



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



neepster

Adventure Phoenix

Scottsdale, Mesa, Phoenix, 3 Days

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Guide Description

AUTHOR NOTE: This is a weekend you will never forget, if you call yourself an adventurer then this is the ultimate weekend in Phoenix. You will be transported on both horseback and your own two legs from elevations of 2700 feet at Echo Trail Camp, to soaring heights of 7600 feet at Four Peaks Wilderness area. Along the way you will dine like a cowboy, and a star at The Painted Horse and the Garden Terrace. Your nights will be oh so rejuvenating at the Redbuck Ranch Hideout, where you will be secluded and be able to enjoy the desert at your own pace.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Scottsdale

DAY NOTE: This action packed weekend will begin with a horseback trip through the Sonoran Desert with the Cave Creek Outfitters. Before you head out on your half day or full day adventure, you should definitely enjoy the great continental breakfast provided by the Redback Ranch Hideout. You have two options to get to the outfitters, they can pick you up or you can drive out, it is much less expensive to drive out yourself. Once you have mounted your trusty steed, Cave Creek and their experienced guides will lead you through hidden canyons where such legends as Geronimo and Wyatt Earp used to travel. Along the way be sure to look at all of the beautiful cacti and flora as you traverse through the desert of Phoenix. After a good hard days ride you can either dine like a cowboy and enjoy a campfire into the night with the Cave Creek Outfitters or you can use a different kind of horsepower to drive on over to The Painted Horse. Either way you will be sure to enjoy your dinner, either out of a tin pan, or hand crafted plates. The Painted Horse is nestled in the mountains, where you can enjoy dining inside with their array of western artwork or enjoy their open air patio and roaring fire.



The Painted Horse

Elegant New West cuisine and decor

Day 2 - Mesa

DAY NOTE: Who knew the desert wasn't flat? After your trek through the Four Peaks Wilderness Area you will. You can begin your day at the elevation of 1900 feet and by the end of the day be at such soaring heights as 7600 feet. This vast wilderness area covers approximately 60,740 acres in the Sonoran Desert. You will not be lonely on your hikes because there are a variety of desert creatures who call this area home. There is no better food after a hard days trek than oh-so-filling pizza. TC Luigi's Pizza is sure to hit the spot with their array of pizzas, from Greek to classic Italian, you are sure to find just what you were looking for. Tonight is a perfect opportunity to rejuvenate at The Redback Ranch Hideout by enjoying their heated pools, or secluded waterfalls.



Four Peaks Wilderness Area

Day 3 - Phoenix

DAY NOTE: Day three of your outdoor adventure in Phoenix will take you to the Echo Canyon Trail, where you can attempt the Camelback climbing challenge. Before you head out to the trailhead be sure to take advantage of the home style cooked breakfast that the Redback Ranch Hideout offers, it is a great way to start off the morning. Fair warning must be given when attempting the Camelback climbing challenge, this is not for the casual adventurer, this 2700 foot ascent will sure be difficult but very rewarding. The trails are very well maintained making for a safe journey, but be sure to bring plenty of water. Speaking of water, what better place to dine than right next to the lagoons and waterfalls of the Garden Terrace after a hard days climb. Their creative menu combines regional American flavors with a Mediterranean flare that are sure to please.



