame in Colorado Springs, you'll find great rodeos all over the Colorado, all year long.</p> <p><b>Drowsy Water Ranch</b> PO Box 147 Granby, CO 80446-0147 Tel: 970-725-3456 <a href="http://www.drowsywater.com">www.drowsywater.com</a> For over 70 years this 600 acre family guest ranch, nestled in its own private mountain valley, has provided folks from around the world with authentic western ranch vacations. Under the same ownership and</p>

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	<p>management since 1977, the Fosha's Drowsy Water Ranch has developed a reputation for quality Colorado Dude Ranch vacations. I had a great time there on a recent trip – see my Travel Blog at: <a href="http://christalkstravel.blogspot.com/2009/06/drousy-water-dude-ranch.html">http://christalkstravel.blogspot.com/2009/06/drousy-water-dude-ranch.html</a></p>
<b>Hiking</b>	<p>For every mountain range in Colorado, there are dozens of valleys to explore. And for nearly every valley, you'll find a trail. No matter where you go, you'll find amazing scenery, incredible wildlife and adventure around every turn. The National Parks all have great trails too. Denver has one of the USA's largest urban trail systems.</p>
<b>Cycling</b>	<p><b>Denver Bike Tours</b> - Mountain bike in Colorado with these guided bike tours of the city and local mountain bike trails. Rental bikes and hotel pick up are available. Experience breathtaking single-track in the mountains or go for a spin on the local bike path.</p> <p><b>Canyon Bikes</b> offer a 16-mile trail in scenic Glenwood Canyon. Bike rentals and a shuttle service offers easy downhill rides for the entire family. It's one of the best bike rides around and is open mid-March to October; reservations are recommended.</p>
<b>Rafting</b>	<p>The most popular river for rafting is the <b>Arkansas</b>, which has its headwaters on Mount Democrat near Leadville and drops 10,000 feet in 200kms (to Pueblo), where it continues through southeast Colorado, across Kansas, and eventually into the Mississippi River. The river includes almost all classes of rapids, depending upon which section you tackle, and one of the most exciting is through the Royal Gorge near Canon City. Other popular spots include the <b>Colorado River</b>, through Glenwood Canyon and down to Grand Junction, near the Utah border; the <b>Green River</b>, which bisects remote Dinosaur National Monument; and the Dolores River in southwest Colorado</p>
<b>Skiing</b>	<p>With tens-of-thousands of acres of skiable terrain, high-speed lifts and a wide distribution of areas throughout the state, Colorado's 26 ski resorts remain the top destination for in-the-know skiers and snowboarders. It's well-known that Colorado's resorts offer some of the best traditional downhills in the world, but did you know they also offer challenging bowls, exciting moguls, vast backcountry and energetic winter festivals?</p> <p>Of the four mountains in <b>Aspen/Snowmass</b>, Aspen Mountain is the poster boy. Now in its 62nd year of operation, this ski resort has seen a number of improvements made to its already award-winning location. Its workhorse gondola, the Silver Queen, has undergone a major renovation. 147 Swiss-made cabins, with windows reaching nearly floor to ceiling, allow you to take in breathtaking views of the Rocky Mountains before you disembark and bomb down the slopes. Don't ski? Don't worry. Downtown Aspen is a boutique shopper's paradise.</p>

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<b>CULTURE</b>	
<b>Arts</b>	<p><b>Denver Art Museum</b>  100 W 14th Ave Pkwy  <a href="http://www.denverartmuseum.org">www.denverartmuseum.org</a></p> <p>With more than 40,000 works of art, the Denver Art Museum has the largest and most comprehensive collection of world art between Kansas City and the West Coast. The museum contains a diverse collection of art from all over the world, including Western American art.</p> <p><b>Tutankhamun: The Golden King and the Great Pharaohs</b>  July 1, 2010 – Jan. 2, 2011 at the Denver Art Museum  If you missed this blockbuster exhibition in Toronto earlier this year, then don't miss it here in Denver!</p>
<b>Music</b>	<p><b>Red Rocks Park and Amphitheater, Denver</b>  Just 25kms west of Denver, Red Rocks Park is a beautiful place to see a concert. Around you are 868 acres of deer, dinosaurs, pines and prairie, geological wonders and spectacular vistas. At 6,450 feet above sea level, Red Rocks Park is a unique transitional zone where the Great Plains meet the Rocky Mountains. The diverse environment allows visitors to see plants, birds and animals of both regions. Red Rocks Amphitheatre is a geological phenomenon – the only naturally occurring, acoustically perfect amphitheatre in the world. From Sting and The Beatles, to opera stars and U2, every artist aspires to play on this magical, spiritual and emotional stage.  <a href="http://www.redrocksonline.com">www.redrocksonline.com</a></p> <p><b>The Denver Botanic Gardens' annual summer concert series</b> is jam-packed with stars again in 2010 for the 30<sup>th</sup> season, including Chick Corea (June 14), Steve Martin (June 15) and Natalie Cole (July 1). Each show takes place at the Gardens' York Street location – bring a blanket or lawn chair along with a bottle of wine and a picnic dinner. A word to the wise: virtually all Botanic Gardens concerts sell out – so get your tickets early!</p>
<b>Films</b>	<p>The first film made in Colorado was filmed in Denver in 1897. Since then, there have been hundreds of other films, television shows, commercials, music videos and still photo shoots.</p> <p>One of my recent favourite films, The Bucket List (2007) with Jack Nicholson, Morgan Freeman was filmed partly in Colorado.</p> <p>And the Durango and Silverton Railway has played a role in a dozen films including Around the World in 80 Days (1956), How the West Was Won (1963) and Butch Cassidy and the Sundance Kid (1969).</p>
<b>Museums</b>	<p><b>Denver Museum of Nature &amp; Science</b>  2001 Colorado Blvd., Denver  <a href="http://www.dmns.org/">http://www.dmns.org/</a></p>

