

# 2019 Spring Break



## ACTIVITIES & EVENTS

At our adventure resort at the foot of Sedona's Red Rocks, you'll find activities and amenities for everyone, from outdoor adventures and off-roading excursions to indigenous spa treatments, exceptional golf and unlimited fitness classes.

Experience everything Sedona has to offer, let us show you how.



# Hilton

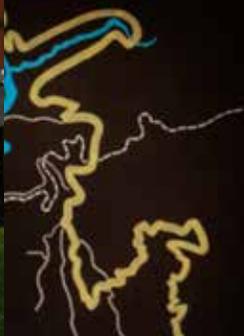
SEDONA RESORT AT BELL ROCK

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# SEDONA ARIZONA



## Dine

### SHADOWROCK TAP + TABLE

The resort's social hub, ShadowRock Tap + Table is a cool and comfortable dining and gathering space where guests can kick-start, recharge or retreat after exploring the high desert of Northern Arizona. Our stylish restaurant features regionally-influenced and freshly-sourced fare.

**Breakfast** 6:30 am - 11:00 am Daily  
**Lunch** 11:00 am - 5:00 pm Daily  
**Dinner** Sun-Thu: 5:00 pm - 9:00 pm  
 Fri-Sat: 5:00 pm - 10:00 pm

### COFFEE BAR

We proudly brew Starbucks' coffee. The Coffee Bar, located at ShadowRock Tap + Table, features a selection of specialty Starbucks' coffee drinks and breakfast grab and go items including fresh pastries, burritos, bagels and energy bars.

**Coffee Bar** 5:30 am - 11:30 am Daily

### SHADOWROCK LOUNGE

Pull up a chair at our 22-seat bar or relax and hang out in the living room lounge. Every night is game night, so join the fun and make new friends playing Shuffleboard, Scrabble, Chess or Backgammon. Cheer on your favorite teams on one of 15 big screen televisions while enjoying a selection of local and regional micro brews, handcrafted cocktails and an expansive wine selection.

**Bar** Sun-Thu: 11:00 am - 11:00 pm  
 Fri-Sat: 11:00 am - 12:00 am  
**Bar Menu** Sun-Thu: 11:00 am - 10:00 pm  
 Fri-Sat: 11:00 am - 11:00 pm

### THE PORCH

Our expansive outdoor garden features multiple fire pits, scenic seating, lawn games, weekly stargazing and more. Grab a seat around the a cozy fire pit and enjoy local craft beers, signature cocktails and a full menu, perfect for sharing and pairing. The Porch is pet friendly, and our Pet Pals menu available upon request. Play Ping Pong, Corn Hole, Jenga, Shuffleboard, Foosball and Connect Four.

#### S'mores & Pours on the Porch

Gather for an evening on the Porch and enjoy fire pit S'mores, lawn games, stargazing and a selection of wines by the glass and bottle.

**Bar** Sun-Thu: 11:00 am - 11:00 pm  
 Fri-Sat: 11:00 am - 12:00 am  
**Bar Menu** Sun-Thu: 11:00 am - 10:00 pm  
 Fri-Sat: 11:00 am - 11:00 pm

### BLUE WATER CAFÉ

Enjoy poolside dining on our fireside patio and soak up the magical ambience of Red Rock Country. Our poolside café features spectacular views, tropical cocktails and a delicious menu. Complimentary pool toys, noodles, board games, Ping Pong and Corn Hole available upon request.

**Bar & Cocktails** Mon-Thu: 11:30 am - 6:00 pm  
 Fri-Sun: 12:00 pm - 5:00 pm  
**Café and Poolside Dining** Mon-Thu: 12:00 pm - 4:00 pm  
 Fri-Sun: 12:00 pm - 5:00 pm

### IN-SUITE DINING

Get cozy and enjoy a delectable meal from the comfort of your private guest room.

**Breakfast** 7:00 am - 11:00 am Daily  
**All Day** 11:00 am - 10:00 pm Daily  
**Dinner** 5:00 pm - 10:00 pm Daily

# Experience

# Specials

## eFOREA SPA

Our wellness-based treatments and therapies harness the healing powers of Sedona's spiritual landscape. Using organic, local and results-oriented ingredients, each treatment will leave you feeling thoroughly rejuvenated and nourished.

