

*Information for Traveling to Denver for Individual Intensives or  
Retreats with Janelle Hallman, MA, LPC  
[www.janellehallman.com](http://www.janellehallman.com)*



***All meetings will be held at:***

*8771 Wolff Court, Suite #210*

*Westminster, CO 80031*

*Telephone: (303) 429-2100*

*(Office is located in the Sheridan Park West Building #14)*

***AIRFARE:***

For possible discounts when booking airfare to Denver, you may want to check out Misha's Travel Hub at [www.mishastravelhub.com](http://www.mishastravelhub.com). You will be flying into the Denver International Airport (DEN).

***TRANSPORTATION FROM AIRPORT:***



**RTD BUS:**

The closest airport is Denver International Airport. Public transportation (RTD bus service) is available and runs from DIA to the park-and-ride at 88<sup>th</sup> and Sheridan – (Westminster Center) which is within walking distance of hotels and Janelle's office. The RTD bus costs \$11. You will want to take route AB (the DIA to Boulder route) to the Westminster Center park-and-ride at Sheridan Boulevard and US 36. The buses run frequently and require approximately 60 minutes in travel time. You can check out the schedule of times at [www.rtd-denver.com](http://www.rtd-denver.com), Click Skyride.

**SHUTTLE:**

If you prefer, you can book a round-trip or one-way shuttle ride with Super Shuttle ([www.supershuttle.com](http://www.supershuttle.com)) - the "Blue Shuttle Van." You can also call 1-800-258-3826 for reservations. The charge is \$19 per one way. Minimum of 24 hour advanced scheduling is recommended. AAA members can obtain a discount by scheduling online. The Blue Van will drop you off and pick you up at your hotel.

## BY CAR - DRIVING DIRECTIONS to 8771 Wolff Court, Westminster, Colorado 80031:

### FROM DENVER INTERNATIONAL AIRPORT:

- The airport exit takes you directly to I-70 West
- From I-70, Take the I-270 W exit- EXIT 279
- Merge onto US-36 W.
- Take the SHERIDAN BLVD / CO-95 exit toward 92ND AVENUE.
- Take the NORTH SHERIDAN BLVD / CO-95 N ramp toward EAST 92ND AVE.
- Turn east on 92nd.
- Go to first light. Turn right on N. Yates St.
- Road will crest a hill and eventually, near the Doubletree Hotel, curve to the left and become 88th St. Follow the curve.
- Turn right on Wolff Court then take your first right into the parking lot. **You will see a sign that says: Sheridan Park Bldg. 14, 8771 Wolff Ct. This is Janelle's building.**
- Follow the sidewalk to the front entrance of the building directly behind (a bit to the left) the sign. Suite 210 is on the second floor at the top of the stairs.

### DRIVING FROM OTHER DIRECTIONS:

- From all directions, you will ultimately need to get to Sheridan and 92nd in Westminster.
- From southeast side of Denver: Take I-25N to the Boulder Turnpike (I-36) West to Sheridan, exit north on Sheridan to 92nd.
- From west side of Denver: Take I-70 to Sheridan Blvd. Head north or south (depending on the direction you are coming from) on Sheridan to 92nd.
- Turn east on 92nd.
- Go to first light. Turn right on N. Yates St.
- Road will crest a hill and eventually, near the Doubletree Hotel, curve to the left and become 88th St. Follow the curve.
- Turn right on Wolff Court then take your first right into the parking lot. **You will see a sign that says: Sheridan Park Bldg. 14, 8771 Wolff Ct. This is Janelle's building.**
- Follow the sidewalk to the front entrance of the building directly behind (a bit to the left) the sign. Suite 210 is on the second floor at the top of the stairs.

## *INFORMATION ON NEARBY HOTELS:*

*The following hotels are within walking distance of Janelle's office, nearby restaurants and the Westminster Mall.*



### **Doubletree Hotel Denver North**

8773 Yates Dr., Westminster, CO 80031

800.222.TREE; 303.427.4000

[www.hilton.com](http://www.hilton.com)

The Doubletree North is closest to Janelle's Office. The hotel offers a complimentary shuttle which can take you to Janelle's office at 8771 Wolff Ct. #210 for meetings.

