

travel


## In the City: Cheyenne

By The Denver Post

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The relaxing and interactive Cheyenne Botanic Gardens. (Special to The Denver Post)

 The capital of Wyoming, named by the Sioux Indians (it means "people who speak a foreign tongue"), Cheyenne was settled in 1867 by men working for the Union Pacific Railroad. Both of those histories are still in evidence for folks looking to get a modern taste of the Wild West in one of the most laid-back cities on the plains. Here are six of our favorite ways to do just that. — *Kyle Wagner*

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**STAY** | The beautiful Nagle Warren Mansion (222 E. 17th St., 800-811-2610, [naglewarrenmansion.com](http://naglewarrenmansion.com)) is an 1888 property with 12 rooms divided between the main house and a carriage house. The sleeping quarters are filled with Western-themed Victorian furniture but updated enough to offer modern amenities such as Wi-Fi and phones, and pets are allowed in some areas. Rates start at \$138.

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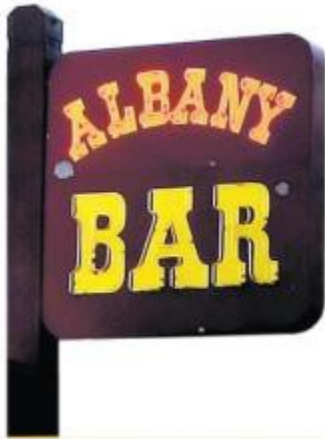
**STAY** | Little America (2800 W. Lincolnway, 800-445-6945, [littleamerica.com/cheyenne](http://littleamerica.com/cheyenne)) has a new playground, a great fitness center and pool, a golf course good enough to make the place a destination and lovely, spacious rooms — not to mention that its location just off the highway can't be beat. Don't leave to eat elsewhere; the food on-site is fabulous. Rates start at \$92.

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**ENJOY** | The relaxing and interactive **Cheyenne Botanic Gardens** (710 S. Lions Park Drive, 307-637-6458, [botanic.org](http://botanic.org)) is 90 percent maintained by volunteers, and they do a remarkable job of keeping 9 acres covered with regional plants and magnificent roses, working the award-winning children's garden and recently building an inviting labyrinth. The Conservatory is 100 percent solar- heated. The best part: Admission is free to all.

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**SHOP** | The Wrangler (1518 Capitol Ave., 307-634-3048) is so big, folks have been known to see something they like and then forget where it was 10 minutes later. All



The Albany Restaurant, Bar & Liquormart has been an easygoing locals joint since 1942. (Special to The Denver Post) manner of Western attire and accessories from head to toe, including hats, boots and clothing — from fancy to functional — can be found at in this three-story, red- brick building, with prices to match.

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**DINE** | **The Albany Restaurant, Bar & Liquormart** (1506 Capitol Ave., 307-638-3507, [albanycheyenne.com](http://albanycheyenne.com)) has been an easygoing locals joint since 1942, the place to plop down in a high-backed wooden booth and get an open-faced roast beef sandwich and a cold draft beer or a thick-cut steak (save room for fresh-baked pie) and maybe shoot some pool afterward.

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**DINE** | The elegantly casual Capitol Grille in The Plains Hotel (1600 Central Ave., 307-638-3311,



The elegantly casual Capitol Grille in The Plains Hotel serves buffalo sliders with chipotle aioli. (Special to The Denver Post) [theplainshotel .com](http://theplainshotel.com) serves buffalo sliders with chipotle aioli, rare ahi tuna with a sweet soy glaze, spaghetti and meatballs and chicken-fried steak — in other words, a delightful mix of upscale froufrou fare and down-home favorites. The Trail Coffee Shoppe is also a worthwhile stop, with its cozy couches and well-crafted lattes.

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**Get there:** Cheyenne is 100 miles north of Denver via Interstate 25. Great Lakes Airlines flies nonstop from Denver International Airport (DEN) to Cheyenne Regional Airport (CYS) starting at \$218 round-trip.

**Get around:** Downtown Cheyenne is laid out on a grid and is easy to navigate on foot. Parking is plentiful at the two-hour parking meters around the city, and while the bus system is small and has short daytime hours, it accesses the major areas. The Greater Cheyenne Greenway is a nice way to see part of the city by bike, especially if you start with a picnic at a nice section such as Lions Park and make a day of it. Visit [cheyennecity.org](http://cheyennecity.org) for a map of the trail and trailhead parking lots.

**More info:** Cheyenne Visitors Center, In the Cheyenne Depot, downtown at 15th Street and Capitol Avenue, 307-778-3133