

VISIT DENVER, COLORADO!

The Mile-High City



Welcome to Denver, Colorado's capital city! Filled with 300 days of sunshine, the natural beauty of the Rocky Mountains, and fun-filled attractions, you will want to explore everything Denver has to offer. Your Colorado adventure awaits!

Greenheart's Denver Group Program Includes:

- Placement with volunteer host families, including all meals
- Two full-day excursions to Glenwood Springs Cavern Adventure Park and Iron Mountain Hot Springs, and to the Loveland Ski Area
- Twelve hours of English/American culture class per week
- Several afternoon recreational and cultural activities
- Welcome and farewell parties, and a Greenheart volunteer project
- Airport transfers and all transport throughout the program
- One free leader is included with groups of at least ten participants

Full-Day Excursions:

- Glenwood Springs Cavern Adventure Park and Iron Mountain Hot Springs: Ride exciting roller coasters atop Iron Mountain, go spelunking, and jump into some of Colorado's natural hot springs.
- Loveland Ski Area: Hit the slopes at one of Colorado's most popular ski destinations! Loveland is perfect for both beginners and more advanced skiers, with ideal runs for everyone!

Half-Day Excursions:

- Visit the Downtown Aquarium and Denver Museum of Nature & Science
- Enjoy ice skating with Denver's skyline in the background
- Take in the sights at Sixteenth Street Mall and City Park, two of Denver's biggest public attractions.
- Tour University of Colorado Denver, the largest research institution in Colorado



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Group in Denver, Colorado

Sample Activities



Downtown Aquarium

With more than one million gallons of underwater exhibits, the Downtown Aquarium houses over 500 species of animals, a stingray touch-and-feed tank, and myriad ecosystem exhibits.

Denver Museum of Nature & Science

Learn about the natural history of Colorado, Earth, and the universe in this Smithsonian-affiliated museum. Explore the diversity of Native American groups, trace the evolution of life on Earth through stegosaurus and allosaurus skeletons, and embark on a space odyssey learning about our place in the Universe.

Loveland Ski Area Full-Day Excursion

Colorado is known worldwide for its light, fluffy snow—and Loveland Ski Area has plenty of it! The area receives 35 feet of snow each season on average. Loveland is perfect for first-time skiers, where you can improve your technique with gentle slopes. Experienced skiers also can enjoy more intimidating runs, with about 85% of them being intermediate and advanced. No matter your skill level, Loveland is a great place to enjoy the fresh mountain air and have fun!

Glenwood Springs Cavern Adventure Park Full-Day Excursion

Take cave tours, ride thrilling roller coasters, and experience breathtaking views of the Rocky Mountains at this adventure park on top of Iron Mountain. Go on the Cliffhanger Roller Coaster, North America's highest elevation coaster, and look at the Colorado River 1450 feet below! Alternatively, you can tour caves 150 feet down, where stunning rock formations abound.



Sample Group in Denver, Colorado



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Students Arrive in Denver and Transfer to Host Community
Free Time with Host Family Welcome Party	9:00-12:00: Orientation and English/American Culture Class Afternoon: Tour of Host Community	9:00-12:00: English/American Culture Class Activity: City Park and Denver Museum of Nature & Science	Full-Day Excursion Skiing at Loveland Ski Area	9:00-12:00: English/American Culture Class Activity: University of Colorado Denver Visit and CAU Foreign Exchange Students	9:00-12:00: English/American Culture Class Afternoon Activity: Laser Tag or Other	Free Time with Host Family
Free Time with Host Family	9:00-12:00: English/American Culture Class Afternoon: Greenheart Volunteer Project	9:00-12:00: English/American Culture Class Activity: Denver Aquarium	Full-Day Excursion Glenwood Springs Cavern Adventure Park and Iron Mountain Hot Springs	9:00-12:00: English/American Culture Class Activity: Sixteenth Street Mall and Ice Skating in Skyline Park	9:00-12:00: English/American Culture Class Farewell Party	Students Depart from Denver

Please note: Program activities are customizable and subject to change based on dates and availability.