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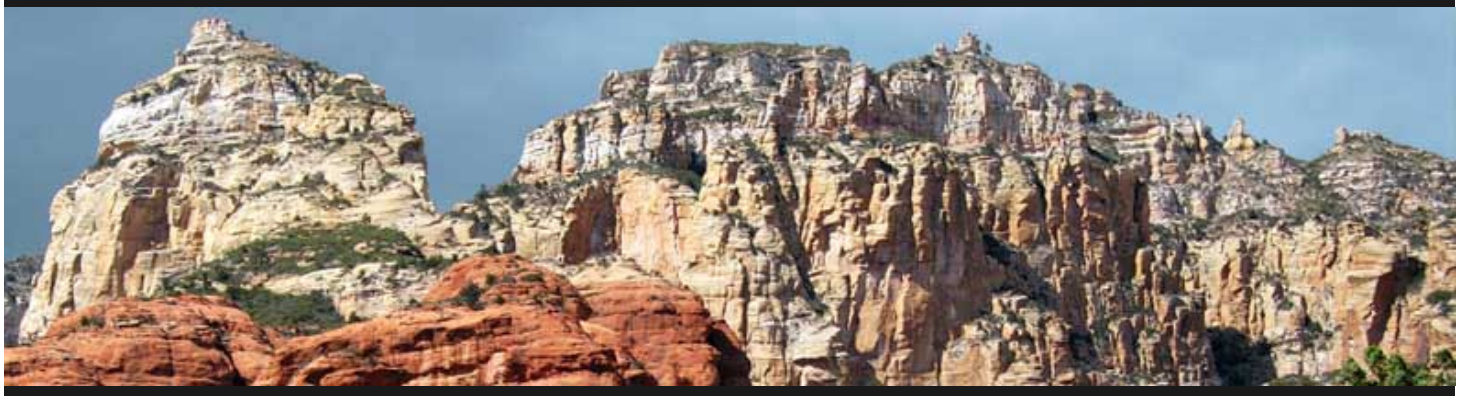
ALL YOU NEED TO PLAN YOUR PERFECT TRIP



God

Sedona, 4 Days

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Guide Description

AUTHOR NOTE: Will tell you all about it when I get back. I wrote a lond lovely descrition but they lost it. O Well!!

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Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 2 - Sedona

Chapel of the Holy Cross
Heavenly view

Day 3 - Sedona

Energy Vortexes
Discover magic in the hills

Day 4 - Sedona

Oak Creek Canyon
Famously scenic smaller "cousin" to the Grand Canyon

Palatki
Ancient cliff dwellings and rock art

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Day 2 - Sedona

QUICK NOTE

contact:
tel: 928 282 4069
http://www.chapeloftheholycross.com/

location:
780 Chapel Road
Sedona AZ 86336

hours:
M-Sa 9a-5p, Su 10a-5p

1 Chapel of the Holy Cross

DESCRIPTION: Designed by a Frank Lloyd Wright student, Marguerite Brunswig Staude, the chapel was built in 1956 and rises 200 feet from the ground between two large red rock formations. One of the most distinctive features is a 90-foot cross, which can be seen from the ground along State Route 179. A massive stained glass window turns the chapel's interior into a kaleidoscope of color at certain times of the day. No services are held here, but it provides an ideal setting for spiritual reflection and prayer as well as incredible views of the Red Rocks. Admission is free, but donations are appreciated. © wcities.com

wcities

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Day 3 - Sedona

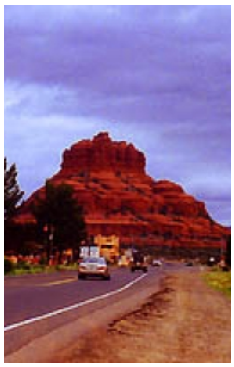
QUICK NOTE

contact:
tel: 928 282 4119 (Visitor Information)
http://www.lovesedona.com/01.htm

location:
AZ-179 & Bell Rock Blvd
Sedona AZ 86351

1 Energy Vortexes

DESCRIPTION: New Age thinkers interested in basking in the radiance of swirling spiritual energy come from all over the world to experience the vortexes of Sedona. So what is a vortex anyway? People witness vortexes all the time, in the swirling of whirlpools and the twirling of dust devils. Instead of vortexes of water and air, it is believed that vortexes of spiritual energy spiral away from some particular alignments in the red rocks rising from the earth. Cathedral Rock, Boynton Canyon, and Bell Rock are among the most famous sites for experiencing vortexes. © NileGuide



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Day 4 - Sedona

QUICK NOTE

contact:
tel: 928 282 3034
http://www.fs.fed.us/r3/coconino/recreation/red_rock/oak-creek-scenic.shtml

location:
Highway 89
Sedona AZ 86339

1 Oak Creek Canyon

OUR LOCAL EXPERT SAYS:
All roads are paved, but can become dangerously slippery during winter storms. Check the US Forest Service website for weather updates if you're unsure.

