

Spectacular Sedona – History and Hiking – Magic and Myth

November 1 – 9, 2014

Spectacular Sedona – History and Hiking – Magic and Myth is a nine-day adventure unlike any other. Limited to 12 participants, *Spectacular Sedona* will surround you with magic – canyons and creeks, Indian history, “Hollywood of the West” movie history, hiking, birding, off-trail exploring to ruins and rock art tourists seldom see, gallery hopping, and a day at the Grand Canyon.

The accommodations – the Best Western Arroyo Roble – are outstanding, with each room’s balcony looking out onto jaw-dropping red rock cliffs. And it’s still swimming weather – you’ll have your choice of three pools (two outdoor and one indoor) and, for those with thick Wisconsin blood, one fabulous “swimming hole” in Oak Creek, a short walk from your door.



But don’t get too comfortable – we’ll be hiking! Our “classrooms” and “lectures” will be out on the trails – spectacularly beautiful trails! But understand ... Sedona hiking is serious hiking, with some rocky terrain beyond anything in the Midwest. We’ll start slowly in order to adjust to the 4,500-foot elevation, then gradually increase our distances. Be prepared to hike two to four hours (three to six miles) at a time. Sneakers (even those sturdy sneakers you swear by) are *not* adequate and, for our hiking, they are not safe. You must wear *lug-sole (black sole) hiking boots* (even in the store, they should feel very comfortable – the higher the ankle support the better) and use hiking poles. (Bring your own boots, but each participant’s tuition covers a pair of hiking poles and a two-bottle fanny pack you’ll be able to take home.)

Still, don’t let us scare you away. *Spectacular Sedona* is designed by experienced Björklunden presenters for Björklundeners—adults and senior adults. Even if you have never hiked strenuously before, *Spectacular Sedona* may be just right for you if you are physically fit. And *Spectacular Sedona* will introduce you to the fundamentals of serious hiking in a manner that is user-friendly, fascinating, and utterly delightful. You will gain a lifetime sport, and you *will* have fun doing so – it’s required!

And oh yes, you’ll need plenty of fuel for these fabulous days. *Spectacular Sedona*’s cuisine is special, and the lunch/dinner sites are extraordinary – from picnic lunches at creek sides, to sit-down dinners in southwestern-elegant dining rooms, to desserts at America’s most unusual Dairy Queen.

Early November weather is gorgeous! Deep blue-sky days will be in the 70s; nights will plunge into the 50s – no bugs, no rain, no pain – well, maybe a little, but you’ll have two hot tubs to soothe your weary hikin’ bones.

The attire? Sedona is rather formal – most people wear clothes; and for formal dining, you must wear clean socks to match your T-shirts and jeans.



Your facilitators: Charlie and Karen Schudson

Back by popular demand, Charlie and Karen have presented six Björklunden seminars in the last 10 years. Now, for the first time, they're taking Björklunden to Sedona where they've hiked extensively for more than 20 years and lived since 2009.

Before semi-retiring to Sedona, Charlie and Karen lived in Milwaukee. Karen was a psychotherapist, specializing in marriage and family therapy and executive coaching. She now is a life coach helping hikers overcome acrophobia and guiding retirees in their fulfilling new "careers." She serves as an equestrian volunteer with the National Forest Service and chair of the Sedona Synagogue's Social Action Committee. Charlie served as a state and federal prosecutor, a Wisconsin trial and appellate judge, and an adjunct professor of law at Wisconsin and Marquette. For the last five years, he has been teaching at law schools abroad on a Fulbright Fellowship. He volunteers with the National Forest Service Trail Patrol and is a certified member of the Sheriff Department's Search and Rescue unit.

Costs:

\$1,855/person double occupancy, excluding transportation to/from Sedona (air to Phoenix + \$90 roundtrip shuttle from PHX airport to Arroyo Roble Hotel)
There is a single upcharge of \$888.

