



MT. LEMMON

## TUCSON AND SEDONA 2-1/2-DAY TRIP ITINERARY



The skyscraper canyons of the big city have nothing on the canyons of Arizona. While a big city’s high-rise buildings might induce a state of high anxiety, Arizona’s beauty and surreal landscapes inspire a kind of serenity you just can’t get from any metropolitan cityscape. Some of the state’s most visually striking landscapes can be found in the canyon lands of Tucson and Sedona—from the former’s stately saguaro-forested hillsides and High Sonoran Desert vistas to the latter’s cobalt skies and crimson cliffs. The wide-open expanses of both destinations bring a sense of mental clarity and a soul-freeing feeling that create a profound sense of wellbeing.



### 1 DAY ONE — TUCSON

#### 8:00 A.M. **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 ascending 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!) and finishes near the end of Observatory Road.

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

#### 12:00 P.M. **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>



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HILTON EL CONQUISTADOR



**4:00 P.M. 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 Nâga, utilizing the healing principals of Thai Massage to provide healthy circulation, ease aches and pains, improve flexibility and promote relaxation. <http://www.miravalresorts.com/>

**2 DAY TWO — SEDONA**

**12:00 P.M. 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 P.M. 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/>



**3:00 P.M. 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 approximately 2.5-mile roundtrip trail is perfect for the easy rider.

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



BROKEN ARROW TRAIL

**1:00 P.M. Spend the night up a creek: L'Auberge de Sedona Resort**

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/>



L'AUBERGE

**3 DAY THREE — SEDONA**

**9:00 A.M. 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>



SUGARLOAF LOOP TRAIL

**11:00 A.M. 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/>



SEDONA AIRPORT OVERLOOK

