



## ITINERARY PLANNER

### *Denver 3-Days Itinerary Planner*



Last Updated: Oct 2025

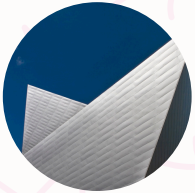
## Day 01 Downtown Denver & Cultural Highlights

### 🕒 8:00 AM – BREAKFAST AT SYRUP DOWNTOWN



- Start your day with pancakes or eggs benedict in a cozy café.
- 📍 [999 18th St Suite 105, Denver](#)

### 🕒 9:30 AM – VISIT DENVER ART MUSEUM



- Explore Native American art, modern pieces, and stunning architecture.
- 📍 [100 W 14th Ave Pkwy](#)

### 🕒 12:00 PM – LUNCH AT THE DELECTABLE EGG



- Casual lunch spot serving sandwiches and salads.
- 📍 [1642 Market St, Denver](#)

### 🕒 2:00 PM – EXPLORE LARIMER SQUARE & 16TH STREET MALL



- Walk through Denver's oldest block, shop, and enjoy local cafes.
- 📍 [Downtown Denver](#)

### 🕒 7:00 PM – DINNER AT DENVER MILK MARKET



- Trendy food hall with tacos, pizza, and desserts all in one place.
- 📍 [1800 Wazee St, Denver](#)

💡 **Tip:** Take the free MallRide bus along 16th Street for easy travel.

## Day 02

### Red Rocks & Local Adventures

#### 🕒 8:00 AM – BREAKFAST AT SASSAFRAS AMERICAN EATERY



- Southern-style breakfast with biscuits and gravy.
- 📍 [2637 W 26th Ave, Denver](#)

#### 🕒 9:30 AM – VISIT RED ROCKS PARK & AMPHITHEATRE



- Walk the trails and see one of the most famous concert venues in the world.
- 📍 [18300 W Alameda Pkwy, Morrison](#)

#### 🕒 12:30 PM – LUNCH AT SHIP ROCK GRILLE (RED ROCKS)



- Dine with amazing canyon views right inside the park.
- 📍 [Red Rocks Visitor Center](#)

#### 🕒 3:00 PM – EXPLORE MEOW WOLF DENVER



- Step into a colorful, mind-bending art experience.
- 📍 [1338 1st St, Denver](#)

#### 🕒 7:30 PM – DINNER AT AVANTI FOOD & BEVERAGE (LOHI)



- Multiple restaurants under one roof with rooftop city views.
- 📍 [3200 N Pecos St, Denver](#)

💡 **Tip:** Bring comfy shoes you'll walk a lot between exhibits and viewpoints.

## Day 03

### Nature & Day Trips

#### 🕒 7:30 AM – BREAKFAST AT STOWAWAY KITCHEN



- Light breakfast before heading into nature.
- 📍 [2528 Walnut St, Denver](#)

#### 🕒 9:00 AM – DAY TRIP TO ROCKY MOUNTAIN NATIONAL PARK



- Hike scenic trails, spot wildlife, and enjoy fresh mountain air.
- 📍 [Estes Park \(1.5 hr drive\)](#)

#### 🕒 4:00 PM – STOP AT BOULDER ON RETURN



- Stroll Pearl Street Mall and grab a coffee or souvenir.
- 📍 [Boulder, CO](#)

#### 🕒 7:00 PM – DINNER AT RIOJA



- Award-winning Mediterranean-inspired fine dining.
- 📍 [1431 Larimer St, Denver](#)

💡 **Tip:** Start early for the Rockies; parking fills fast at popular trails.



# DON'T FORGET THESE ESSENTIALS! *checklist*

## ESSENTIALS

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- |   |  |
|---|--|
| <input type="checkbox"/> PASSPORT/ID                                      | <input type="checkbox"/> PHONE AND CHARGER     |
| <input type="checkbox"/> TRAVEL TICKETS (AIRLINE, TRAIN, ETC.)            | <input type="checkbox"/> TRAVEL ADAPTER        |
| <input type="checkbox"/> WALLET (CREDIT CARDS, CASH,<br>TRAVEL INSURANCE) | <input type="checkbox"/> SUNGLASSES            |
|   | <input type="checkbox"/> REUSABLE WATER BOTTLE |

## CLOTHING

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- |   |  |
|---|--|
| <input type="checkbox"/> TOPS (T-SHIRTS, BLOUSES, SWEATERS) | <input type="checkbox"/> SHOES (CASUAL, FORMAL, WALKING, OR<br>SPECIALTY FOOTWEAR) |
| <input type="checkbox"/> BOTTOMS (PANTS, SHORTS, SKIRTS)    | <input type="checkbox"/> ACCESSORIES (HATS, BELTS, SCARVES)                        |
| <input type="checkbox"/> UNDERGARMENTS AND SOCKS            | <input type="checkbox"/> OUTERWEAR (JACKETS, COATS, RAIN GEAR)                     |
| <input type="checkbox"/> SLEEPWEAR                          |  |
| <input type="checkbox"/> SWIMSUIT                           |  |

## TOILETRIES AND PERSONAL CARE

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- |   |  |
|---|--|
| <input type="checkbox"/> TOOTHBRUSH, TOOTHPASTE, FLOSS                        | <input type="checkbox"/> DEODORANT         |
| <input type="checkbox"/> SHAMPOO, CONDITIONER, AND BODY WASH<br>(TRAVEL SIZE) | <input type="checkbox"/> HAIRBRUSH OR COMB |
| <input type="checkbox"/> SKINCARE   | <input type="checkbox"/> MEDICATIONS       |
| <input type="checkbox"/> MAKEUP AND REMOVER WIPES                             | <input type="checkbox"/> FIRST AID KIT     |

## ELECTRONICS

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- |   |   |
|---|---|
| <input type="checkbox"/> SMARTPHONE AND CHARGER | <input type="checkbox"/> LAPTOP OR TABLET       |
| <input type="checkbox"/> POWER BANK             | <input type="checkbox"/> HEADPHONES OR EARBUDS  |
| <input type="checkbox"/> TRAVEL ADAPTER         | <input type="checkbox"/> CAMERA AND ACCESSORIES |



## Travel Tips for Denver 💡

### Stay Hydrated

It's called the Mile High City for a reason!

### Walk or Use Scooters

An easy way to explore downtown.

### Layer Clothing

Weather changes quickly, even in summer.

### Try Local Brews

Denver Beer Trail has 100+ breweries.

### Book Parking Early

Downtown spots fill up quickly on weekends.

# Daily Planner

## TOP PRIORITY

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## DATE

## IMPORTANT REMINDERS

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## PLAN OF ACTION

8:00 AM

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM

2:00 PM

3:00 PM

4:00 PM

5:00 PM

6:00 PM

## MEAL PLAN

BREAKFAST

LUNCH

DINNER

WATER INTAKE 

## NOTE TO SELF