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(for adults!)**

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SUMMER FUN

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DISCOVER



1. Local artist Liz Gnagy's boot sculpture, called *Where the Deer and the Antelope Play*, at Cheyenne Depot Plaza.
2. Curt Gowdy State Park.
3. Trick roper Rider Kiesner at Cheyenne Frontier Days.
4. Colorful carrots at Cheyenne Botanic Gardens.
5. An 1890 IPA at Freedom's Edge Brewing Co.



A PERFECT DAY IN

CHEYENNE

Wyoming's capital celebrates its Old West roots this month with Frontier Days—a great reason to cycle, ride horses, and sample craft beer in this fun-loving town. *By Davina van Buren*

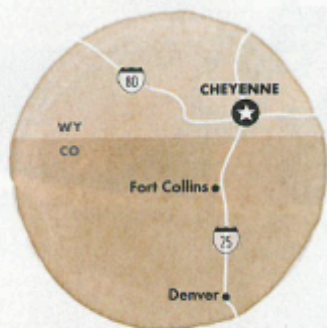
Cowboy culture, amplified

If you haven't ever been to **Cheyenne Frontier Days**, you need to go. The largest outdoor rodeo in the world, it has rowdy competitions for all the bovine and equine sports you'd

expect—bull riding, calf roping, steer wrestling, a wild-horse race—plus the rides, games, and food of a carnival (if it's sweet, fried, or served on a stick, you'll find it here). Add to that a series of arena-rock concerts (this year's lineup

includes Aerosmith, Keith Urban, and Alabama) and a slew of craft and clothing boutiques (seek out Albuquerque-based Trader Barb's handmade turquoise and Native American jewelry)—and it's not surprising that the 10-day, citywide

event can get packed. Last year, it drew more than 250,000 people. Our suggestion: Visit midweek, when it's less crowded. Go on Tuesday or Thursday, and you can catch the old-fashioned Grand Parade of rodeo queens, marching



GETTING HERE

Cheyenne has a regional airport and is 101 miles north of Denver, via I-25.

bands, draft horses, and antique cars—a reminder of the rodeo's beginnings back in 1897. *From \$15; Jul 17-26; cfdrodeo.com.*

Pony up

If you leave Frontier Days thinking, Huh—I could do that, your next stop should be **Terry Bison Ranch**, a working farm with a herd of 3,500 American buffalo. Wranglers lead one- and two-hour horseback-riding tours of the property, as well as 15-minute pony rides for kids younger than 8. *From \$40/hour; 51 I-25 Service Rd. E.; terrybisonranch.com.*

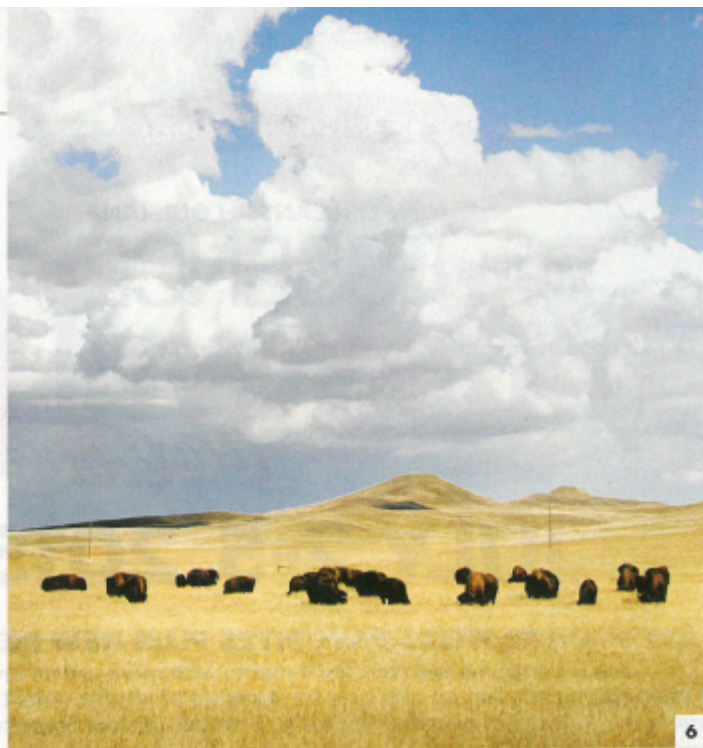
Wheeling in wide-open spaces

If, on the other hand, your idea of saddling up typically involves spokes and two wheels, make your way instead to nearby **Curt Gowdy State Park**. You can cruise 35 miles of single-track with a coveted

“Epic” designation from the International Mountain Biking Association. Sound too extreme? Cheyenne has a greenway system with more than 37 miles of paved paths that are perfect for easy pedaling. You can BYO bike or rent one from **Rock on Wheels**, which stocks road and mountain models. *Curt Gowdy: From \$4/vehicle; milepost 23.5 State 210; wyoparks.state.wy.us. Rock on Wheels: From \$50/day; 900 E. Lincoln Way; rockonwheels.net.*

A taste of the South

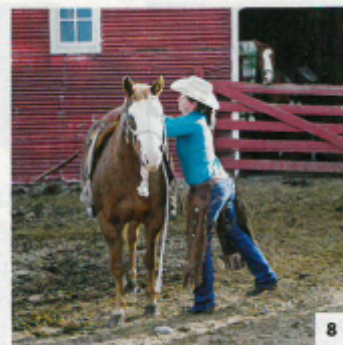
At **Morris House Bistro**, South Carolina native Damei-one Cameron serves up his grandmother MamaLee’s authentic, low-country recipes in the historic home of suffragist Esther Hobart Morris, the first female U.S. justice of the peace. Cameron is a master of time management: During the day, he’s a family law attorney; three nights a week, you’ll find him in the restaurant’s kitchen or out visiting patrons in the cozy dining room. Craft-beer lovers beeline for the locals’ favorite watering hole, **Freedom’s Edge Brewing Co.** The family-owned operation pours eight beers on tap, including the spicy High Noon Chili Ale, which gets its kick from jalapeño, serrano, and habanero chiles. *Morris House: \$\$\$; 2114 Warren Ave.; morrishousebistro.com. Freedom’s Edge:*



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6. Terry Bison Ranch. 7. Freedom’s Edge Brewing. 8. Wrangler Trinity Zollinger saddles up Daisy at Terry Bison Ranch. 9. Summer flowers at Cheyenne Botanic Gardens.

1509 Pioneer Ave.; freedomsedgebrewing.com.

The high plains in miniature

In the 1870s, early settlers of Cheyenne reported that there were only 12 trees—in the entire town. At that time, little more than tall grasses and shrubs grew, as far as the eye could see. The **Cheyenne Botanic Gardens** is like a blooming history

book, depicting the area’s evolution as the West was settled. You’ll find Indian paintbrush, the state flower, growing in the 1700s Plaza; potatoes and squash in the 1800s Plaza; and examples of antique tractors in the 1900s Plaza. Roses are in their prime here in July, and hundreds of heritage breeds are in bloom now across the 9-acre park. *Free; 710 S. Lions Park Dr.; botanic.org.*

THE LOCAL LOWDOWN

“Volunteers are at the heart of Cheyenne Frontier Days. It’s a huge event, of course, but it feels like a bunch of extended families coming together.”

—KATHY STEIL, CHEYENNE FRONTIER DAYS VOLUNTEER