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	<p>Visit the top family attraction in Denver (2004 Zagat Family Travel Guide). Explore fantastic fossils, stimulating space science activities, view amazing gems and minerals, Egyptian mummies, and much more. Watch exciting IMAX films and visit one of the best planetariums in the country. The dinosaur exhibit is first rate and I have included this in my Top 10 Dinosaur destinations at:  <a href="http://www.chrisrobinsontravelshow.ca/images/upload/ChrisFavouriteDinosaurPlaces.pdf">http://www.chrisrobinsontravelshow.ca/images/upload/ChrisFavouriteDinosaurPlaces.pdf</a></p> <p>Denver's "littlest" museum is found just south of downtown at the Pearce-McAllister Cottage, housing the <b>Denver Museum of Miniatures, Dolls and Toys</b>.</p> <p><b>Buffalo Bill's Grave &amp; Museum</b> in Denver is filled with memorabilia honoring the famous frontier scout, showman and Pony Express rider, William F. Cody. Gun collections and posters from the Wild West Show are some of the items found here.</p> <p><b>Gunnison Pioneer Museum</b>        803 East Tomichi Avenue, Gunnison, CO 81230 970-641-4530        The Museum grounds, its 18 buildings, the artifacts and memorabilia that make up the many displays date back to the early settlers. The Museum's collections represent the cultural history and heritage of the people of Gunnison County. The D&amp;RG narrow gauge Railroad came over Marshall Pass to Gunnison on August 6, 1881. The Denver South Park and Pacific came to Gunnison via the Alpine Tunnel a year later on September 1, 1882. The Museum's narrow gauge train consists of the D&amp;RG Engine #268, a flanger, a gondola, a boxcar, a livestock car and a caboose.  <a href="http://www.gunnisoncrestedbutte.com/activity/pioneer-museum">http://www.gunnisoncrestedbutte.com/activity/pioneer-museum</a></p> <p><b>Crested Butte Heritage Museum</b>        The Crested Butte Mountain Heritage Museum occupies one of the oldest buildings in Crested Butte in Central Colorado. Built in 1883 as a blacksmith shop, the Crested Butte Hardware Store, referred to as Tony's Conoco, opened the first retail gas pump in 1911. The building served as a local gathering spot for decades as old timers caught up, welcomed new comers and told stories around the pot belly coal stove.  <a href="http://www.crestedbutteheritagemuseum.com">http://www.crestedbutteheritagemuseum.com</a></p>
<b>Festivals</b>	<p><b>Denver Summer Festivals:</b> During the summer months in the Mile High City, a week doesn't go by without at least one amazing festival taking place. From Memorial Day in May until Labor Day in September, the weekends are filled with arts, entertainment, food and more, all with</p>

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a distinctly Denver twist. Check out some of the biggest and best ones below.

### **Biennial of The Americas**

When: July 1 – July 31, 2010

The Americas are coming to Denver during the Biennial of the Americas: Denver 2010. The festival celebrates the art, culture and ideas from 35 countries in the Western Hemisphere. Art exhibits, live music, cultural programming and roundtable discussions culminate in a citywide event throughout the month of July. It's one of the most exciting international events of 2010, and one of the biggest cultural happenings Denver has ever hosted.