**Spa Hours** Mon-Fri: 8:00 am - 9:00 pm  
Sat-Sun: 8:00 am - 8:00 pm  
**Nail Salon** Mon, Thu-Sat: 9:00 am - 6:00 pm  
**Appointments** +1 928 284 6975

## SEDONA ATHLETIC CLUB

Our state-of-the-art fitness complex offers new Precor and Life Fitness equipment, fitness classes, a 25-meter lap pool, café and lounge, and on-site concierge physical therapy. Changing rooms offer gender-specific saunas, steam rooms and Jacuzzis.

### The Outdoor Warrior Pit

Our boot camp playground is equipped with tires, ropes, sledgehammers and anchors. The Pit is a cross-training facility where resort guests can exercise at their leisure or attend a weekly class led by our seasoned instructor.

**Athletic Club** Mon-Fri: 5:30 am - 9:00 pm  
Sat-Sun: 7:00 am - 8:00 pm  
**Information** +1 928 284 6975

## SEDONA GOLF RESORT

Adjacent to Hilton Sedona Resort at Bell Rock is the Sedona Golf Resort. Winding around the famed red rocks of Sedona, each hole provides a unique adventure. The Gary Panks designed course plays 6,646 yards to a par 71. Club rentals, instruction and golf clinics are available.

**Tee Times** +1 928 284 9355  
**Golf Clinic Reservations** +1 928 301 3328

## PINK ADVENTURE GUIDES

Make the most of your Sedona adventure and visit our knowledgeable Adventure Guides in the lower lobby for recommendations, tours, activities and more. From miles of robust hiking and mountain biking trails, and vibrant art and cultural history, to local cuisine and wineries, allow our guides to customize an itinerary specific to your interests.

**Adventure Desk** +1 928 284 6935

## DINING SPECIALS

### IN-SUITE DINING FAMILY MEAL DEAL

One dozen chicken wings, one flat bread pizza and four sodas delivered to your guest room for \$28. Dial Ext. 6909 to order.

### GRAB & GO PICNIC BASKETS

Each basket contains everything you need for the perfect picnic. Starting at \$65.99. Pre-order your customized basket by calling Ext. 6909 and pick up at ShadowRock Tap + Table.

## SPA TREATMENT SPECIALS

### EMERGE

Like a butterfly emerging from its cocoon, Spring is a time to feel the nurturing power of mother earth. Let yourself be cocooned in the cleansing and drawing action of Sacred red clay. This 60-minute service leaves you feeling alive and re-energized. \$175 includes a bottle of sunscreen.

### RENEWAL

Let your skin shine by shedding the dull skin of winter with an invigorating body polish and the aromatherapy of your choice, followed by a nourishing Jojoba body butter application. This 60-minute service leaves your body feeling like a newborn - soft and glowing. \$153 includes a bottle of sunscreen.

### AWAKEN

Spring is the time to start moving again and reawaken the senses. Experience your own awakening in this customized facial. Let us spring forward while we turn back the clock of time, leaving you feeling and looking younger. This 60-minute facial leaves all of your senses awakened and your mind relaxed. \$134 includes a take home facial mask.

**Appointments** +1 928 284 6975

## ENTERTAINMENT & ACTIVITIES

Don't miss the calendar of events on the back page for fitness classes, live music, spirit and wine tastings, happy hour bingo, yappy hour, star gazing and more.



