

Living in Denver

Denver is a booming city with activities and opportunities for people from all walks of life. Contrary to popular belief, there is more to Denver than just the nearby mountains. Whether you prefer the city or mountains, there is something here for everyone. The city is composed of multiple diverse neighborhoods ranging from high-rise urban living to community orientated suburban options.



Denver's housing costs have been on the rise, but all residents find options to comfortably and safely rent or buy.

A detailed document about all the Denver neighborhoods and surrounding areas, as well as tips on finding housing, can be found on the [residency website](#).

Denver Quick Facts

14th Best Place to Live in the Nation	Average Monthly Rent: \$1,824	Median Home Price: \$557,273
200+ city parks and 80 off-street trails within the city limits	Average of 300 days of sunshine a year	Home to 100+ craft breweries
Quick Access to the Rocky Mountains	Home to the nation's 2nd largest performing arts center	Average commute across the city is 28 minutes
8 Professional Sport Teams	Wide Array of Divesre Cultural Events	78 neighborhoods across the city

Per [U.S. News and World Report](#), [Rent Cafe](#), [Visit Denver](#), and [Denver: The Mile High City](#)

Denver Neighborhoods

Denver is by no means a small city. There are 78 different neighborhoods within its city limits, all of which provide housing opportunities for people of all means and circumstances. Whether you are looking for a single family home or a studio apartment downtown, Denver has options. Here's just a sprinkling of some of the neighborhoods in Denver.



Downtown Denver offers high-rise apartment living within a fully walkable city center. This area is located closer to Denver Health and has a much busier vibe to it. Downtown has quick access to 16th street mall, many parks, museums, and restaurants. The nearby **LoDo**, **RiNo** and **Ballpark** neighborhoods offer renovated warehouses with contemporary lofts. LoDo contains the historic district of Downtown Denver and has a lively nightlife scene. It is home to one of the most unique places in Downtown Denver, Union Station. The River

North Arts District, or commonly shortened to RiNo, is a fun and vibrant art district. Street art murals can be found all over in alleys and on sides of buildings. Living near Ballpark offers close proximity to Coors Field, the home of our Colorado Rockies MLB team.

Five Points is nestled right below Highlands and RiNo and is Denver's historic cultural district. This area was known as the "Harlem of the West" and has a rich history in jazz and African American heritage. Five Points is buzzing with soul food cafes, BBQ, history



museums, festivals and taprooms. **Cherry Creek** is one of the more upscale neighborhoods of Denver with a robust shopping scene. This area has apartments and housing that are more expensive, but does have direct access to Cherry Creek trail that travels alongside the river.



Uptown and **Highlands** are directly east and west of downtown, with mixes of older homes and new development. This area is near Denver Health and offers vibrant entertainment, nightlife, recreation, dining, and shopping. Uptown, or

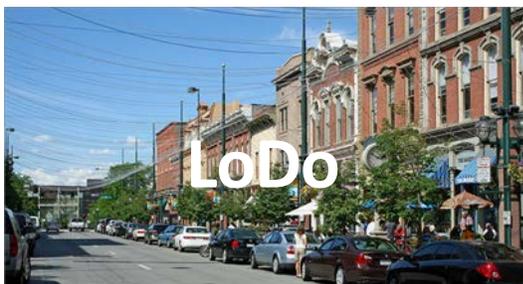
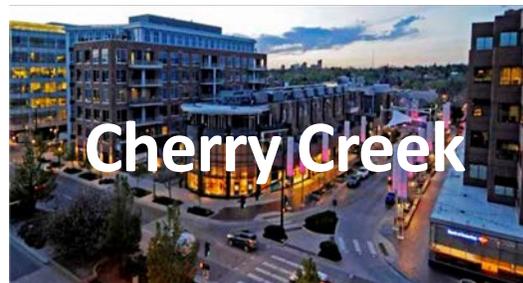
North Capitol Hill, is a hip residential area with activities ranging from casual dives to sleek lounges. Similarly, the Highlands has more of a residential feel to it with high-rise apartment complex and elegant old homes. Each of these areas have fun bars and trendsetting restaurants a plenty.

Central Park (previously Stapleton) and **Lowry** are newer housing developments located near University Hospital and the VA Medical Center. They offer a suburban tone, family friendly living, outdoor recreation, and multiple amenities. Each have access to shopping centers with restaurants and boutique shops, as well as quick access to department stores and chain restaurants. Historically, Lowry was Denver's air force base and has since been re-purposed for suburban living while holding on to its roots.



Capitol Hill, **Park Hill**, **Washington Park**, and **Cheesman Park** are established neighborhoods near Denver Health. They offer a wide variety of housing options including apartments, townhomes, and single-family homes. These neighborhoods host numerous corner stores, retail shops, and charming local restaurants. Cheesman Park and Washington Park include two of Denver's largest parks with an abundant amount of activities and outdoor events throughout the year.

Take a Peak at Our Neighborhoods





Park Hill



RiNo



Uptown



Washington Park



5280 Magazine

Check out Denver's premier magazine for more details on some of the top 25 neighborhoods and more!

Denver Areas - The Resident Low-Down

Because of the distance separating our three hospitals, residents at CU tend to live all over Denver and Aurora. Keep in mind the closer you live to downtown, the higher the rent will be. Although Denver traffic can be very heavy during peak hours, in general you'll be driving to/from work at non-peak times. That being said, residents that choose to live outside of Denver (Boulder, Longmont, Castle Rock) often face very difficult commutes when winter hits (up to 2-3 hours one way). As a result, we're going to focus on some of the pros/cons of the popular neighborhoods around the city where a lot of residents choose to live.

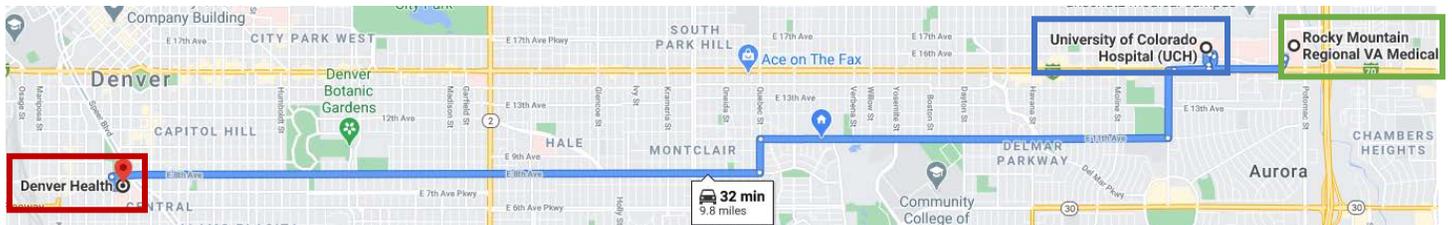
How do I find housing?

