

# Great Escape

## A R I Z O N A

Make yourself at home with Frank Lloyd Wright in **Phoenix and Scottsdale**, then get to grips with the cactuses in the **McDowell Sonoran Preserve**.

Size up the **Grand Canyon** and connect with the land in the **Navajo Nation**, before sampling the fine wines of **Sedona and the Verde Valley**.

WORDS KEVIN EG PERRY [@kevinegerry](#) ● PHOTOGRAPHS MATT MUNRO



Our writer Kevin EG Perry takes in the scenery from midway down the Bright Angel Trail in the Grand Canyon

# Plan your trip

**1** Get familiar with mid-century, and contemporary art and architecture in the towns of **Phoenix and Scottsdale** (p46).

**2** Try to avoid getting hooked on the majestic saguaro cactuses in the **McDowell Sonoran Preserve** (p48).

**3** Put your troubles into perspective with a trip to the **Grand Canyon** (p50).

**4** Marvel at the landscapes and learn about an ancient culture at **Antelope Canyon and the Navajo Nation** (p52).

**5** Give your taste buds a treat by sampling the wine and food of the vineyards of **Sedona and the Verde Valley** (p54).



MAP ILLUSTRATION: ALEX VERHILLE; PHOTOGRAPHS: RICK PISIO/RWP; PHOTOGRAPHY/ALAMY; ©2017 CENTURY FOX EVERETT COLLECTION/ALAMY



## HOW TO GET THERE

Many airlines, including American Airlines, BA and Finnair, offer daily direct flights from London to Phoenix Sky Harbor International airport (from £650; britishairways.com). Westjet also offers a stop-off service from London (from £558; westjet.com). British travellers planning to use the Visa Waiver Program to visit the US must complete an ESTA travel authorisation (£11; esta.cbp.dhs.gov).

## HOW TO GET AROUND

The quickest and easiest way to get around Arizona is to rent a car (from £125 for a week; enterprise.com). Phoenix Sky Harbor International airport has a busy Rental Car Center, with no fewer than 14 car rental companies operating out of it.

## HOW LONG TO SPEND

This itinerary could be completed in 10 days, although a couple more days would allow more time to appreciate Arizona's incredible scenery. If you plan to hike to the bottom of the Grand Canyon, a longer visit would certainly be required, as it's dangerous to attempt to trek to the Colorado River and back in a single day. It's a strenuous hike and you need to be prepared with food and a gallon of water per person. There are several deaths (especially in summer) and 250 rescues made each year, so the National Park Service is serious about this. Equally, those with epicurean tastes could easily spend the best part of a week just enjoying the vineyards of the Verde Valley.

## WHAT TO BUDGET

Entrance to the Grand Canyon National Park carries a very reasonable £24 fee per vehicle, covering all its passengers. Petrol costs are low throughout the US and dining out can be done cheaply, particularly in Arizona's excellent family-run Mexican restaurants. Accommodation is the most variable factor, ranging from £60 per night for budget lodgings up to around £300 per night for luxury digs. Wherever you go,

don't forget to carry small change. Failure to tip is frowned upon and those who provide service are often dependent on this for income. For waiters, bartenders, hairdressers, taxi drivers and tour guides, the tip should be calculated as a percentage of your total bill as follows: 10 per cent usually means you aren't totally happy, 15 per cent means everything was fine and 20 per cent is for excellent service.

## WHEN TO GO

Spring is a fantastic time to visit Arizona as the desert is in bloom. From late February until early May you can hope to see wildflowers and saguaro cactuses covered with waxy white blooms in the Sonoran Desert. Summer is peak season for the Grand Canyon, so expect crowds and the risk of heat exhaustion when hiking. If travelling in July or August, be prepared for sudden storms and be wary of entering narrow slot canyons, like Antelope Canyon, as there is a risk of flash flooding. The South Rim of the Grand Canyon is 2,134 metres above sea level and there's often snow in winter. See weather.com for up-to-date daily forecasts.

## WHO CAN HELP

Adventure-tour specialist Arizona Outback Adventures can arrange everything from guided hikes of the Grand Canyon (two nights, from £685) to mountain-bike hire (from £40 per day; aoa-adventures.com).

## HOW TO PLAN

See our *Southwest USA* guide (£15.99) for information on the region, including Las Vegas and Nevada, New Mexico, southwestern Colorado and Utah.

Individual chapters, including the one on Arizona, can be downloaded at lonelyplanet.com (£2.99). Find information on places to stay, things to see and do, and events at visitarizona.com.



