

Welcome to Denver – AJCU CITM attendees!

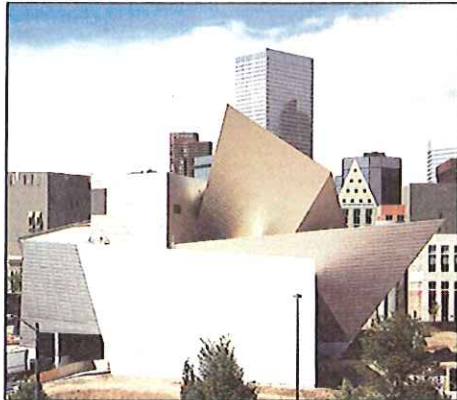
Here you should find everything you need for your stay in Denver and your visit at Regis University.



Located on the high plains, at the base of the Rocky Mountains, Denver has a mild, dry, arid climate. We average about 300 days of sunshine a year. We are a mile high and some folks may experience a shortness of breath or headache but generally you have to be much higher (8 or 9,000 feet) to feel this effect. If you should suffer from these ailments, take it easy and drink water.

Weather changes rapidly here in Colorado and the temperature falls quickly once the sun has set. Average summer temperature is 85 degrees Fahrenheit during the day and 56 at night.

Sunday Activities:



Art Museum:

The group will be meeting in the lobby at **12:30** to take the 5 block walk together. If you miss the group, you can get there using these directions:

- Exit the hotel and go right down Tremont Pl.
- Turn left on 14th Street
- Turn right on Bannock Street
- Turn left on 14th Ave

Rockies Game:

The group will be leaving from the lobby at **12:30** for the short trip to Coors Field. If you miss the group, you can get to the game using these directions:

- Exit the hotel and turn right.
- Walk one block to the 16th Street Mall
- Wait for the free bus which comes by every 90 seconds
- Exit the bus at Blake Street
- Walk 4 blocks down Blake Street to 20th street – you will see the main entrance to Coors Field.



Welcome reception:



5:00 – 7:00 pm at **Lannie's Clocktower Cabaret**

How to get there:

- Get to the 16th street mall – one block from the hotel
- Board the free shuttle on the side of the street closest to the hotel
- Exit the shuttle at Arapahoe street
- Lannie's is in the basement of the D&F Clocktower.

One of Denver's most celebrated historic structures, the Daniels and Fisher (D&F) Tower was built to anchor the D&F Department store on 16th and Arapahoe in 1910. Modeled after the Campanile in Venice, the tower was the tallest building west of the Mississippi River from 1910-1914.

In the 1980s, urban renewal threatened to demolish the tower as it had the adjoining 4-story department store to make way for the Tabor Center. Massive public outcry saved the building, and today the D&F Tower is one of Denver's most treasured landmarks

After the reception, feel free to choose one of the dining options found on the last few pages of this brief guide.

The centerpiece of Downtown Denver is the 16th Street Mall, the 16-block long pedestrian and transitway mall that serves as the retail core of Downtown Denver. The 16th Street Mall is a pedestrian walkway, but also features the FREE 16th Street Mall shuttle. These special buses stop at every corner between Broadway and Wynkoop Street in Lower Downtown, making your trips up and down the Mall and around Downtown Denver quick and easy. The 16th Street Mall is the primary shopping and entertainment strip of Downtown Denver.

The **Denver Pavilions** at Glenarm Place offers more than 50 shops and restaurants, including:

Virgin Records Megastore

NikeTown

Maggiano's Little Italy

Hard Rock Cafe

Gap

Lucky Strike Lanes.

There's also a 15-screen United Artists movie theater.

Tabor Center at Lawrence Street offers:

The Cheesecake Factory

ESPN Zone

The Purple Martini

The two-block long retail center recently completed a \$25 million renovation, and features a revamped interior and exterior, and new shops.

