

PLAN YOUR

ARIZONA[®] GRAND CANYON STATE EXPEDITION

INSIDE



Family Adventure

Culture and Heritage

Culinary Exploration

Health and Wellness

ARIZONA
GRAND CANYON STATE

The fact you’re holding this collection of Arizona itineraries in your hands tells me that you’re probably a traveler.

Not a tourist nor a sightseer, but a traveler. Travelers aren’t afraid to ride with the windows down, get their boots dirty or take a big bite of something they’ve never tried before. Travelers tend to linger longer, stay up later, walk just a little farther.

Arizona is a destination for travelers.

Any place can claim to be “vibrant” or “unique,” but Arizona’s landscape transcends the utility of everyday adjectives. And it’s not just the red-rock buttes, pulled-taffy canyons and cartoon-like cactuses the state is famous for; it’s also the frothy whitewater, the snow-cruised peaks, the quaking aspens.

Arizona, of course, is also home to one of the Seven Wonders of the Natural World. But there is so much more to the Grand Canyon State than the Grand Canyon itself. To start with, there are 22 other national parks and monuments and 31 state parks. There are also 22 sovereign American Indian communities, 45 national historic landmarks and one UNESCO World City of Gastronomy awarded to Tucson.

Travelers ultimately take trips to add to the story of their lives. It is my hope that these Arizona itineraries—each of which follows the path of a true traveler—will inspire your own Arizona Expedition, and make the “story of you” a little (or a lot) more fascinating.

Happy traveling,

Debbie Johnson
Director, Arizona Office of Tourism



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FAMILY ADVENTURE

Arizona Expedition ventured north with former pro baseball player Cody Ross and his family for a roadtrip they'll never forget. Check out some of the top northern Arizona stops along the way.



OAK CREEK CANYON, AZ



NORTHERN ARIZONA 2-1/2 DAY TRIP ① DAY ONE - VERDE VALLEY



10 am Cotton up to Cottonwood

Head north on I-17 to AZ-260 and you'll soon be in the heart of Arizona—the lovely Verde Valley. Ideally situated above the heat of the desert and below the cold of Arizona's high country, its moderate year-round climate is conducive to outdoor adventure. Your first stop? The quaint town of Cottonwood, offering an old-time main street, and sights to see on both rails and trails.

<http://www.visitcottonwoodaz.org/>



12 pm All Aboard! The Verde Canyon Railroad in Clarkdale

Step aboard a fully restored vintage train for a four-hour excursion through 100 years of history on the Verde Canyon Railroad. Sit back in climate-controlled comfort and enjoy views of picturesque canyons and wildlife as the train meanders along the Verde River. Three types of accommodations are available, and each has access to open-air viewing cars with shaded canopies. Outdoor attendants well versed in the canyon's history, geology and wildlife share highlights and answer questions. Before departure at 1:00 p.m., take a stroll through the historic depot offering the Boxcar Gift Store, Copper Spike Café and more.

<http://verdecanyonrr.com/>



5:30 pm Rustle up some dinner and western entertainment at Blazin' M Ranch

Round up your posse and head for Blazin' M Ranch, just five minutes away. A world of western adventure awaits in this authentic frontier town. Shopping along the boardwalk, tractor-pulled wagon rides, farm critters you can pet, ropin' lessons and target shootin' with a real Colt 45 six shooter. At 6:30 p.m. when the chow bell rings, that's your cue to hoof it over to the barn where you'll find a western-style chuck wagon dinner guaranteed to tickle your innards. After dinner, clap your hands and stomp your feet to the music of the Blazin' M Cowboys. These talented musicians share tunes mixed with cowboy poetry and a dash of humor.

Please note: Blazin' M Ranch is closed during the month of January.

<https://www.blazinm.com/>



9 am Take the kids to the fishin' hole at Oak Creek Canyon

Head north on AZ-89A and in 45 minutes, you'll enter the glorious Red Rock area of Sedona and Oak Creek Canyon. The creek flows through a narrow gorge it has cut along a fault line in the same rock strata that formed the Grand Canyon. But this smaller chasm is much more accessible. Drop a fishing line into one of the catch-and-release sections of the creek's crystal waters. Hike along creek-side paths, visit a campsite or picnic area or slide down a slick natural water chute at Slide Rock State Park.