DESCRIPTION: A trip to Sedona would not be complete without a day spent bumming around Oak Creek Canyon. Traveling from Flagstaff to Sedona, Ponderosa pines give way to Sedona's signature red rocks in this breathtaking canyon. A quick stop at the Oak Creek Canyon Vista Lookout is worth a few wide-angle lens photos before driving down the winding switchbacks. Once the road levels out, most visitors tour the canyon by foot; hiking along Oak Creek, there are plenty of opportunities for fishing, swimming, and gazing at the towering cliffs in all directions. © NileGuide

contact:
tel: 520 282 4119 (Ranger Station)
http://www.fs.fed.us/r3/coconino/recreation/red_rock/palatki-ruins.shtml

location:
250 Brewer Road
Sedona AZ 86336

hours:
Daily 9:30a-3p

2 Palatki

DESCRIPTION: Palatki, which is Hopi for "red house," is known as one of the most preserved pictograph sites in the area. In addition to this two story cliff dwelling, there is an easy, well-marked trail that will lead visitors to a series of rock alcoves where pictographs were drawn 3,000 to 6,000 years ago. From Sedona, it takes roughly 15 minutes to get to the site and takes about an hour or two to see. From 89A go north on Red Canyon Rd. It will turn into Forest Road 525 (remember this spot if you want to continue down the road to see the Honanki Ruins). Veer right onto Forest Road 595, and then follow the signs to the parking lot. Visitors will need a Red Rocks Pass in order to park, which is available for purchase at the site. Keep in mind that reservations are required (just call ahead) and the site closes every day at 3PM. © NileGuide

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Sedona Snapshot

Local Info

You'll never forget the first time you catch a glimpse ofSedona: the earth-colored desert terrain suddenly gives way to a landscape of clay-red fields, giant spires, and natural rock formations, all burnished a mesmerizing orange-red hue. This is Red Rock Country, and there's no where else like it on Earth.

The city of Sedona is one of the top destinations in the Southwestern United States, and it's not difficult to see why. The city, perfectly situated under the southwestern rim of the Colorado Plateau and at the mouth of scenicOak Creek Canyon, enjoys near-perfect year-round weather characterized by four gentle seasons. In the summer the region becomes a cool weather haven for tourists visiting from the low deserts, and winters are mild, although light snowfall, especially outlying areas, is common.

But the real reason people come to Sedona is for the extraordinary natural beauty of the area. The massive red rock formations of Sedona have become icons of the Southwest, and over the years the region has earned a reputation as a spiritual sanctuary for artists, thinkers, and nature-lovers from around the world. Hiking, bird-watching, and jeep tours are perennial tourist favorites, but lately the city has become the capital of rest and rejuvenation with dozens of spas and resorts catering to visitors from around the world.

Many people make a special pilgrimage to Sedona to soak up the metaphysical vibe of the high desert. In the 1980s, medium and healer Page Bryant coined the term"vortex" to describe highly concentrated energy areas that are especially conducive to healing, mediation, and prayer. Bryant described Sedona as a special place full of highly charged vortexes, a pronouncement that continues to draw positive-minded energy-seekers to the area. Of course, even before Bryant christened Sedona as a vortex capital, it's believed that Sedona was viewed as a special place by Native American tribes who have performed ceremonies in the region for hundreds of years.

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Hotel Insights

Sedona's very name has a musical feel, hinting at the magic of this high desert territory with its ethereal red rocks, four mild seasons and kaleidoscope of canyon life.

Spring-fed Oak Creek meanders through stunning rock formations, scenic parks and tree-lined hiking trails. Several days are needed to experience Sedona's natural and spiritual wonders. But where is the perfect pillow under this vast blue sky?