The rental market in Denver is unfortunately very competitive, and rentals can go quite fast. If you are planning a trip to look at places, it may be optimal to visit closer (<1 month) to your move in date. If you come much earlier, most rentals on the market will have expected move-in dates within the month, as renters don't want their places to sit empty for more than a couple weeks. If cutting it that close is too anxiety-provoking for you, looking at the larger commercial apartments may be your best bet, as they list their upcoming openings a bit further in advance.

- www.craigslist.com: the way the majority of us found our first apartments. Tends to be a focus on larger apartment complexes, but also has several houses for rent as well
- www.padmapper.com or www.hotpads.com: Pulls from several websites (including craigslist) to come up with a searchable map – great if you know a specific location(s) where you'd like to live
- www.zillow.com: Best website to find houses to rent/buy. Also includes townhomes.
- http://www.trulia.com/for_rent/Aurora,CO/: Trulia Aurora apartment rental page with over 300 listings with in-depth neighborhood information

Neighborhoods:

To help orient you to the area, below is a map of our three hospital locations. On average, the drive between the VA and Denver Health is 32 minutes, about 9.8 miles. **Denver Health (DH)** is located at Speer & 8th, the **VA** is at Wheeling & Colfax, and **University (the U)** is at Colfax & Peoria.



The following neighborhoods will have similar maps to highlight their location and proximity to the hospital systems. They are only a sampling of the areas in Denver, so please feel free to use these as a starting point for your search! Average commute lengths are included to help give you a frame of reference, but please keep in mind these can change depending on where exactly you live in the area and time of day.

Greater Denver:

LoDo:

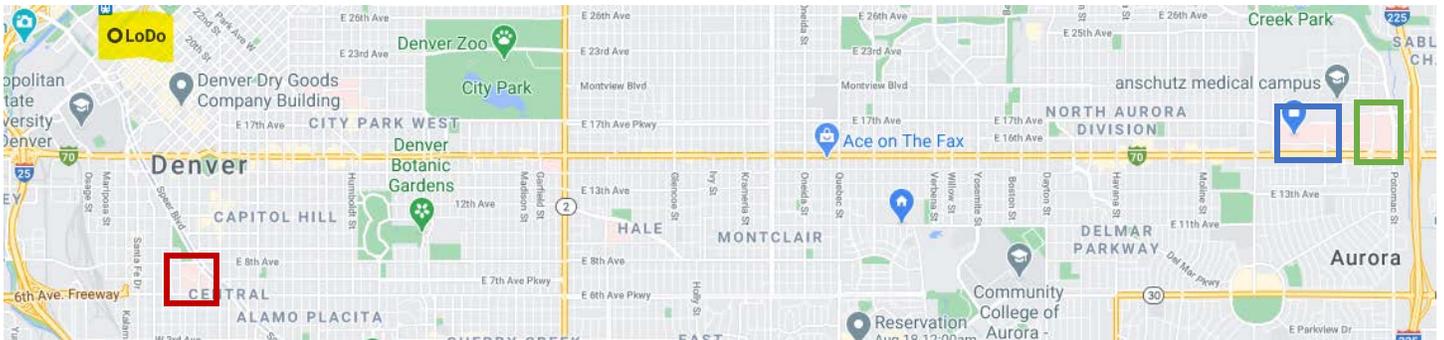
LoDo, or lower downtown, is located just North of downtown and South of I-25. LoDo is a broad though short section of town, bordered by Blake and I-25. The South Platte River runs through the middle of it and it has several large parks along the shores. In terms of proximity to the hospitals, the commute via car to DH is roughly 10 minutes. Getting to the U and VA means taking I-70, which is typically 25 minutes in the morning, and can unfortunately be >45 minutes if you're

coming home during rush hour. LoDo is predominantly condominiums, though there are rare apartments (largest development would be the Manhattan). LoDo is a popular spot for younger folks, with many recent college graduates living in the area. LoDo has a very large bar scene including sports bars, brewpubs and wine bars and also hosts a number of restaurants and small shops.

- **Pros:** close to Denver Health, within walking distance of great restaurants/bars/baseball stadium
- **Cons:** \$\$, long commute to University and VA, not very kid friendly

Commute Length (on average):

- **To Denver Health:** 10 minutes, 2.2 miles
- **To the U and VA:** 30-ish minutes, 9.8 miles



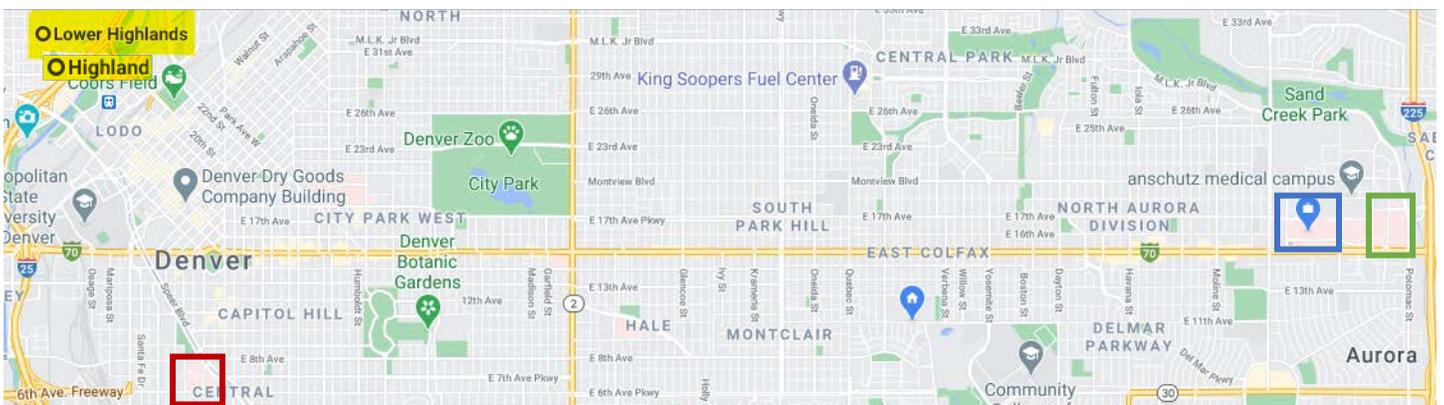
LoHi/Highlands

The Highlands and its neighbor, the Lower Highlands (or LoHi) are located just North and West of downtown. Highlands is somewhat amorphous in terms of what boundaries technically define it, though generally it is W 29th Avenue to W 38th Avenue and Zuni to Tennyson. LoHi is even more amorphous; though it is generally considered to be bounded by Zuni, W 32nd Avenue and I-25. These are two of the most rapidly developing neighborhoods in Denver. In terms of proximity to the hospitals, the commute via car to DH approximately 12 minutes. Getting to the U and VA means I-70, which is typically 25 minutes in the morning, and can unfortunately be >45 minutes if you're coming home with rush hour. The Highlands generally consists of single-family houses with scattered condos and apartments. LoHi is more of a condominium development though both houses and apartments exist there as well. They are both known for excellent restaurants and a number of good bars and breweries. Access is very easy to downtown either by bike or foot.