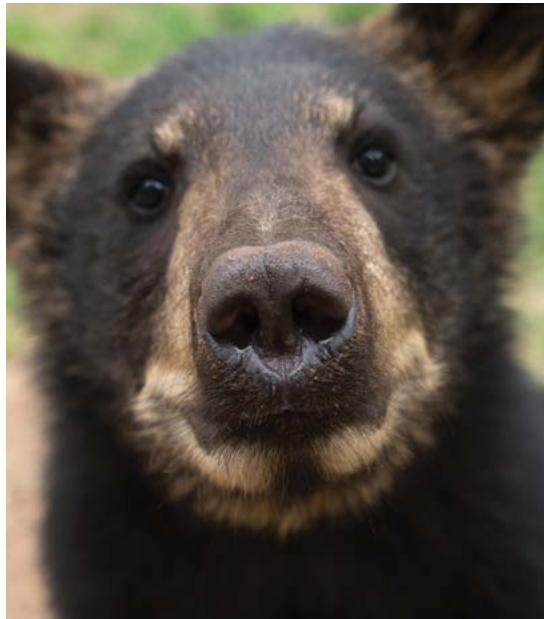
<http://www.fs.usda.gov/recarea/coconino/recarea/?recid=74376>



1 pm Bear witness to the majesty of nature at Bearizona in Williams

Take AZ-89A to I-40 W toward Williams and go wild at Bearizona. This 160-acre "drive-through" wildlife preserve is nestled in the beautiful Kaibab National Forest and boasts a variety of North American animals in natural habitats. You can get up close and personal (with the windows rolled up) with black bears, wolves, bison and more. After the drive-through portion of the park, stroll through Fort Bearizona to get an up-close look at the baby and smaller animals on exhibit and see the High Country Raptors show, featuring hawks, owls and falcons. Complete your visit with a Wild Ride bus tour where a guide will take you through the park and discuss the history of Bearizona and fun facts about the inhabitants – this time without windows! Bearizona opens at 8:00 a.m. and the last car is admitted at 6:00 p.m.

<http://bearizona.com>



4 pm Glide over the treetops at Arizona Snowbowl in Flagstaff

From I-40 E to Historic Rte. 66, take exit 191 to US-180 W (North Fort Valley Rd. and North Snowbowl Road) to Snowbowl's Scenic Chairlift. Operating as a ski chairlift in winter, it thrills with some of Arizona's most dramatic scenery in summer. The three-passenger lift shuttles you up the western side of the San Francisco Peaks and drops you off at 11,500 feet in elevation. Enjoy breathtaking views of the Red Rocks, the cinder cone volcanic field and the walls of the Grand Canyon. Don't forget to bring a camera and a windbreaker! Open daily through Labor Day: first chair up at 10:00 a.m. and last chair up at 4:00 p.m.

<http://www.arizonasnowbowl.com>



6 pm See stars at Lowell Observatory

Spend a heavenly evening stargazing at the same observatory that discovered Pluto in 1930. At this independent, non-profit research institution, you can take part in all things astronomy—including an evening telescope viewing of planets, the moon and star clusters. You can also enjoy evening multimedia shows to learn about the construction of Lowell's world-class telescope, our solar system, plus stars, galaxies and more.

<https://lowell.edu/>



8 pm Big fun awaits at Little America

Right about now you're probably in need of a little R&R. You'll find it at Little America Hotel in Flagstaff. Situated within 500 acres of Ponderosa Pine forest, this icon of western hospitality offers families a convenient location that's accessible to all of Northern Arizona's sightseeing and recreational points of interest. Treat yourself to exceptional accommodations, service and dining. The hotel's Silver Pine Restaurant provides breakfast, lunch and dinner daily.