To rope the rustic romance of the Old West, try a bed-and-breakfast inn. Sedona has many award-winning establishments with three and four-diamond ratings from AAA, some of which have been featured on the pages ofArizona Highways magazine. If you prefer a familiar stakeout, Sedona is also home to many popular hotel chains.

Whether you crave a cozy cabin, a three-diamond resort, or modest motel, Sedona has a room with a view where you can hang your hat. Most accommodations can be found in four major areas: Uptown Sedona, Oak Creek Canyon, West Sedona and the Village of Oak Creek, just outside of town.

Uptown Sedona Morning light touches the rooftops of the exclusive country French cottages at L'Auberge de Sedona, where breakfast warms in a lavish European lodge and early risers climb the vine-grown hillside steps toward town. Up the street, coffee brews at the Apple Orchard Inn, where a family gathers around an Indian Pottery waterfall to plan a day of hiking at Red Rock State Park.

Perhaps having celebrated a successful business endeavor the previous evening, guests at the Arroyo Roble Hotel dress quickly, anticipating a picture perfect game on the rolling greens of Sedona Golf Resort. Fellow guests may be hovering outside the adobe walls of Tlaquepaque's artisan village, as shop doors swing open. The bustle and hum of Sedona's colorful shopping and dining district fades to a murmur deeper into the canyon, where towering trees wrap the landscape in a comforting hush.

Oak Creek Canyon Morning stretches like a shadow into Oak Creek Canyon, where guests lounge on a sun-dappled redwood deck at Junipine Resort and listen to the healing songs of the creek.

Deeper in the canyon, a honeymooning couple might emerge from a cabin at Briar Patch Inn to photograph the scenic surroundings. Not far off is Pine Flats Campground, where the forest entices visitors to grab backpacks and go exploring.

West Sedona At the lovely Kokopelli Suites, outdoor enthusiasts may saddle up for an outing with Trail Horse Adventures and return to take a dip in the swimming pool. Tourists looking for less costly accommodations may stop at Days Inn, before packing up their Jeep for an off-road ride. A perfect destination is the prehistoric American Indian pueblo in Walnut Canyon National Monument.

At Boots& Saddles Bed and Breakfast, a cowboy's heart is dressed to the nines in character and comfort. Guests at the popular Best Western relax on the open terrace and watch the light deepen from orange to red.

Village of Oak Creek Guests at the Bell Rock Inn can dine beside a picture window in the on-site restaurant. They will enjoy a weekend packed with outdoor activities and in-room amenities. Visitors at Alma de Sedona step from the comfort of beautifully appointed quarters to watch the moon rise and plan tomorrow's trip to the ruins at Tuzigoot National Monument.

Guests at the Inn on Oak Creek Bed& Breakfast can slip into a two-person Jacuzzi after stargazing. Travelers staying at Poco Diablo Resort can make their way across the green lawn to the on-site restaurant, T. Carl's, which offers sumptuous Southwestern fare and overlooks the golf course.

A short distance away is The Desert Quail Inn, a casual haunt with reasonable room rates.

These four exquisite areas in this exceptional location offer Southwestern comforts and exciting activities. Browse the pages of future memories while planning your own dream vacation in the desert town of Sedona.

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Restaurants Insights

Many visitors get energy, rejuvenation and inspiration from Sedona's vortex points, which are swirling forces that are said to give one a sense of well-being and a special spiritual bond to the area. But others not so inclined may find more tangible fulfillment and inner peace from dining. Fortunately, the restaurants in Sedona are as adept at satisfying your appetite as the Red Rocks are at satiating your soul and psyche. From the time you awaken, you're privy to a sensational spectrum of dining options.

The Sedona Swiss Restaurant and Cafe will start your day with melt-in-your-mouth European pastries and specialty coffees. You will be so enamored with the baked goods that you will want to return later for authentic Swiss specialties. Add an early"ole!" to your day with a Sonoran breakfast burrito of eggs and Mexican chorizo at Maria's Restaurant and Cantina. Enjoy an omelet or waffles at the Prime Outlet's Marketplace Cafe. And the hungry-man-sized breakfasts at the Coffee Pot Restaurant will stoke even the sturdiest morning appetites.

While browsing through the shops of Uptown Sedona, there are plenty of great places to lunch. Oaxaca Restaurante& Cantina provides the perfect perch to watch the world go by on Sedona's main street. Rosebud's, diagonally across the street in the Sinagua Plaza, is a Sedona classic. An all-American menu of comfort foods comes with an awe-inspiring panoramic view.