- **Pros:** close to DH, easy access to downtown, within walking distance of great restaurants, bars, and breweries
- **Cons:** \$\$, long commute to University and VA

Commute Length (on average):

- **To Denver Health:** 13-ish minutes, 3.5-4.7 miles depending on your route
- **To the U and VA:** 25-ish minutes, 12.0 miles



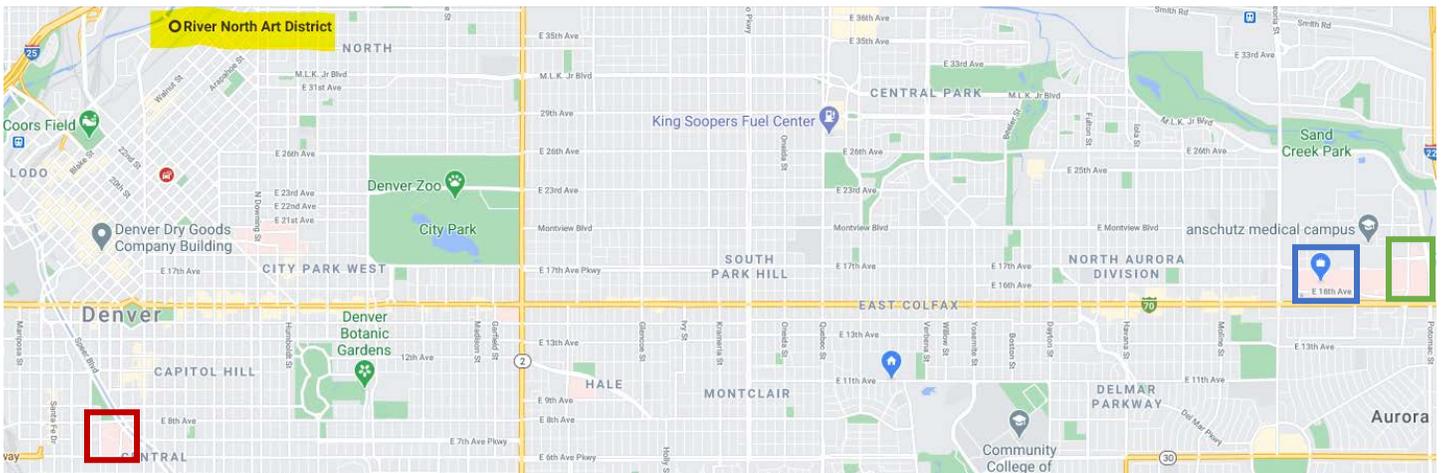
RiNo

Just north of downtown, an up and coming neighborhood is RiNo (short for River North). It has the reputation for being a very artsy neighborhood. There are lots of hip restaurants and bars. Several of the best local breweries also call this neighborhood home (River North, Epic, Blackshirt, and Our Mutual Friend). It was traditionally an industrial area that is now being repurposed. There are several nice apartment buildings in this area. Commutes to the hospitals are the same as you would experience if you lived in LoDo.

- **Pros:** Close to downtown but more reasonably priced, lots of fun things to do
- **Cons:** Long commute to University and VA

Commute Length (on average):

- **To Denver Health:** 12 minutes, 3.5 miles
- **To the U and VA:** 20 minutes, 10.0 miles



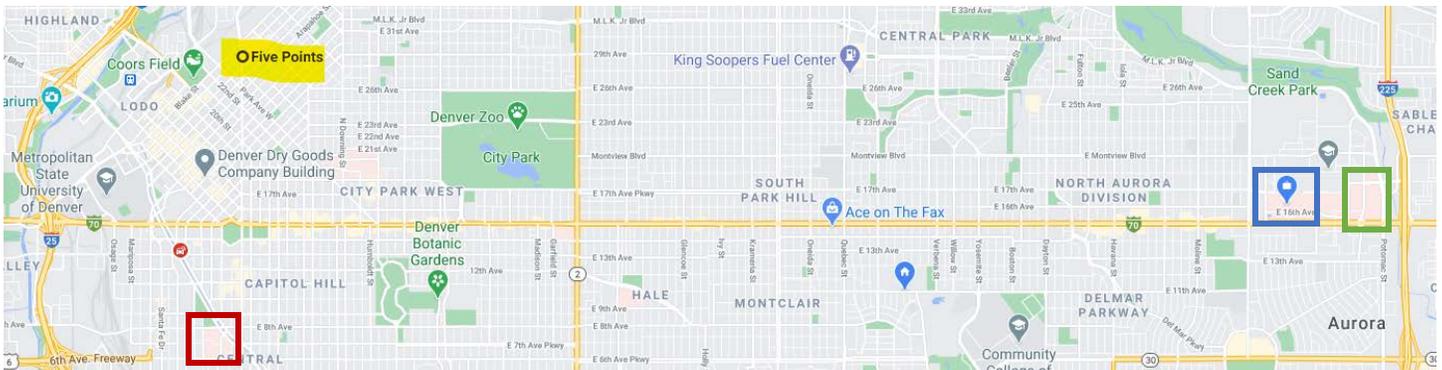
Five Points

One of Denver's oldest neighborhoods, it has recently been experiencing a major revitalization. Things are changing and it is now one of the hottest places to live. If you're looking to buy a house in the city of Denver, this may be a reasonable place to look. Interestingly it has been called the "Harlem of the West" due to its jazz history (90% sure no one has ever called it this). The neighborhood is north of Uptown.

