

# Four Days in Sedona

## A day by day plan for four days in Sedona.

Named one of the 10 most beautiful places in America by USA Today, Sedona is one of the country's best places to visit to get a break from everyday life. The only problem? There's so much to see and do in Sedona, it's hard to decide what to fit into an itinerary. Sedona's red rock formations, canyons and ancient rouge-colored buttes that were home to early American Indians have become popular destinations for outdoor enthusiasts, artists and wellness aficionados. If you have just four days to discover Sedona and the surrounding area, here's a quick guide on some of the best things to see and do.

### Sedona Day 1: Arts & Culture

**(Suggested pairing Starbucks Pumpkin Spice Latte or Kombucha Tea available in ShadowRock Tap+Table)**

Sedona is an epicenter of the arts in the Southwest, and a trip to Sedona should include a day learning about its rich cultural history. You should start your educational arts excursion at the Sedona Arts Center, a nonprofit arts center with an on-site gallery that hosts workshops, classes and retreats in a variety of artistic mediums like painting, photography, ceramics and visual arts. Through the end of the year, you can learn a lot of the history of Sedona and its geological evolution at the center's weekly showing of "Spectacular Sedona", a digital screening that shows time lapse videos and still-image sequences while a narrator explains the science and history behind the area's rock formations. Afterwards, check out the center's fine art gallery, open from 10 a.m. to 5 p.m. every day of the year except Thanksgiving and Christmas. The gallery also hosts live artist demonstrations almost daily, where you can meet local artists, watch them create original pieces, and ask them questions about their processes.



After a visit to the Sedona Arts Center, the next and most logical step is to visit some of Sedona's local art galleries. You can spend hours browsing through galleries on Sedona's Gallery Row and in other parts of town. During a gallery hop, you can buy original works and shop for fun Southwestern souvenirs, jewelry and more. Also, on the first Friday of every month, the streets of Sedona get packed with art lovers browsing through galleries and meeting artists. 1st Friday in the Galleries is one of the city's most popular recurring events, and participating galleries stay open late and regularly host special events and demonstrations.

As night falls and you return the Hilton Sedona Resort at Bell Rock the resort comes alive with live music and a unique cultural dining experience at ShadowRock Tap+Table. Please check with the host on live music hours as well as tonight's entrée special created by Executive Chef Brandon Park.

## Day 2: Outdoor Adventures

**(Suggested Pairing – Hike Essentials Protein Pack to provide sustained energy as you explore, available in ShadowRock Tap+Table)**

The best way to see the true beauty of Sedona is to get outside to enjoy it. There's never a bad time to get outside in Sedona, even in winter. With a little research or help from our concierge, you can easily plan a self-guided tour of the red rocks, but you can take the pressure off yourself and book a hiking tour with a knowledgeable guide who knows the region well. Pink Jeep is our preferred partner and can arrange your exploration, adventure or cultural activity, please see desk located in the hotel lobby. There are also private hiking tour companies that can take you to the most picturesque spots throughout the canyons. The Pink Adventure Concierge can help guide you to trails that offer an easy hike where the focus is on photography or a hiking challenge for the advanced adventurer.



Another must-do in Sedona if you love the outdoors is paddling the Verde River, which can be done any time of year. The Verde River is actually about 30 minutes outside Sedona, but you rarely get the opportunity to go canoeing or kayaking in the desert. During the winter, fall and spring months, the water levels on the Verde River are considered class 1 and 2—in other words, fairly mild and suitable no matter what your experience level is. Both inflatable and hard-shell kayaks work well on the Verde River. Verde Adventures has a variety of tour types to choose from, including a few different wine-and-kayak trips, which takes kayakers to local vineyards after a float trip down the Verde River.

Another way to relax while still enjoying the fruits of Sedona is on a winery tour and tasting. There are several wine tasting experience available in nearby Page Springs, including Oak Creek Vineyards & Winery, Javelina Leap Vineyard & Winery and Page Springs Vineyard & Cellars. Located nearby in Cottonwood is Merkin Winery, Arizona Stronghold Vineyards and Alcantara Vineyard.

As you return to the Hilton Sedona, be sure to reserve spot at one of our fire pit's located on the Porch at ShadowRock Tap+Table to enjoy Pour & S'more, a decadent twist featuring gourmet chocolates and boozy infused marshmallows paired with two glasses of wine hand selected by our Executive Chef for the perfect dessert.

### **Day 3: Get Out of Town**

**(Suggested pairing – Chef Inspired Picnic Basket available in ShadowRock Tap+Table)**

Sedona is surrounded by intense beauty, making it easy to plan a quick day trip. There are several National Parks, State Parks and local attractions easily accessible from Sedona. Less than two hours from Sedona is the gorgeous and majestic Grand Canyon, one of America's most recognizable landmarks, stretching over 277 miles of rocky landscape. Whether you're traveling north, south, east or west around the Grand Canyon, visitors can see the amazing natural beauty of the canyon on a scenic drive of the area (including the trip from Sedona to the Grand Canyon). If you prefer not to drive, Pink Jeep can sign you up for a bus tours that departs from the lobby of the Resort and drops guests off to explore the area for a few hours. A few favorite stops at the Grand Canyon include the Halapai Indian Reservation and the skywalk observation deck that hovers above the canyon, viewed through a see-through floor.



The Havasupai Reservation is another well-preserved area on the canyons floor, tucked underneath the cliffs. Somewhere close to 600 Native Americans still reside at the reservation, which welcomes tourists to learn about their land and culture. Near the reservation are four natural waterfalls in the midst of the desert, giving guests great photo opportunities. Another possible day-trip option near Sedona is a visit to Tusayan Ruins, located about two hours north of Sedona. The 800-year-old ruins were once home to the Pueblo Indians, and visitors can explore the Hopi structures and site as well as visit its museum displaying historic artifacts from the area.

Upon return to the Hilton Sedona, don't forget to take time to honor yourself with a treatment at our award winning eforea Spa. The Spa features contact and contactless massage, as well as signature Empowerment Sessions such as Numerology, Line of Life Palm Reading, Tuning Forks, Cranial Sacral, Reiki, Energy Healing and Chakra Balancing.

## Day 4: Wellness & Spas

**(Suggested pairing – Signature Super Food Smoothie from Starbucks at ShadowRock Tap+Table)**

Sedona is one of the world's most famous retreat destinations for wellness and healing. The Vortex energy in Sedona is considered one of the highest in the United States. Pink Jeep can help navigate you to the various Vortex Energy spots located in Sedona. Take time to empower yourself by sitting in peaceful tranquility at one of these locations, allowing the natural energy of our destination to recharge you for your return home. Check with the Sedona Chamber of Commerce for a list of workshops and seminars on meditation, yoga, energy healing and shamanic wisdom in canyons.



The eforea Spa at the Hilton Sedona Resort at Bell Rock Spa offers a therapeutic escape to recharge and relax. A place where you can experience a balance of spa and wellness offerings to balance the body, mind and spirit. The perfect conclusion to your Sedona Experience, Namaste.