### **Capitol Hill People's Fair**

When: Saturday, June 6 - Sunday, June 7, 2009

Where: Civic Center Park, Denver

More Info: [www.chundenver.org](http://www.chundenver.org)

The Capitol Hill People's Fair is a celebration of Denver's diverse urban community. The uniqueness and magic of Capitol Hill People's Fair is created by the careful blending of great family fun, carefully selected handmade arts & crafts, delicious culinary delights, fabulous entertainment and the commitment to raise funds for and promote the missions of non-profit organizations.

### **Piazza dell'Arte**

When: Saturday, June 5 - Sunday, June 6, 2010

Where: Larimer Square, Denver

More Info: [www.larimerarts.org](http://www.larimerarts.org)

A little bit of Italy comes to the Mile High City this summer, thanks to the 6th annual La Piazza dell'Arte festival. The art you'll encounter during the festival isn't in galleries -- it's on the pavement! The event features more than 150 professional and amateur artists who will spend hours on their hands and knees over the course of two days transforming Larimer Square into a bright and colorful street museum using vivid pastel chalks.

### **Juneteenth**

When: June 19, 2010

Where: Historic Five Points Cultural District, Denver

More Info: [www.denverjuneteenth.org](http://www.denverjuneteenth.org)

Juneteenth is the time the African American community comes together to honor the past and pay respect for the sufferings of slavery. However, it is also the time the community comes together to celebrate and share the beauty and richness of the African American culture. The

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celebration will serve as a showcase for community organizations and afro-centric vendors, event sponsors, and some of the areas best African American caterers and restaurants. In addition, this year's celebration will have designated areas that focus on art, education, health, and entrepreneurship. And as in the past, the event will kick off with a parade and a full day of entertainment.

### **Denver PrideFest**

When: Saturday, June 19 - Sunday, June 20, 2010

Where: Civic Center Park, Denver

More Info: [www.denverpridefest.org](http://www.denverpridefest.org)

Denver's Gay, Lesbian, Bisexual and Transgender (GLBT) community throws an enormous party every summer with PrideFest in Civic Center Park. Recognized as one of the top ten pride events in the country, Denver's PrideFest is a celebration of community and culture that is welcoming -- and fun! -- to all attendees, regardless of sexual orientation. Produced by the Gay Lesbian Bisexual & Transgender Community Center of Colorado, the two-day festival gets bigger. Last year attracted more than 200,000 people from Colorado and the surrounding areas. This year should draw even more revelers.

### **Cherry Creek Arts Festival**

When: Friday, July 3 - Sunday, July 5, 2010

Where: Cherry Creek North, Denver

More Info: [www.cherryarts.org](http://www.cherryarts.org)

The arts festival weekend event is a world-class and award-winning celebration of the visual, culinary and performing arts, and enjoys an attendance of 350,000 visitors over the 3-day event. CCAF gives patrons the rare and special opportunity to meet and talk with international visual artists, sample fine cuisine, visit special exhibits and artist demonstrations, and entertain their families with interactive 'Activities' and exciting performing arts.

### **Denver Black Arts Festival**

When: Friday, July 9 - Sunday, July 11, 2010

Where: City Park West, Denver

More Info: [www.denbaf.org](http://www.denbaf.org)

This three-day festival will present an array of exciting African-American arts and cultural Delights. A wide array of art will adorn the grounds and live music from the people of African descent will give way to a memorable weekend.

### **Buffalo Bill Days**

When: Wednesday, July 21 - Sunday, July 25, 2010

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Where: Golden

More Info: <http://www.buffalobilldays.com>

Wild West fans take note! The legacy of Buffalo Bill is celebrated in the city of Golden with a Wild West Show, burro race, games, food and a Western parade. The event dates back to the 1950s, beginning as a trail ride up Lookout Mountain to Buffalo Bill's grave. Since then, the event has expanded and is now the largest community festival held in Golden.

### **Dragon Boat Festival**

When: Saturday, July 24 - Sunday, July 25, 2010

Where: Sloan's Lake Park, Denver

More Info: [www.cdbf.org](http://www.cdbf.org)

Founded in 2001 to celebrate Colorado's rich Asian Pacific American (APA) culture, the Colorado Dragon Boat Festival has become the region's fastest growing fun, family-friendly summer festival. Named "Top Annual Festival" by the Rocky Mountain News and a "Best of Denver" event by Westword, it offers festival-goers the opportunity to explore APA customs through performances, arts and crafts, shopping, dining and the exciting athletic competition of dragon boat racing. This year's Colorado Dragon Boat races will expand to two full days and include both competitive and recreational divisions.

