



# AIR HIGHWAYS

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## Footloose in Arizona

by Jerry W. Bird



If there was ever a time in my entire life when I needed a lift to my spirits, two weeks in the Greater Phoenix area provided it in a big way. The magical cure began when I got a call at our Calgary (Alberta) office to make a presentation on behalf of my client, one of Canada's leading oil industry supply companies. The venue was to be the Mountain Shadows, a fabulous, sprawling suburban resort in Scottsdale, Arizona, now part of the Marriott chain. What an ideal spot it was for a business related event, where you can unwind at the

same time as you stimulate the brain cells and fire up the imagination.

[continued](#)

## NEW RESORT PACKAGES PROMISE AN UNFORGETTABLE "ARIZONA EXPERIENCE"

TORONTO &ndash; It's that time of year when Canadians are planning their winter escapes. For those seeking warmth, stunning scenery and a diverse range of activities, Arizona is an exceptional choice. The following new packages, activities and attractions present many unique vacation ideas. Canadians can also visit <http://www.ArizonaVacationValues.com> for easy access to discounted accommodation, tours, dining, shopping and packages.

Ranch & Resort News

Rancho de los Caballeros Offers "Giddy Up Gals Getaway"

Rancho de los Caballeros, a guest ranch in Wickenburg, is offering a woman-only cowgirl adventure. The package includes a special welcome gift, cozy casita for four nights, horse and tack

education, three gourmet meals a day, unlimited trail rides, and an afternoon of team penning competition, just like the real cowgirls. Also included: a Southwest cooking class, trap and skeet instruction and shooting, hayrides with cowgirl cookouts under the stars, nature hikes and rides, a cocktail reception with wranglers, golf and tennis. This package is offered Jan. 29-Feb.2, 2004. Package cost is US\$1,175 per person for single occupancy or US\$2,010 for double occupancy. Additional dates are available through group sales. For information visit <http://www.sunc.com>

#### "Toe Readings" at The Spa at CopperWynd Resort

Guests will receive a toe reading at the CopperWynd Resort and Club from experienced spa therapist Marie Bernat as part of the ScenTao Total Body Treatment. Much like a palm reading, a toe reading is designed to read the lines on your toes to learn about your life's direction. The ScenTao Total Body Treatment involves the total body and its senses by using shiatsu techniques, hot stone massage, total body cleansing using unique ScenTao body splash and ScenTao massage oil. This holistic approach stimulates the energy flow and relaxes the mind, body and soul. The 'perscentology' session incorporates a combination of toe personality profiling, luxurious ScenTao and Reflexology for a day of personal renewal and nurturing. For information visit <http://www.copperwynd.com> or call (480) 333-1900.

#### Golf-Ball Massage at the Four Seasons Resort

The award-winning Spa at Four Seasons Resort Scottsdale is offering a new Golf Specialty Massage and Golf Pilates. Available in a 50- or 80-minute treatment, the Golf Massage incorporates stretching and therapeutic massage techniques to relieve stress and tension in the muscles. Warm golf balls are rolled along the large muscles on either side of the spine and down the neck, similar to hot stones, but heated to a reduced temperature. They help to diminish tension in these areas. Golf Pilates focuses on developing strong flexible muscles with an emphasis on breathing and torso strengthening exercises. Combining postural awareness, flexibility and abdominal work, golf pilates increases muscle strength specific for golfing benefits. For more information visit <http://www.fourseasons.com/scottsdale/index.html> or call: (480) 515-5700.

#### Swing with the Pros at The Phoenician

The Phoenician is offering Celebrity Tennis Clinics over the holidays, featuring special guests Stan Smith and John Lloyd, acclaimed tennis professionals. The 654-room Phoenician is located on 250 acres of lush desert terrain at the base of Camelback Mountain, and is owned and operated by Starwood Hotels & Resorts. The Phoenician Tennis Gardens offer four different types of playing surfaces including a grass "Wimbledon-style" court. Not to be missed: a visit to the resort's acclaimed Centre for Well-Being and a round of golf on the resort's championship 27-hole course. For information call (480) 941-8200 or visit <http://www.thephoenician.com>.

## Attraction Updates

### **New Exhibit at the Heard Museum North**

A new exhibit entitled Paintings and Poems of T.C. Cannon, has opened at the Heard Museum North and will continue through March 7th, 2004. T.C. Cannon received formal art training at the Institute of American Indian Arts in Santa Fe, N.M. He is credited with being one of the most inflectional artists of the modernist movement among Native American artists and celebrated for his distinctive abstraction, satire and social commentary style. The Heard Museum North is located at el Pedregal Festival Marketplace on the southeast corner of Scottsdale Road and the Carefree Highway in Scottsdale, Arizona. Recommended contribution is US\$3. Children under 12 are free. For more information visit: <http://www.heard.org>

### **Expansions in all the Wright Places**

Frank Lloyd Wright's Taliesin West is opening "Wright Downtown", a combination information center, retail shop and small exhibit gallery in downtown Scottsdale where visitors can enjoy an introduction to the architect's life and work, and see reproductions of furniture, lamps and decorative pieces created by Wright. In addition, Frank Lloyd Wright's Taliesin West in north Scottsdale is also expanding. Wright's living quarters will be restored to how they looked when he died in 1959. The renovation began early 2003 with a completion date in January 2004. Taliesin West also plans to expand their current bookstore to serve as an educational venue, and will include a larger gift shop, concession stand, ticket windows. This expansion is slated to be complete early 2004. All tours will continue to run through construction. For information call (480) 860-2700 or visit <http://www.franklloydwright.org>.

### **The Wild West Lives in Tucson**

Walk in the footsteps of such fine actors as Paul Newman, Frank Sinatra, Kurt Russell, and Sharon Stone. Old Tucson Studios is offering a new tour of its world famous Mescal movie location, just east of downtown Tucson. Guided photo tours take visitors through the old west town sets used in such popular films and television shows as Tombstone, Poker Alice, Cool Hand Luke, and Little House on the Prairie. Tours run every Tuesday, Thursday and Saturday, each hour from 10am to 2pm. Tours are US\$8 per person, adult or child. In the true Wild West tradition, this is a rustic 60-minute adventure. Mescal currently offers no food or beverage service, telephones, running water, electricity or rest room facilities. Local 'atmosphere' however (tumbleweeds and cattle) is at no extra charge! The Mescal Tour ticket price can be applied as a discount toward admission to Old Tucson Studios with receipt. For more information visit <http://www.oldtucson.com>



Here's what they have to say about  
Our favorite resort in Scottsdale:

**Marriott's "Mountain**

### **Shadows" Resort and Golf Club**

An Oasis of Luxury and Comfort Dedicated to the Pleasure of Every Guest. Seventy acres of desert paradise, with picturesque gardens, lush fairways, and endless variety Here, tucked away in the pastel-tinted shadows of Arizona's Camelback Mountain, you'll discover a relaxed elegance and unparalleled convenience. Luxurious guest rooms with spectacular views, unlimited recreation, and more than 19,000 square feet of versatile meeting space. Extraordinary options for indoor and outdoor dining, and so much more - all just minutes from Phoenix, and less than 12 miles from Sky Harbor International Airport.

Marriott's Mountain Shadows Resort & Golf Club is currently underway on some exciting changes. We are investing one-half million dollars into our 337 guest rooms. To make your stay more comfortable, we are outfitting each room with new beds, carpet, linens and draperies. Take time to relax in our newly redone lobby or just around the corner grab your favorite Starbucks drink and enjoy the magnificent views from the patio complete with an outdoor fireplace.

<http://www.mountainshadows.net/index.html>

**HOME**