## ON THE ROAD



### Drink

A prickly pear margarita. This is a local twist on the staple regional cocktail. Made with syrup extracted from the prickly pear and often served with a candied slice of the cactus on the side, it's a highly recommended way to acclimatise to desert life.

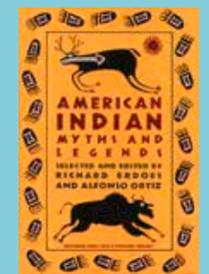
### Eat

Chimichangas. Small time diner-owner Woody Johnson claims to have invented them in 1946 and they were such a hit, his Macayo's Mexican Kitchen is now a popular Arizona chain.



### Listen to

*Take It Easy*. This hit for the Eagles was written by songwriter Jackson Browne when his car broke down on the way to the wine country of Sedona in the early '70s. While waiting for it to be repaired, he started writing and the song includes the line, 'Well, I'm a-standin' on the corner in Winslow, Arizona'. The town now has a park dedicated to the song, featuring a statue of late Eagles frontman, Glenn Frey.

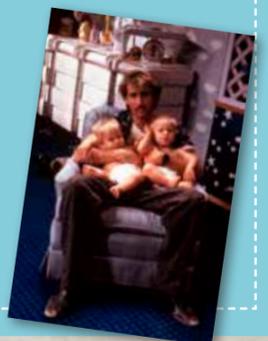


### Read

*American Indian Myths and Legends*, edited by Richard Erdoes and Alfonso Ortiz. You'll learn about Native American lore in stories that range from buffalo creation to the escapades of the trickster Coyote.

### Watch

*Raising Arizona*, starring Nicolas Cage and Holly Hunter as an ex-con and an ex-cop who steal a baby so they can start a family. The Coen brothers' madcap crime caper was shot on location in and around Phoenix, Scottsdale and Tempe, Arizona.



***Lose  
yourself  
in nature's  
grandeur...***

The curves of Antelope Canyon were formed by flash floods smoothing the sandstone walls

Frank Lloyd Wright designed the living room of his Taliesin West home to bring the outside in



Scottsdale's Valley Ho Hotel is a superbly restored example of mid-century architecture

## 1. Phoenix and Scottsdale

Discover why Frank Lloyd Wright found inspiration in these twin cities – and see the architect's influence writ large

**A**T DUSK, DOWNTOWN Scottsdale's Valley Ho Hotel looks like the sort of place Don Draper would come to get away from it all. As the sun sets, guests sip cocktails by the patio fire pit, reclining on loungers that mix retro and modern design as if they were drawn for *The Jetsons*, then magicked into reality.

Yet this is no ersatz recreation of '50s cool – it's the real thing. Opened in 1956, the Valley Ho was a magnet for the likes of Bing Crosby, Tony Curtis and Janet Leigh. In 1957 it hosted the wedding reception of Robert Wagner and Natalie Wood, and it's said that Zsa Zsa Gabor and her daughter Francesca rode horses around the hotel. Presumably not while the wedding was still going on.

'We were a resort community back then, so Hollywood stars came here, because the paparazzi wouldn't follow them,' explains Ace Bailey, who runs an art and architecture tour in Scottsdale. 'They could come here for "recreation" and maintain their anonymity.'

That much hasn't changed. 'To this day, the hotel will not release its current guest list to anybody except hotel staff, so it's very discreet,' adds Bailey, before reeling off a list

of contemporary Hollywood stars she's spotted hanging around the lobby recently.

The Valley Ho is not alone. Scottsdale and Phoenix are dotted with superb examples of mid-century architecture and design, much of which displays the fingerprints of the man generally regarded as America's greatest architect, Frank Lloyd Wright.

Wright came to Phoenix in 1928 to work as a consultant on the Arizona Biltmore Hotel. A decade later, he returned to build Taliesin West, his winter home, school and studio 26 miles from Phoenix. The real genius of Wright's design is his ability to 'bring the outside in'. In the living room, the sunlight streaming through the glass walls and translucent roof makes the garden feel like just another part of one contiguous space.

In the drafting room where Wright created perhaps his best-known work, New York's Guggenheim Museum, a group of young architects scratches away. They are students at the Frank Lloyd Wright School of Architecture and just as in Wright's day, they are encouraged to get their hands dirty. They have to build their own rudimentary abode in the nearby desert to ensure they truly understand the basics of designing shelter.

