

COLORADO

52 Activities

Denver

A Family Activity Guide

Outdoor Adventures · Museums · Nature
Family Entertainment · Free Activities

TABLE OF CONTENTS

What's Inside

	Maps & Activity Directory		<u>4</u>
01	Outdoor Adventures Choose the walk before the drive.	8 activities	<u>6</u>
02	Sports & Recreation One good event can fill the day.	6 activities	<u>13</u>
03	Zoos, Gardens & Nature Give curiosity some time.	8 activities	<u>19</u>
04	Museums & Learning Start with a question.	8 activities	<u>26</u>
05	Family Entertainment Choose the kind of play.	6 activities	<u>33</u>
06	Free & Worth Your Time A park can be the whole plan.	10 activities	<u>39</u>
07	Hidden Gems Make one discovery the destination.	6 activities	<u>47</u>
	Three Ways to Do Denver		<u>53</u>

Use each map and its activity list to choose a destination, then match the outing to your children, available time and budget. Three ready-to-use plans bring several stops together.



FROM THE EDITOR

Find your Denver day.

Denver gives a family several good ways to spend a day: a walk among red rocks, an experiment at a museum, a train collection or a park picnic. The useful choice is the one that fits your children and the time you have.

These fifty-two outings bring the city and nearby communities together in one place. Choose a section for the kind of day you want, then keep the journey and the admission in the same decision. A short city visit and a Front Range day trip ask different things of a family.

Book the stop that matters most, give lunch a real place in the schedule and leave a little space around both. A second attraction is useful only when everyone still wants it.

Use the venue links to choose tickets and opening times. Keep a favorite free park or a suitable indoor stop in mind, so a change in weather or energy can become a change of plan. Age suggestions describe a useful starting point for choosing an outing; venue age, height and adult-supervision rules still apply.



Kit

EDITOR, KIDPATHS DENVER

SECTION OVERVIEW

Choose the walk before the drive.

An outdoor day begins with choosing what the family will actually do on arrival. At Dinosaur Ridge, the self-guided paved road is 1.1 miles one way. A guided tour is a different booking with its own route. Decide whether you want a longer walk or a timed visit before packing the car.

Red Rocks combines a park walk with the possibility of seeing the amphitheatre, but event access can change that second part. Keep the walk as a worthwhile outing in itself. Stay on designated routes and let the formations provide the spectacle without climbing on them.

Lookout Mountain Nature Center is useful when younger children benefit from an indoor starting point. Check the center's Friday–Monday hours before building a day around its playroom. The preserve trails and a dated naturalist program are separate choices.

Chatfield and Roxborough charge for vehicle entry, while a Garden of the Gods outing belongs to a separate Colorado Springs plan. Compare the drive, the walk and the cost together. A pleasant hour outside can be a complete family outing.

North Table Mountain rewards a decision about the starting point. The West trailhead and Golden Cliffs trailhead are different addresses, and the park's fifteen-mile-plus network gives a family many possible routes. Read the county map together and choose a turnaround before starting. A broad view from the mesa is a useful destination; completing the whole network is not an afternoon plan.

For a shorter urban outing, choose a section of Cherry Creek Trail starting at Confluence. The full corridor runs forty miles, so the useful family question is how far to go today. Distinguish it from the South Platte route at the junction. On a shared path, stop to the side before checking a map or helping a child with a bike.

Pack for the route you have selected. Dinosaur Ridge's exposed paved road calls for water and a realistic return distance. Garden of the Gods offers both the paved Perkins Central Garden route and the different-surface Siamese Twins walk. Roxborough asks families to leave pets at home. These differences can decide which outing belongs in your day more effectively than a list of things to tick off.

Choose the walk before the drive.



Red Rocks Park and Amphitheatre



Best for ages 4+

Free park visit and parking

★ 4.9

The red sandstone is the reason to come, whether or not the amphitheatre is open. Trading Post Trail gives the outing a defined 1.4-mile walk through formations, valleys and meadow. Choose it for children who can manage rough sections, narrow trail and the return distance. Wear suitable walking shoes and keep everyone on the designated route.

The park's trails can include steep grades, drop-offs and road crossings. Rock climbing is prohibited. Treat the formations as something to look up at and walk among, with a pause to compare their shapes. The one-mile Mt. Vernon Creek Trail is another feature to consider on the park map; that figure is its trail length, not a promised family round trip.

When access allows, the Visitor Center adds park and amphitheatre exhibits and the Red Rocks Hall of Fame. It can give a music-loving child a second reason for the visit. Event days change access, including a ticket-holder restriction after 2 p.m. at the Visitor Center. Check the daily closure recording at 720-865-2494 before leaving, and keep the park walk worthwhile on its own.

Insider Tips

- Check the daily amphitheatre access recording before leaving. Concert setup and private events can close it early; never climb or scramble on the rock formations.