Other restaurants and cafes on the 16th Street Mall include:

Rock Bottom Brewery (at Curtis Street)

Palomino (Arapahoe Street)

Rialto Cafe (Curtis Street)

Marlowe's and the Paramount Cafe (Glenarm Place)

Corner Bakery (Tremont Place)

Bravo Ristorante (Tremont Place)

Starbucks Coffee (Tremont, Lawrence Street, Blake Street)

Noodles & Co. and Chipotle (Blake Street)

Gumbo's and Dixon's (Wazee Street).

In addition to the shops at Denver Pavilions and Tabor Center, other shopping destinations on the Mall include:

Tattered Cover Bookstore (Wynkoop Street)

Overland Sheepskin Co. and other shops at Writer Square (Lawrence Street)

a number of specialty stores at Curtis Street (Breaking the Mold Candle Co., Kortz Jewelers, Ann Taylor Loft, The Children's Place)

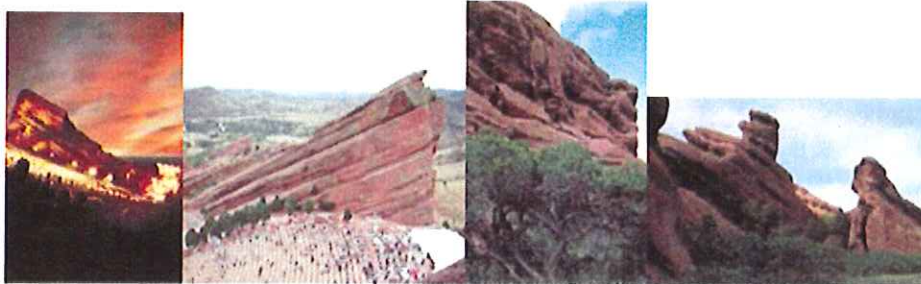
There are also a variety of merchandise and food vendors along the length of the 16th Street Mall.



Monday:

Please enjoy breakfast at the hotel. Breakfast is served in the ground floor breakfast room beginning at 6:00 am. Buses to Regis will leave at 8:00. You will find the buses outside the main entrance to the hotel. Follow the signs.

The buses will leave Regis to bring you back to the hotel at 4:30. Board the buses at the hotel at 5:30 for the trip to the world famous Red Rocks Park and Amphitheatre where we will have dinner.



Tuesday:

Again, please enjoy breakfast at the hotel and board the buses to Regis for an 8:00 departure.

After returning to the hotel, you may choose one of the dining options at the end of this guide, or venture on your own.

Wednesday:

After breakfast in the hotel, we will meet in the lobby at 8:45 for a quick walk to Maggiano's – our meeting place for Wednesday. If you miss the group, you can get there using these directions:

- Exit the hotel and go right one block to the 16th street mall
- Turn right and walk one block to Glenarm Street.

Be sure to pick up a box lunch before you leave, and have a safe trip home!

American

The Denver Chophouse & Brewery

Address: 1735 19th Street #100

Telephone: 303-296-0800

Open/Close: MON-FRI 11:00 am-11:00 pm

SAT-SUN 11:00 am-12:00 am

Getting There: 16th Street shuttle to Wynkoop Street, 3 blocks to 19th Street

Cost: Expensive

Dress Code: Business Casual

Other Info: Take Out. Valet Parking. Live Entertainment. Reservations Accepted. Outdoor Dining. Full Bar on Site. Smoking Section. Banquet Facilities.

This 1930s brewpub offers seven microbrewed beers, classic cocktails, a varied menu and great atmosphere with big band music.

1515 Restaurant

Address: 1515 Market Street

Telephone: 303-571-0011

Open/Close: MON-THU 11:00 am-10:00 pm

FRI 11:00 am-12:00 am

SAT 5:00 pm-12:00 am

Getting There: 16th Street shuttle to Market Street, 1 block to 15th Street

Cost: Moderate

Other Info: Live Entertainment. Reservations Accepted. Reservations Recommended. Full Bar on Site. Children's Menu Available.

