



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Business Travel to Salt Lake City: Around the corner from the Salt Palace Convention Center

Salt Lake City, 1 Day

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Guide Description



AUTHOR NOTE: Located in the heart of downtown Salt Lake City, the Salt Palace Convention Center served as the media headquarters for Salt Lake City's 2002 Winter Olympic Games and is now the main conference center in Salt Lake.

Take a break from your meetings and wander off to explore Salt Lake's city center. Located just two blocks from the Salt Palace is Squatters, Salt Lake's favorite brewing company. Sample some local micro brews and then spend the afternoon touring Temple Square, the historic and spiritual center of the LDS (Mormon) church.

Recent liquor law changes have made it a bit easier to get out and explore Utah's varied nightlife. No sponsors or private club memberships needed anymore – you can simply enter the bar, show your ID, and order a drink. To unwind after an endless day of meetings, stop by Happy Hour at Donovan's Steakhouse Lounge for complimentary prime steak sandwiches and appetizer specials before heading to dinner at either Bambara or Lamb's Grill.

Cap off the evening by visiting Salt Lake locals favorite tavern, Junior's or relax out of the patio with a gourmet martini at The Red Door. For sport's enthusiasts, catch a Utah Jazz game at the Energy Solutions Center located just one block from the Salt Palace. During the summer months visit the Spring Mobile Ballpark (formerly Franklin Covey Field) to watch the Salt Lake City Bees, Utah's Triple-A Minor League Baseball team. The ballpark is located just an easy Trax, Salt Lake City's rail system, ride from downtown.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Salt Lake City



Squatters Pub Brewery

Downtown microbrewery featuring stellar craft brews



Temple Square

Church museums, sacred buildings, and beautiful gardens



Donovan's - Salt Lake City

Best steakhouse in Salt Lake City



Bambara Restaurant

Salt Lake City's new American bistro



Lamb's Grill Cafe

Salt Lake City's oldest restaurant



Junior's Tavern

Chill local's favorite pub popular with the artsy crowd



Red Door (The)

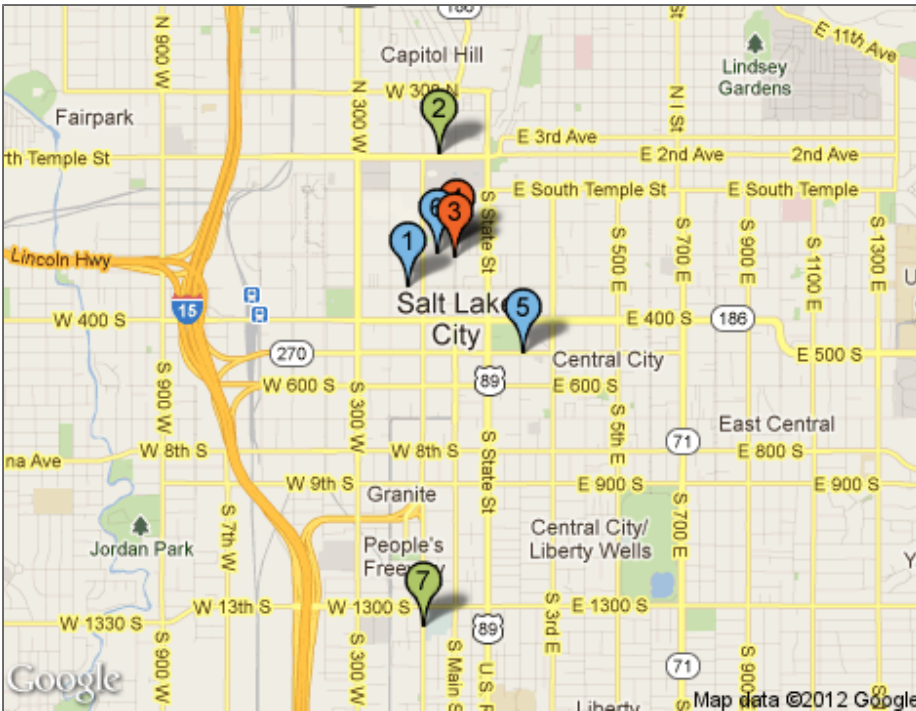
Speciality martinis, whiskeys, and fine wines



Salt Lake Bees Baseball

Home of Salt Lake City's minor league baseball team

Day 1 - Salt Lake City



QUICK NOTE

contact:
tel: +1 801 363 2739
<http://www.squatters.com/>

location:
147 West Broadway
Salt Lake City UT 84101

hours:
M-Th 11a-Mid, F 11a-1a, Sa
10:30a-1a, Su 10:30a-Mid

1 Squatters Pub Brewery

DESCRIPTION: Salt Lake's original brewpub has become a local favorite. Innovative cuisine, casual style and patio dining in the summer have made this one of downtown's hot spots. The enclosed garden patio is a summer lunchtime delight, while the cozy fireplace and timber poles inside give the restaurant a rustic look. Favorites include the beer-battered fish and chips and all of the specialty pizzas. The on-site brewery ensures your porter, lager, or stout will be delicious. © wcities.com



