Walk | Run | Bike

Perennially listed in the top 10 healthiest states in the country, Colorado is known for its outdoor spirit and healthy lifestyles. So, even when staying downtown, you can quickly gain access to a number of walking, running and biking trails. Even though it is possible we will have fairly warm weather in March, even if it is cold, the high altitude and dryness can cause you to get dehydrated very easily!

Be sure to drink plenty of water in order to avoid altitude sickness and dehydration.

There is also a bike-share program called B-Cycle www.denver.bcycle.com so you don’t have to bring your bicycle with you!

Here’s a nice summary of the trails available in the downtown area www.denver.org/things-to-do/sports-recreation/scenic-jogging-paths

The popular MapMyRun site has many other trails listed for interested runners www.mapmyrun.com/us/denver-co

Here’s a nice overview of the downtown area, showing the convention center approximately in the center. This will help you get your bearings to find the trails referenced in the other sources, above. www.aaccessmaps.com/show/map/us/co/denver_downtown.