### **Golden Fine Arts Festival**

When: August 21 - August 22, 2010

Where: 11th St. and Arapahoe St., Golden

More Info: [www.goldenfineartsfestival.org](http://www.goldenfineartsfestival.org)

Come browse a variety of beautiful art at this wonderful arts extravaganza. More than 35,000 people attend the Golden Fine Arts Festival, which is becoming increasingly well known for its quality, affordability and ambiance. The festival hosts more than 140 high-quality artists in a variety of media, including ceramic arts, fiber arts, glass, jewelry, mixed media, painting, photography, sculpture. These artists all attend to their own booths - no artists' representatives here - and all artists have committed themselves to more than half their displayed work being original pieces, not reproductions.

### **A Taste of Colorado**

When: Friday, Sept. 3 - Monday Sept. 6, 2010

Where: Civic Center Park

More Info: [www.atasteofcolorado.com](http://www.atasteofcolorado.com)

A Taste of Colorado stands proud as the end-of-summer celebration of community pride and spirit in the Denver region. Over 500,000 people make the four-day Festival their Labor Day Weekend celebration and enjoy the offerings of over 50 area restaurants, 250 marketplace

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	artisans and vendors, seven stages, and educational programs promoting the diverse cultural and western heritage of the region.
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<b>ATTRACTIONS</b>	
<b>Green Colorado</b>	<p><b>Boulder's Open Space &amp; Mountain Parks</b> program is the product of a long history of actions taken by the city of Boulder government and the people of Boulder in response to their concern for the preservation of buffer areas and the mountain backdrop. In 1898, when the Boulder Valley stretched wide and mostly unspoiled from the Front Range of the Rocky Mountains to the far horizon of the plains, residents of the young community of Boulder began preserving land. Their first purchase was the alfalfa fields and apple orchards planted by the Batchelder family, the lovely area now known as Chautauqua Park. City of Boulder Open Space and Mountain Parks PO Box 791, Boulder, CO 80302 <a href="http://www.bouldercolorado.gov/index.php">www.bouldercolorado.gov/index.php</a></p> <p><b>National Center for Atmospheric Research (NCAR)</b> Explore the three floors of weather, climate, and technology-focused exhibits and discover the weather trail. 1850 Table Mesa Drive, Boulder CO 80302 <a href="http://www.eo.ucar.edu/visit">www.eo.ucar.edu/visit</a></p>
<b>Wildlife</b>	<p>Colorado is a nature lover's paradise. From big horn sheep to black bears, peregrine falcons to pronghorns, native Coloradans come in all shapes and sizes. With more than 960 species in Colorado, our abundant wildlife can be viewed in hundreds of designated areas around the state. You'll also find towering aspen trees, the Rocky Mountain Columbine (state flower) and countless other forms of plant life throughout the state's diverse terrain.</p> <p><b>Denver Zoo</b> 2300 Steele St. Denver <a href="http://www.denverzoo.org">www.denverzoo.org</a> The Denver Zoo, located in City Park, spans more than 75 acres and is home to nearly 4,000 animals including rare Amur leopards, okapi, black rhinoceros, elephants, vampire bats, orangutan, Komodo dragons and more. The 113-year-old Denver Zoo is consistently among the most popular paid attractions in the Denver metropolitan area and among the top 10 zoos in the country.</p>
<b>Parks</b>	<p><b>Mesa Verde National Park:</b> The Mesa Verde landscape in the American southwest is considered to be the type site of the prehistoric Ancestral Puebloan culture, which lasted for some nine hundred years from c 450 to 1300, on this plateau in south-west Colorado at an altitude</p>

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of more than 2600 meters (8,500 feet). There is a great concentration of spectacular Pueblo Indian dwellings. Some 600 'cliff dwellings' have been recorded within Mesa Verde National Park, including the famous multi-storey ones such as Cliff Palace, Balcony House, and Square Tower House, built of sandstone and mud mortar, and an additional 4100 archaeological sites have been discovered. New discoveries are routinely made. The exceptional archaeological sites of the Mesa Verde landscape provide eloquent testimony to the ancient cultural traditions of Native American tribes. They represent a graphic link between the past and present ways of life of the Puebloan Peoples of the American south-west. In 1978, Mesa Verde National Park was named a World Heritage Site in recognition of its exceptional archaeological relevance – including its spectacular cliff dwellings tucked into the sandstone alcoves of its steep-walled canyons. These fascinating cliff dwellings were built by the Ancestral Puebloans (previously known as the Anasazi) in the late 12th and 13th centuries. Guided tours are available for park visitors. Additionally, many prehistoric villages and archaeological sites found on mesa tops, provide a link to North America's prehistoric past.

