



**Red Mountain
Resort & Spa**

Between a Rock and a Soft Place



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Take advantage
of our
à la carte
pricing
on selected
activities &
services!

Available Now!

Expand your mind.
Recharge your spirit.
Exercise your body.

Whether you come
seeking sports or solitude,
spiritual sanctuary or spa
offerings, Red Mountain
Resort & Spa offers a
whole landscape of
limitless possibilities.

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*Follow Red Mountain
for special deals and tips.*



Activity Menu

Sign up with the Concierge for any of these activities.

Guided Morning Group Hiking **\$49**

Hikes at Red Mountain will give you a mental and physical start to your day as the guides talk about the local history, the geologic features and the natural systems that make the desert special. It's not all about the pace of your hike, but enjoying the magnificent red rock beauty and experiencing the camaraderie of fellow spa-goers.

Bike Rental (1/2 day) **\$25** (Full day) **\$30**

Hit the trail! Borrow a bike and enjoy the area surrounding Red Mountain on your own. Our Adventure Concierge can direct you to popular trails that will fit your interests and fitness level.

Fitness Classes (each) **\$25**

You'll love the vast selection of fitness options at Red Mountain. We offer a variety of fitness classes weekly. Find the perfect way to work out and get pumped! Check our weekly schedule for daily class offerings, which include cardio/dance workouts, water workouts, flexibility classes and muscle conditioning classes.

Healthy Lifestyle Lecture or Cooking Demonstration **\$25**

Red Mountain's professional Wellness Team offers provocative information in our afternoon sessions including *Seven Habits of Health Aging*, *Iridology*, *Lymphatic System*, *Eating Your Feelings* and *Nutrition Now: Beyond Basics*. Check our weekly schedule for daily class offerings.

Our Concierge will be happy to assist you with reservations for Adventure Trips, Private Guide Trips, Canyoneering, Rock Climbing, Horseback Riding, Mountain Biking, Golf, Theatre tickets, Self Discovery & Wellness Assessments and Spa Treatments.

Dining Options

Canyon Breeze Restaurant serves three meals daily.

Canyon Breeze Breakfast Buffet **\$18**

Canyon Breeze Luncheon Buffet **\$22**

Canyon Breeze Dinner **Entreés from \$18**

Canyon Café

À la carte menu of smoothies, sandwiches, wraps, snacks, sodas and coffee drinks

Upgrade to our Signature Package to include
all of these options for just \$125 per person, per night.

Above pricing does not include applicable tax or gratuity.