Since hiking, biking and sightseeing are so much a part of the Sedona experience, picnic fare and trail foods are priorities. The area's delis, sandwich shops and bakeries more than meet the challenge. Stop at Sedona Memories, just off the main drag in Uptown, for the often-voted best sandwiches in town. WenDeli's and Jumpin' Jacks, also in the center of the city, provide portable and very palatable choices. On the West Side, Rinzai's Market specializes organic produce, natural foods and baked goods that are nutritious and delicious. And, in Oak Creek Canyon, pick up a snack on your way to Slide Rock State Park at Garland's Indian Gardens, a market and gift shop in the historic 1870s Thompson homestead. Be sure to try the organic apple cider, too!

The west side of Sedona is noted for friendly neighborhood cafés and affordable meals. For dining that's other worldly, there is the Red Planet Diner, replete with eight-foot aliens and a space ship. Order a Jupiter Juice while you wait for your Gemini Double Cheeseburger or EggPlanet Parmigiana. In contrast, the nearby, Spices Restaurant offers a more"Earth-y" atmosphere and comforting, casual cuisine with an Italian accent. Judi's Restaurant and its sibling, Keiser's West, are exactly the kind of home-spun, family-run restaurants that you would hope to find on any trip. Judi's desserts are legendary so be sure you leave room to give them a try. Call it High Desert cuisine, or call it refined ranch food, but you're sure to enjoy a Southwestern-style meal at the Cowboy Club.

The term"harmonic convergence" takes on a whole new meaning when it comes to Sedona dining. Global cuisines are tastily represented here. Both Sasaki and Takashi will pacify your yen for superb Japanese cuisine in sublimely serene surroundings. Thai Spices serves nutrition-packed, chile-charged plates meant to nourish both your health and happiness. New York-style Italian dishes are the specialty at Pietro's, and Dahl and DiLuca's premium handmade pastas are a local favorite. Nobody does Big Apple pizzas like Joey Bistro and get into the spirit of España at Casa Rincon. If it's seafood you fancy, set sail for Shugrue's Hillside Grill. It is regularly voted the area's finest seafood restaurant.

Those fond of French fare will discover some of the southwest's best here in Sedona. Rene's at Tlaquepaque artisan village is the town's hands-down favorite special occasion restaurant. Its elegant setting and impressive artwork is surpassed only by its exquisite interpretations of French cuisine.

For the ultimate al fresco atmosphere, no Sedona dining destination surpasses the L'Auberge Restaurant and its outdoor terrace. You'll be lulled by the flow of Oak Creek and pampered with ultra-accommodating service as you partake of their award-winning wines and an exquisitely prepared and presented six-course prix fixe meal. Heartline Cafe, regularly voted Sedona's most romantic restaurant, has a seductive menu that make it virtually impossible to say no, whether it's to dessert or a marriage proposal.

Diners with transportation and a culinary sense of adventure will find it worth the trip to Junipine Cafe, in picturesque Oak Creek Canyon, for fresh trout. Or chow down on an authentic chuck wagon-style spread, with live entertainment, at Cottonwood's Blazin' M Ranch.

A steaming espresso and a fresh-from-the-oven pastry as the sun rises on another perfect day...a Buffalo burger savored on an Uptown patio while the noonday pedestrians pass by...the lip-puckering lime and salty sting of a well-made Margarita at a classic cowboy bar...an unforgettable epicurean experience at a fine resort, where the food is world-class and the service unsurpassed—these may be the culinary memories of your visit to Sedona. Oh, and do allow yourself some time to gaze at the magnificent Red Rocks, too.

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Nightlife Insights

You might imagine that once Sedona's sun sets, it is time to say good night. Think again! The excitement takes on a whole new dimension. Casa Rincon, the Spanish-inspired restaurant and lounge, comes alive with fiery Flamenco entertainment and live bands. Oak Creek Brewing Company and Canyon Breeze are perfect places to toast the Sedona sunset and stay for a meal and music. Billiards is also big, with resort-style recreation at Steaks& Sticks and local, blue collar competition at PJ's Village Pub's Thursday night tournaments. On the west side of town, the Laughing Coyote is a favorite gathering spot for weekend drinking and dancing.