**Great Sand Dunes NP:** Nowhere else in the United States do mountains of sand stand higher than here in the Rocky Mountains. The tallest dune towers 750 feet high at an elevation of 8,700 feet above sea level. The entire dune field itself encompasses 30-square miles within the 150,000-acre park. Aside from the dunes, this national park provides ample camping and hiking opportunities. Four-wheel driving is also available along the challenging Medano Pass — an off-road route that stretches roughly 40kms from within park to the town of Gardner. Explore the tallest dunes in North America. Whether hiking, sliding, or exploring in a dunes wheelchair, the Great Sand Dunes are a unique wilderness area protected for all to enjoy.

<http://www.nps.gov/grsa/index.htm>

**Rocky Mountain National Park:** This park encompasses the pure and natural beauty of the region. With high-mountain lakes and streams, peaks more than 14,000 feet, thick evergreen forests and thousands of acres of wildlife, this park conjures up what most people imagine when they think of the Rockies. Open from Memorial Day to late autumn, Trail Ridge Road — topping out at 12,183 feet — is the highest continuous paved road in the United States. And it one of the most breath-taking road trips I have ever experienced.

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	<p><b>Black Canyon of the Gunnison National Park:</b> No other canyon in North America combines the narrow opening, sheer walls, and startling depths offered by the Black Canyon of the Gunnison. There are hiking and ranger-guided programs. The Black Canyon of the Gunnison's unique and spectacular landscape was formed slowly by the action of water and rock scouring down through hard Proterozoic crystalline rock. The South Rim Drive is 12kms from Tomichi Point to High Point, and has 12 overlooks. Most are reached by walking a short trail. Allow 2-3 hours to view several overlooks. Those with limited time should consider stopping at Gunnison Point, Chasm View, Painted Wall and Sunset View. The South Rim Visitor Center, which features exhibits on the canyon, is located at Gunnison Point and has exhibits, introductory film, publications and Junior Ranger program for kids.</p> <p><a href="http://www.nps.gov/blca/index.htm">http://www.nps.gov/blca/index.htm</a></p>
<b>Gardens</b>	<p>Denver has 200 parks with lakes, flower gardens and mountain views – the largest city park system in the nation.</p> <p><b>Denver Botanic Gardens</b> 1005 York Street, Denver <a href="http://denverbotanicgardens.org/">http://denverbotanicgardens.org/</a></p> <p>Denver Botanic Gardens has been a favorite Denver destination for 50 years. Art and science unite in the gardens' spectacular 23-acre site, offering an unforgettable experience for the whole family, as well as a living laboratory for education and plant conservation programs. Enjoy and Birds and Bess Walk, picnic next to the lily pond in the Monet Garden, or absorb the fragrance of the Herb Garden.</p> <p><b>Garden of the Gods:</b> The Garden of the Gods is a public park located in Colorado Springs. It contains red sandstone hogback formations, similar to the Red Rocks south of Denver. The name Colorado is said to come from the color of this sandstone. The hogbacks are ridges of sandstone, whose layers are tilted. Instead of lying horizontally, some layers are even vertically oriented. Each hogback can range up to several hundred feet long, some as tall as 50 feet from ground level. Their shapes indeed resemble the backs and spines of a pig. Entrance to the park is free, according to the wish of Charles Elliott Perkins, whose children donated the land to the city of Colorado Springs in 1909. It contains numerous trails for hiking, walking, mountain biking and horseback riding. Many of the most popular trails are paved, in an effort to combat the rampant erosion of the park's land caused by its numerous visitors.</p>
<b>Historical Sites</b>	<p><b>Fort Garland Museum:</b> Visit this restored frontier adobe fort, built in 1858 to create a military presence in the San Luis Valley. The fort was once commanded by the</p>