The Contemporary American Cuisine, includes buffalo steak, beef tenderloin, lamb rack, and the freshest seafood on the market. One of the few restaurants in the country to offer the critically acclaimed Kobe burger.

Dixons Downtown Grill

Address: 1610 16th Street

Telephone: 303-573-6100

Open/Close: MON-THU 7:00 am-10:00 pm

FRI-SAT 7:00 am-11:00 pm

SUN 7:00 am-10:00 pm

Getting There: 16th Street shuttle to Wazee Street

Cost: Inexpensive

Other Info: Outdoor Dining.

Known for its unique tasting margarita the Dixons Downtown Grill is frequented by hip uptown locals, newshounds and actors .

Marlowe's

Address: 501 16th Street

Telephone: 303-595-3700

Open/Close: MON-FRI 11:00 am-12:00 am

SAT 12:00 pm-2:00 am

SUN 12:00 pm-10:00 pm

Getting There: 16th Street shuttle to Glenarm Place

Cost: Moderate

Other Info: Valet Parking. Live Entertainment. Reservations Accepted. Outdoor Dining

This restaurant has been voted Denver's best restaurant it's cuisine features steaks, chops, pasta and seafood.

Dining in Denver Guide

Asian, Chinese, Japanese

BD'S Mongolian Barbeque

Address: 1620 Wazee Street

Telephone: 303-571-1824

Open/Close: MON-THU 11:00 am-10:00 pm

FRI-SAT 11:00 am-11:00 pm

SUN 11:00 am-10:00 pm

Getting There: 16th Street shuttle to Wazee

Cost: Moderate

Dress Code: Casual

Other Info: Take Out. Reservations Accepted. Full Bar on Site. Children's Menu Available. No Smoking.

Mostly families and groups fill the large dining room at this laid-back, loud and hip restaurant. Colorful walls are decked with funky paintings and posters. Choose from an array of meats, crisp vegetables, oils and spices. Throw it all in a bowl and ask the people at the grill to stir fry it for you. The chefs are armed with swords as their primary cooking utensils and can be as flavorful as the dishes.

P.F. Changs China Bistro

Address: 1415 15th Street

Telephone: 303-260-7222

Open/Close: MON-THU 11:00 am-11:00 pm

FRI-SAT 11:00 am-12:00 am

SUN 11:00 am-11:00 pm

Getting There: 16th Street shuttle to Market Street, 1 block to 15th Street

Cost: Inexpensive

Other Info: Valet Parking. Outdoor Dining. Full Bar on Site.

The interior of P.F.Changs China Bistro reminds you of China with its elaborate sculptures and mural, the cuisine consists of Malaysian chicken, red-sauced wontons, won ton soup and a variety of salads are available .

Sonoda's Downtown

Address: 1620 Market Street

Telephone: 303-595-9500

Open/Close: MON-THU 11:30 am-10:00 pm

FRI 11:30 am-12:00 am

SAT 12:00 pm-12:00 am

SUN 4:00 pm-10:00 pm

Getting There: 16th Street shuttle to Market Street

Cost: Moderate

Other Info: Catering. Reservations Accepted. Outdoor Dining. Full Bar on Site.

Sonoda's features award-winning Japanese cuisine and a sushi bar.

Rialto Café

Address: 934 16th Street

Telephone: 303-893-2233

Open/Close: MON-THU 6:30 am-10:00 pm

FRI 6:30 am-11:00 pm

SAT 8:00 am-11:00 pm

SUN 8:00 am-10:00 pm

Getting There: 16th Street shuttle to Champa Street

Cost: Moderate

Other Info: Take Out. Reservations Accepted. Outdoor Dining. Full Bar on Site. Children's Menu Available. Happy Hour. No Smoking. Banquet Facilities.

