



University of Colorado
Anschutz Medical Campus



NASPOG Biennial Meeting Attendee Visitor's Guide

*With thanks to the University of Colorado Department of Psychiatry
Resident Physicians*

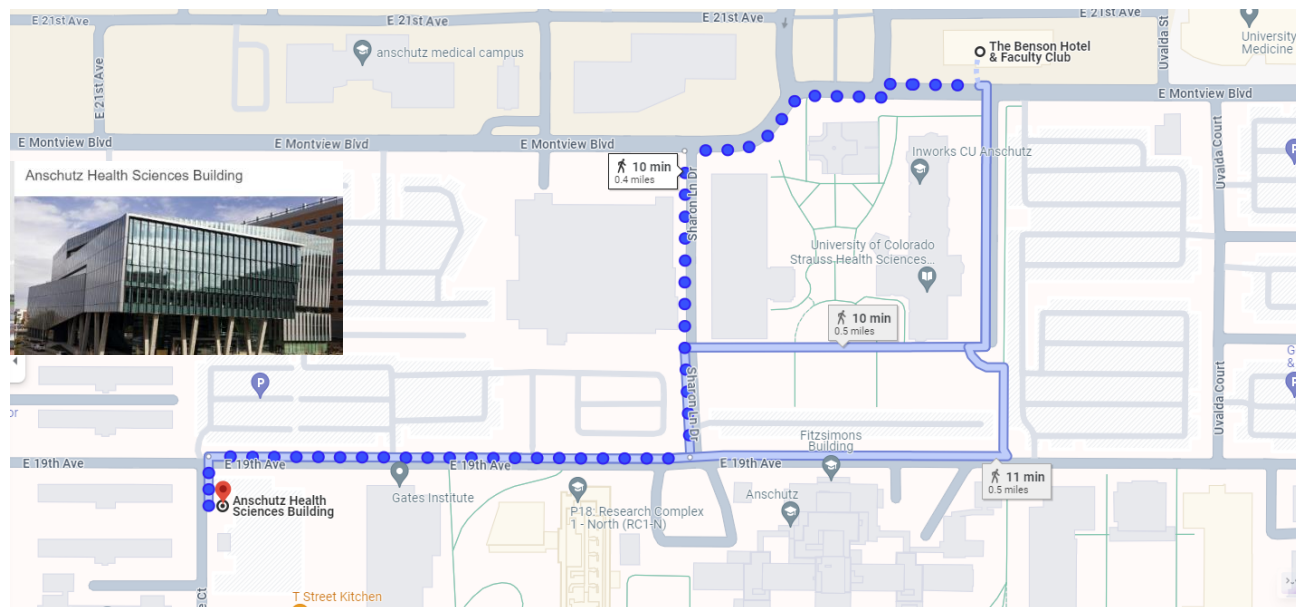


Welcome to Denver!

Welcome to the 2024 NASPOG Biennial Meeting in Denver, Colorado – a vibrant city nestled in the heart of the Rocky Mountains and a perfect backdrop for connecting with colleagues and updating your knowledge around various topics in Women’s Mental Health! As you attend the NASPOG Conference, we invite you to explore all that Denver has to offer beyond the conference walls. Our brief and curated visitor guide is designed to help you navigate the city's dining scene, cultural experiences, outdoor adventures, and serene spaces. Whether you're seeking inspiration, relaxation, or simply a change of scenery, **NASPOG welcomes you to Denver with open arms!**

CU Anschutz Medical Campus

Welcome to the Anschutz Medical Campus, a hub of healthcare, education and innovation in Aurora, Colorado! All conference events will be in the Anschutz Health Sciences Building, a 10-minute walk away from the Benson Hotel. [Use this handy interactive map](#) to explore dining options or find a spot to relax in one of the tranquil green spaces.



Near Anschutz Campus

[Stanley Marketplace](#) Less than a 10 minute drive from the Anschutz Medical Campus, Stanley Marketplace is a community of 50+ independently owned Colorado businesses that offer a place for you to eat, drink, shop, exercise, play, work, and more.

Retail Therapy

[Larimer Square](#) What began as Denver's first city block is today one of the city's most chic fashion districts.

[16th Street Mall](#) Adjacent to Larimer Square, you'll encounter the sprawling 16-block, I.M. Pei-designed pedestrian mall that stands as Metro Denver's No. 1 tourist attraction. It's easy to see why: 16th Street is packed with restaurants, cafes, public art - and of course, a cornucopia of shopping options.

