



Outdoor pool area at Sedona Rouge



King Guest Room at Sedona Rouge

the magic of sedona

a must visit for resorts, restaurants, spas, and touring
by Lucy Rosen

Called the spiritual capital of the United States and with good reason, Sedona, Arizona, is a magical place. Everything about Sedona is fabulous: the resorts, the restaurants, the stores, the spas, the tourist attractions such as the Trolley (first thing to do when you arrive), the half dozen jeep tour companies ready to take you to the red mountains that surround the city, and of course, the feelings you get when you are there.

Upon arrival, we checked into Sedona Rouge, Hotel and Spa, located right on the main road Hwy. 89A. The resort's tag line is, "The Divine is in the Details," and they sure got that right. Having earned the coveted AAA's Four Diamond rating, Sedona Rouge boasts 77 guest rooms and four beautifully appointed suites. The property also has a full-service spa

with eight treatment rooms, a Zen garden, and several signature spa treatments. With a Moroccan theme throughout the hotel, including authentic Moroccan furniture in my room, the highlight was the walk-in centurion rain shower that had dual shower heads, super soft Turkish bath towels, and a kashmere® robe that I got to wear during my stay. A 32-inch plasma television and a gas fireplace that faced my king size bed made it really difficult to go out, but I did... to Reds. Reds, the restaurant at Sedona Rouge, featured the best American gourmet cuisine I had on my entire trip. (sedonarouge.com)

An attraction in and of itself, just outside Sedona in the Boynton Canyon is the Enchantment Resort, consistently named one of the top 100 hotels in North America. Appropriately named, Enchantment Resort (a one-bedroom suite with a private pool at this resort ranges from \$950 to \$1,150 per night) is really two destinations in one. With 220 rooms, the resort is for everyone. However, also situated on the property is Mii amo, a destination spa. With 16 rooms, Mii amo is quite simply the most gorgeous spa with the most unbelievably spectacular rooms I've ever seen. (enchantmentresort.com)

As you make your way from Enchantment into Sedona, drive to the Sedona Trolley Uptown Depot, billed as "The best first thing to do in Sedona." Pick one out of 12 different fun-filled, educational tours of the area.

Dinner one night was at Troia's, a casual yet upscale Italian Restaurant located right on 89-A (just about everything worthwhile is on 89-A). Let me preface this gastronomical delight by telling you now that I was traveling with a "real Italian," a man who prides himself on knowing the "real deal" when it comes to Italian food. Our hosts, Sam and Cindy, owners of Troia's, were ready for him. Out came the bruchetta, heirloom tomatoes, roasted corn, and portabella mushrooms. A sampling of salads followed and then gazpa-

cho soup that was just "to die for," ravioli with true meat sauce. Chef Shawn, an extremely talented young man, is proud of the fact that the restaurant buys as much as they possibly can from local farmers and takes pride in a gluten-free pizza that has people salivating. No matter how long or short of a stay in Sedona, Troia's is a must. (troias.com)

Our last day in Sedona was spent with the Day in The West Jeep Tour, Sedona's oldest continually owned family tour business. Our tour guide, a young man from Brooklyn (go figure) took us on a jeep ride up into the mountains on a dirt road to the Mongolian Rim, the route taken by the town's settlers. Up to 7000 feet in elevation, we could see the entire Verde Valley as well as the most incredible rock formations I've ever seen. A two-hour trip up the mountain is \$55 for adults and \$40 for kids. A Wild West jeep tour is a definite if you want to get a taste of the fabulous outdoor adventures in Sedona.

Needless to say, I didn't get to spend as much time in the magical town of Sedona as I would have liked. I am counting the days until I return, sooner rather than later.



Reds, Restaurant at the Sedona Ridge