And the students are spoilt for inspiration. Phoenix Art Museum sprawls over 26,500 square metres, housing work from the Renaissance to today. In one hallway, adults and children alike lose themselves in their distorted reflections in the polished surface of Anish Kapoor's sculpture *Upside Down, Inside Out*. Further on, they wander through American art history from an iconic portrait of George Washington by Gilbert Stuart to modernist work by Georgia O'Keeffe.

Across town at the Scottsdale Museum of Contemporary Art, visitors gaze at *Knight Rise*, an installation by the Californian artist James Turrell that frames the sky in a disorientating fashion. Upon leaving, they're hit by a riot of colour from graffiti artist James Marshall, also known as Dalek.

Even public buildings, like the Scottsdale City Hall and Library, are prime examples of Southwestern architecture, influenced by the clay adobe dwellings once built by the native Hopi people. 'It's minimalist, without any froufrou,' says Bailey. 'We've got great neighbourhoods full of mid-century architecture, as well as structures that are true adobe compounds. It's quite a mix.'

The blurring of past and present is still going on back at the Valley Ho, where the drinkers are determinedly stretching the cocktail hour into the night. They've moved indoors to sit beneath concrete block walls that show Frank Lloyd Wright's undying influence. While they toast to the future, the music in the air is pure Rat Pack.

From central Scottsdale, follow the Arizona 101 Loop north for 35 minutes to reach the edge of the McDowell Sonoran Preserve. ➔

### Essentials

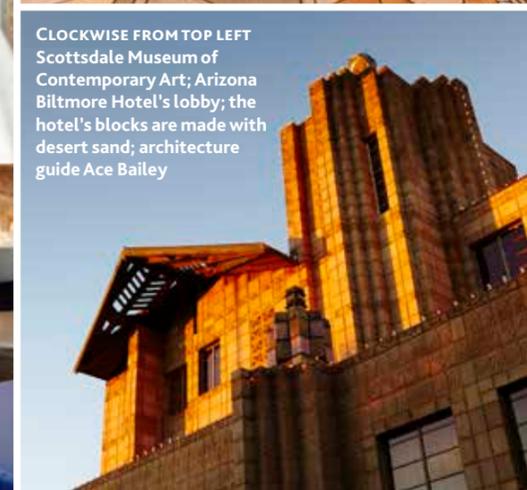


📍 **Hotel Valley Ho** in downtown Scottsdale has 241 generously-sized guest rooms featuring mid-century-meets-modern design, a spa and two pools (from £150; [hotelvalleyho.com](http://hotelvalleyho.com)).

🕒 Half an hour from downtown Scottsdale, **Taliesin West** can be viewed only as part of a guided tour (from £20; [franklloydwright.org](http://franklloydwright.org)). **Scottsdale Museum of Contemporary Art** is in the city's old town (admission £8 or free on Thursdays or after 5pm Friday and Saturday; [smoca.org](http://smoca.org)), while the **Phoenix Art Museum** is on North Central Avenue (admission £15; [phxart.org](http://phxart.org)). **Ace Bailey** offers art and architecture tours of Scottsdale through Ultimate Art and Cultural Tours (from £16; [ultimatearttours.com](http://ultimatearttours.com)).



CLOCKWISE FROM TOP LEFT Scottsdale Museum of Contemporary Art; Arizona Biltmore Hotel's lobby; the hotel's blocks are made with desert sand; architecture guide Ace Bailey



## 2. McDowell Sonoran Preserve

Hit the dusty trail between majestic saguaro cactuses as you explore the archetypal desert of the American West

**L**IKE THE WAGON TRAINS that once traversed this desert, the sun is heading west. As the light moves, the shape of the huge boulder known as Cathedral Rock seems also to warp and mutate as shadows pass across its face. In the foreground, giant saguaro cactuses stand proud and tall. Instantly familiar from their appearance in many hundreds of Westerns, they are also ancient markers. The saguaro grow an average of a foot per decade, so those towering 20 or 30 feet will have stood on that spot for around 250 years. They are the constant watchmen in the ever-changing landscape, yet adventure guide Phil Richards has a more immediate concern.

The ground is scattered with balls of jumping cholla, a cactus that looks so cuddly it has earned the nickname 'teddy bear cactus'. Phil has just lightly placed one of these balls onto his arm to demonstrate their strength and he's already struggling to prise it free from his flesh with a length of wood.