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	legendary frontiersman Kit Carson. Buffalo Soldiers who helped protect the valley were stationed at the fort.
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<b>OTHER ACTIVITIES</b>	
<b>Shopping</b>	<p>Whether you're looking for the latest fashions or rare antiques, you'll find it in Colorado. From major shopping districts to exclusive boutiques, brand names to one-of-a-kind creations, Colorado offers great shopping all over the state. A day of shopping can lead you from outlet malls to world-class stylish salons, where you'll find jewelry, clothing, collectibles, art, historical memorabilia and souvenirs – just to start with. Be sure to leave room in your suitcase for everything you'll be bringing back home.</p> <p><b>The 16th Street Mall</b> in Denver is a mile-long pedestrian promenade through the heart of downtown Denver, lined with shops, department stores and outdoor cafes. Free buses leave either end as often as every 90 seconds, making this the best spot for "people watching" in the city. In summer, the Mall is decorated with 25,000 flowers.</p> <p><b>Tattered Cover</b>, 1628 16th Street, Denver is one of the nation's largest independent bookstores and housed in a restored mercantile building.</p> <p><b>Rockmount Ranch Wear</b>, 1626 Wazee St., Denver: Papa Jack Weil, who at 106 is the oldest working CEO in America (he comes in every weekday)... invented the snapbutton western shirt worn by everyone from Ronald Reagan to Elvis to Eric Clapton, who is a frequent shopper. There's a little museum in the shop.</p> <p><b>Pearl Street Mall, Boulder</b>          Pearl Street and The Pearl Street Mall are the heart and soul of Boulder and the perfect spot to experience Boulder's distinctive lifestyle. Most of the restaurants and shops are independently owned; some of the shops are wind powered and the free WiFi is solar powered. It is a national model for other downtown areas throughout the country.          Downtown Boulder Inc. 1942 Broadway, Suite 301, Boulder, CO  <a href="http://www.boulderdowntown.com">www.boulderdowntown.com</a></p>
<b>Markets</b>	<p>There are Farmers Markets all over the state. To find one near your route, go to <a href="http://www.coloradofarmers.org/find_a_market.htm">http://www.coloradofarmers.org/find_a_market.htm</a></p> <p><b>Old South Pearl Street</b> is South Denver's favorite market destination. Unique shopping, excellent dining and community minded businesses in a delightful, pedestrian friendly setting.</p>
<b>Nightlife</b>	<p><b>Denver Performing Arts Complex</b> has 10 theatres seating 10,000 people and is second only to New York's Lincoln Center. The complex includes the new Ellie Caulkins Opera House, which opened in 2005</p>

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	and has been declared one of the finest acoustical halls in the nation. <b>Jazz at Jack's</b> - Denver's premier jazz room. This intimate, unique and very sexy venue features local and national talent performing contemporary and mainstream jazz, latin and even the blues.
<b>Casinos</b>	The city of <b>Blackhawk</b> offers the big names of the casino world, while neighboring <b>Central City's</b> casino row looks like it could have been pulled out of a John Wayne flick. Cripple Creek's Old West-themed gambling district evokes a similar feel, while Colorado's two Ute Native American casinos are open 24 hours a day, seven days a week.

<b>CUISINE</b>	
<b>Food</b>	A popular local dish is <b>buffalo</b> . High in protein, lower in fat, calories and cholesterol than chicken, buffalo is gaining popularity among health conscious diners and is offered at numerous restaurants in Denver.
<b>Breweries and Wineries</b>	<p>From ales to stouts, lagers to porters, Colorado brews more beer than any other state. <b>Colorado has more microbreweries per capita than any other state.</b> Giants like Coors in Golden and Budweiser in Fort Collins anchor hundreds of smaller breweries specializing in handcrafted brews. Take a tour and enjoy fresh-from-the-tank pours. If you can't fit that in, there's always time to duck into one of the many bars and pubs serving Colorado's finest. Quenching one's thirst has never tasted so good.</p> <p>If beer's not your beverage, Colorado's wine country is establishing itself as one of the country's best. Wineries can be found along the Front Range and across the western slope of the state, including several in the picturesque town of Palisade. Enjoy a hearty cabernet or crisp chardonnay after a relaxing tour of the vineyards.</p> <p><b>New Belgium Brewery</b>  500 Linden, Fort Collins, CO 80524  Tel: 970-221-524 <a href="http://www.newbelgium.com">www.newbelgium.com</a>  In 1991, Jeff Lebesch and Kim Jordan homebrewed a version of ales Jeff had sampled while mountain biking in Belgium. The brewery now has a capacity of 150,000 barrels a year and Fat Tire Ale continues to sweep the nation. New Belgium is employee owned and known for its environmental stewardship.</p> <p><b>Winery Tours in Palisade</b> in northwest Colorado are a surprise and a delight: excellent wines grown in a spectacular setting -</p> <p><b>Plum Creek Cellars</b>  3708 G Road, Palisade, CO 81526  Tel: 970-464-7586  <a href="http://www.plumcreekwinery.com">www.plumcreekwinery.com</a></p>