- **Pros:** Close to downtown and Uptown, possibly an affordable house, pretty close to Denver Health
- **Cons:** Again, pretty far from University and VA

Commute Length (on average):

- **To Denver Health:** 12 minutes, 2.8 miles
- **To the U and VA:** 25-ish minutes, 8.8-10.6 miles depending on your route



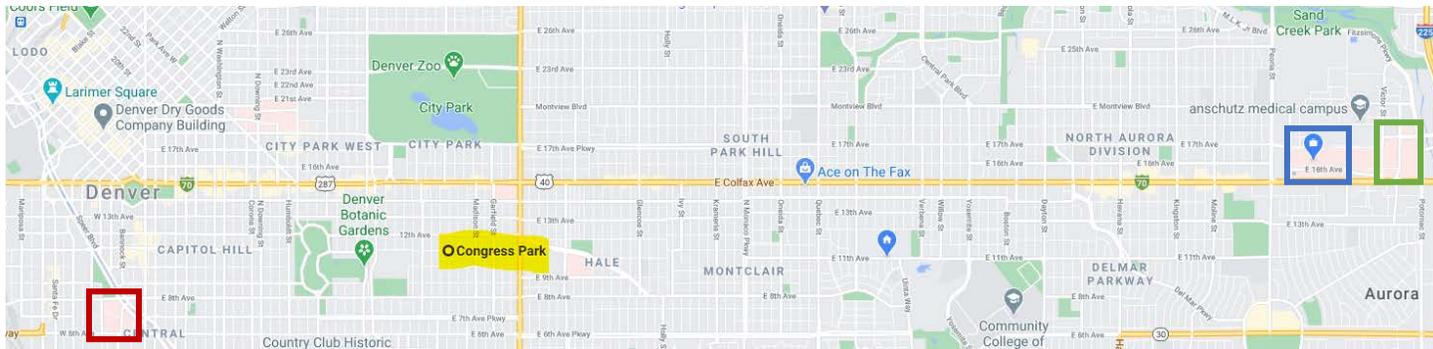
Congress Park:

South of Colfax and north of Cherry Creek, Congress Park is a mostly residential area with a few pockets of restaurants/grocery stores/etc. and multiple green spaces (including the Denver Botanic Gardens). The commute to the U and VA is roughly 25 minutes and to DH is 12 minutes.

- **Pros:** Very close to Denver Botanic Gardens, Governors Park, Cheesman Park and Capitol Hill, residential
- **Cons:** Can be pricey

Commute Length (on average):

- **To Denver Health:** 12 minutes, 3.1-3.7 miles depending your route
- **To the U and VA:** 18 minutes, 6.7-7.3 miles depending on your route



Capitol Hill, Governors Park, and Cheesman Park:

Capitol Hill is a fun neighborhood just east of downtown Denver. It is a densely populated area with a great selection of bars and restaurants. Three of Denver’s most popular music venues, The Fillmore, Bluebird and Ogden theaters can be found on the northern border. Average rent ranges from \$800-1100 for a one bedroom apartment. Street parking is limited after 6pm, but most available apartments have spots for rent. This neighborhood is central to Denver Health.

Commute Length (on average from Capitol Hill):

- **To Denver Health:** 5-10 minutes, 3.1-3.7 miles depending your route
- **To the U and VA:** 23 minutes, 9.0 miles

Governors Park is about a 5-minute drive from Denver Health. It has some condos and apartments for rent surrounding the park and is located right next to the Governor’s Mansion. With some quaint restaurants and shops nearby, it brings together all walks of life in Denver; however, some parts of the park can be a little sketchy at times.

Commute Length (on average from Governors Park):

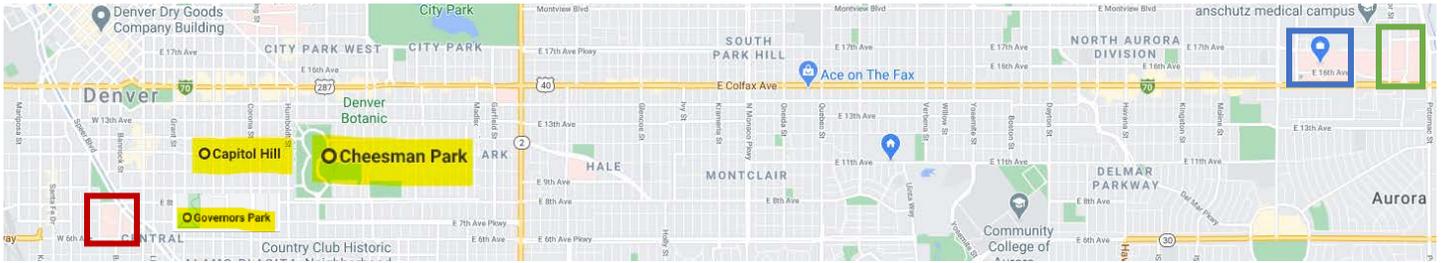
- **To Denver Health:** 5 minutes, 1 mile
- **To the U and VA:** 23 minutes, 8.9 miles

Cheesman Park is a large urban park and neighborhood that forms the eastern border of Capitol Hill. Average rent ranges from \$800-1200. It is primarily residential but its central location means plenty of access to restaurants, bars, etc. Also, the park itself is huge and a great location for taking your kids, dog walking, frisbee and other activities.

- **Pros:** Central location puts it within reasonable distance of all hospitals. Lively city life.
- **Cons:** Difficult to find an affordable single family houses here, most are larger houses that have been divided into apartments, a bit far from the U and VA, some areas not as safe as others

Commute Length (on average from Cheesman Park):

- **To Denver Health:** 8 minutes, 2 miles
- **To the U and VA:** 21 minutes, 7.5 miles



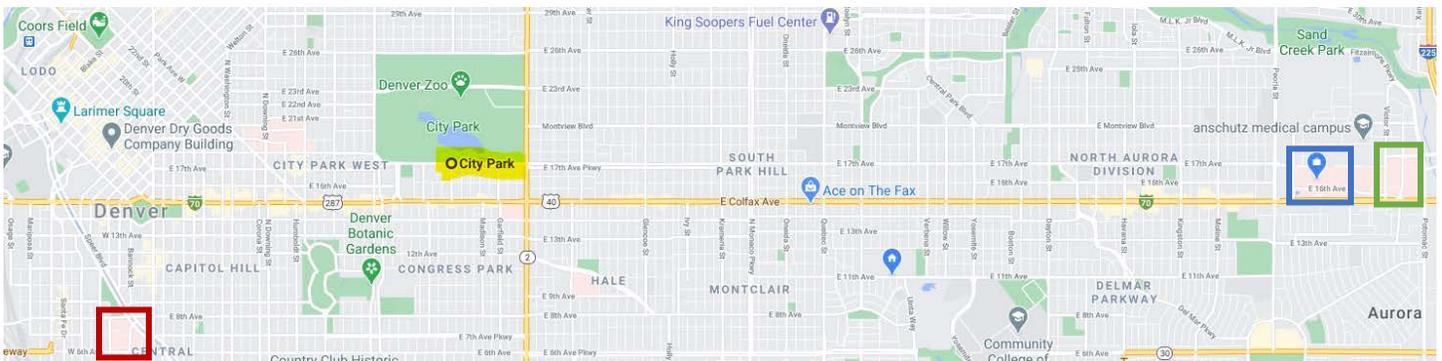
City Park:

City Park is just north of Colfax. It is the biggest park in Denver and contains the Zoo and the Museum of Nature and Science campuses. The park itself is located very centrally to our hospital networks. places within walking distance of City Park are great places to live and explore.

- **Pros:** Central location puts it within reasonable distance of all hospitals. Great for kids given walking distance to zoo/museum
- **Cons:** Difficult to find an affordable single family houses here, buying a house in this neighborhood will cost you well over \$500,000. Most places that are within budget of residents will be apartments

Commute Length (on average):

- **To Denver Health:** 12 minutes, 3.4 miles
- **To the U and VA:** 17 minutes, 6.5 miles



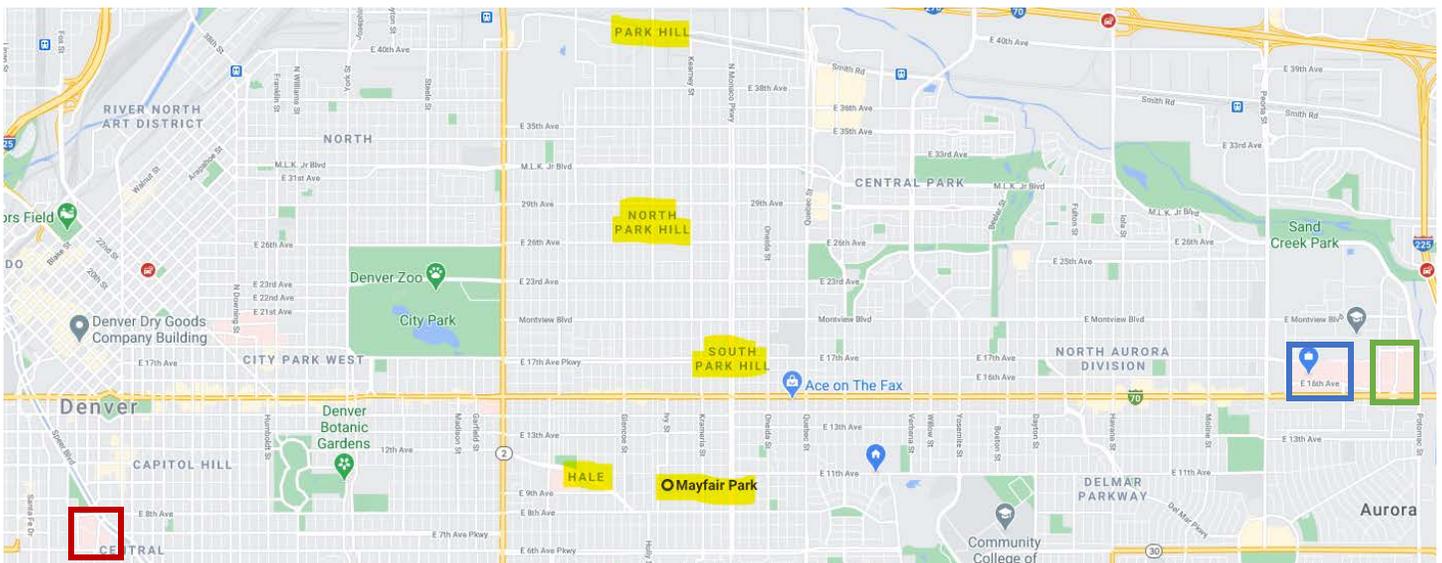
Park Hill (Main, North, and South), Hale, and Mayfair Park

Park Hill, Mayfair, and Hale are great neighborhoods to live in. There are a variety of small parks to walk or jog in and many good local schools. These areas are close to the Zoo, the Museum of Nature and Science, and City Park. Mayfair has a great family-friendly park with the “Smoky Hills North” trail on the far north edge. This trail was used in the early 1800s by settlers traveling West. These areas typically have very easy parking and fairly quiet streets. Also, there are many great neighborhood strips of shops (such as off of 23rd) which have many local restaurants. The restaurants aren't quite as rambunctious at those on Capitol Hill or Downtown, but are great places for families. Some places right along Colfax are a little bit sketchy, so try to stay a block or two north or south of it. If you're looking to buy, these may be out of the price range, but you can usually find a good place to rent for not too much.

- **Pros:** Quaint neighborhoods with good schools, great for families, downtown and its activities are easily accessible
- **Cons:** Can be expensive to buy property, can be a little more sketchy the closer you are to Colfax

Commute Lengths (on average):

- Park Hill
 - **To Denver Health:** 20 minutes, 7-10 miles depending on your route
 - **To the U and VA:** 15 minutes, 5.5-6.5 miles depending on your route
- North Park Hill
 - **To Denver Health:** 20 minutes, 5.8 miles
 - **To the U and VA:** 13 minutes, 5 miles
- South Park Hill
 - **To Denver Health:** 16 minutes, 5.4 miles
 - **To the U and VA:** 10 minutes, 4.1 miles
- Hale
 - **To Denver Health:** 13 minutes, 4 miles
 - **To the U and VA:** 15 minutes, 5.8 miles
- Mayfair Park
 - **To Denver Health:** 15 minutes, 4.5 miles
 - **To the U and VA:** 14 minutes, 5.4 miles