'They may look soft, but if they get onto you they won't let go,' he explains, pointing out the strong barbs that cover the plants. They're known as "jumping" because they latch on so hard even when brushed past that cyclists and hikers will swear they jumped out at them. Their real purpose is to hook themselves onto passing rodents and when the poor creatures try to burrow down, they'll find themselves stuck to the cactus and inadvertently doing the job of planting it. Invariably, the animal is killed in the process. 'This gives rise to their other name,' says Phil darkly. 'The "skeleton cactus".'

For a desert, the Sonoran has a relatively lush terrain and is covered in plant life that blooms in spring. However, that doesn't make it an easy place to survive. Phil takes issue with John Ford's 1948 western *3 Godfathers*, in which John Wayne finds himself stranded in this very desert. In need of water, he hacks the top off a barrelhead cactus and squeezes the pulp into his flask.

Sadly, this sort of thing only works in the movies. In truth, the moisture in a barrelhead is so filled with acids that it will most likely give you diarrhoea – not useful if you're already dehydrated and stranded in a desert.

'This is a unique desert,' says Phil. 'We've got about 3,500 varieties of plant out here, including a number of cactuses found

nowhere else, and that's because of the climate. We don't get a hard freeze.'

The desert, ranging from Sonora in Mexico to the south of California, covers a swathe of Arizona. Here in the McDowell Sonoran Preserve, there are 30,200 acres of protected land: nothing can be built and no motorised vehicles may travel its 146 miles of trails.

'It's very peaceful here,' says Phil, whose transport of choice is the mountain bike. 'The only things you hear are your gears shifting and your wheels on the gravel.' His quiet progress provides many opportunities to spot desert wildlife – he points out Gila monsters (venomous lizards), tusked, pig-like javelinas and grazing mule deer.

He says that it's the beauty of the land itself, though, that keeps him coming back day after day, whether he's guiding a group or not. 'You can never get enough of the desert,' he says, 'so the best way to get more is just to ride out to a different spot.'

With that, he's off again, dashing along a sandy trail, but still mindful enough to keep clear of the jumping cholla.

Take Interstate 17 north until you reach Flagstaff, then US-180 onwards to Grand Canyon National Park. It's about a four-hour drive. 

### Essentials



 In the foothills of Pinnacle Peak, amid the saguaro cactuses, the **Four Seasons Resort Scottsdale** is a sprawling mass of adobe casitas with sandy-hued rooms and a couple of good restaurants – **Talavera** steakhouse and **Proof** (from £250; [fourseasons.com/scottsdale](http://fourseasons.com/scottsdale)).

 **Arizona Outback Adventures** offer mountain-bike rental (from £40 per day) or a half-day biking tour of the McDowell Sonoran Preserve with guides including Phil Richards (from £110). They can also organise longer tours ([aoo-adventures.com](http://aoo-adventures.com)).

Adventure guide  
Phil Richards cycles past  
saguaro cactuses in the  
McDowell Sonoran Preserve