wcities

contact:
tel: +1 801 240 3323
<http://www.visitemplesquare.com/index.asp>

location:
50 West North Temple
Salt Lake City UT 84103

2 Temple Square

DESCRIPTION: Temple Square is the number-one tourist attraction in the state of Utah, attracting 3-5 million visitors each year. And for the 13 million Latter-day Saints around the world, this is the historic and spiritual center of the church. The downtown destination is the home of the iconic Salt Lake Temple, the Mormon Tabernacle, the Assembly Hall, two large Visitors Centers, the Joseph Smith Memorial Building, and the 20,000 seat Conference Center. On one weekend each April and October, the Square buzzes with tens of thousands of Mormon visitors from around the world for the church's semi-annual General Conference.



wcities

During the holiday season, the well-manicured trees and buildings are lit beautifully and become a magnet for couples contemplating a wedding at the temple in the spring.

Throughout the year, free concerts are held at the Tabernacle and the adjacent Assembly Hall, every Sunday morning the Tabernacle Choir performs its weekly "Music and the Spoken Word" program free for the public, and a variety of free films and expositions are shown in the neighboring Joseph Smith Memorial Building.

Did we mention that all of this is available at no cost? Volunteering Mormon missionaries on the square will smilingly offer explanations and answer questions about the faith – and that's free too.

© NileGuide

contact:

tel: 8013594464

www.donovanssteakhouse.com/
m/

location:

134 West Pierpont Avenue
Salt Lake City UT 84101

hours:

Mon-Sat 5PM-10PM

Donovan's - Salt Lake City

OUR LOCAL EXPERT SAYS:

Stop by Donovan's for Happy Hour from 4-6PM Monday through Friday for complimentary prime steak sandwiches and appetizer specials. Try The Perfect Pear with Grey Goose "La Poire" Vodka and Poire William Pear nectar - it is simply divine.

DESCRIPTION: Celebrate Restaurant Week all year long! Enjoy a Chop House Salad, one of three special entrees, and your choice of desserts for only \$40! Donovan's is proud to be the only steakhouse in Utah that guarantees USDA rated prime beef each time you visit. With the most succulent ribeyes, tender filets and delicious seafood options in town, Donovan's cannot be beat. Donovan's sets the standard of steakhouse excellence. An appealing atmosphere of rich mahogany, eye-catching paintings and bronze sculptures artfully bathed in soft flattering light. Upscale and worldclass yet cordially friendly with attentive, unobtrusive service that accentuates every detail. This is truly the place to be to relax and enjoy dining perfection.



Donovan's - Salt Lake City

contact:

tel: 8013635454

http://www.bambara-slc.com

location:

202 S. Main St.
Salt Lake City UT 84101

hours:

Breakfast: Monday - Friday:
7:00am - 10:00am, Saturday:
8:00am - 11:00am, Sunday
8:00am - 12:00pm Lunch:
Monday - Friday: 11:00am
- 2:00pm Dinner: Monday -
Thursday: 5:30pm - 10:00pm,
Friday - Saturday: 5:30pm -

3 Bambara Restaurant

DESCRIPTION: Located right in the ground level of the bright and bold Hotel Monaco, this new American bistro dishes up some of Salt Lake City's finest cuisine, using local, fresh and organic ingredients when possible. With French overtones, Bambara's kitchen fuses the best of western American, Asian and continental European traditions to invent a creative and refined menu of its own. Stop by before a downtown show, or make it an evening unto itself.

Located in a restored bank, the dining room decor highlights the building's history, with polished brass, bright wood, marble, and generous windows. The entire package makes for a fun, swanky evening -an occasion to dress up and treat yourself.

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10:30pm, Sunday: 5:30pm - 9:00pm

contact:

tel: +1 801 364 7166
fax: +1 801 355 1644
<http://lambgrill.com/>

location:

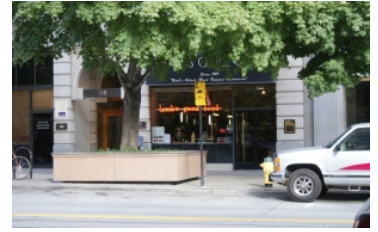
169 South Main
Salt Lake City UT 84111

hours:

Mon-Fri 7AM-9PM, Sat
8AM-9PM

4 Lamb's Grill Cafe

DESCRIPTION: Unlike theme restaurants posing as authentic, this is the real deal. Founded by Greek immigrant George P. Lamb, the restaurant he started in northern Utah in 1919 moved to the city in 1939. Patrons enjoy excellent and truly classic American cuisine here. For breakfast, lunch, or dinner, this is the best place for both atmosphere and people-watching; it is a favorite spot of the city's politicians, businesspeople, and other celebrities. A full-service bar complements entrees and a la carte items, and service is beyond excellent. © wcities.com



wcities

contact:

tel: +1 801 322 0318
<http://www.juniorstavern.com/>

location:

30 East 300 South
Salt Lake City UT 84111

hours:

M-Sa Noon-1a, Su 2p-1a

5 Junior's Tavern

DESCRIPTION: Junior's Tavern, the little tavern, is probably the only place in Salt Lake where you can come in and listen to Duke Ellington records while enjoying your Guinness on tap. There is a long, comfortable bar and a handful of booths for you to sit down and take a load off, as well as a grand display of old-fashioned beer cans. Feel free to shoot some pool with the loyal patrons as you listen to a great selection of jazz on CDs and records. © wcities.com



juniorstavern.

contact:

tel: +1 801 363 6030
<http://www.behindthereddoor.com/>

location:

57 West 200 South
Salt Lake City UT 84101

hours:

M-Tu 6p-1a, W-F 5p-1a, Sa
6p-1a

6 Red Door (The)

DESCRIPTION: For a swanky evening sipping martinis and chatting in overstuffed chairs, head to the Red Door. This small bar has a dark, sexy ambiance that goes well as an after-dinner treat, or a post-show drink. Though it gets very busy, it's rarely gets loud, so it a great venue for hanging with a small group of friends. Beware: though the atmosphere is cool, the service can be quite slow -so don't head here if you're in a rush to get in and out. Located right downtown, so can easily be taken in combination with other activities -and is totally within walking distance of the hotel district. © NileGuide



citysearch

contact:
tel: +1 801 325 7328

location:
77 West 1300 South
Salt Lake City UT 84115

7 Salt Lake Bees Baseball

OUR LOCAL EXPERT SAYS:
Check out Thirsty Thursdays for cheap beer!

DESCRIPTION: A perfect way to spend a spring or summer evening: head with family or friends to the Sprint Mobile Ballpark (formerly Franklin Covey Field) and catch a Salt Lake Bees Game. This minor league baseball team starts its playing season in April, and often has multiple home games a week. Check out "Thirsty Thursdays" where beer is half-price. If you're not into beer, a standard array of concessions are available, from pizza to hotdogs, icecream to cotton candy. The ballpark itself is remarkably clean and scenic. Neatly painted, colorful, and tidy, the stadium offers a pleasant place to sit and an amazing view of the Wasatch Mountain to the East. Evening games offer bonus feature of these peaks pinkening as the setting sun sets across the valley.
© NileGuide



Christine Balaz Photo

Salt Lake City Snapshot

Local Info

Salt Lake City, Utah's capital, sits snugly against the base of the soaring Wasatch Mountains. These dramatic Rocky Mountain peaks today define Salt Lake City equally as much as its founding by the Mormons in 1848. And though a lot of strange urban legends circulate, the Mormon church (Church of Jesus Christ of Latter-day Saints) certainly exerts a much more subdued and positive influence on the city than the fearful would believe.

By any standards, Salt Lake City is a fairly young city—at just more than 160 years old. But it is one of the nation's most historically unique modern cities, having grown up in a territory peppered with sometimes bloody battles between Mormons and "gentiles". Of course this history and cultural background still effect Utah, but so too do many other factors like its magnificent outdoor opportunities and remarkably stable economy. Salt Lake's modern visitors and residents come for all sorts of reasons and enjoy an equally diverse set of opportunities. Located right at the crossroads of I-80 and I-15, and within

five minutes of a major international airport, it could hardly be more accessible.

Salt Lake's downtown sits at the northern end of Salt Lake Valley. With Utah's largest conference centers and guest capacities, the downtown area also has a host of restaurants, bars, and clubs. The majority of music venues can also be found here, as well as art galleries, cafes, and shops. Some of the highlights here include Market Street and its excellent restaurants like Takashi and Market Street Grill. Front and center are Abravanel Hall, home of the Utah Symphony, and the Energy Solutions Arena, where the Utah Jazz often play.

The University of Utah with its research facilities, galleries, and associated business occupies the city's eastern corner. The general public might head up to campus to hike the Bonneville Shoreline Trail or check out the Red Butte Gardens.

Heading southeast from downtown proper is the 9th and 9th region of town; a small collection of boutique shops, multiple restaurants, a cafe, bakery, and yoga studio. Move farther to the south and you'll run into Sugarhouse, the big brother of 9th and 9th. This dense center is home to a

book shop, a Patagonia Outlet, dollar-style Cinemax movie theater, Salt Lake's latest-open liquor store, restaurants and pubs, as well as several big, national retail stores.

As you head south still, the town becomes increasingly residential, though various malls, retail districts, restaurants, and bars pop up here and there. But even as you spread to the perimeters of town, you will continue to find culinary and commercial gems in each of its various neighborhoods. Toward the far southeastern corner of the valley (and the I-215 beltway) are the mouths to Big and Little Cottonwood canyons and their ski resorts, Brighton and Solitude (in Big), Alta and Snowbird (in Little). Look sharp for restaurants, apres ski spots, and hotels in this area.

Regardless of where you're staying and recreating in Salt Lake City, you'll have easy access to all parts of town via the I-80/I-215 beltway that encircles the majority of the urban compact, rendering almost every corner of town within 25 or 35 minutes of each other.

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