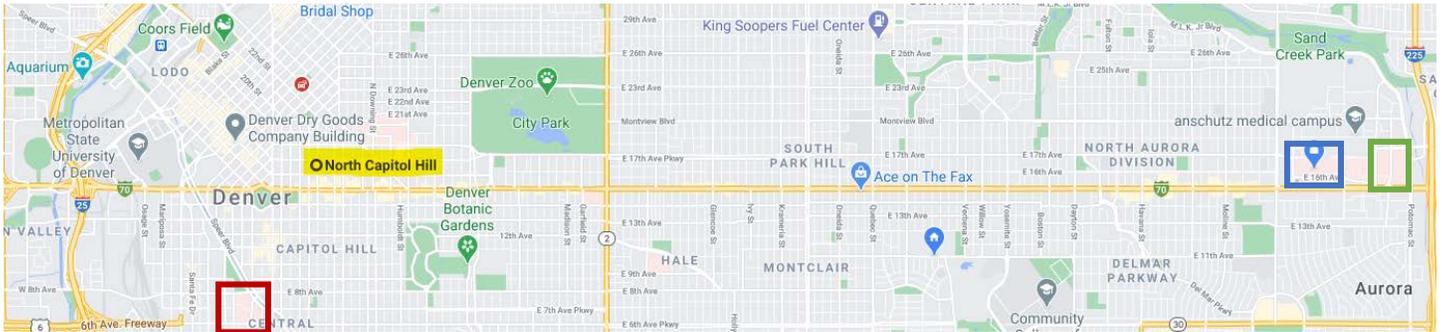
North Capitol Hill (or Uptown)

Ripped from a description from Sunset Magazine, “one of Denver’s hippest 'hoods, with lively new restaurants, chic shops and a cheery, progressive vibe.” While its location is decently close to DH, it is a bit further from the U and VA. In terms of housing options, there is a great mix of apartments/lofts and older homes. Overall, this location is wonderful place to go out in and very close to downtown (you could walk to a Rockies game in the summer) with lots of different housing options.

- **Pros:** Great mix of housing options with a unique cosmopolitan vibe
- **Con:** A bit far from the U and VA (25-30 or so minute commute)

Commute Length (on average):

- **To Denver Health:** 9 minutes, 2 miles
- **To the U and VA:** 20-25 minutes, 8.1-9.4 miles depending on your route



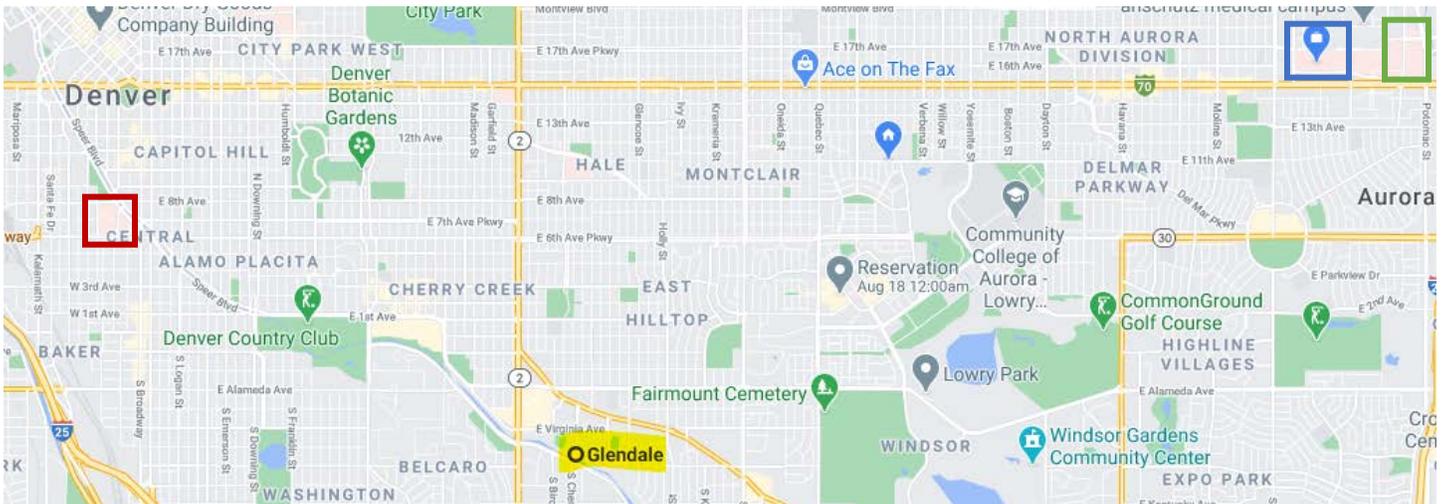
Glendale

It's actually a separate city from Denver, and it boasts many stores such as the biggest Super Target in town, Home Depot, and probably the nicest King Soopers (a Safeway-like supermarket) you'll ever go to. It also tends to be a quite ethnically diverse neighborhood. Some of the apartments are a bit old, but many have been renovated, and could be a great fit. It's just a short drive to the Cherry Creek Shopping Center. In terms of commute time, it is roughly 12-15 minutes away from DH and 20-25 minutes away from the U and VA. Of note, there are a few clubs such as the famous "Shotgun Willie's" which may attract interesting patrons, but if you stay a few blocks away from places like that, it's not a bad place to live.

- **Pros:** Ethnically diverse neighborhood, nice shopping centers
- **Cons:** Traffic along Colorado can be difficult, Shotgun Willie's can bring a unique cast of characters

Commute Length (on average):

- **To Denver Health:** 14 minutes, 4.1 miles
- **To the U and VA:** 20 minutes, 8.0 miles



Cherry Creek:

