

TRAVEL BUDS

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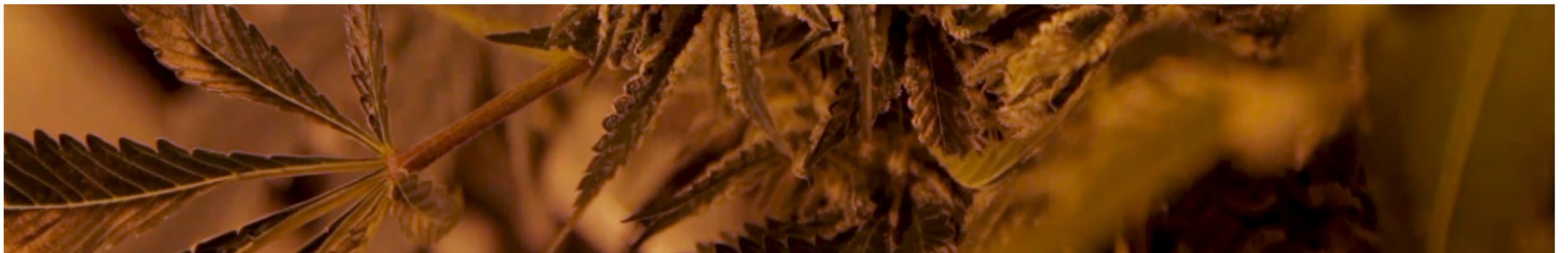
EPISODE 100