**Residence Inn By Marriott**

5010 West 88th Place  
Westminster, CO 80030  
303.427.9500  
www.marriott.com



**Hampton Inn Westminister**

5030 W. 88<sup>th</sup> Place  
Westminster, CO. 80030  
303.427.0700  
www.hamptoninn.com

*All of the below hotels will require a car or at least a multiple mile walk.*

**La Quinta Inn – Westminster Mall**

8701 Turnpike Dr.,  
Westminster, CO 80030  
303.425.9099  
www.lq.com



**Omni Hotel and Resort**

800 Eldorado Blvd,  
Broomfield, CO 80021  
Phone: (303) 464-9000  
www.omnihotels.com  
(car only)

**Comfort Inn**  
8500 Turnpike Dr,  
Westminster, CO 80031  
(303) 428-3333



## RESTAURANTS IN IMMEDIATE AREA:



**Joe's Crab Shack**  
8911 Yates St  
Westminster, CO  
80031  
303.657.0776  
www.joescrabshack.co



**Salt Grass Steak House**  
8931 North Yates St.  
Westminster, CO  
303.429.4300  
www.saltgrass.com

### Sweet Tomatoes

8971 Yates St.  
Westminster, CO  
80031  
303.427.4004  
www.sweettomatoes.com



**Pappadeaux**  
9145 Sheridan Blvd.  
Westminster, CO  
80031  
303.657.2800  
www.pappadeaux.com



## OTHER ATTRACTIONS:



**Barnes & Noble**  
9370 Sheridan Blvd.  
Westminster, CO  
80030  
303.426.7733  
Open 9a-11p  
everyday  
\*Starbucks located  
inside



**Westminster Mall**  
5433 W. 88<sup>th</sup> Ave.  
Westminster, CO  
303.428.5634  
Dillard's, JCPenney,  
Macy's, Sears and 140  
other stores

### Westminster Promenade

Go westbound on US36 and exit  
Church Ranch Blvd.

*AMC Theatre, Butterfly Pavilion, Splitz, Abo's  
Pizza, Johnny Carino's, Marble Slab Creamery,  
Que Bueno!, Rock Bottom Brewery, Subway,  
Rocky Mountain Chocolate Factory, Tuk Tuk  
Thai Bistro, O's Steak and Seafood, Hibachi  
Japanese Steakhouse and Sushi Bar*

\*You will need transportation to get to  
Westminster Promenade.



**Flatirons Crossing – A 5-star Mall**  
Shopping, Eateries and Entertainment  
Mon.-Sat.: 10am – 9 pm  
Sun. 11am – 6 pm  
(720) 887-7467

*To find out more about the city of Westminster, CO and what it has to offer visit  
www.ci.westminster.co.us/ and click on the "Visitor" link.*

## ***GOLF COURSES:***

**Legacy Ridge Golf Course**  
10801 Legacy Ridge Parkway,  
Westminster, CO 80031  
Golf Shop: 303-438-8997  
FAX: 303-469-9880



**The Heritage Golf Course at Westmoor**  
10555 Westmoor Drive  
Westminster, CO 80021  
Golf Shop: 303-469-2974  
FAX: 303-635-1306



**Hyland Hill Golf Course**  
9650 Sheridan Blvd,  
Westminster, CO  
303-428-6526  
www.hylandhills.org

**Lake Arbor Golf Course**  
8600 Wadsworth Blvd. Arvada, CO 80003  
720-898-7360  
www.lakearborgolf.com

**West Woods Golf Club, Silo  
Course**  
6655 Quaker St  
Arvada, CO 80007-7529  
(720) 898-7370  
<http://www.westwoodsgolf.com>

**Eagle Trace Golf Club**  
1200 Clubhouse Dr, Broomfield, CO 80020  
303-466-7571  
www.eagletracegolfclub.com

**Omni Interlocken Resort and Golf  
Club**  
800 Eldorado Blvd  
Broomfield, CO 80021  
303-635-1110 or 303-464-9000  
www.OmniInterlocken.com  
At Omni Hotel Resort

## ***OTHER RESOURCES:***

**Emergency: 911**  
**Hospital: St. Anthony's North**  
2551 W. 84th Avenue  
Westminster, CO 80031  
303-426-2151

**Performance Chiropractic:**  
303-425-4444  
**New West Physicians (family practice)**  
303-425-4680

**Massage Envy Westminster:**

10449 Town Center Drive Suite 600  
Westminster, CO 80021  
(303) 466-1818

**Centennial Peaks Psychiatric Hospital**

2255 South 88th Street  
Louisville, CO 80027  
Phone: 303.673.9990

**Fed-Ex Kinkos**

9390 Sheridan Boulevard – on SE corner of 94<sup>th</sup> and  
Sheridan – across from Barnes and Nobles  
Westminster, CO  
(303) 487-4200  
Open 24 hours daily

**Massage Envy Broomfield:**

1170 US HWY 287 Suite 300  
Broomfield, CO 80020  
(303) 404-ENVY (3689)

**Natural Foods:**

**Wild Oats Natural Marketplace**

9229 N. Sheridan Blvd.  
Westminster, CO 80031  
Phone: 303-650-2333