ADDRESS 18300 W Alameda Pkwy, Morrison, CO 80465

HOURS One hour before sunrise to one hour after sunset; amphitheatre access varies with events **PRICE** Free park visit and parking

WEBSITE [Venue details ↗](#)



02

Dinosaur Ridge

Best for ages 6+ Free self-guided walk · Guided tours extra ★ 4.6

A paved road through an actual fossil landscape gives children something concrete to search for. The gate-to-gate road is 1.1 miles one way, so a full return walk is a commitment. Allow one and a half to two hours for self-guided exploration, or choose a guided tour as a separate booking.

Pro tip: Bring water for the exposed route and use the inside mountain lane, away from bicycle traffic. The guided walking route and self-guided road have different distances.

16831 W Alameda Pkwy, Morrison, CO 80465 · [Venue details](#)



03

Chatfield State Park

All ages; choose a short outing Vehicle \$12–\$17 · Walk-in \$4 ★ 4.6

Choose one part of the reservoir park for a picnic and a walk. A family arriving by car pays for vehicle entry, so compare that shared cost with attractions charging for each child. A valid existing park pass may cover entry. Choose a shoreline route from the park map and leave time to return before the youngest walker is tired.

Pro tip: A vehicle day pass is \$12–\$17, depending on the license plate; individual walk-in entry is \$4. Check the park alerts before choosing a shoreline activity.

11500 N. Roxborough Park Road, Littleton, CO 80125 · [Venue details](#)

Denver Museum of Nature & Science



Best for ages 4+ Adult \$27.95 · Ages 3–18 \$20.95

★ 4.7

A child's favorite subject gives this museum a useful starting point. Prehistoric Journey on level three includes Allosaurus, Stegosaurus and Diplodocus displays, a T. rex skull and a view into fossil preparation. Choose a few things to compare closely rather than setting out to read every label. Active preparation depends on what staff are doing that day.

For younger siblings, Discovery Zone on level two is designed for ages zero to eight with adults. Water Way, Construction Corner and Science Kitchen offer different ways to experiment; Big Backyard is for children under four. Bring spare clothes if water play is likely. The zone has short cleaning closures during the day and closes at 4 p.m. on Wednesdays, so check its schedule before making it the final stop.

Space Odyssey on level one offers another route through the museum, with a sensory spaceship, rocket-launch simulator, crater experiment and Astro Tots area. Pick dinosaurs, space or younger-child discovery as the main visit, then add something only if everyone wants more. Theater and planetarium programs require separate timed tickets. Gems & Minerals Hall is currently closed for a major renovation, so save that highlight for a future visit.

Insider Tips

- ▶ General admission is \$27.95 for adults and \$20.95 for ages three to eighteen; under-threes are free. Theater and planetarium programs require separate timed tickets, including for members.

ADDRESS 2001 Colorado Blvd, Denver, CO 80205

HOURS Daily 9–5; most Fridays to 9 p.m.; Thanksgiving 9–3. Closed Dec. 25 and Aug. 26; check special closures.

PRICE Adult \$27.95 · Ages 3–18 \$20.95 **WEBSITE** [Venue details ↗](#)

A PLAN YOU CAN MAKE YOUR OWN

The Classic Denver Weekend

A Saturday and Sunday plan for two adults and children ages six and nine. Reserve the zoo first, then choose an ordinary museum date at the railroad museum. Use the selected venue calendars before booking; holiday and special-event hours can differ. All times Mountain. Transfer times are planning allowances; check live directions before leaving.

ITINERARY 01

Animals, trains and two days with room to explore together.

SATURDAY

Sat · 9 a.m. – noon

Denver Zoo Conservation Alliance

Begin with the animals the children most want to see. Use your reserved entry and take a break before leaving.

---- *Walk into City Park for a picnic and a rest from noon to 1 p.m. Check the zoo's re-entry rules before leaving if you plan to return.*

Sat · 1–2 p.m.

City Park

Let the lawns and lake area provide an easy afternoon. Finish early enough that Sunday still feels like a new outing.

SUNDAY

Sun · 9:30–11:30 a.m.

Colorado Railroad Museum

Explore the collection on an ordinary admission day. Add a train ride only when the selected date and ticket include one.

---- *Allow 45–60 minutes for the drive, parking and arrival at Lookout Mountain; take a lunch break before the nature center.*

Sun · 1–2:30 p.m.

Lookout Mountain Nature Center

Start in the playroom or observation area, then choose a comfortable preserve walk. Sunday fits the center's Friday-through-Monday opening pattern.

Budget for four

Admission baseline: zoo \$92 + railroad museum \$34 = \$126. Allow \$60 for food and \$30 for local driving/parking: about \$216 for four. Train rides, special events and checkout extras are additional. Food and travel amounts are planning allowances.

Change of plan: If weather spoils the park and preserve plans, shorten the outdoor portions and choose one museum from the rainy-day plan. Buy its admission separately.

KidPaths

FAMILY ADVENTURE SERIES

EXPLORE THE FAMILY ADVENTURE SERIES

Denver, CO

San Diego, CA

Washington, DC

kidpaths.com/guides