COLORADO

DENVER

IDAHO SPRINGS

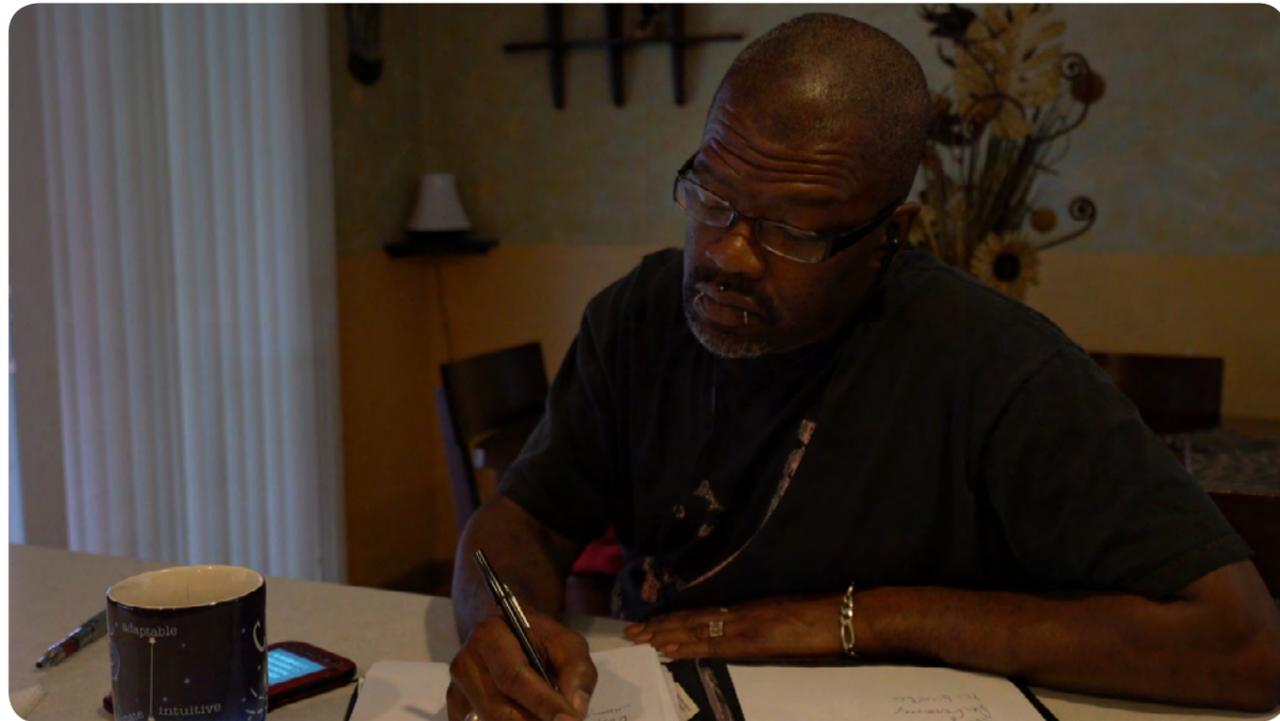
MANITOU SPRINGS



EPISODE HOST

**DESIGNER &
ENTREPRENEUR**

TROE



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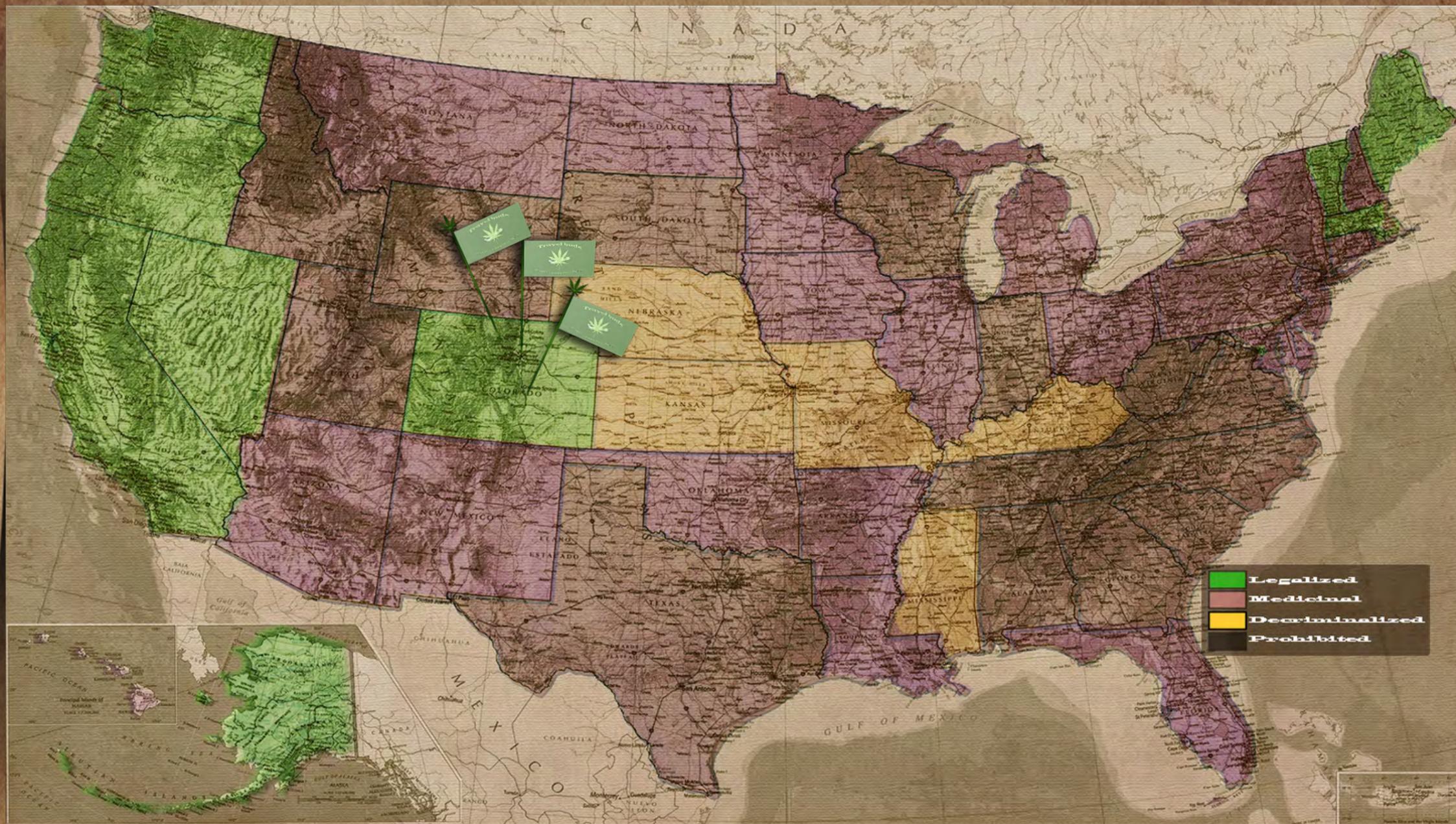
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Medicine Man