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	<p><b>Canyon Wind</b>  3907 North River Road, Palisade, CO 81526  Tel: 970-464-0888  <a href="http://www.canyonwindcellars.com">www.canyonwindcellars.com</a></p> <p><b>Varaison Vineyards &amp; Winery</b>  405 West First Street, Palisade, CO 81526  Tel: 970-464-4928  <a href="http://www.varaisonvineyards.com">www.varaisonvineyards.com</a></p>
<b>Restaurants</b>	<p>There are more than 2,000 restaurants in the Denver metro area alone, serving unique native dishes such as buffalo burgers and rattlesnake tails. Find out why Denver beers are an attraction all their own - more than 80 different beers are brewed here.</p> <p><b>Buckhorn Exchange</b> - Denver's 113-year-old restaurant and saloon. Serving prime beef and buffalo steaks, ribs and elk in a genuine Old West setting.</p> <p><b>Root Down</b> – is a new restaurant in Denver at 1600 W. 33rd Ave. Denver that I can personally recommend.  <a href="http://www.rootdowndenver.com">http://www.rootdowndenver.com</a></p> <p><b>Summit</b> is The Broadmoor's (in Colorado Springs) newest restaurant, designed by Adam D. Tihany. Its contemporary design provides a counterpoint to the classic majesty of the resort. Summit is an American Brasserie with an eclectic, innovative wine and cocktail program and has been honored in the Robb Report for "Best of the Best", and Esquire's "Best New Restaurants", along with "Best New Design". The menu's guiding principle is American Brasserie, which starts with classical cooking techniques and adds the finest American produce found seasonally around the country. Whether it's Colorado corn in September, Nantucket Bay scallops in November, or heirloom tomatoes from the heartland in the summer, Summit's bill of fare finds strength in a vibrant nationwide network of top-shelf vendors providing the kitchen with the best possible ingredients.</p> <p><b>TAG</b> at 1441 Larimer Street, Denver: Chef Troy Guard's home to continental social food offers urban progressive dining in an intimate 125-seat setting right in the heart of Downtown's Larimer Square (303) 288-7700, <a href="http://www.tag-restaurant.com">www.tag-restaurant.com</a></p> <p><b>Timberline Restaurant</b> at 201 Elk Avenue, Crested Butte, CO 81224</p>

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	<p>Tim Egelhoff and family welcome you to their mountain creation with open arms. A warm, small-town atmosphere and friendly service await you when you come for dinner, albeit with all of the style and quality of the finest metropolitan restaurants. It's a local favourite. 970-349-9831     <a href="http://www.timberlinerrestaurant.com">http://www.timberlinerrestaurant.com</a></p> <p><b>Seasons Rotisserie &amp; Grill, Durango</b> 764 Main Avenue, (970) 382-9790 Seasons provides guests with the rustic charm of the seasons in the San Juan Mountains of Southern Colorado. Located on Main Avenue in the heart of downtown Durango, Seasons is near everything happening in town and the ambience is warm and friendly. <a href="http://www.seasonsofdurango.com">http://www.seasonsofdurango.com</a></p> <p>In Boulder, I loved <b>The West End Tavern</b> on the rooftop deck (open year round) which affords remarkable views of the Flatirons beneath 300 days of sunshine. Fun retro touches such as the slick industrial copper finishes and the antique movie posters &amp; album covers offset the organic wooden floors and earthy feel. This is Boulder local's favorite for a cold brew and some good eats. Big Red Foods supports sustainable practices by participating in the PACE program and purchasing locally grown and produced fruits, vegetables, meats, goat and dairy products. <a href="http://www.thewestendtavern.com">www.thewestendtavern.com</a> 926 Pearl Street, Boulder, CO 80302</p> <p>Dinner was memorable at <b>Jay's Bistro</b> in Fort Collins: Jay's Bistro, 137 W Oak St, Fort Collins, CO 80524 <a href="tel:970-482-1876">Tel:970-482-1876</a></p> <p>I also enjoyed dinner at <b>626 on Rood</b>, a sparkling restaurant/wine bar in Grand Junction 626 Rood Avenue, Grand Junction, CO 81501 Tel: 970-257-7663 <a href="http://www.626onrood.com">www.626onrood.com</a></p>
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<b>MORE INFO</b>	
<b>Brochures</b>	Order a Vacation Guide and Colorado E-Newsletter by phoning: 1-800-COLORADO
<b>Website</b>	<a href="http://www.colorado.com">www.colorado.com</a> has all the information you need for planning your trip to this exciting state.