The trip fee includes:

- *Eight nights at the Arroyo Roble Hotel
- *Van transportation to all sites throughout the week
- *Reading materials and some supplies
- *Admission to all sites
- *Five lunches and six dinners

Required readings:

Kathleen Bryant, *Sedona & Red Rock Country*, Rio Nuevo publishers, ISBN 978-1-933855-65-3

Tony Horwitz, *A Voyage Long and Strange / On the Trail of Vikings, Conquistadors, Lost Colonists, and Other Adventures in Early America*, Henry Holt and Company, 2008, ISBN-13: 978-0-312-42832-7; ISBN-10: 0-312-42832-4 (pp. 1-198, 382-390)

Hampton Sides, *Blood and Thunder / The Epic Story of Kit Carson and the Conquest of the American West*, Anchor Books, 2006, ISBN 978-1-4000-3110-8

Day-to-Day:

Saturday, November 1 – Travel to Sedona

Arrival and rest

Dinner “on your own in Uptown”

Charlie and Karen will greet participants and suggest activities and dinner spots within walking distance.

7–8 p.m. Introductions – Arroyo Roble / Roca Room

Sunday, November 2 – History I / The Secret of Sedona / The Devil’s Kitchen

8 a.m. Breakfast / Arroyo Roble

9–10:30 a.m. Orientation – Arroyo Roble Roca Room or Schudson home

11 a.m.–1 p.m. Hike: History on the Rocks I / Devil’s Kitchen and Seven Sacred Pools (optional additional hour to Cibola Pass)

Light Lunch – apples and energy bars

Afternoon – rest

5:00 p.m. Dinner – BBQ Picnic at the Creek

Movie and popcorn – Roca Room *Broken Arrow*

Monday, November 3 – History II / V-Bar-V and Montezuma’s Well

8 a.m. Breakfast / Arroyo Roble

9:30 a.m.–1:30 p.m. History on the Rocks II / Mini-Hikes: V-Bar-V and Montezuma’s Well

Light Lunch – apples and energy bars

Afternoon – rest

Afternoon / evening / shopping and gallery hopping – Hillside/Hozo/Tlequepaque

Dinner – El Portal



Tuesday, November 4 – The Nature of Things – West Fork Frolic / Election Day

8 a.m. Breakfast / Arroyo Roble

9:15–9:45 a.m. Indian Gardens – lunch pick-up / Garlands Gallery (Indian Arts – fancy)

10 a.m.–2 p.m. Hike: West Fork and picnic lunch “in” the creek

DQ dessert with Navajo (Indian Arts – basic, but beautiful, and much more affordable)

Appetizer Dinner – Schudson home

Election Night – one-hour lecture (Charlie) – “Tippecanoe and Who?”

Wednesday, November 5 – the Grand Canyon / Winslow

7 a.m. Breakfast / Arroyo Roble

8–10:15 a.m. Drive to the Grand Canyon or Winslow

Option A – Grand Canyon / El Tovar

10:30 a.m.–1:30 p.m. Hike: a very short hike down/up the Bright Angel Trail and a long walk along the South Rim

1:30–2:45 p.m. lunch at El Tovar

2:45–4 p.m. exploring / shopping / napping

4–6:15 p.m. return to Sedona including THE DRIVE down 89A

Light dinner and dessert - TBA

Option B – Winslow / La Posada (for those who have seen the Grand Canyon or have added it before or after their Sedona seminar)

10:30–11 a.m. “Standin’ on the Corner in Winslow Arizona”

And one block away from *the corner* ...