<http://flagstaff.littleamerica.com/>

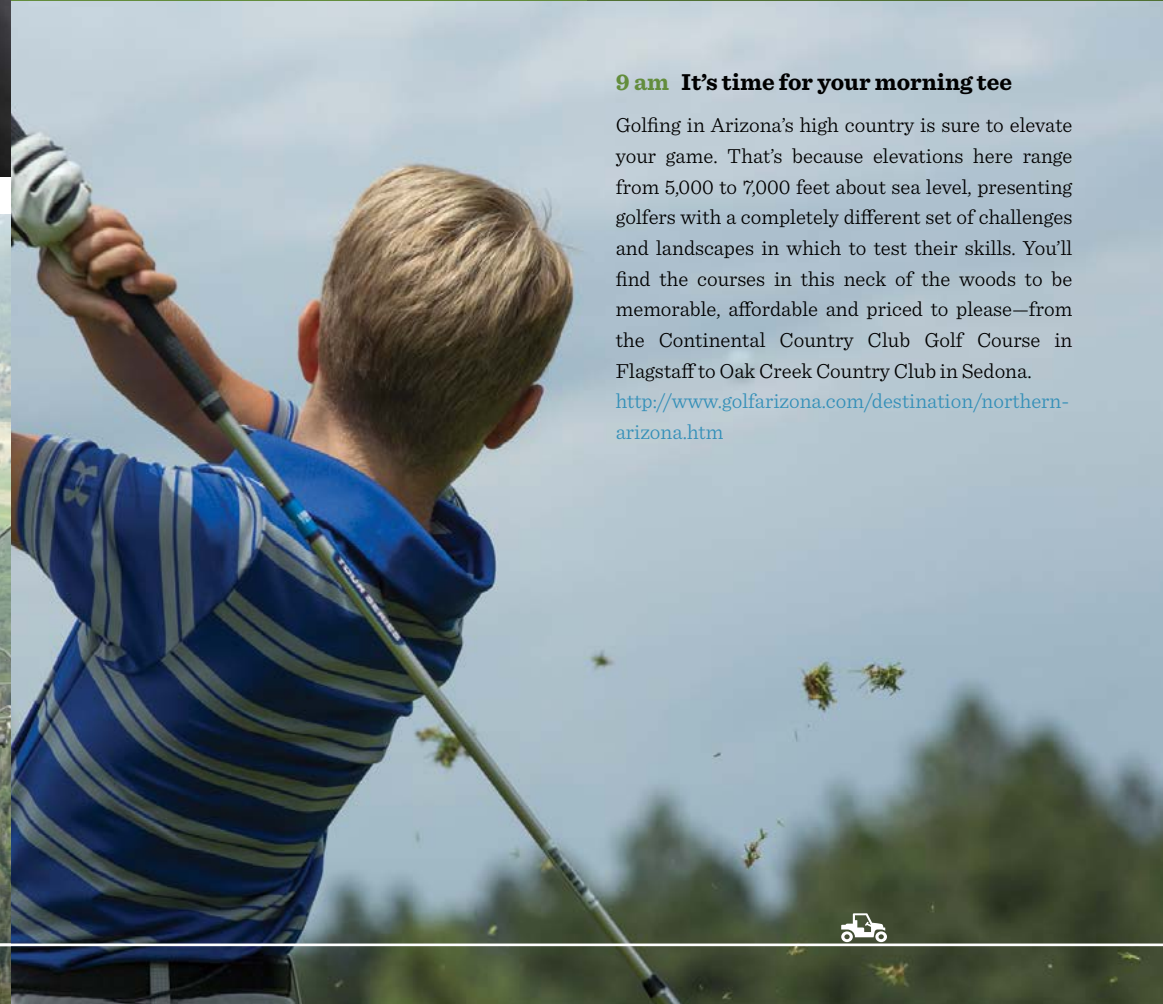


3 DAY THREE - FLAGSTAFF OR OAK CREEK

9 am It's time for your morning tee

Golfing in Arizona's high country is sure to elevate your game. That's because elevations here range from 5,000 to 7,000 feet about sea level, presenting golfers with a completely different set of challenges and landscapes in which to test their skills. You'll find the courses in this neck of the woods to be memorable, affordable and priced to please—from the Continental Country Club Golf Course in Flagstaff to Oak Creek Country Club in Sedona.