[Cherry Creek North](#) and [Cherry Creek Shopping Center](#) Just a 25-minute drive from the Benson Hotel, Cherry Creek North is a 16-block walkable district, featuring the region's largest collection of independently owned shops, boutiques, galleries, restaurants and spas. Nearby Cherry Creek Shopping Center is the "high end" shopping center in town (think Tiffany & Co, Louis Vuitton)

Taste of Denver: Union Station

There are great restaurants all over Denver. But here are just a few faves that are located within or near [Union Station](#). Join us for the Friday night fundraiser at the Molly Brown Museum- the shuttle bus will also provide drop off to Union Station after the event (BTW, if in doubt always check out 5280 Best Restaurant List)



1. [Mercantile dining and provision](#)
2. [Stoic and Genuine](#)
3. [Jovanina's Broken Italian](#)
4. [Three Saint's Revival](#)
5. [Tavernetta](#)
6. [Citizen Rail](#)
7. [Wynkoop Brewing Company](#)

Casual/Fast Service Restaurants

1. [Zoe Mama](#)
2. [Jinya Ramen Bar](#)
3. [Hopdoddy Burger Bar](#)

Drinks and Small Bites

1. [Terminal Bar](#)
2. [Poka Lola Social Club](#)
3. [Whiskey Tango Foxtrot](#)

Great Outdoors

Parks & Green Spaces

Denver has a multitude of parks and green spaces all over the city—great for soaking up Colorado’s 300 days of sunshine.



- [Washington Park](#)
Wash Park is one of Denver’s biggest, oldest, and most popular. The outer unpaved 2.5-mile loop is a beautiful run or walk, and the inner paved route is perfect for walking or biking. You can rent a bike or for this loop or rent a paddle boat or paddle board and hang out on Smith Lake. There are often volleyball nets set up for use on warmer days.
- [City Park](#)
The enormous and diverse City Park has something for everyone, with jogging paths, a public golf course, fountains, flower gardens, lakes, and plenty of open lawn. The views of the Denver skyline in front of the Rockies are amazing.
- [Confluence Park](#)
At the confluence of Cherry Creek and the South Platte River is appropriately named Confluence Park. A popular spot for some urban kayaking, Confluence Park is as popular for its water as it is for its land.
Bonus: it also borders Denver’s flagship REI. Want to make a day of it? Bike down the Cherry Creek Trail and connect to the South Platte Trail at Confluence Park.

Hiking Trails



Spring hiking in Denver unveils a tapestry of landscapes. As the snow melts, the city's surrounding trails come alive. To avoid lingering heavy ice and snow, stick to the surrounding foothills or Colorado Springs to the south, and be sure to check the weather or your favorite hiking app! [See this list of the top 10 spring hikes near Denver.](#)

Skiing

Spring skiing offers a delightful blend of sunshine, softer snow, and vibrant après-ski scenes, making it a favorite among enthusiasts. With fewer crowds and the promise of bluebird days, spring skiing invites you to indulge in the ultimate mountain experience before bidding farewell to another remarkable season on the slopes.



Close to Denver (within 1.5 hour drive from Denver)

- Echo Mountain (1 hr)
- Loveland Ski Resort (1 hr)
- Eldora Mountain (1 hr)
- Granby Ranch (1.5 hr)
- Arapahoe Basin (1.5 hr)
- Winter Park Resort (1.5 hr)
- Keystone Ski Resort (1.5 hr)

- **A little farther (2-4 hours)**
- Beaver Creek (2 hr)
- Breckenridge (2 hr)
- Copper Mountain (2 hr)
- Vail (2 hr)
- Steamboat Springs (3 hr)

- **Gas up the car! (4+ hours)**
- Aspen (4 hr)
- Snowmass (4 hr)
- Buttermilk (4 hr)
- Crested Butte (5 hr)

More Fun!

Museums and Galleries

- [Black American West Museum](#)
- [Clifford Still Museum](#)
- [Denver Art Museum](#)
- [History Colorado Center](#)
- [Kirkland Museum of Fine and Decorative Art](#)
- [Meow Wolf Denver](#)
- [Molly Brown House Museum](#) (join us for a tour by registering for the Friday night fundraiser!)
- [Museo de las Americas](#)
- [Museum of Contemporary Art Denver](#)

The Big Music Clubs

- [Ogden Theatre](#)
- [The Fillmore Auditorium](#)
- [The Bluebird Theater](#)

Neighborhood Music Clubs

- [Ophelia's Electric Soapbox](#) (jazz, blues, hip-hop, funk)
- [Nocturne](#) (jazz)
- [Summit Music Hall](#) (rock, heavy metal, punk)
- [The Church](#) (electronic, local DJs, retro)
- [Dazzle](#) (jazz – they also have an awesome Saturday brunch)

Professional Sports Teams

- [Colorado Avalanche](#) (Hockey)
- [Denver Nuggets](#) (Basketball)