Echo Canyon Trail and Recreation Area

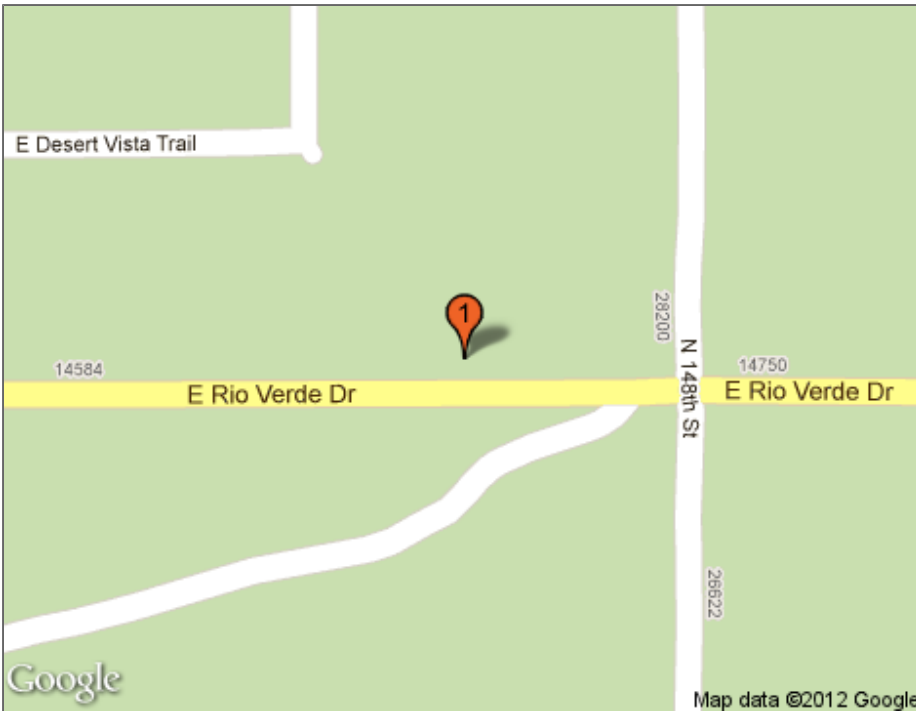
Camelback climbing challenge



Garden Terrace

Regional American, Mediterranean twist

Day 1 - Scottsdale



QUICK NOTE

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contact:
tel: 480-585-8499
paintedhorserestaurant.com

location:
28406 N 148th St
Scottsdale AZ 85262

1 The Painted Horse

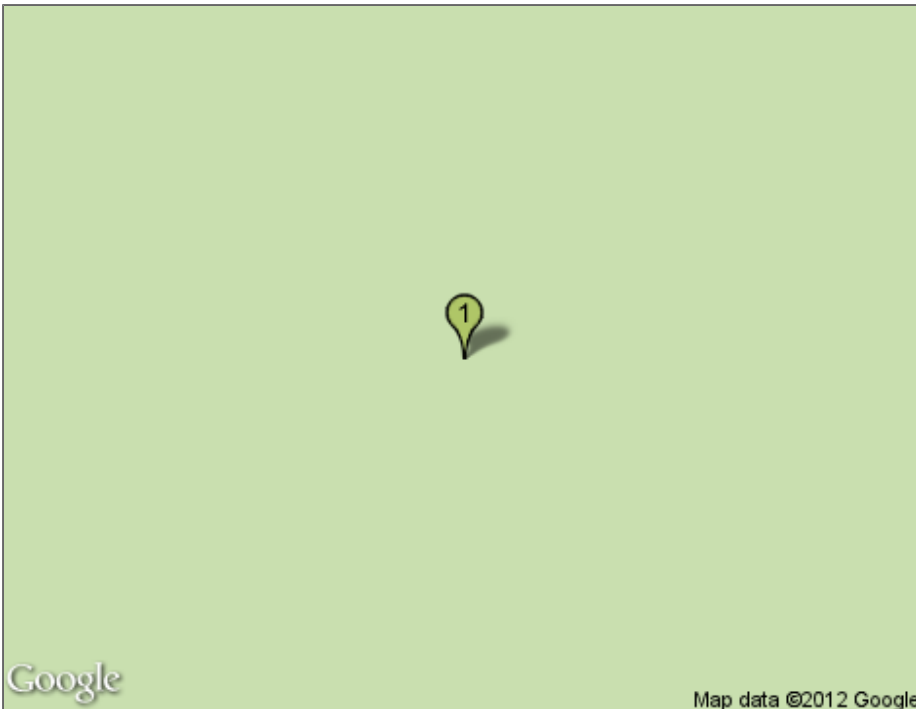
DESCRIPTION: The Painted Horse offers a casual yet unique dining experience set in the mountains above the valley. In this charming environment, your palate will be treated to a culinary experience of American Contemporary and Worldly Eclectic dishes with a side of "real comfort". CIA and Le Cordon Bleu trained Chef Bryan Elliott brings a lifetime of culinary passion to his dishes. Using only the finest fresh organic produce and meats are a hallmark of Chef Elliott. Whether dining inside surrounded by stylistic paintings depicting the modern west's wild horses and working cowboys, or dining on the patio in front of a roaring fire with mountain views, savor the taste of



THE PAINTED HORSE RESTAURANT

elegant new west cuisine. On the southwest corner of Alma School and Dynamite.