Maybe it's the cosmic forces in action, but at night, Sedona comes alive with special energy. Canyon Breeze is a prime example. Those in pursuit of kinetic energy will find stimulation in the click-clack of billiard balls at Steaks and Sticks, Los Abrigados' posh, yet playful"dining and diversions" venue.

At Poco Diablo Resort, sports enthusiasts can keep up to date on scores at Jersey's Bar& Grill. Or get a taste of Sedona wildlife at West Sedona's Laughing Coyote. Three nights a week the place features a"Howling Hour," the local version of Happy Hour, from 10pm until last call.

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Things to Do Insights

With all of Sedona's majestic natural beauty and overall spirit of health and well-being, it's difficult to fight the urge to just sit on your terrace and gaze in awe. But you'd be doing a disservice to yourself and the city if you didn't pursue at least a few of the many recreational, cultural and historical opportunities that abound in the area.

Delve into Sedona's origins at Sedona Heritage Museum, on the original Jordan farmstead. The museum chronicles the city from its pioneering days, through its establishment as an Arizona agricultural center. Many old apple orchard implements are on display. Gain insight into the area's distant past at the Tuzigoot National Monument in nearby Clarkdale. One of the Southwest's most remarkably preserved pueblos, inhabited about a thousand years ago by the Sinagua Indians, the museum contains artifacts from the 110 room ruins. Living geographical history can be seen and explored at Slide Rock State Park, an awesome natural 70-foot-long waterslide you'll long remember. On your way to and from Slide Rock, you will be wowed by the spectacular cliffs and gorges of Oak Creek Canyon. Don't forget your camera! The wonders of Sedona wildlife also abound at Red Rock State Park, a nearly 300-acre riparian refuge and preserve.

Rather enjoy cushy, air-conditioned comfort? Take in the Spirit of Wonder show at the Sedona Super Vue, located at the Prime Factory Outlet Center. This introduction to the area is the ideal way to get your bearings and learn about the area's unique environment and history. West Sedona's Harkins Theatre is the perfect place to catch the latest Hollywood release, or to wait out one of the rare rain or snow storms that turn the Red Rocks to a glistening picture postcard.

The city's newest and most magnificent performing arts venue, Sedona Cultural Park, hosts concerts and theatre events in a stunning outdoor amphitheater. The Georgia Frontiere Outdoor Performance Pavilion is home to the annual Sedona Jazz on the Rocks festival in September and also the site of the Sedona International Film Festival and Workshop each March.

Another local vortex of arts and creativity is known as Tlaquepaque. This gallery, shop and restaurant complex is a tribute to Spanish-style architecture and the spirit and works of Southwestern artists and artisans. Among the many notable galleries and showcases for local talent are AvantGarden, a tiny space filled with eclectic treasures like David Russell's handmade paper musical instruments; Kuivato Gallery, featuring handmade glass sculptures; and Mountain Trails Galleries, representing more than 50 area artists, including the limited-edition bronzes of Scott Rogers. Custom-designed clothing, jewelry and gifts can be found at Call O' The Canyon and The Blue-Eyed Bear.

While you are in a shopping mode, visit the Prime Factory Outlets, just a bit farther south on State Route 179 for great deals on name brand clothing, housewares, books, leather goods and luggage. More than 30 stores including Anne Klein, IZOD, Van Heusen and the Book Warehouse are open daily.

Sedona is all about renewal and rejuvenation. Some folks find their inner peace in the surroundings, others in extreme adventure. However you choose to spend your time here, one thing is guaranteed—this is a city like no other, with an energy that's sure to draw you back often.

Sedona is a tourist haven, spiritually uplifting and incredibly beautiful, and attracts visitors from far-flung locations. Galleries abound, with artwork in various styles to suit diverse tastes. Since the 50s, artists have been attracted to the glorious uprisings of the red rocks. Many fine restaurants and accommodations have sprung up to cater to visitors, as well as guides who share mystical secrets of the surrounding area. Several days are recommended to enjoy the full impact of the area's offerings.

Sedona has long been a spiritual center for personal growth and balance as well as an area possessing rare, naturally occurring energy vortexes. Across the street from Tlaquepaque, you will find ancient wisdom among the services at the Center For the New Age, which touts a"secret" vortex. Many local vortex tours are available that will familiarize you with the specific behaviors of these power sources. Some of these include the Medicine Wheel Tours,"Spirit Steps" Tours, Way of the Ancients Tours and Earth Wisdom Jeep Tours.