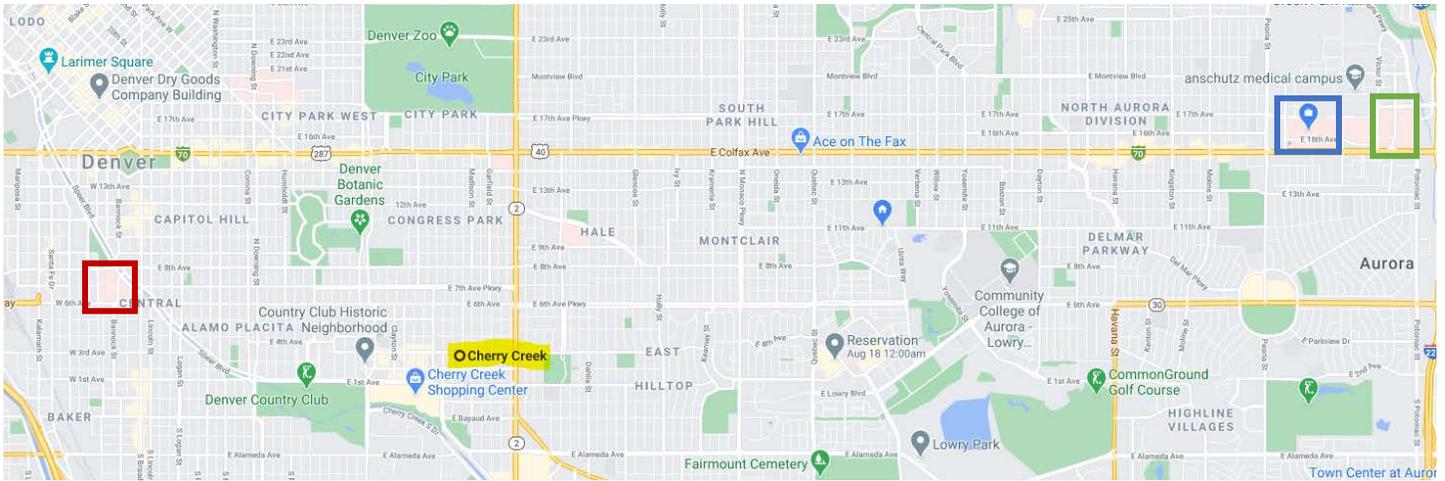
Cherry Creek is a neighborhood west of Colorado Blvd and south of 6th ave that is still very central to all 3 hospitals. It's anchored by a large upscale mall, several blocks of local restaurants/boutiques/bars (home to probably the best burger in Denver at the Cherry Cricket) and a mix of houses and apartments. While it can be rather expensive, there are some great "middle ground" gems. Overall, this area has a vibrant feel and is an easy neighborhood to live in.

- **Pros:** Close to downtown, many restaurants and stores

- **Cons:** One of the more expensive neighborhoods. As lots of business lives here, it can be crowded with heavy traffic during the day.

Commute Length (on average):

- **To Denver Health:** 12 minutes, 3.1 miles
- **To the U and VA:** 20 minutes, 7.7 miles



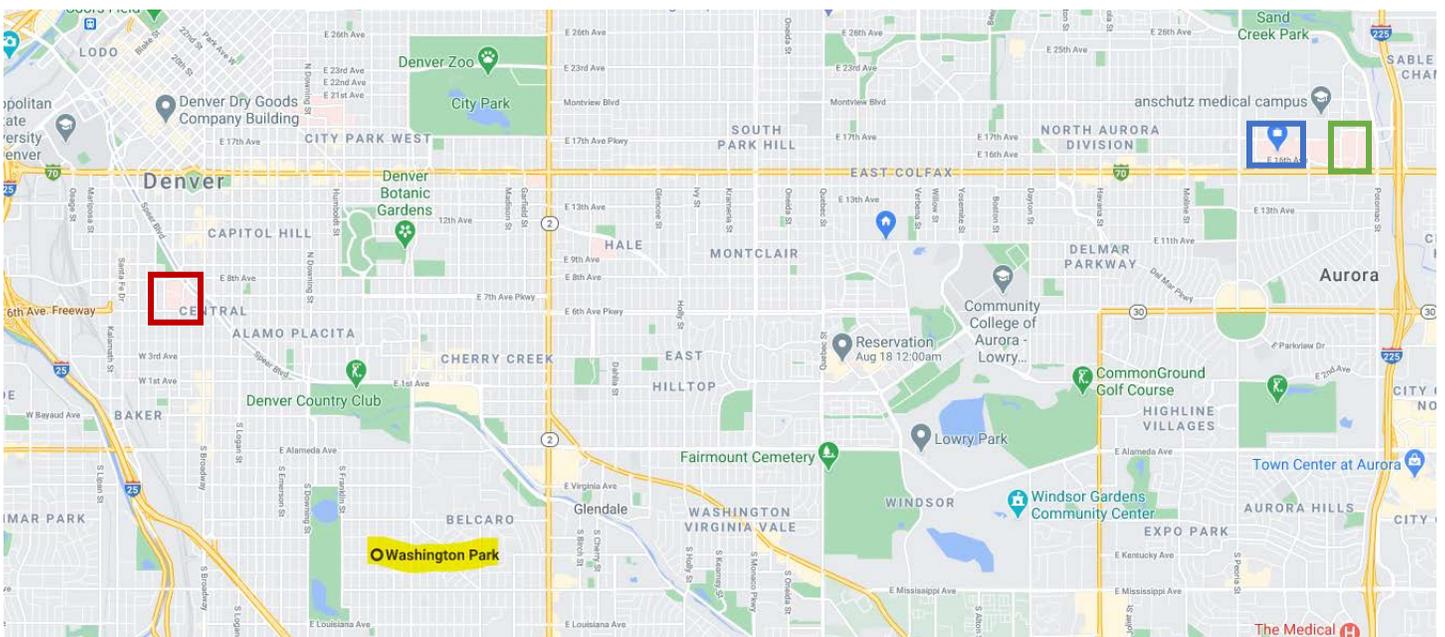
Washington Park:

A little further south and west, but a great area that surrounds a pleasantly large park. The park itself has great running, biking, and walking paths, a flower garden, several picnic areas, and general recreational space. Your dogs and family will appreciate living here. Surrounding the park itself is a chic shopping district with restaurants, stores, and sports bars. Overall, this location is tranquil and will give you lots of green space to play.

- **Pros:** Family friendly, residential, slightly longer commute to the U and VA
- **Cons:** Purchasing a home can be very expensive

Commute Length (on average):

- **To Denver Health:** 12 minutes, 3.5 miles
- **To the U and VA:** 27 minutes, 9.7 miles



Central Park (Formerly Stapleton):

This family friendly neighborhood is located in the eastern most portion of Denver and has attractive school districts at all levels as well as a short commute to the U and VA. There are multiple options for housing including new build homes, apartments, condos, and lofts. Almost all of the housing options are new developments with upscale amenities. There is a main town center with an outdoor mall that has the typical chain stores, a grocery store, and multiple parks. Incoming residents looking for access to the heart of the Denver cultural, restaurant, and night life scene may find that Central Park is removed and has a suburban vibe. The technical cross streets for Central Park are: North 56th ave, South –Montview blvd, East – Peoria st, and West –Quebec St

- **Pros:** new construction, lots of greenspace, good for dogs/kids, not as expensive as Denver proper
- **Cons:** removed from downtown

Commute Length (on average):

- **To Denver Health:** 21 minutes, 7.5 miles
- **To the U and VA:** 8 minutes, 3.3 miles



