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**Spring Essentials**

# Discover Scottsdale's Fit and Fashionable Desert Delights

*No wonder so many dog-lovers are moving.*

BY ROBIN TIERNEY



*Stroll with Fido along the Arizona Canal's trail.*

## WHY ARE SO MANY FASHIONISTAS AND NATURE-LOVERS RELOCATING TO THIS ARIZONA OASIS?

Because the downtown streets double as art galleries and the desert-mountain landscapes resemble movie sets.

Start with a stroll in Old Town Scottsdale along the Arizona Canal. Cross the shiny silver Soleri bridge and plaza, where you'll find the cool Goldwater Bell. Then wander Old Town avenues, which are punctuated with colossal artworks: horses, a tall jackrabbit, Native Americans, cowboys, interactive sculptures alive with color and sound.

Boutiques in this shopping paradise brim with attractive and sophisticated Southwest-

ern fashions and other finds. While Fido rests in your room, sneak over to massive Fashion Square to play at Wonderspaces Arizona, a fantastical immersive art funhouse.

Restaurants here excel in creative, sustainable and regional ingredient-driven fare. Old Town Scottsdale's plentiful outdoor dining terraces have heat lamps for comfort on chilly evenings under the stars.

Sip and savor at wine trail stops such as Arizona Stronghold's new tasting room-terrace and locally beloved LDV Winery's spacious patio. LDV's 100% estate grown Rhône varietals include their signature 2015 "Liquid Midnight" Pe-

tite Sirah, a 2022 San Francisco Chronicle Wine Competition Double Gold Medal Winner.

Another must-visit is Merkin Vineyard's restaurant. On their sidewalk terrace, you can pair Caduceus Cellars' deliciously bold wines with pickled veggies, salads, hearty mains and wine-infused desserts.

Savor the area's diverse flora at Desert Botanical Garden, where service dogs are always welcome and other Fidos can visit on designated Dog Days. Currently, several monumental Chihuly glass artworks gleam in the gardens.

Be sure to leave time to hike some of the world's most unique and colorful desert land-

scapes. McDowell Sonoran Preserve beckons with a candy box of cacti, green-trunked chlorophyll-filled palo verde trees, cottontails and desert tortoises, and rugged peaks for challenging hikes. Adventurous dogs and their people love Tom's Thumb Trail, a 4.6-mile scenic, switchback-laden out and back route that leads to a spellbinding monolith. This "thumb" is a magnet for rock-climbers, but we're fine on ground level taking selfies.

Keep Fido on leash, not only as a courtesy but also to protect the delicate desert habitats and painful encounters with cacti. This isn't a place to swing arms or use long or retractable leashes. Also, carry twice as much water as you think you'll need. The dry sunny conditions are lovely, but require frequent hydration year-round. On warmer days, start hikes early morning. It truly does get hot here, although it's a sauna-like dry heat.

After all of that hiking, you're ready for a stylish place to relax. The Senna House, a new addition to the Hilton's Curio Collection, embraces you with beautiful desert-colored decor, a lobby living room and proximity to Old Town's attractions.

The Phoenician pairs five-star luxury with amenities that include outstanding golf. Tucked at the base of Camelback Mountain, gorgeous views begin outside and flow through the art-filled resort.

Since opening this January, Cala has become a hot ticket among locals. On the spacious covered patio, indulge in its Mediterranean-meets-desert delights breakfast (the acai smoothie is amazing), lunch and dinner. The diverse menu includes vegan and gluten-free choices. It's tucked in the Senna House.

Be forewarned: on your trip home, you'll probably daydream about getting a second home in Scottsdale. Whenever you return, the friendly locals will always welcome you and Fido back. 🐾

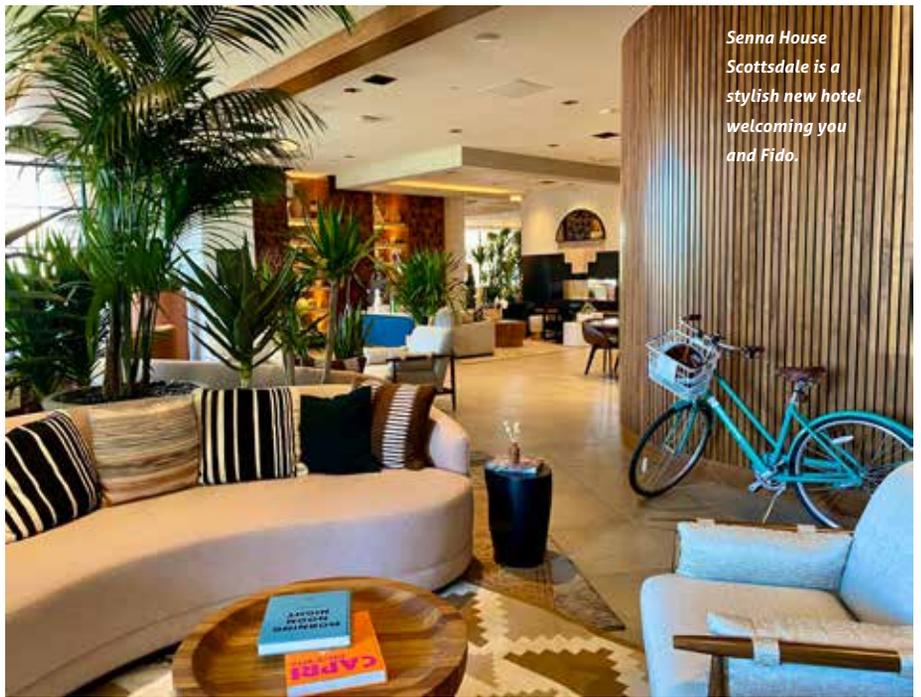


◀ **ROBIN TIERNEY**, an award-winning writer-photographer, seeks out intriguing places, preferably with dogs by her side.

## Scottsdale Style from City to Desert

### VISITOR INFORMATION

- Experiencescottsdale.com
- McDowellSonoran.org
- TheSennaHouse.com
- ThePhoenician.com
- CalaScottsdale.com
- Merkinoldtownscottsdale.com
- LDVwinery.com
- AZstronghold.com



Senna House Scottsdale is a stylish new hotel welcoming you and Fido.



Stay fit with Fido on Scottsdale area trails such as Sonoran Desert Preserve's Tom Thumb Trail.



The author explores The Scottsdale area.



Meet new friends while hiking on trails in the Scottsdale area.