<http://www.golfarizona.com/destination/northern-arizona.htm>



HERITAGE AND CULTURE

Recording artist Matt Simons took a break from his European tour to come along on his own Arizona Expedition, giving a passionate performance at the Musical Instrument Museum. Follow his inspiring—and tasty—journey around Phoenix.



MUSICAL INSTRUMENT MUSEUM
PHOENIX, AZ



CENTRAL PHOENIX 2-DAY TRIP 1 DAY ONE — PHOENIX



1 pm Start your trip on a high note: The Musical Instrument Museum (MIM)

Listen up: This one-of-a-kind museum in north Phoenix displays more than 6,500 instruments collected from around 200 of the world's countries and territories. Be the conductor of your own tour by putting on a free wireless headset that allows you to hear music and see the instruments being played on high-resolution flat screens. MIM has been recognized by TripAdvisor® as one of the top 20 museums in the U.S. The MIM Music Theater also offers hundreds of year-round concerts performed by visiting artists.

<http://mim.org/about/about-mim/>



4 pm Put a little South in your mouth: Okra Cookhouse & Cocktails in Phoenix

Y'all will eat your hearts out over authentic Southern-style eats with an Italian twist ... think Catfish al Forno and Southern Fried Chicken served three ways: Buttermilk-brined, Tennessee hot or Umbrian style. But first, be sure to whet your appetite at the libation station during happy hour with Okra's expansive collection of wines, craft beers and cocktails, all made by the restaurant's co-owner, a certified sommelier and award-winning mixologist.

<http://www.okraaz.com/>



6 pm Be an "ARTicipant": The First and Third Friday Artwalk

Head down to Roosevelt Row between 7th Street & Central Avenue for a walkable tour of Downtown Phoenix art galleries and venues. Held the first and third Fridays of every month (we bet you already knew that), you can enjoy the spirit and culture of the downtown scene as you mingle with residents and visitors. Check out spots like "9 The Gallery," featuring contemporary fine art and artists, as well as music, poetry and dance. "The Lodge," with paintings, drawings and sculpture. Or "Chartreuse," featuring Vietnamese artist Thuong Nguyen's body of work, drawn from Asian black ink brush painting and inspired by the beauty of desert wilderness.

Roosevelt Row is accessible from the Valley Metro Light Rail, and the Third Friday Artwalk offers trolley stops. Maps are available at Phoenix Art Museum.

<http://artlinkphoenix.com/articipants/happening-now/>



9 pm Sleep in a unique boutique: The Hotel Palomar

Located in downtown Phoenix's CityScape, the Hotel Palomar offers a great escape with a contemporary and cosmopolitan vibe. Here, the livin' is luxurious with a rooftop pool overlooking the city, live entertainment in the rooftop bar, bikes for borrow to cruise around town and deluxe, spacious guest rooms. Getting some shuteye has never been so sophisticated.

<http://www.hotelpalomar-phoenix.com/>



2

DAY TWO - PHOENIX/SCOTTSDALE

8 am Wake up and get fresh: The Phoenix Public Market

Saturday mornings are the perfect time to stroll this popular open-air market, located at Central Avenue and McKinley Street in Downtown Phoenix. You'll find goodies galore—fresh, locally sourced produce and honey, plants and herbs, prepared artisan foods, handmade soap and jewelry, and more. Walked up an appetite? The Phoenix Market Café is a casual urban hangout offering scrumptious breakfast, lunch and dinner daily. Cuisine is crafted with seasonal ingredients, many sourced directly from the adjacent farmer's market.

<http://phxpublicmarket.com/openair/>



11 am You can ring my bell: Cosanti in Paradise Valley

Take a self-guided tour of Cosanti, the futuristic residence and sculpture studios of architect Paolo Soleri and his staff. Soleri and his students began work on the experimental buildings in the mid 1950s. Today, this designated Arizona Historic Site features a unique bio-climatic architectural environment with imaginative design elements and innovative construction techniques. Cosanti's bronze foundries and ceramic studios produce world-renowned Soleri Windbells, the proceeds of which help fund Soleri's projects.