<b>HOTEL PRIZE PARTNER</b>	<b>Cheyenne Mountain Resort</b> 3225 Broadmoor Valley Road, Colorado Springs, CO
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	<p>Tel: 719-538-4000</p> <p>Website: <a href="http://www.cheyennemountain.com">www.cheyennemountain.com</a></p> <p>This hotel continues to receive accolades and awards from across the country. Set against picturesque mountain views and surrounded by Colorado Springs' naturally breathtaking scenery, Cheyenne Mountain Resort features an impressive range of year-round recreational activities.</p>
<b>Location</b>	<p>Located in Colorado Springs, Cheyenne Mountain Resort is just a 20-minute drive from the Colorado Springs Airport, offering 120 daily flights from 10 commercial airlines. The property is approximately an hour's drive from Denver and Denver International Airport.</p>
<b>Accommodation</b>	<p>Tucked away quietly amid breathtaking vistas awaits 316 finely appointed guest rooms and suites arranged in eight residential lodges across the resort. Surrounded by extraordinary mountain backdrops and picturesque views, each room has been designed to provide the ultimate escape from the everyday. Modern amenities and supreme comfort are perfectly paired with an understated Rocky Mountain inspired décor for the ideal setting for rest and relaxation.</p>
<b>Activities</b>	<p>Set against picturesque mountain views and surrounded by Colorado Springs' naturally breathtaking scenery, this resort features an impressive range of year-round recreational activities, including swimming, golf, tennis, basketball and a full-service workout center with state-of-the-art fitness equipment. You will also find jogging, hiking and biking paths located in the area surrounding the resort.</p>
<b>Restaurants</b>	<p>Three distinctive venues provide something for every taste, from delicious bites and cocktails at Will Rogers Lounge to incredible Colorado Fusion dishes and lavish buffets at the Mountain View Restaurant. Or for a unique setting relax over dinner at the Pineview Restaurant overlooking the golf course.</p>
<b>Spas</b>	<p>Lotus Salon and Spa is located just minutes away from the resort. Take a break from the day and indulge in total bliss with signature salon and spa treatments. This Aveda concept salon offers a variety of services designed to pamper and promote complete relaxation, from contemporary hair design to relaxing massages, complete nail services to pampering facials. <a href="http://www.lotussalonspacs.com">www.lotussalonspacs.com</a></p>
<b>Golf</b>	<p>Designed to challenge players at any level, Cheyenne Mountain Resort features an immaculately groomed 18-hole championship course. Designed by the legendary Pete Dye, lush, tour-quality greens and broad fairways are set alongside a 35-acre lake, the rugged mountain ridgeline and the bright blue southern Colorado sky. Over 300 days of sunshine make this course perfect to swing away on all year long.</p>

<b>CURRENT DEALS</b>	<p>There are some tremendous deals to be enjoyed in Colorado for Canadians this year. A good place to start is the Denver website's</p>
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	<p>section of special offers:  <a href="http://www.denver.org/what-to-do/denver5280deals?utm_source=VISITDENVERemail&amp;utm_medium=Email&amp;utm_term=Denver5280Deals&amp;utm_content=Link&amp;utm_campaign=National">http://www.denver.org/what-to-do/denver5280deals?utm_source=VISITDENVERemail&amp;utm_medium=Email&amp;utm_term=Denver5280Deals&amp;utm_content=Link&amp;utm_campaign=National</a>            Here you will find tons of offers priced at US\$52.80 – a play on the height of the Mile High City and good news for deal-hungry Canadians!</p>
<b>PERSONAL EXPERIENCES</b>	<p><b>2009</b>  <b>Denver:</b> Art Museum, Denver Zoo, Botanic Gardens, Museum of Nature and Science, Brown Palace Hotel, Root Down Restaurant   <b>Boulder:</b> Chautauqua Open Space, Pearl Street Mall, National Center for Atmospheric Research, The West End tavern   <b>Fort Collins:</b> New Belgium Brewery, The Armstrong Hotel, Jay's Bistro, Silver Grill   <b>Rocky Mountain National Park</b>  <b>Drowsy Water Dude Ranch</b>  <b>Glenwood Springs Caverns Adventure Park</b>  <b>Aspen:</b> Gondola, Hotel Jerome  <b>Palisade Wineries:</b> Plum Creek Cellars, Canyon Wind, Varaison Vineyards and Winery   <b>Grand Junction:</b> Grand Vista Hotel, 626 on Rood Restaurant, Colorado National Monument   <b>2010:</b>  <b>Denver:</b> Residence Inn by Marriott Denver City Center, Cook's Fresh Market, Red Rocks Park &amp; Amphitheatre   <b>Colorado Springs:</b> Garden of the Gods, Segway tour in Garden of the Gods Park, Manitou Springs, Olympic Training Center, Cheyenne Mountain Resort, Broadmoor Hotel and Summit Restaurant   <b>Great Sand Dunes National Park:</b> Zapata Ranch   <b>Gunnison:</b> Gunnison Pioneer Museum, Crested Butte Mountain Heritage Museum, Timberline Restaurant, Crested Butte, Elk Mountain Lodge   <b>South Rim of the Black Canyon of the Gunnison</b>   <b>Silverton and Durango Narrow Gauge Railway</b></p>

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	<b>Durango:</b> Museum <b>Mesa Verde National Park:</b> Far View Lodge, Mesa Verde
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