

AZ PLAY WITH PURPOSE Retreat itinerary (subject to change)

Wed. Jan. 2nd:

Between 12-2 p.m. arrive in Tucson, AZ, meet in baggage.
Healthy Transformations will be there waiting for you and your luggage!
Empowering Adventures BEGIN!!

Here are two flight options available from Seattle to Tucson:

Book **NOW** for the best deal:

Alaska Air, leaving at 7:45am getting to Tucson at 11:45

Delta, leaving at 9:40am getting to Tucson at 1:51pm

Return on Sun., Jan. 6th.

Alaska, leaving at 12:45pm, getting to Seattle at 3:03

Delta, leaving at 2:10pm, getting to Seattle at 4:30

We are only 14 min. away from **San Xavier Mission**, so will start out with a docent tour of this historic Spanish Catholic mission. <http://www.sanxavier-mission.org/>

Welcome dinner at the condos: Soup and salad, sunshine and soul sisters!
What could be better?

Thurs. Jan 3rd:

8:00-9:00 a.m. breakfast in.

If you are an early riser, perhaps a quick morning walk or swim from the condos before breakfast

9:30 a.m.: meet to drive to **De GRAZIA Gallery** for a guided tour by director Lance 520-299-9191(allow 2 hours)

12:00 For those who prefer an afternoon **hike: Romero Pools** won't disappoint! 5.5 rt with 1300 ft. elevation gain.

Picnic lunch will be provided(allow 3 hours), but you need to carry your water and lunch (small backpack required, or borrow one from me)

If you'd like to golf(right near the resort), or hang back to relax, I'll have a light packed lunch for you at the condos. Tee times required. Let me know!

4:00-5:00 back to the condos to freshen up, have a cocktail and we're off.

5:30 leave for **Dinner out** (traditional healthy Southwest fare)

8:00 back to the condos for a night swim perhaps?

Fri. Jan 4th:

8:00-8:30 continental breakfast in.

9:00 leave for **Sonoran Desert Museum**(fee) 50 min travel + allow 3-3 1/2 hours at the museum. This is the #1 tourist destination and it's amazing!

1:30-3:00 a quick late lunch enroute back to the condos

4:00 private **sunset horse back trail ride** with cheese/wine/heavy appetizers provided. <http://www.tucsonmountainstables.com/>

7:00 back at the condos for a night swim under the stars.

Sat. Jan. 5th

7:00 grab your breakfast to go

7:15 leave for Tai Chi class(8-9 a.m.) 35 min. drive \$10 fee

9:00 guided tour of **Mission Gardens** (allow 2-3 hours) \$8 donation

12:00 lunch at the condos(this may be leftovers!)

Eat in or To GO for another destination hike

12:30- 4:30: 2nd **hike**, <https://www.alltrails.com/trail/us/arizona/linda-vista-loop-trail>. . .a

2.2 easy hike with great views.

Golf anyone? please make your own t-times or do your own thing!! That's what Playing with Purpose is all about!

4:30-5:30 freshen up and bottoms up

5:30 leave for **dinner: El Conquistador** at the Hilton

8:30: evening gathering of gratitude!

Sun. Jan. 6th

8:00-9:00 breakfast in

morning swim or walk

First airport departure: 10:00 or so?. . next one 11:30?

Check out is by noon.

If you have your own rental car. .. perhaps you'll spend another afternoon in the AZ sun? I will be leaving to depart to Seattle on Sunday as well.