<https://arcosanti.org/>



1 pm Where coffee meets community: Cartel Coffee Lab in Tempe

Ready to recharge? Coffee snobs rejoice. Cartel Coffee imports some of the world's most intriguing coffees, roasts them delicately and brews them with precision. At this community-focused hangout, company is welcome—and loitering is totally allowed. If you're into coffee craftsmanship, Cartel is just your grind of place.

<http://www.cartelcoffee.com/#because-coffee>

3 pm What everybody's talking about: Talking Stick Resort in Scottsdale

Talk about more fun than you can shake a stick at! This luxurious Four-Diamond resort and casino offers a veritable playground of things to see and do. Start at the lobby cultural center and view a priceless collection of Pima and Maricopa American Indian art. Then watch a live hoop dance performance, play a round of golf, soak up some sun poolside, soothe away the day at the spa and enjoy delicious dining at your choice of six restaurants. When the sun goes down, the tempo picks up with numerous live entertainment venues, and a winning combination of games—from slots to poker to table games—at Arizona's hottest casino.

<http://www.talkingstickresort.com/>



CULINARY EXPLORATION



SOUTHERN & CENTRAL ARIZONA 2-DAY TRIP

1 DAY ONE — TUSCON



10 am Visit the Garden of Eatin': Mission Garden

Tucson's Mission Garden is a living agricultural museum. Here, visitors find a series of garden plots representative of the more than 4,000 years of continuous cultivation in the Tucson Basin. Take a stroll among the Sonoran Desert-adapted heritage fruit trees, traditional heirloom crops and edible native plants. The Garden also hosts regularly scheduled events. Talk about veggie tales!

Coaxing a vibrant food culture from a land of heat and cacti is no small feat. Yet Tucson has a thriving foodie scene and cultural heritage that's in line with nationally recognized sustainable urban development. Recently, the city became the only place in the U.S. designated as a City of Gastronomy by the United Nations Educational, Scientific and Cultural Organization (UNESCO).

<http://www.tucsonsbirthplace.org/>



12 pm Muy Caliente: The Epazote Salsa and Herb Garden

Want to put a little fire into your farm experience? Head over to the Hilton Tucson El Conquistador Resort's Epazote Salsa and Herb Garden. Salsa scientist and Chef Joshua Willett presides over a public garden that's dedicated to growing ingredients that go into making a variety of fresh and flavorful salsas. Explore the garden, taking in its delightful aromas and activating your senses. Later, head up to the resort's Epazote Kitchen & Cocktails for a refreshing margarita and perhaps some chips and...just-picked salsa!

<http://epazotekitchen.com/>



Where do you take a food trend forecaster during her Arizona Expedition? To the first UNESCO World City of Gastronomy, of course. Follow blogger Emily Elyse Miller's tasting tour of Tucson and other delicious spots.



CHARRO STEAK
TUSCON, AZ





**3 pm A hideaway that makes you
want to cast your cares away:
Hacienda Del Sol**

Check-in to Hacienda Del Sol, Tucson's historic jewel in the desert. Originally a "home away from home" ranch school for the daughters of society's elite families (think Vanderbilt, Pillsbury, Maxwell, Campbell, etc.), in the late 40s it became a guest ranch that attracted movie stars including Spencer Tracy and Katharine Hepburn. Today, the 34-acre resort boasts casually elegant guest rooms, fine dining, and organic gardens producing ingredients that are incorporated into the chef's daily menu.

<http://www.haciendadelsol.com/>



5 pm Are you down? Downtown Kitchen + Cocktails

Worked up an appetite kicking back in your guest room? When the 5:01 p.m. alarm goes off, get your happy hour on at Downtown Kitchen + Cocktails. This airy, art-filled urban space is a great place for drinks and appetizers, dinner, or late-night snacks. Locally sourced, seasonally changing produce inspires Chef Janos Wilder to develop a menu that features flavors from around the globe. But since you're in the Southwest, pair a Prickly Pear Mojito with some Oaxacan Fries with Mole. Who needs that vacation in Cabo when you've got this?

