THINGS TO DO IN AND AROUND DENVER DURING-COVID-10

As we surpass a year of living in a pandemic, we know that it is getting harder and harder to have fun and find things to do while adhering to the safety guidelines - the pandemic fatigue is real. While these guidelines are in place to ensure we are staying physically safe and healthy, it's easy and common to feel disconnected from our friends and family, burned out from school or work, and bored of having the same limited options for how to spend our free time. To avoid feeling disconnected, burned out, and bored, it can be helpful to try something new, test out a different routine, or get outside. While COVID-19 has altered how we might spend our time, there are still many safe and fun activities to recharge and boost your overall wellness.

Get some fresh air

Take a walk, bike or roller skate, or have a picnic at one of Denver's many parks. Check out Observatory Park, Cheesman Park, or City Park. You can even <u>pedal boat, kayak, and paddle board</u> at Washington Park!





Explore the city of Denver

Walk or bike on the Cherry Creek Trail or the High Line Canal Trail or rent a Lime, Bird, Uber, or Lyft scooter for a cheap way to explore the city with friends (don't forget a helmet)!

Visit a museum

Go to the <u>Denver Museum of Nature and Science</u> on April 25, May 23, June 30, or August 11 for free admission, go to the <u>Denver Art Museum</u> on April 25 for free admission, or walk around the <u>Denver Botanic Gardens</u> to enjoy Colorado's 300 days of sunshine.



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Take a day-trip to the mountains

Consider going on a hike at <u>Chataqua Park</u> in Boulder or watch the sunrise at <u>Red Rocks Amphitheater</u> in Morrison. Go to <u>Rocky Mountain National Park</u> on April 17, August 4, and August 25 for free admission. Use your <u>student RTD pass</u> to take the bus for free around Denver area!

Go to a Rockies game

Starting in April, 21,000 fans are allowed to cheer on the Rockies at Coors Field! See the Rockies schedule and get tickets <u>here!</u>



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Get food and go shopping in Downtown Denver

Check out the <u>16th Street Mall</u>, the <u>Denver Dairy Block</u>, and <u>Larimer Square</u> for all kinds of shops and restaurants for everyone!



Reserve a karaoke box for you and your friends at <u>VoiceBox Karaoke</u> or do <u>virtual karaoke</u> for a fun night in. You can also reserve a spot at <u>Urban Put</u>t, a one-stop shop for mini-golf, food, and drinks in Denver.



Try a round or two of frisbee golf

Go to <u>Beaver Ranch Disc Golf Course</u> 30 minutes outside of Denver with your friends or <u>Dry Dock Brewing</u> <u>Company's</u> nautical-themed disc golf course if you're 21 or older.

Catch a movie with friends

Rent a <u>private theater</u> to watch your favorites or go to 88 <u>Drive-In Theater</u> starting in April for a drive-in movie!



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Take a tour of a brewery

Denver is well-known for its breweries - if you're 21 or older, consider taking a tour of the <u>Blue Moon Brewery</u> in RiNo, the <u>Coors Brewery</u> in Golden, or one of the many other <u>craft</u> <u>breweries</u> in the city.

Join a social sport league

Get a little exercise, meet new people, and play soccer or grass and sand volleyball at Washington Park by joining a social sport league - or buy a net and a ball and start your own pick-up game!



Remember to wear a mask, stay socially distanced, and get tested regularly. Stay healthy and have fun!