La Posada

11 a.m.–1:30 p.m. Mary Coulter, La Posada, the Harvey Girls, and the extraordinary art of Tina Mion (with Tina and/or her husband, Alan, who restored La Posada, if possible)

[Coulter was the exceptional architect who designed El Tovar, many other national park lodges, and the Santa Fe Railroad’s trackside hotels. Her most famous was La Posada, the enormous hotel saved from the wrecking ball by the acclaimed artist, Tina Mion, who now lives in Sedona and in La Posada, and displays her amazing art throughout the countless hallways and galleries of La Posada. You might not like Tina’s style, but you’ll never forget it, including her first-ladies series, which includes the very provocative one of Jackie Kennedy, selected for the National Portrait Gallery. Each La Posada suite, many of which we may view, is a work of art, named for famous hotel guests (Truman, Einstein, Goldwater, Diane Keaton, John Wayne, etc.) Also in La Posada is “The Turquoise Room” – the restaurant recently named by *Conde Nast Traveler Magazine* as America’s second best restaurant. For history, art, eating and shopping in one stop, La Posada is phenomenal!]

1:30–2:45 p.m. late lunch – The Turquoise Room

3:30–5 p.m. shopping / snacking on your own – Flagstaff

5–6:15 p.m. THE DRIVE – down 89A to Sedona

Light dinner and dessert – TBA

Thursday, November 6 – History III – Arizona / Copper Country

8 a.m. Breakfast / Arroyo Roble

Morning – wide open – on your own: relaxing? golf? jeep tours? more hiking with Charlie?

Afternoon – a day of Arizona history ... no gold but ... Clarkdale / Jerome

Dinner – Jerome, Clarkdale or Cottonwood / Quince

Evening – the nature of Sedona: Sedona birding



Friday, November 7 – History IV - A Tale of Two Temples

8 a.m. Breakfast / Arroyo Roble

9:30 a.m.–2 p.m. History on the Rocks – Honanki and “The Wall” – one thousand years ago: how they lived, how they prayed, how they celebrated

3 p.m. Late Lunch with Renoir – the magic of L’Auberge

5–8 p.m. “First Friday”—Gallery Night in Sedona with appetizers

7:30– 8:30 p.m. Shabbat – another temple

8:30–9 p.m. Oneg Shabbat - Dessert

Saturday, November 8

8 a.m. Breakfast / Arroyo Roble

9–10:30 a.m. Discussion – Roca Room – A Tale of Two Temples / the Magical Power of Myth

10:30–? Your choice

Option 1 – Shop ’til you drop with Karen (lunch on your own)—the best galleries you’ve never seen (yet)

Option 2 – Hike to hidden ruins with Charlie—the week’s most challenging hike for those who dare

Option 3 – as you like it ... jeep tour? golf? fish? or just soak in the sunshine poolside

4:30–6:30 p.m. Dinner – Elote (saving the best for last – you’ll see!)

Movie and popcorn – Roca Room *Sedona*

Sunday, November 9 – travel

? a.m. Breakfast – Arroyo Roble

Sedona Shuttle pick up—at your door, to Phoenix airport

For questions please contact:

Mark Breseman: mark.d.breseman@lawrence.edu; 920-419-6675

Charlie Schudson: keynoteseminars@gmail.com; 414-708-8053

Spectacular Sedona Reservation Application

Please detach and mail to: Spectacular Sedona
Björklunden
PO Box 10
Baileys Harbor, WI 54202

Please reserve _____ places for me/us on the 2014 Björklunden Sedona trip

Enclosed is my/our check in the amount of \$_____ (\$400 deposit per person).

Please make checks payable to: **LAWRENCE UNIVERSITY**

Mr. Mrs. Ms. _____

Mr. Mrs. Ms. _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE (_____) _____ (_____) _____
HOME CELL

EMAIL _____

I will room with (if other than spouse): _____

Other passengers I/we are traveling with: _____

- I do not have a roommate but will share. If a roommate cannot be found, I will pay the single supplement.
- I desire single room accommodations (subject to availability) at the supplementary charge of \$888.

Note: The trip cost is based on a minimum of 12 participants. Should fewer than 12 paying participants sign up, Lawrence University reserves the right to re-price the program or cancel the trip and provide a full refund.