Solo Adventure Sedona, Arizona



Length- Four day solo trip for rejuvenation

Time of year- Spring

Budget- $1500

Wishes- Hiking, hot tub, journaling

Packing list- see link

Tips

- Download All Trails for hiking maps
- Bring clothes that you can get dirty. The red rocks also produce red dust
- Bring a backpack with a hydration pack
- The weather is still variable, it can be very hot during the day be cool and night and in the morning
- Bring a journal, pen and inspirational book
- Recommended journal topics- see link

Day 1: Travel ✈️

- Transportation-Arrive at Phoenix airport 10am
- Transportation- Pick up rental car
    - The PHX Sky Train® | Phoenix Sky Harbor International Airport
        - To get to the Rental Car Center from Terminals 3 or 4, you can take the **PHX Sky Train**, a free, automated train system that operates 24/7 and arrives every few minutes
        - 1805 E. Sky Harbor Circle South
- Stop for Coffee and lunch
    - 15 minutes
    - Recomendation
        - Kahvi Coffee and Cafe
            - 214 E Roosevelt St #2, Phoenix, AZ 85004
- Optional Stop- Montezuma Castle National Monument
    - 1 hr 30 minutes
    - Montezuma Castle Rd, Camp Verde, AZ
- Stop in the town of Page Springs
    - 30 minutes
    - Wine tasting, music, river stroll and wine purchase
        - Page Springs Tasting Room
            - Links to Hiking trails will be included
        - DA Ranch
        - Oak Creek
        - Javelina Leap

- Stop at your final destination, West Sedona
    - 12 minutes
    - Check in to your rental
        - Recommended rentals
            - Links will be included
    - Go to Grocery Store
        - Recommended recipes
        - Shopping list
        - Grocery store options- Google map link will be included
            - Safeway
            - Whole Foods
            - Interdependence Natural Food
    - Have a glass of wine and an appetizer on the patio
        - Choose from suggested recipes

Day 2: 🥾

- Have a coffee and a light snack
- Early morning hike
    - Leave between 5 and 6am- Hiking trail information included
    - Cathedral Rock
        - Pack- fruit, granola bars, journal, camera, water, light jacket
    - Option-Bell Rock
- Brunch
    - Recommendation
        - Casa Sedona
- Stop to shop for some crystals to charge at the Vortexes of Sedona
    - Recommendation
        - Crystal Magic
    - What Is A Vortex in Sedona | Visit Sedona
- Go back to the rental for a dip in the hot tub or a quick nap
- Walk to the Buddhist Stupa
    - KPC-Arizona - Sedona Amitabha Stupa
    - Check out their website before you go so you know what to expect
    - Bring your journal and a jacket
- Sunset hike to Thunder Mountain -Trail map
    - Take 15 minutes to meditate or do yoga at the top
- Eat: Dinner at rental

Day 3: 🥾

- Have coffee and a light snack in your room
- Longer Hike - Hiking trail info
    - Pack- Extra water, Lunch, Snacks, Crystals, Journal
    - Subway cave
        - Make sure you go to the end for Yoga
            - Download this YouTube video before you go
        - Take time to stop along the way to journal
    - Option-Thunder Mountain to Seven Sacred pools
- Go back to the rental for a soak or nap
- Walk around Tlaquepaque Arts & Shopping Village
- Splurge and have dinner out
    - Recommendations
        - Cress on Oak Creek Restaurant
        - Hideaway House
- Spend the evening in the rental to soak in the hot tub, journal, or star gaze

Day 4: Travel ✈️

- Have coffee in your room
- Take a sunrise walk up Thunder Mountain Trail
    - Pack a granola bar, light jacket and your journal
- Visit the Stupa on way back
    - Mediate or journal
- Grab breakfast on your way out of town
    - Recommendation
        - Secret Garden Cafe
- Stop- IF time allows
    - Bell Rock for a quick hike and vortex visit - Hiking info
- Travel- Drive to Phoenix Airport Rental Car Drop off
    - 2 hours
    - 1805 E. Sky Harbor Circle South, Phoenix





