

WorldDenver Presents:

STAYCATIONS

a new way to travel the world without leaving your home

NOSHING THROUGH NATIONAL PARKS

“Oh beautiful, for spacious skies, for amber waves of grain; For purple mountain majesties, above the fruited plain” ~ America The Beautiful Since 1872, the United States National Park System has grown from a single, public reservation called Yellowstone National Park to include 418 natural, historical, recreational, and cultural areas throughout the United States and U.S. territories. This week, venture from the comfort of your couch to explore the depths of crevasses in Alaska, tour the sunset-toned rocks of Utah, dive under the surface in Florida, soar over an active volcano in Hawai'i, and trek into the darkness of a cave in New Mexico.

CULTURE

Ask any enthusiast about enjoying the outdoors, and you will likely hear about Leave No Trace (LNT), a widely respected set of principles to have as minimal of an impact as possible on the natural ecosystem while hiking, biking, or otherwise enjoying the outdoors. LNT was created by environmental advocates to help park rangers deal with the increased foot traffic into parks. However, the outdoor enthusiast space has traditionally catered to the white middle and upper class and concerns around inclusivity and accessibility have only recently begun to be addressed. We should also note that Indigenous nations have been living and working the lands now designated as National Parks for generations. Though they often face discrimination by annual visitors, Indigenous peoples do have agreements with many parks to continue to harvest spiritually and culturally important plants. While exploring the National Parks through these [virtual tours](#), consider things we can all do to make our outdoors more open and accessible to all.

CUISINE

“Fourth of July” food is often envisioned as burgers on the grill, cold drinks in a cooler, and sweet fruits on the table. Maybe your family does creamed corn, or maybe they prefer beans! Either way, the food is about gathering to celebrate with family and friends. As we do that on a much smaller scale this year, check out these delicious [recipes](#) from 5280 Magazine and locally based restaurant, KT's BBQ!

COCKTAIL

A 14er is practically a rite of passage in Colorado, and most would tell you the only acceptable way to wash it down is with a local craft beer. That being said, some people don't like beer, and some people don't like to hike mountains. For those of you looking to enjoy a leisurely Fourth of July, check out this [extensive list](#) of Denver bartenders' favorite cocktail recipes, cultivated by 303 Magazine.