By Myles High

With three locations in the Denver metro area, Andy and Pete Williams' Medicine Man is not only Denver's largest single marijuana dispensary, it's also a family owned and run business. Founded in 2009 to produce high-quality, cost effective medical marijuana, the company gradually expanded to include dispensaries, which are now extremely popular among Denver's cannabis clientele. As a family run business, Medicine Man employs 10 members of the Williams' clan, with Pete handling the horticulture and Andy handling the business side of things. Medicine Man features a huge selection of flower and other cannabis products including concentrates, edibles, drinks, tinctures, pills, clones, as well as pipes and smoking accessories. Their huge selection of cannabis includes indicas, sativas, hybrids, and they feature daily specials as well as daily happy hour that just happen to being at 4:20 p.m. every day. Open from 8 a.m. to 10 p.m., you don't want to miss out on visiting Medicine Man the next time you're in the Denver area.





The Roosevelts, Frank and Jesse James, and William Bonny (better known as Billy the Kid). More recently, Clint Eastwood, Leon Russell and Bo Diddley have relaxed in the healing waters of the springs. Now, it's your turn to visit Indian Hot Springs. Featuring a family friendly pool and gender specific caves, private baths, or outdoor Jacuzzis, Indian Hot Springs is the perfect place to experience the natural mineral waters in Idaho Springs, Colorado.



Indian Hot Springs

By Myles High

Located just 30 miles west of Denver, Indian Hot Springs in Idaho Springs, Colorado, is the perfect place to relax and experience the pure mineral water that flows from the springs at 125 degrees and runs directly into the pools and baths of this historic establishment. Originally built in 1863 by Dr. E. M. Cummings, people have been enjoying the Indian Hot Springs for over 150 years. Today, Indian Hot Springs features mineral springs swimming pools, men and women's thermal caves, massage and spa services, and a spa room. In addition, Indian Hot Springs also has accommodations to fit everyone's needs including rooms at the Historic Main Resort Building, The Inn, The Lodge, or by renting free-standing cabins. Throughout its history, many famous (and infamous) people have visited Indian Hot Springs, including poet Walt Whitman, The Vanderbilts,



Manitou Springs

By Jonathan Lantz

Established in 1876, the resort city of Manitou Springs rests adjacent Colorado Springs and located at the base of Pikes Peak. Manitou Springs is known for its healing mineral springs and mountain landscapes. Enjoy a stroll through the beautiful artesian district of their historic downtown, where you can visit art galleries, shop in specialty boutiques and enjoy a



12 MANITOU SPRINGS



HISTORIC MANITOU SPRINGS

meal in a creek side tavern or the local dinner theatre. Take a trip down memory lane at Arcade Amusements and have a blast in their museum like arcade, of over 250 traditional style video games. Nearby you'll find a few of the well-known tourist spots like Cave of the Winds, the Anasazi cliff dwellings and of course, Pikes Peak.



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Puff Pass & Paint

By Myles High

When you attend an art class at Denver's Puff, Pass, and Paint, the idea is to create art in an atmosphere that's relaxed, comfortable, open minded, and fun. Cannabis lovers, who also happen to be artists (from beginner to pro), get together at Puff and Paint to experience a sense of community in an intimate, inspired setting. All of the art supplies are included in the \$49.00 per person fee for the class, and participants are encouraged to smoke, bring their own edible edibles, but ingesting cannabis in its various forms isn't required, although it's certainly encouraged (and will help you create a much better work of art). As Joshiah Hess from Colorado Public Radio said in a recent interview, "This class allowed me to just let go. It was very laid-back and very welcoming with people of all ages." Brittany Driver from The Cannabist also recently took part in a Puff and Paint class

and said, "Maybe it was the weed, maybe it was the company, maybe it was the therapeutic nature of painting, but I was starting to feel a weight lifting off of my shoulders." So the next time you're in Denver, visit local painter Heidi Keyes for an intimate 2 hour smoking session in her home studio, while you follow along with her step-by-step instructions to create your own mind-altered masterpiece. Classes only hold up to 9 students and participants have to be 21 years of age or over to enroll. Zone out and enjoy the relaxing atmosphere as you enjoy some local cannabis and free the creative artist inside of you