<http://downtownkitchen.com/menus/>

7 pm Where the flavor is legendary: Charro Steak

You don't have to be a Mexican cowboy to love Charro Steak. Here, legendary history meets modern steakhouse—minus the elaborate sombrero and poufy tie. The restaurant is founded by the same owners of El Charro Café of Tucson, America's oldest Mexican restaurant in continuous operation by the same family. Sourcing local, and all-natural ingredients, plus hormone and antibiotic-free beef and chicken, Charro offers a mouthwatering array of ingredients right from ranch to table. Splurge on The Filet and pair it with exquisite sides—from Calabacitas (hand-cut squash) to Papas de la Casa (thinly sliced potato) to Chiles Mixta (charred chiles). Buen Provecho!

<http://charrosteak.com/>



8 am A great pick: Schnepf Farms

Pull on your overalls and head out to Schnepf Farms U PICK gardens and orchards, where you can pick your own certified organic produce. After weighing and paying at The Country Store & Bakery, pick up an ooey-goey cinnamon roll or stop by The Farmstand Café for a delicious, fresh breakfast. Mmmmn good!

<http://www.schnepffarms.com/>



10 am Anything but run of the mill: Hayden Flour Mills

Sign up for The Hayden Flour Mills Grain Experience and witness the transformation of grain into food—and see the farm where it all begins. This is an excellent introduction to the local milling craft and culture, set in a beautiful landscape. Learn what's been lost and gained in the industrialization of wheat, and discover the return of heritage seeds and traditional methods. Best of all, it doesn't cost much bread.

<http://www.haydenflourmills.com/>



12 pm Live on a farm—literally: Agritopia

Built around the historic Johnson family farm, Agritopia® is a residential development that preserves urban agriculture while encouraging a deeper sense of community. After walking along the neighborhood's shady tree-lined streets, visit The Farm at Agritopia, which sells a cornucopia of organic produce in its 24/7 self-service stand. Joe's Farm Grill restaurant, named after one of the Johnson's sons, sources much of its produce from The Farm and is a terrific spot for a tasty lunch (or dinner). Tip: Try the Medjool Date Shake—you'll become a regular!

<http://agritopia.com/>



2:30 pm The EVOO-lution of the Queen Creek Olive Mill

A real agritourism experience awaits at Queen Creek Olive Mill. Here, 7,000 olive trees in 16 varieties produce fresh, local, and delicious extra virgin olive oil. Show up for Olive Oil 101 daily tours, where you'll learn the history of the mill, qualities and standards of olive oil, health benefits, uses, and why it's important to know where your olive oil comes from. Next, visit the store where you can buy everything from extra virgin olive oil to tapenades. You'll be hard-pressed to experience a more interesting afternoon!

<https://www.queencreekolivemill.com/>

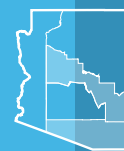


HEALTH AND WELLNESS

When fitness writer and ultramarathoner Robin Arzón needed to train before her next race, she came to Arizona to center her mind and prepare her body, during her own Arizona Expedition.



MOUNT LEMMON
TUCSON, AZ



TUCSON AND SEDONA 2-1/2-DAY TRIP

1 DAY ONE — TUCSON



8 am Need some Lemmon-aide? Hike Mt. Lemmon

Go from pristine desert to pine forest to a “Wilderness of Rocks” in a matter of minutes at Mt. Lemmon. The drive provides an undulating ride highlighted by breathtaking views of immense boulders and picturesque rock formations. For the sheer diversity of landscapes alone, hiking and rock climbing along the Mt. Lemmon Trail couldn’t be more invigorating. The trail starts near the summit of the 9,157-foot peak for which the mountain is named, at a parking area about a mile past Mt. Lemmon Ski Valley (yep, there’s snow skiing in Tucson!) near the end of Observatory Road.