Day 2 - Mesa



QUICK NOTE

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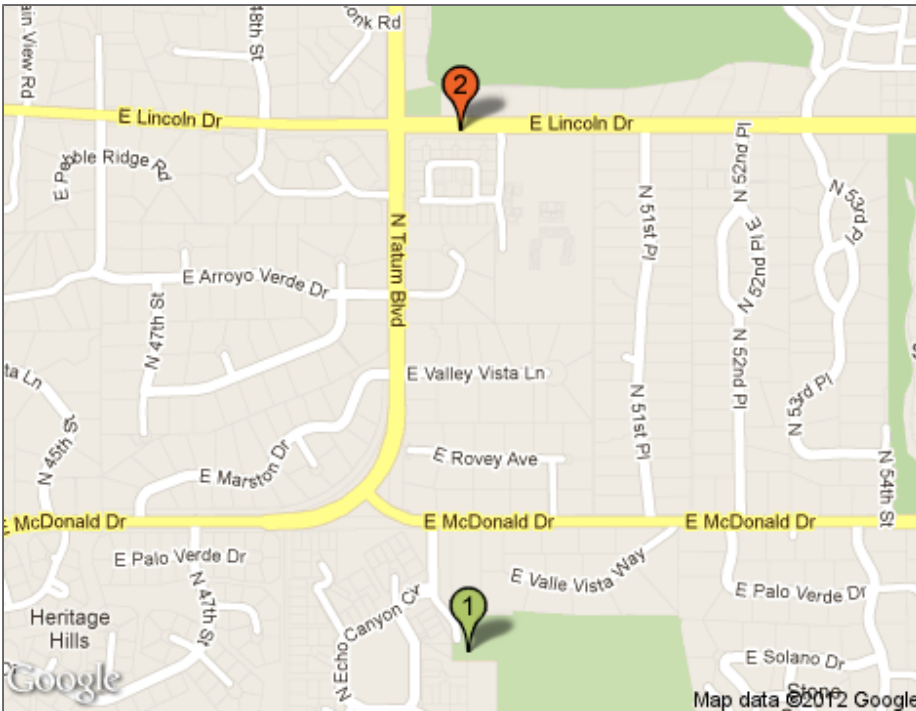
contact:
tel: 480-610-3300

location:
26 N. MacDonald, Room 120
Mesa AZ 85211-5800

1 Four Peaks Wilderness Area

DESCRIPTION: Four Peaks Wilderness was established in 1984, and contains approximately 60,740 acres with a major mountain rising up in its center from the desert foothills. The Four Peaks themselves are visible for many miles, and are one of the most widely recognized landmarks in central Arizona. The rapid change in elevation produces interesting and unique plant and animal combinations. Elevations range from 1,900 feet near Apache Lake to 7,600 feet on Brown's Peak. A large part of the wilderness was burned over by a human caused fire which was started on April 27, 1996. It will take decades for the pine-covered mountains to recover. Hiking in this extreme area is a plus with the massive change in elevation that is unusual in most of Arizona over such a short area. The ruggedness is perfect for getting back in touch with nature or just spending some quiet time with the native animals populations. Situated just north of Canyon and Apache lakes, the wilderness area is best accessed via Hwy. 87 and taking Forest Road 143 to the edge of the wilderness area.

Day 3 - Phoenix



QUICK NOTE

DAY NOTE: Day three of your outdoor adventure in Phoenix will take you to the Echo Canyon Trail, where you can attempt the Camelback climbing challenge. Before you head out to the trailhead be sure to take advantage of the home style cooked breakfast that the Redbuck Ranch Hideout offers, it is a great way to start off the morning. Fair warning must be given when attempting the Camelback climbing challenge, this is not for the casual adventurer, this 2700 foot ascent will sure be difficult but very rewarding. The trails are very well maintained making for a safe journey, but be sure to bring plenty of water. Speaking of water, what better place to dine then right next to the lagoons and waterfalls of the Garden Terrace after a hard days climb. There creative menu combines regional American flavors with a Mediterranean flare that are sure to please.

contact:
tel: +1 602 261 8318 (Phoenix Visitor Information)

1 Echo Canyon Trail and Recreation Area

location:
5700 North Echo Canyon Parkway
Phoenix AZ 85018

DESCRIPTION: Experienced hikers will appreciate the beauty of this hike in Papago Park. Located on Camelback Mountain, which at 2700 feet, is the highest point in Phoenix. This popular trail is well maintained and offers a close-up view of the desert. This trail runs just over one mile and offers several areas of challenge. Note that local rescues have become commonplace among hikers who over-estimate their abilities. For those inclined to a less arduous path, try the one-mile hike at nearby Squaw Peak Park. This is a no-fee area. © wcities.com

hours:
May 1-Sept 30: 6a-7:30p, Oct 1-April 30: 7a-5:30p

contact:

tel: 1 602 952 0420 La
Posada / 1 800 222 8733
fax: +1 602 840 8576
<http://www.laposadaresort.com>

location:

4949 East Lincoln Drive
Paradise Valley AZ 85253

hours:

Breakfast: 6a-11a daily, Lunch
11a-2p daily, Dinner: 5p-10p
daily

2 Garden Terrace

DESCRIPTION: The Doubletree La Posada Resort's fine dining venue overlooks the resort's lagoon pool and waterfalls and has a magnificent view of Camelback Mountain as well. Regional American cuisine has a Mediterranean accent, with Saffron-Crusted Grilled Shrimp in a caper berry sauce, tapenades to accent the sea scallops and olives and sun-dried tomatoes in the arugula salad. Galicia Crab Cakes are "zipped"-up with a roasted pepper sauce. © wcities.com



Photo courtesy of Garden Terrace

Scottsdale Snapshot

Local Info

Scottsdale once made a name for itself as "the West's most Western town," but today the city is better known for its manicured streets, fashionable restaurants, shops, and nightlife, as well as its scenic location in the northern reaches of the Sonoran Desert. Scottsdale draws thousands of visitors every year who come to soak up the sunshine, relax at local resorts, or simply enjoy the natural beauty of the desert. But Scottsdale is more than a resort town. The city has a strong arts and culture scene, architectural wonders by Frank Lloyd Wright and Paolo Soleri, and frequently ranks high on lists as one of the country's "most livable" cities.

Scottsdale, one of the most affluent areas in Arizona and the country, is bordered to the west by Phoenix and Paradise Valley, to the north by the small town of Carefree, to the south by Tempe, and to the east by Fountain Hills and the Salt River Pima-Maricopa Indian Community. The McDowell Mountains loom over central Scottsdale, separating the city from the neighboring town of Fountain Hills. The city of roughly half a million people can be divided into four distinct areas.

Old Town Scottsdale

The city touts its Western heritage in the pedestrian-friendly downtown area,

featuring Southwestern-themed statuary, tourist shops, art galleries, nightclubs and restaurants. A free neighborhood trolley traverses downtown, stopping at designated points of interests every fifteen minutes. The high-end Scottsdale Fashion Square, one of the country's most profitable malls, is also located in Old Town. Also in downtown is the Scottsdale Waterfront, a 1.1 million square foot project that includes high-rise retail and office buildings and two 13-story residential buildings facing the Arizona Canal. Still in development, it's projected that about five miles of the area will become open public space that will include recreation paths, an outdoor amphitheater, and public art.

South Scottsdale

Just south of the downtown area, South Scottsdale is considered the most working class part of the city and represents the least expensive place to live within city limits. South Scottsdale abuts the city of Tempe, and much of this part of the city resembles its college town neighbor to the south. Here you'll find an ample supply of small bars and restaurants that cater to the large student population that drifts into Scottsdale on a regular basis.

North Scottsdale

Home to multimillion dollar homes set against the scenic backdrop of the Sonoran

Desert, North Scottsdale represents one of the most expensive zip codes in the United States. Once the least developed, more rural part of Scottsdale, the area has seen significant development in recent years, with the residential boom attributed partly to the growth of the Scottsdale Airpark, one of the largest employers in the Phoenix Metroarea. The Airpark is home to the company headquarters of major companies such as Fidelity Investments, GE Capital, Discount Tire Company, The Vanguard Group, and others.

The Shea Corridor

The east-west corridor along Shea Boulevard encompasses most of central Scottsdale. Many of the housing developments in this area were built in the 1970s and have increased in value over the years, including highly desirable communities such as McCormick Ranch and Gainey Ranch. The area is also home to the so-called Resort Corridor, for the abundance of resort hotels located along Scottsdale Road, including the Hilton Scottsdale Resort and Villas, FireSky Resort and Spa, and the projected Ritz Carlton to be located in the area.

© NileGuide

Phoenix Snapshot

Local Info

Love it or hate it, this sprawling desert metropolis has become one of the biggest, most modern cities in the American West. Rising from the ashes of the Hohokam civilization, Phoenix transitioned from dusty agricultural farm town to gleaming city of nearly two million residents (the population doubles if you include the suburbs) in the blink of an eye. Although the city keeps a low profile and is more famous for its suburban sprawl than tourist attractions, the city will reward your persistence if you take the time to seek out its hidden treasures.

Downtown Phoenix

Downtown Phoenix is still not what one would hope for in a city of this size, but development has been growing steadily over the years and there's plenty to see and do. The recent inauguration of the Arizona State University Downtown Campus has brought some much-needed new blood to downtown, with new student-centered businesses and living facilities adding a whole new energy to the area. Perhaps the biggest boon to downtown Phoenix in years is the new light rail system that connects downtown to points north and east, and makes it easier than ever to get around downtown.