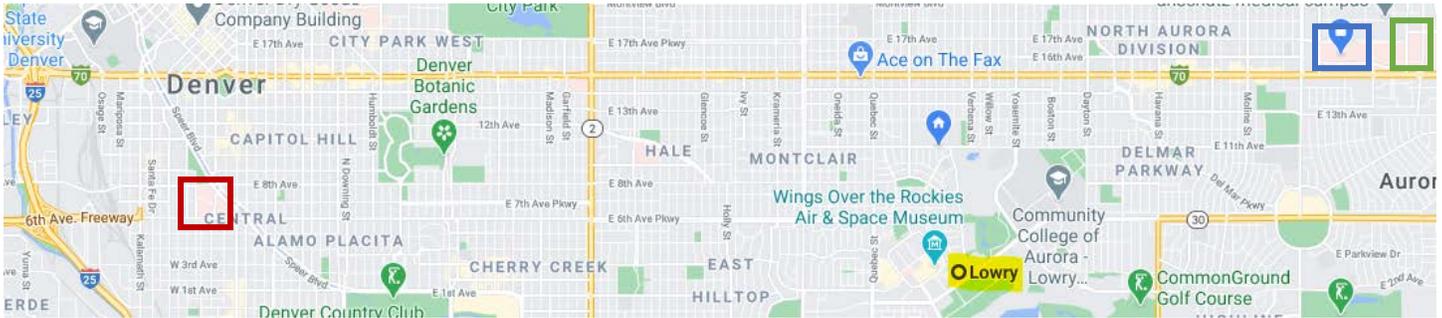
Lowry:

Similar to Central Park, Lowry is an eastern Denver neighborhood that boasts a family friendly atmosphere with lots of new development and a slight mix of older homes. There is a local town center that has a major grocery store, dentist, beer garden, 24hr fitness, and multiple shops and chain restaurants easily at hand. Housing consists of new build homes, multiple apartment centers with deluxe amenities, lofts, and older neighborhood homes. The nice thing about Lowry is that rush hour traffic does not greatly impact your commute times. Incoming residents looking for access to the heart of the Denver cultural, restaurant, and night life scene may find that Lowry has a somewhat removed and suburban vibe. The technical cross streets for Lowry are: North - 11th Avenue, South - Alameda Avenue, East - Uinta Way, West - Quebec Street.

- **Pros:** Newer construction. Close to both University and VA (10-15 min). Will get more space for your money here than in more central neighborhoods. Plenty of outdoor green space and parks.
- **Cons:** Drive to Denver Health around 25 minutes during resident driving hours. Less restaurants, bars, shopping districts than other neighborhoods. Drive to downtown and mountains longer than others.

Commute Length (on average):

- **To Denver Health:** 20 minutes, 6.5 miles
- **To the U and VA:** 15 minutes, 4.5 miles

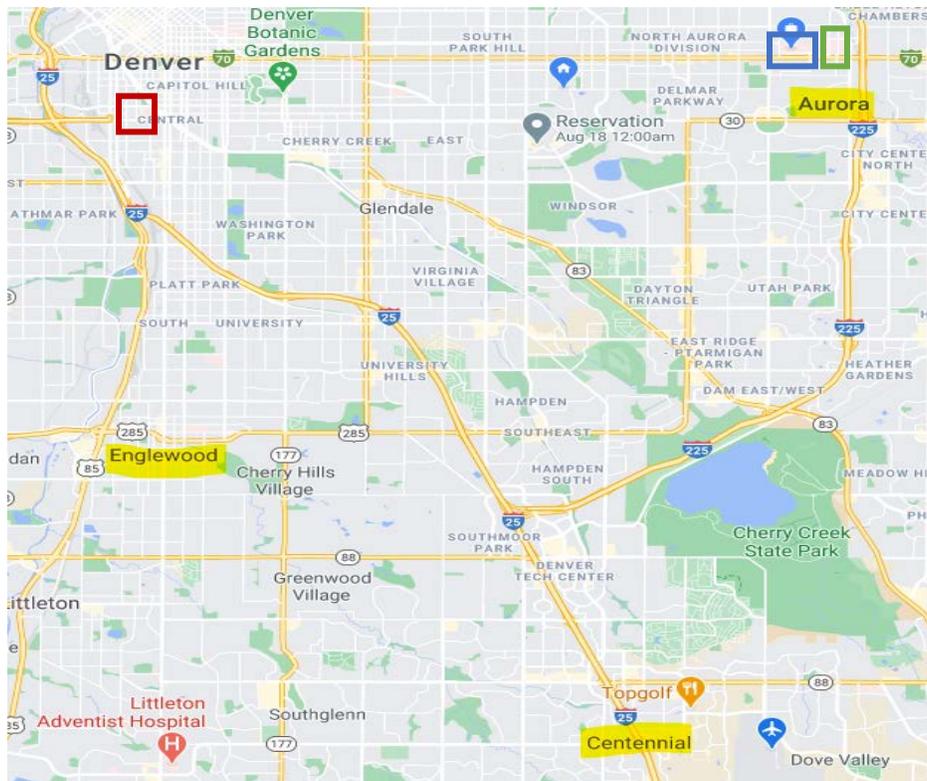


Check out the last two pages for recommendations outside of Denver!

Aurora, Centennial, and Englewood:

The cities south and east of Denver. Aurora itself is very culturally diverse. Each are more suburban than the other greater Denver areas and have a good mix of affordable single family homes and apartments. Aurora is about 25 minutes to DH and can be anywhere from a short walk to 25 minutes away from the U and VA. Centennial is approximately a 20-minute commute to and from DH, the U and VA outside of rush hour. Englewood is approximately a 25-minute commute to and from the U and VA and 15-20 minutes to DH outside of rush hour. Commute timing from these cities largely depend on where exactly you live in each area.

- **Pros:** Affordable housing prices (with fenced yards!) and apartment rentals. If you live in South Aurora, Centennial or Englewood, you'll have access to an excellent school district
- **Cons:** Older construction, long commute to the mountains/downtown, be wary of living within 2 blocks north or south of Colfax in north Aurora for safety reasons. Also, most neighborhoods in Centennial and Englewood have HOA fees that will have to be factored into housing prices



Lakewood:

Lakewood is a great suburban city west of Denver. It has very easy access to the mountains and Red Rocks Amphitheater. Pricing is more reasonable than in Denver. Lakewood is quite close to DH (roughly at 10-15 minute commute) and is much farther from the U and VA (30-35 minutes), where you will spend the majority of your intern year.

- **Pros:** Close to the mountains, relatively short commute to Denver Health and downtown, and has an excellent school district (JeffCo)
- **Cons:** Long commute to the U and VA.