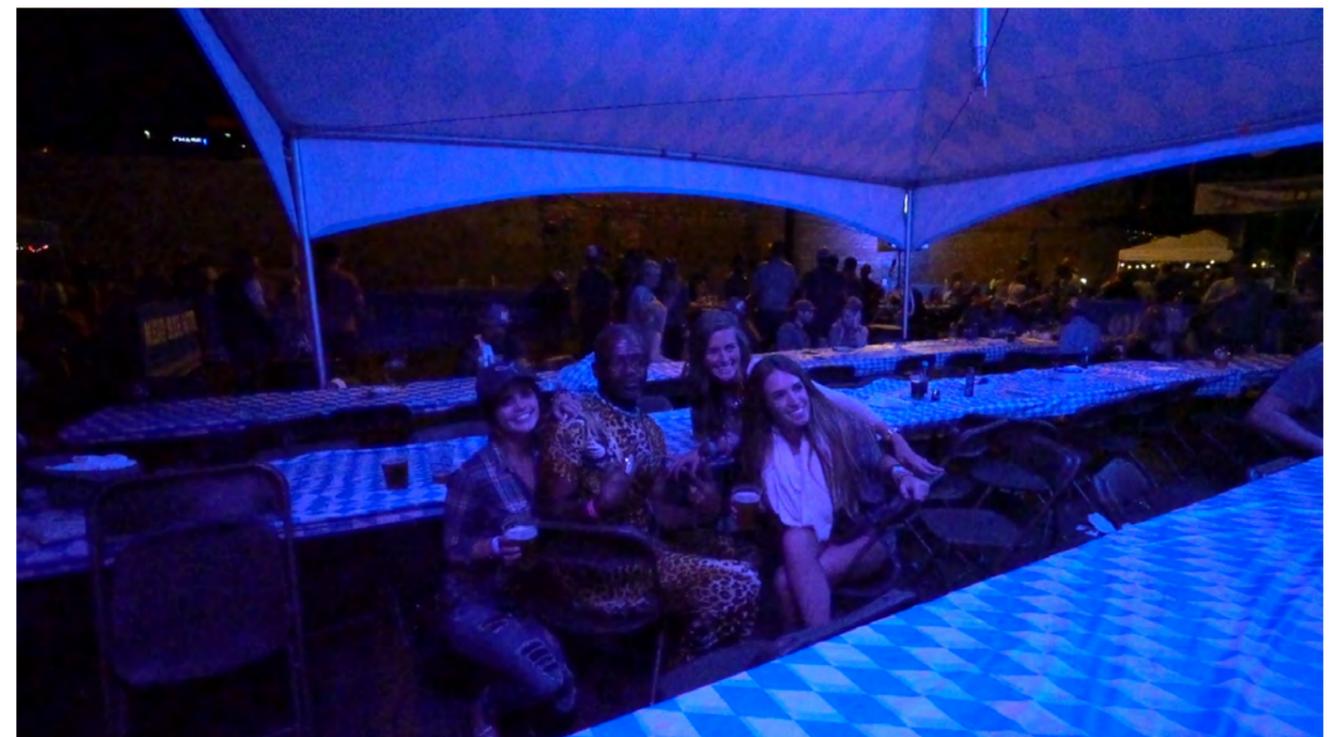


By Jonathan Lanz

Generally covering two weekends, The Denver Oktoberfest draws in more than 350,000 people, annually. It's known as one of the best festivals in the United States and as quoted by Maxim Magazine and USA Today as being "The Best Oktoberfest" in the United States and "One of the country's biggest and longest running traditions". Some of the activities include the long dog derbies, keg tossing, brat eating contests and the ever popular, stein hoisting contest, awarding some pretty amazing prize packages. Be sure to check out the VIP packages.



16 OKTOBERFEST



OKTOBERFEST

Travel Buds Merch



Vendor Deals



TRAVEL BUDS HOST TROE



A three decade vet in the Fashion and entertainment industry. Specializing in clothing design, interior design, party planning, event planning, wedding planning all things fashion. Vandalism Designs also specializes in training models, art direction, promotion photoshoots, music videos, movies, commercials television shows. Vandalism designs splits time between Denver Minneapolis and Atlanta.



TRAVEL BUDS CREATOR JONATHAN LANZ



Since 2009, Jonathan has produced, directed and edited four movies, nine television shows, five music videos, one documentary and acted in three films. He's also held various film crew positions, including but not limited to, Camera, Sound, Grip & Electric, Art Dept, Special Makeup Effects, etc... on numerous, commercials, live events, and movies. Jonathan's current project "Travel Buds" is one of several projects his production company, Independent Gorilla Productions, Inc. has, in various stages of development.





TRAVEL BUDS

EPISODE 100

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