Downtown becomes a frenzy of big-city pedestrian activity and traffic jams during major events. The Phoenix Suns play at the U.S. Airways Center, and the Arizona Diamondbacks are just a stone's throw away at Chase Field--expect big traffic delays during a game day. The Phoenix Civic Center drives traffic into the area with an ongoing schedule of national conferences and events, and visitors have plenty of choices in terms of museums and attractions. The Arizona Science Center is a favorite with kids and adults alike, while the Phoenix Art Museum regularly brings world-class exhibits to the Valley of the Sun. Other top museum destinations include the world-famous Heard Museum, home to one of the largest collections of Native American artwork, pottery, textiles, and jewelry, and the popular Phoenix Children's Museum, featuring hands-on exhibitions and activities for children of all ages.

The Downtown Phoenix Business Improvement District (formerly known as Copper Square) is the sleek 90-square

block nucleus of shops, eateries, and businesses. Here you can observe office workers criss-crossing the busy streets at lunchtime, with a slew of sandwich shops and cafes feeding the downtown masses with impressive speed. After business hours, however, the business district can start to look like a ghost town.

West Phoenix

The Westside, which makes up a large part of the Valley of the Sun, is a gathering of suburban neighborhoods largely developed throughout the 1960s and 1970s. Generally speaking, the homes and communities get newer the further west you drive, although there are pockets of historic points of interest. For vintage charm, check out Historic Downtown Glendale, touted as "Arizona's Antique Capital." Indeed, there's much antique hunting to be done at the shops of Caitlin Court.

Concertgoers should familiarize themselves with Cricket Pavilion, home to annual music festivals and major touring acts. Desert Sky Mall caters to West Valley's Latino population, while Arrowhead Towne Center in Peoria is a mecca for suburban shoppers. The Westside got a big shot in the arm with the development of the recent Westgate City Center, billed as "Times Square in the Desert," featuring chic boutiques, eateries, and multiplex movie theater. Westgate is home to the Phoenix Coyotes, who play at Jobbing.com arena, and just a stone's throw away is the huge University of Phoenix Stadium--lovingly nicknamed the Spaceship or Toaster by the locals--where NFL action looms large every Sunday in the fall with the Arizona Cardinals.

South Phoenix

This is one of the oldest parts of Phoenix and home to South Mountain Park, one of the largest municipal parks in the United States. Dobbins Lookout is located at 2330, the highest point in the park, and is easily accessible by car. Make sure to stop by for amazing panoramic views of the city. Horse rentals and trail hiking make this a perfect spot to spend the day.

South Phoenix is a culturally diverse area with thriving Latino and African-American communities. For comfort food ecstasy, South Phoenix is home to perennial favorites like Carolina's Mexican Food and

traditional soul food at Lo-Lo's Chicken and Waffles and Mrs. White's Golden Rule Cafe.

Northwest

A mix of old and new, the Northwest Valley is comprised of communities like Peoria, Glendale, Sun City, Sun City West, Youngtown, and Surprise. Sun City and Sun City West are large active living retirement communities. Some of the best hiking in the Valley of the Sun can be found at White Tank Mountain Regional Park, and animal lovers can get an eyeful at the Wildlife World Zoo and Aquarium.

East Side

Some of the oldest and most exclusive communities in the Phoenix area are located on the Eastside. The Valley's rich and famous find their sanctuary among the red rocks and hills of Paradise Valley, while Scottsdale remains a major draw for its high-end boutiques, art galleries, and fabulous resorts. For exclusive shopping, dining, and weekly outdoor markets, the Borgata of Scottsdale brings a unique Mediterranean-in-the-Desert flavor to North Scottsdale.

Tempe, located south of Scottsdale, brings college town amenities and energy to the Valley of the Sun. Arizona State University, one of the biggest universities in the country, is the beating heart of Tempe. Mill Avenue, with its assortment of hamburger joints, cafes, boutiques, and bars, is the major artery and gathering point, home to the Tempe Festival of the Arts and major Fourth of July Festivities. Tempe Beach Park, built around the wide, artificial Tempe Towne Lake, offers temporary respite from the desert with boat rides, walking trails, and snack kiosks selling premium gelato.

Further east are the cities of Mesa, Chandler, and Gilbert. Mesa, once a busy agricultural community, is now a major city boasting the Mesa Arts Center complex and a busy downtown area. Chandler too has experienced a renaissance, with downtown receiving a major face-lift, and a full performing arts schedule showing at the Chandler Center for the Arts.

Continuing east we find Mesa, Chandler and Gilbert. Chandler remained largely an agricultural community until a growth spurt, which began in the 1970s. Much of this area houses young families and

Phoenix Snapshot continued

middle-class professionals in stucco and tile developments. Local shopping is enjoyable at the Superstition Springs Center Mall at

the northwest corner of Highway 60 and Power Road.

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