### 3. The Grand Canyon

Bear witness to the USA's greatest landscape of all, then clamber down into it

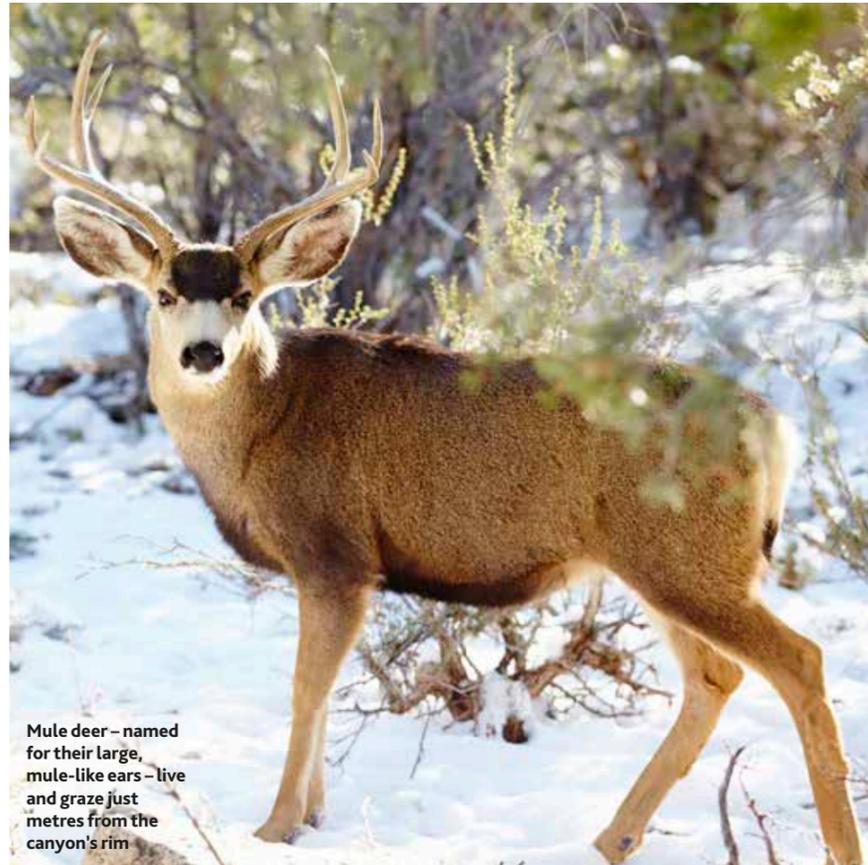
**T**HE GRAND CANYON GIVES no warning. Approaching from the south through the great thickets of ponderosa pine that make up the Kaibab National Forest, there is no indication of the spectacle to come. Deer dance between the trees, seemingly oblivious to their proximity to the void. Only at the precipice does the canyon reveal itself, the earth simply dropping away to reveal one of nature's most audacious wonders. It is a mile deep and 18 miles across at its widest point. Gazing out at this great chasm of red rock shifts your perspective in a skipped heartbeat. The scale of it humbles man's greatest constructions: stack three Empire State Buildings on top of one another and you still wouldn't reach the rim. One lookout stop says it all: The Abyss.

It is not just the size of the canyon that startles but the sweep of history it illustrates. It is six million years since the Colorado River first found this route to the Gulf of California, and began slicing down through the soft top layers of dirt and rock. On it went, patiently cutting through sandstone and limestone before it reached its current level more than 1,500 metres below the rim. It is still getting deeper, although at a slower rate now that it has reached the hard basement rock. The river is now 730 metres above sea level and scientists believe it will keep going down, millimetre by millimetre, year after year, until it reaches the level of the sea, where all rivers stop.

To better understand the canyon, it's necessary to leave your perch on the brink and descend into it. Hikers Katie and Nic Hawbaker, from nearby Flagstaff, have done so several times. Today, they're climbing the Bright Angel Trail, the Grand Canyon's most popular, which descends 1,370 metres to the Colorado River. From there, it joins the River Trail leading to Phantom Ranch in the canyon base, where they camped last night.

'It's totally different at the bottom,' says Katie. 'It's magical. We can't imagine how long it took to carve out the canyon or where the river was initially. It's just so deep.'

Another way to attempt to get to grips with the sheer scale of the place is to get over it. From a Maverick Helicopters' chopper, it's possible to see the Painted Desert and follow the Colorado River before diving through the Dragon Corridor, the widest and deepest part of the canyon. For peak impact, though, it's hard to beat the early moment when you're ambling along 15 metres above the treeline of the



Mule deer – named for their large, mule-like ears – live and graze just metres from the canyon's rim

ponderosas, then suddenly you're 1,500 metres over the rushing waters.

It's all a far cry from 1893, when hotelier Pete Berry first opened a crude cabin at Grandview. Berry had come to the canyon in 1890 as a prospector and staked the Last Chance copper claim 915 metres below. The ore was rich, but the vast cost of transporting it to the rim doomed the whole operation.

Before long, President Theodore Roosevelt realised the canyon needed to be protected. He made it a national monument in 1908, having declared: 'Let this great wonder of nature remain as it now is. Do nothing to mar its grandeur, sublimity and loveliness. You cannot improve on it. But what you can do is to keep it for your children, your children's children, and all who come after you, as the one great sight which every American should see.'

Leave Grand Canyon National Park by the East Gate and continue along Arizona 64 until you reach Cameron. Then take US-89 north towards Page. Allow two hours in total.

#### Essentials



**Maswik Lodge** is in the Grand Canyon National Park, deep in the ponderosa pine forest. Built in the '60s, it offers simple, comfortable lodging and has an onsite gift shop and pizza pub (from £89; [grandcanyonlodges.com](http://grandcanyonlodges.com)).

**Entry to Grand Canyon National Park** costs £24 per vehicle. Permits are required for all backcountry camping and private river trips ([nps.gov/grca](http://nps.gov/grca)). **Maverick Helicopters** depart from the airport near the small town of Tusayan, on the south side of the park (40-minute flights start at £140; [maverickhelicopter.com](http://maverickhelicopter.com)).