<http://www.fs.usda.gov/recarea/coronado/recreation/recarea/?recid=25676&actid=50>



12 pm Liquid refreshment: The Hilton El Conquistador Resort Pools

After a morning of high-altitude adventure, you’ll be ready to do some lounging. Sport a swimsuit and head to the Desert Springs Oasis at the luxurious Hilton El Conquistador Golf & Tennis Resort. Surrounded by spectacular desert views, make a splash in any of the resort’s six sparkling pools — one with a 143-foot waterslide. It’s the perfect place to say, “aquahhh.”

<http://www3.hilton.com/en/hotels/arizona/hilton-tucson-el-conquistador-golf-and-tennis-resort-TUSHTHH/index.html>



4 pm A mindful miracle: Miraval Resort & Spa

Ranked as one of the “World’s Best Destination Spas” by Travel + Leisure magazine, Miraval is an all-inclusive destination resort and spa dedicated to helping guests live “Life in Balance.” Spend a sublime night surrounded by luxury and focused on wellness. Treat yourself to a spa service like the Nāga, utilizing the healing principals of Thai Massage to provide healthy circulation, ease aches and pains, improve flexibility and promote relaxation.

<http://www.miravalresorts.com/>



12 pm Lunch + luscious = ChocolaTree

Hit the road early to make it to Sedona in time for lunch. Warning: When the area's spectacular red rocks come into view, you'll want to stop in the middle of the highway to ogle them. Please don't! Continue on your journey. There will still be plenty of time for gazing at the jaw-dropping vistas once you arrive in town! First stop — ChocolaTree Organic Vegetarian Oasis. This health-conscious eatery and garden oasis serves delicious organic vegetarian fare. There's also a Wi-Fi lounge, a dog-friendly patio and a marketplace with natural and sustainable products, like organic dark chocolate, locally sourced honey and handcrafted jewelry with ethically harvested gemstones. Peace out.

<http://chocolatree.com/>

1:30 pm Practice the timeless art of shopping: Tlaquepaque

Stroll through the art and soul of Sedona at Tlaquepaque Arts & Crafts Village. Adjacent to picturesque Oak Creek, this enchanting complex reflects the charm and mood of Old Mexico with its intricate ironwork, colorful tiles, cobblestone walkways, graceful fountains and overhanging balconies. The name, pronounced "Tah-lah-keh-pah-kee," comes from the Nahuatl Native Indian language, the ancient language of the Aztecs, meaning the "best of everything"— and that's exactly what you'll find: the best shopping, the best restaurants and the best arts and culture in Sedona.

<http://www.tlaq.com/>

3 pm Happy trails: Biking Broken Arrow

Haven't shopped 'til you dropped? Expend some energy by winding down a scenic trail. It's easy when you rent a bike at Over the Edge Sedona and then head to Broken Arrow Trail #125. Here, right in the heart of the Coconino National Forest, you can have mountains of fun pedaling amid the remarkable towering red-rock mountains and canyons of Sedona. The 2.5-mile roundtrip trail is perfect for the easy rider.

<http://otesports.com/locations/sedona/>

5:30 pm Spend the night up a creek: L'Auberge de Sedona Resort & Spa

Magical moments await at L'Auberge de Sedona, a luxury resort nestled along the banks of Oak Creek. TripAdvisor says, "Five stars in every category... incredibly friendly staff, gourmet restaurant and incredible views..." Stop by the resort's L'Apothecary Spa and visit the herbal blending station to concoct custom aromatherapy body care products. Choose from an abundant offering of powerful elements found in Sedona, including rosemary, piñon pine, juniper and more.