The decor here uses a lot of wood and features a large bar, recalling the tradition of old Denver balanced against an atmosphere of modern elegance. Worthy entrees include steak and shrimp Diane as well as the cassoulet of lamb with beef, chicken and pork in a white-bean casserole with duck confit. Other highlights: sugar-cured pork chops, herb-roasted chicken, pan roasted-salmon, and several excellent pastas.

International

Palomino Euro Bistro

Address: 1515 Arapahoe Street Tower 3

Telephone: 303-534-7800

Open/Close: MON-THU 11:00 am-9:30 pm

FRI 11:00 am-10:30 pm

SAT 5:00 pm-10:30 pm

SUN 5:00 pm-9:30 pm

Getting There: 16th Street shuttle to Arapahoe Street, 1 block to 15th Street

Cost: Moderate

Other Info: Reservations Accepted. Reservations Recommended. Outdoor Dining. Full Bar on Site.

The Palomino Euro Bistro offers a cuisine of seafood, chicken, pasta and delicious salads. After dinner, save room for dessert. The pear-raspberry cobbler and the Molten Chocolate Tower are worth the extra calories.

Italian

Bravo! Ristorante

Address: 1550 Court Place

Telephone: 303-893-3333

Open/Close: MON-THU 11:30 am-10:30 pm

FRI-SAT 5:30 pm-11:00 pm

SUN 5:30 pm-10:30 pm

Getting There: 16th Street shuttle to Court Place, 1 block to 15th street

Cost: Moderate

Other Info: Valet Parking. Live Entertainment. Reservations Accepted. Reservations Recommended. Outdoor Dining. Banquet Facilities.

Featuring gourmet Italian cuisine served by professional singing servers who serenade patrons with opera, operetta and Broadway show tunes

Paramount Café

Address: 519 16th Street

Telephone: 303-893-2000

Open/Close: MON-SAT 11:00 am-2:00 am

SUN 11:00 am-12:00 am

Getting There: 16th Street shuttle to Glenarm Place

Cost: Inexpensive

Other Info: Valet Parking. Reservations Recommended. Outdoor Dining. Banquet Facilities.

This is a place that is fun for the whole family featuring burgers, Mexican cuisine and fresh salads.

Wynkoop Brewing Company

Address: 1534 18th Street

Telephone: 303-297-2700

Open/Close: MON-SAT 11:00 am-2:00 am

SUN 11:00 am-1:00 am

Getting There: 16th Street shuttle to Blake Street, 2 blocks to 18th Street

Cost: Moderate

Other Info: Catering. Live Entertainment. Outdoor Dining. Children's Menu Available. Banquet Facilities.

The Wynkoop is the largest brew pub in America and specializes in British-style ales. Pool tables and dartboards will keep you occupied while you dine on pasta, seafood and beef cuisines.

The Rock Bottom Brewery

Address: 1001 16th Street

Telephone: 303-534-7616

Open/Close: MON-THU 11:00 am-11:00 pm

FRI-SAT 11:00 am-12:00 am

SUN 11:00 am-11:00 pm

Getting There: 16th Street shuttle to Curtis Street

Cost: Moderate

Other Info: Outdoor Dining.

Featuring great handcrafted beers, the Rock Bottom Brewery was nominated for best brew pub for its cask-conditioned and seasonal beer experiments. Grilled favorites include pork, steaks and beef entrees.

ESPN Zone

Address: 1187 16th Street

Telephone: 303-595-3776

Open/Close: MON-THU 11:00 am-12:00 am

FRI-SAT 11:00 am-1:00 am

SUN 11:00 am-12:00 am

Getting There: 16th Street shuttle to Lawrence Street

Cost: Inexpensive

Dress Code: Casual

Other Info: Take Out. Full Bar on Site. Children's Menu Available. Happy Hour. Banquet Facilities.

For sports lovers of all types and ages, ESPN Zone is an all encompassing sports dining and entertainment mecca where guests can enjoy more than 10,000 square feet of interactive games and attractions. Menu features American grill food.