The entire course of the Colorado River runs 1,450 miles, from Colorado to Mexico. This view, seen from a helicopter tour, shows it cutting through the Grand Canyon

## 4. Antelope Canyon & the Navajo Nation

Watch the sunlight paint pictures in Antelope Canyon, teeter on the edge of Horseshoe Bend and get close to the land in a traditional Navajo hogan

IT IS A COOL, STILL MORNING and Baya Diné is awake early to tend to her flock. As the curly horned Navajo-Churro sheep graze across the wide-open plains, her big white Maremma sheepdog Elvis keeps the stragglers in check. Baya knows every inch of this land as if it were a part of her, from the spectacular curve of Horseshoe Bend a few miles north to Antelope Canyon in the east.

Baya's family has farmed here for 15 generations. Her ancestors lived in hogans, homes built with cedar and juniper logs, and packed with earth, which could be taken down and moved seasonally. Baya herself grew up in her grandmother's hogan, a permanent wooden structure which still stands and was, improbably, built with pieces of the set left over from the making of the 1965 epic *The Greatest Story Ever Told*, after her grandfather appeared in the film as an extra. Baya's grandmother, who had always lived in buildings made of earth, considered it a palace.

'My grandmother lived here the way the Navajo had lived for many generations,' Baya explains. 'She herded her sheep through this land and then down the ridge all along to where the town of Page is now. This is a harsh environment and they were just trying to survive, foraging and living off

the land. They were one with it, really. This was part of them and their way of life.'

Baya's land is in the west of the Navajo Nation, which at 16 million acres is the largest Native American reservation in the US. Although her ancestors moved their homes to different spots regularly, they have left no trace beyond a few petroglyphs, arrowheads and shards of broken pottery.

'You'd never know now where their homes were,' says Baya. 'These days there are buzzwords, like "sustainable" and "green-built", but that was just a way of life for Native Americans. They reused and recycled way before it was the thing to do.'

On the land where Baya now stands, the ancient Navajo stories say there was an antelope birthing area. The animals also gave their name to the nearby Antelope Canyon, although the Navajo refer to the area as 'Tsé Bigháníílní', which translates as 'the place where water runs through rocks'.

Entering the now-dry canyon on a Navajo-run tour, visitors are awed into hushed tones when they see how water has sliced a narrow crevasse through the sandstone. Inside the slot canyon there's an otherworldly atmosphere, as the only light comes from sunbeams playing tricks upon the canyon walls as they fall 40 metres. Flash flooding is still a danger and tour guides with torches pause to point out

where previous floods have lodged trees high between the canyon walls.

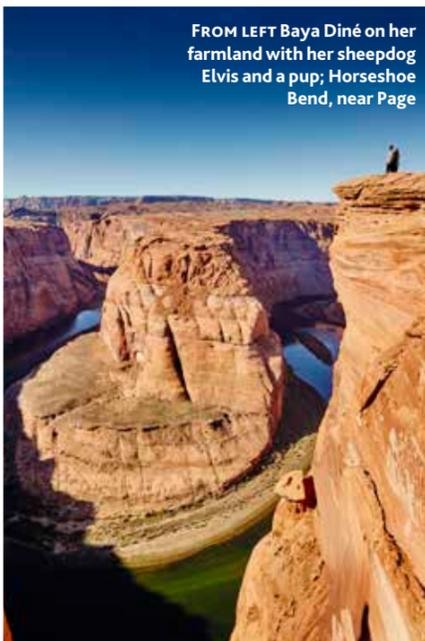
Photographers jostle each other for the best spots and angles – no surprise considering the world's most expensive photograph was taken here. Landscape photographer Peter Lik sold *Phantom*, an image of dust in the canyon appearing to take the form of a ghost, for \$6.5m in November 2014.

West of Antelope Canyon, on the other side of the small town of Page, sits Horseshoe Bend, where photographers have no such problem competing for a spot. The only danger here is getting too close to the 300-metre drop that overlooks the meandering path of the Colorado River as it travels west from Lake Powell to the start of the Grand Canyon itself. This is that same canyon on a more intimate scale and among the tourists taking selfies there are also joggers from Page who come simply to marvel at nature's signature, carved deep into the earth. Standing on the precipice, it's easy to understand what Baya means when she explains why the Navajo have stayed in this place for so long. 'This land,' she says, 'has its own special power.'