Visitors can also see the beauty of the red rocks from a higher realm, in a fabulous hot air balloon. Coconino National Forest permits a couple of hot air balloon tour groups to offer birds' eye views, including Red Rock Balloon Adventures and Northern Light Balloon Expeditions. Float above the canyon and forests, and then land for a satisfying champagne picnic.

After your date with the wind, delightful hiking tours are offered at Red Rock State Park and Slide Rock State Park, both of which are fee areas. The area also affords connected bicycle paths to provide close encounters with Sedona's beauty. Pick up trail information and a cup of joe at the local Bike& Bean or find local information at Mountain Bike Heaven in Sedona.

Expeditions on four wheels or four legs are also featured in the area, with horseback touring arranged through A Day In The West or Trail Horse Adventures. For a faster ride, grab your hat and hang on, with jeep and 4x4 tours through several tour guides in the area including Earth Wisdom Jeep Tours, Pink Jeep Tours and Red Rock Jeep Tours.

Wherever you choose to spend your precious time, Sedona more than satisfies. Many visitors come away enlightened from their experiences here, and many return. The friendliness of the local people does not diminish with the length of your stay, nor do the rocks ever lose their awe-inspiring magnificence.

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Travel Tips

Getting There:

By Air:

The closest main airport is the Phoenix Sky Harbor International Airport(+1 602 273 330/http://www.phxskyharbor.com), over 100 miles from Sedona. This is one of the busiest airports in the country and operates over 1300 daily flights.

Sedona Phoenix Shuttle Service(+1 928 282 2066) provides transportation to and from the Phoenix Sky Harbor International Airport.

By Train:

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The closest Amtrak station(+1 800 872 7245/http://www.amtrak.com) is in Flagstaff, 30 miles north of Sedona. Amtrak provides service to Flagstaff from several major cities around the country.

By Bus:

Greyhound(+1 800 231 2222/http://www.greyhound.com) accesses Flagstaff, about 30 miles north of Sedona. The Flagstaff station,(+1 928 774 4573), located at 399 S Malpais Lane, is open 24 hours daily.

By Car:

Approach Sedona by Interstate 17 to SR-179 or SR-89A.

Getting Around: The Sedona Trolley(+1 928 282 5400/http://www.sedonatrolley.com) offers two 55-minute tours of the city. Tours depart at the Uptown depot in the middle of Sedona.

Red Rock Trains(+1 928 301 7203) provide three narrative tours of Sedona on a replica steam engine.

See Sedona's amazing Red Rocks and canyons on a Bell Jet Ranger Helicopter with Arizona Helicopter Adventures(+1 800 282 5141/http://www.azheli.com).

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Fun Facts

Did You Know? In 1901, T. Carl Schnebly and his wife, Sedona, moved to the fairly unpopulated Arizona area and after complaints from residents that it took too long to get their mail, Schnebly applied for a postal permit under the name"Schnebly Station" and"Oak Creek Crossing." Both names were rejected as they were too long to put on a cancellation stamp, and Schnebly tried again using his wife's name, Sedona, which was approved by postal officials in 1902. Sedona is famous for its Red Rock topography. Its desert locale is a magnet for visitors from around the world looking for unsullied peace, quiet and dry meditative air.

Orientation: Sedona is located at the base of an irregular row of cliffs that extends across Arizona from northwest, near Las Vegas, to southeast more than 300 miles. Phoenix lies 114 miles south, Las Vegas 278 miles northwest and Los Angeles 482 miles west.

State: Arizona

Country: United States

Sedona by the Numbers: Population: 10,400

Elevation: 4350 feet

Average Annual Rainfall: 17.15 inches

Average January Temperature: 55 degrees F(High), 30 degrees F(Low)

Average July Temperature: 95 degrees F(High), 65 degrees F(Low)

Quick Facts: Major Industries: tourism/hospitality/recreation, retail trade, government

Ethnic Mix: 91% Caucasian, 1.6% Native American, 0.6% Asian, 0.4%African American, 5.5% Other

Electricity: 110 volts, 60Hz, standard two pin plugs

Time Zone: GMT-7

Country Dialing Code: 1

Area Code: 928(1 and the area code must be dialed even for local calls)

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