<http://www.lauberge.com/>

**9 am Loaf a bit longer: Sugarloaf Loop Trail**

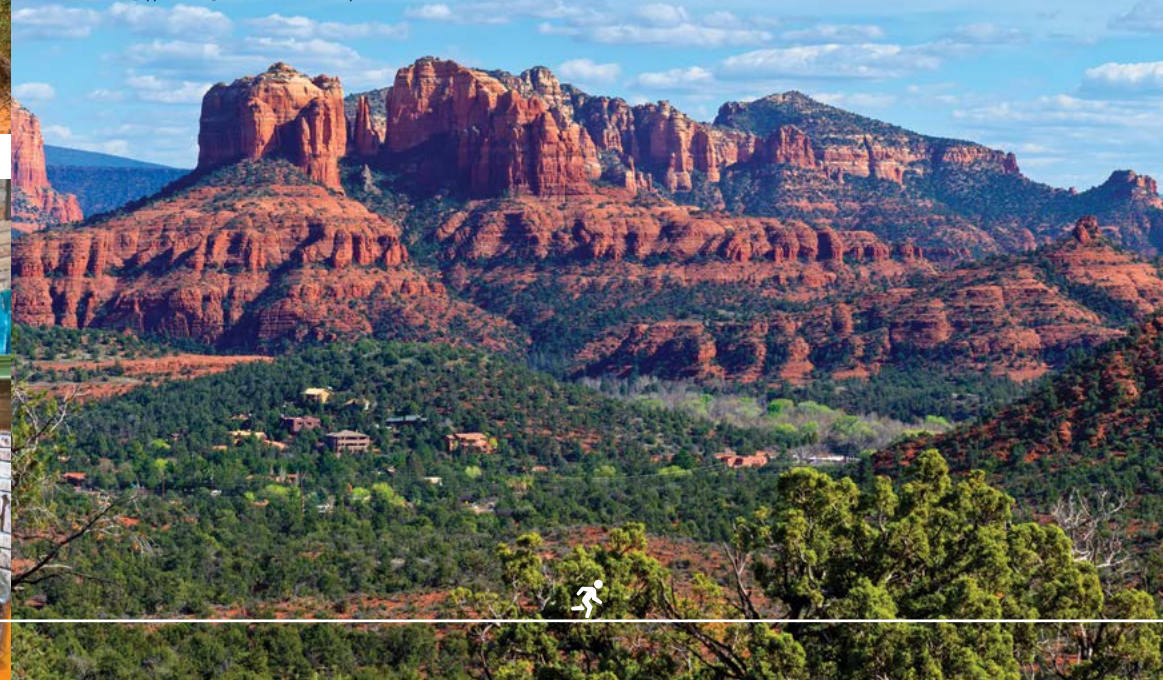
Wake up and work up an appetite by hiking Sugarloaf Trail in West Sedona, a 1.9-mile moderately trafficked loop that's good for all skill levels and rewards you with some of the most expansive views of Sedona and its surroundings at the trail's 4,912-foot summit. The summit — a bald, red rock mound — is due south of Coffeepot Rock and east of Chimney Rock, and the trailhead is accessed from the Teacup Trail.

<http://www.alltrails.com/trail/us/arizona/sugarloaf-trail>

11 am Elevate your breakfast experience: Sedona Airport Overlook

Before departing Sedona, take one last look at the panoramic vistas of iconic Red Rock Country from the Sedona Airport Overlook, 500 feet above the center of West Sedona and State Route 89A. Don't forget your camera and selfie stick! Continue up the mountain road to the Mesa Grill and get your java brew with a view from the restaurant atop the plateau that serves as the airport's runway. Enjoy yummy all-American and Southwestern breakfasts and lunches. Try the Breakfast Tacos, the Pork Belly Breakfast or the Oysters & Eggs. The latter is sure to make you fall in love with Sedona.

<http://mesagrillsedona.com/>



A GRAND WELCOME AWAITS

Arizona is a place without equal, full of incredible natural wonders, one-of-kind places and a long and storied history you won't find anywhere else in the world. Our parks feature everything from the grandest of canyons to acres of saguaros to remnants of our state's ancestors. Our communities offer visitors incomparable experiences, from wine country to the Old West. And our Tribal lands invite you to witness the arts, traditions and way of life that's been carefully preserved for thousands of years. Come see what makes Arizona so unique.

ARIZONA
GRAND CANYON STATE

VisitArizona.com



GRAND CANYON NATIONAL PARK





See more exciting Arizona
journeys and map out your own expedition at
AZExpedition.com and **#AZExpedition**

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MT. LEMMON
TUCSON, AZ