Take US-89 south to Flagstaff and then switch to US-89A for the scenic drive through the valley to Sedona. The trip will take around three hours. ➔



FROM LEFT Baya Diné on her farmland with her sheepdog Elvis and a pup; Horseshoe Bend, near Page

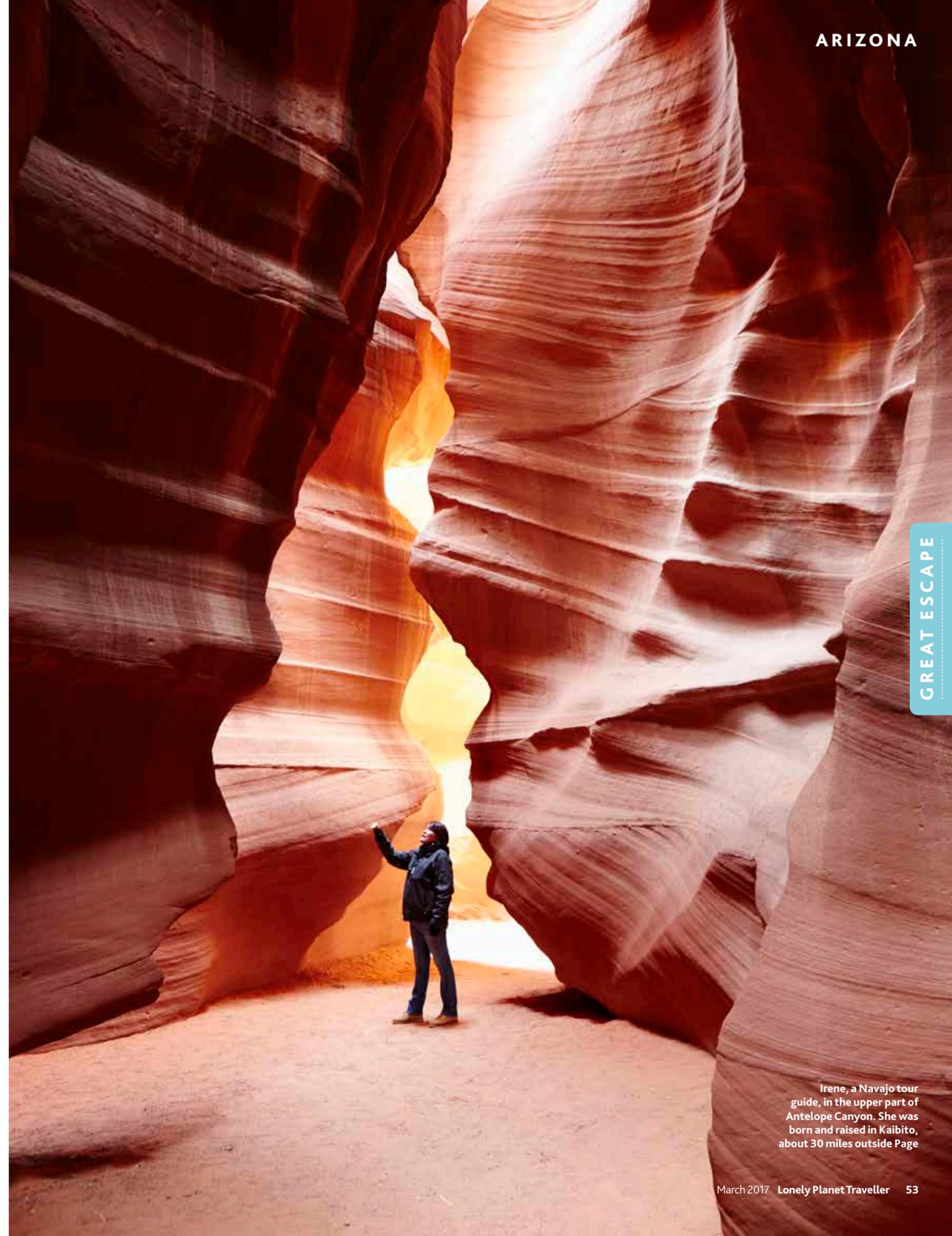


### Essentials



🏠 At **Shash Diné EcoRetreat**, Baya allows visitors to stay in her grandmother's simple wooden hogan, a cabin heated by a wood-burning stove. Bring your own food to enjoy as a late-night fireside picnic (£122; shashdine.com).