# Fitness & Events Calendar

MON	TUE	WED	THU	FRI	SAT	SUN
<p>■ Sunrise Yoga LL 6:30 am - 7:30 am</p> <p>■ Family Stretch ST 9:00 am - 10:00 am</p> <p>*Create Your Own Body Scrub ES 10:00 am - 12:00 pm</p> <p>Cookie Decorating SR 3:00 pm - 4:00 pm</p> <p>*S'mores TP 5:00 pm - 10:00 pm</p>	<p>■ Sunrise Yoga LL 6:30 am - 7:30 am</p> <p>■ Kettle Bells SF 8:00 am - 8:50 am</p> <p>■ *Golf Coaching SG 1:00 pm - 2:30 pm</p> <p>■ The Outdoor Drill WP 6:00 pm - 7:00 pm</p> <p>*S'mores TP 5:00 pm - 10:00 pm</p>	<p>■ Sunrise Yoga LL 6:30 am - 7:30 am</p> <p>■ Family Stretch ST 9:00 am - 10:00 am</p> <p>■ The Outdoor Drill WP 9:00 am - 10:00 am</p> <p>■ *Golf Clinic SG 1:00 pm - 2:00 pm</p> <p>Happy Hour Bingo BW 4:00 pm - 5:00 pm</p> <p>*S'mores TP 5:00 pm - 10:00 pm</p>	<p>■ Sunrise Yoga LL 6:30 am - 7:30 am</p> <p>■ Interval Training SF 8:00 am - 9:00 am</p> <p>*Create Your Own Body Scrub ES 10:00 am - 12:00 pm</p> <p>*Yappy Hour TP 3:00 pm - 5:00 pm</p> <p>■ The Outdoor Drill WP 6:00 pm - 7:00 pm</p> <p>*S'mores TP 5:00 pm - 10:00 pm</p>	<p>■ Zumba SF 8:00 am - 9:00 am</p> <p>■ Family Stretch ST 9:00 am - 10:00 am</p> <p>■ Yoga SF 3:30 pm - 4:45 pm</p> <p>Wine and Spirit Tasting SR 4:00 pm - 5:00 pm</p> <p>*S'mores TP 5:00 pm - 10:00 pm</p> <p>Live Music 6:00 pm - 10:00 pm</p> <p>Star Gazing TP 7:30 pm - 9:00 pm</p>	<p>■ Sunrise Yoga LL 6:30 am - 7:30 am</p> <p>■ Zumba SF 9:15 am - 10:15 am</p> <p>*Create Your Own Body Scrub ES 10:00 am - 12:00 pm</p> <p>*S'mores TP 5:00 pm - 10:00 pm</p> <p>Story Time with Mother Nature LL 6:00 pm - 6:30 pm</p> <p>Live Music 6:00 pm - 10:00 pm</p> <p>Family Movies 7:00 pm - 8:30 pm</p>	<p>■ Sunrise Yoga LL 6:30 am - 7:30 am</p> <p>■ Total Body Conditioning SF 8:00 am - 9:00 am</p> <p>Happy Hour Bingo BW 4:00 pm - 5:00 pm</p> <p>*S'mores TP 5:00 pm - 10:00 pm</p>

## LOCATION KEY

LL = Lower Resort Lobby | ST = Spa Tennis Court | SF = Spa Group Fitness Room | WP = Warrior Pit | SG = Sedona Golf Resort  
ES = eForea Spa | SR = ShadowRock Tap + Table | TP = The Porch | BW = Blue Water Café

## FITNESS CLASSES

- **Family Stretch**  
Gentle stretching of the whole body for all ages and fitness levels.
- \***Golf Clinic**  
\$15 per person. Advance reservations are required by calling +1 928 301 3328. Complimentary shuttle available to and from the resort.
- \***Golf Coaching**  
\$25 per person. Advance reservations are required by calling +1 928 301 3328. Complimentary shuttle available to and from the resort.
- **Interval Training**  
Full-body strength training combined with high intensity cardio bursts.

- **Kettlebells**  
Get your heart rate up with cardio, strength and flexibility benefits.
- **Sunrise Yoga**  
Find balance, strength and flexibility with traditional yoga poses. Includes a selection of complimentary snacks prior to class at 6:15 am.
- **The Outdoor Drill**  
Cross-training bootcamp using tires, ropes, sledgehammers and anchors in a variety of fitness drills.
- **Total Body Conditioning**  
Improve muscle strength, tone and tighten with cardio and weight training movements.

- **Yoga**  
Find balance, strength and flexibility with traditional yoga poses.
  - **Zumba**  
Cardio dance class incorporating fast and slow dance moves to tone and sculpt.
- \*Fitness classes are complimentary unless otherwise noted.

### CLASS DIFFICULTY LEVEL

■ = High   ■ = Moderate   ■ = Low

## EXPERIENCES

- \***Create Your Own Body Scrub**  
Create your own scented body scrub from \$9.99 per person. Hosted by eForea Spa.
  - \***S'mores**  
Create your own ooey goeey S'mores for \$6.00 per person. Hosted by ShadowRock Tap + Table.
  - \***Yappy Hour**  
Enjoy Happy Hour pricing and 50% off the Pet Pals menu. Hosted by ShadowRock Tap + Table.
- \*Activities and events are complimentary unless otherwise noted.