🗺️ **Antelope Canyon Tours** offers both sightseer and photographers' tours, which is recommended for those taking tripods or SLRs (from £30; antelopecanyon.com). **Horseshoe Bend**, a gentle half-mile walk from the car park just off US-89, is free to enter. There are no toilets or shops, so remember to bring water.



Irene, a Navajo tour guide, in the upper part of Antelope Canyon. She was born and raised in Kaibito, about 30 miles outside Page



Red Rock State Park, which features the eponymous formations, lies just to the southwest of Sedona

## 5. Sedona & the Verde Valley

Reap the harvest of Arizona's growing wine scene and dine beneath majestic red rocks

**I**T'S EARLY ON SUNDAY afternoon and winemaker Eric Glomski is welcoming guests to Page Springs Cellars. Some have come to enjoy the sunshine on a stroll through the vineyards, but most are here to while away the hours on the top deck of the cellar, uncorking bottles to taste the fruits of the fields that stretch out below.

Eric is something of a viticultural celebrity in these parts. He used to run the Arizona Stronghold winery with an actual rock star, Tool frontman Maynard James Keenan, and he bought the Page Springs Cellars site in 2003. Wandering into the vineyards past the fast-flowing brook which gives the winery its name, you'd be forgiven for thinking you're in Burgundy in France or Portugal's Douro Valley.

'Everyone asks, isn't it too hot and dry in Arizona to grow grapes?' says Eric. 'I remind them that grapes originated in the Middle East, Lebanon and Syria, so they're very adaptive. There are different microclimates throughout the state. If I were to liken us to anywhere, in terms of climate, we're closest to parts of Spain, France and Italy – some of the homelands of grape growing.'

So, here in the Verde Valley, Eric finds terroir to suit the grapes. One side has limestone soil, just as at Châteauneuf-du-Pape in France, while the other side is volcanic, like on Sicily's Mount Etna. 'We're also trying new things,' he says. 'Just because it works somewhere else doesn't mean it will work here.'

So far, something is working. This is just one of 22 vineyards that have sprung up in the valley to feed Arizona's burgeoning wine scene. Perhaps the most scenic is Barbara Predmore's Alcantara vineyard at the confluence of the Verde River and Oak Creek, where she also hosts weddings at a palatial villa that looks like it's been transported wholesale from Ancient Rome.

While the grapes may be grown down here, most of it seems to get drunk up the valley in Sedona. Here the landscape changes again, adding imposing red rock formations that rise from the earth like Martian mountains and have attracted ambitious climbers for decades.

It's not just the scenery that brings people to this laid-back town. New Age types have also long been attracted by the belief that benevolent swirling vortexes of 'subtle energy' emanate from the land. The result is a town with a thriving arts scene and plenty of vegetarian cafés, including Chocola Tree, where you can pick up a kale smoothie while recharging your crystals. The emphasis on organic, locally grown food extends to high-end restaurants, the star of the scene being Mariposa, a Latin-inspired grill. Chef Lisa Dahl has grown used to hearing about the impact Sedona's panoramic views have on her customers. 'I'll never forget one guy telling me that sitting on the patio is like being on the ocean,' she says. 'There's

a level of serenity you feel here that's overwhelming.' As Lisa heads back to the kitchen, burgers, tostadas, cocktails and local wine appear. Maybe there's something to these swirling energy vortexes after all. **📍**

### Essentials



**📍** The Vineyards Bed & Breakfast is on the Page Springs Road outside of Cornville, where Bruce and Tambrala Shurman are welcoming hosts (from £150; [thevineyardsbandb.com](http://thevineyardsbandb.com)).

**📍** Page Springs Cellars' tasting room is open daily, with tours on Fridays, Saturdays and Sundays except during the harvest season (€15; [pagespringscellars.com](http://pagespringscellars.com)). Mariposa is just off Highway 89A, the main route through Sedona (meals from £13; [mariposasedona.com](http://mariposasedona.com)).



**KEVIN EG PERRY** was never concerned about heights until he saw people edging back at Horseshoe Bend to take selfies.

NEXT MONTH  
**Great Escape:** MADAGASCAR



Inside Page Springs Cellars. RIGHT Charcuterie prepared by the winery's Eric Glomski



ARIZONA

GREAT ESCAPE



Founder and chef Lisa Dahl. LEFT Smokey pear and blackberry cocktails at Mariposa. RIGHT The restaurant's 2016 People's Choice-winning Gringo burger

