

Occupational Balance Options: 2019 SSO:USA Conference

Doubletree Resort by Hilton Paradise Valley-Scottsdale

Spa (all conference registrants receive 10% off on Beyond Massage services)

Book at (602) 275-9177 or book online at:

<https://clients.mindbodyonline.com/ASP/su1.asp?studioid=43661&tg=&vt=&lvl=&stye=&view=&trn=0&page=&catid=&prodid=&date=5%2f30%2f2019&classid=0&prodGroupId=&sSU=&optForwardingLink=&qParam=&justloggedin=&nLgin=&pMode=0&loc=1>

Spa menu: <https://doubletree3.hilton.com/en/hotels/arizona/doubletree-resort-by-hilton-hotel-paradise-valley-scottsdale-PHXSJDT/spa/index.html>

Hotel Info--Things to Do: <https://doubletree3.hilton.com/en/hotels/arizona/doubletree-resort-by-hilton-hotel-paradise-valley-scottsdale-PHXSJDT/attractions/index.html>

Scottsdale

Musical Instrument Museum (MIM) (~15-minute drive)

Musical instruments from around the world; audio tours; concerts

<https://mim.org/>

2-3 hours recommended

Admission: \$20- Adult, \$15- Teenager (13-19), \$10- Child

Hours: Monday through Sunday 9 a.m. to 5 p.m.

Phone: (480)478-6000

Taliesin West: (~15-20 minute drive)

Frank Lloyd Wright's home; tours through the house and gardens,

<https://franklloydwright.org/taliesin-west/>

Insights Tour Admission: Monday through Thursday \$35- Adults, \$25- Students (13-25 with student ID), \$19- Child (6-12). Friday through Sunday \$40- Adults, \$30- Students (13-25 with student ID), \$19- Child (6-12).

Night Lights Tour Admission: \$45- General Admission, ONLY ON FRIDAYS

Phone: (480)627-5375

McDowell Sonoran Preserve,

<https://www.mcdowellsonoran.org/>

Gateway Loop: 4.5-mile hike: easy

Lost Dog Wash: 5 miles, easy

Scottsdale Paths and Trails

<https://www.scottsdaleaz.gov/transportation/paths-trails>

Bike Rental

<https://www.aoa-adventures.com/bike-rentals/bikes/type/mountain-bike/>

Central Phoenix

Desert Botanical Garden: (15-20 minute drive from Scottsdale)

Easy walking trails, sculptures and gardens with wildflowers, succulents and cacti of the Sonoran Desert and around the world

<https://www.dbg.org/>

2-hour visit Recommended

Special tour for SSO registrants

General Garden Admission: \$24.95- Adult, \$12.95- Child

Hours: Monday through Sunday 8 a.m. to 5 p.m.

Phone: (480)941-1225

Heard Museum: (20 minute drive from Scottsdale)

One of a kind art Museum of Native American art and culture, both prehistoric and modern

<https://heard.org/>

2-hour visit Recommended

Special tour for SSO registrants on the History of the Indian School

Admission: \$18- Adult, \$15- Seniors (65+), \$7.50- Student/ Child

Hours: Monday through Saturday 9:30 a.m. to 5 p.m., Sunday 11 to 5 p.m.

Phone: (602)252-8840

Pueblo Grande Museum and Archaeological Park: (15-20 minute drive from Scottsdale)

Archeological site of Hohokam Indians from about 500-750 AD, located near the airport! Easy walking around the ruins and a museum of artifacts.

<https://www.phoenix.gov/parks/arts-culture-history/pueblo-grande/>

2-hour visit Recommended

Admission: \$6- Adult, \$5- Seniors (65+), \$3- Child

Hours: Monday through Saturday 9 a.m. to 4:45 p.m., Sunday 1 to 4:45 p.m.

Phone: (602)495-0901

Camelback Mountain: (15-20 minute drive from Scottsdale)

<https://www.phoenix.gov/parks/trails/locations/camelback-mountain>

Strenuous 1.5-mile hike to top of Camelback Mountain

Sturdy shoes, lots of water and sunscreen recommended

Allow 45 minutes to 1-hour to reach the top if in good physical shape.

South Mountain Park: (20-30 minute drive from Scottsdale)

Drive to top of South Mountain for great views of Phoenix. Many short hikes (easy to moderate in length) are available too

<https://www.phoenix.gov/parks/trails/locations/south-mountain>

2-3 hours recommended if hiking

Longer Destinations: North

Grand Canyon: 5.5 hour drive to South Rim of the Grand Canyon. Grand Canyon has a higher elevation (~7000+), and it is cooler than Phoenix. Check weather reports before you go.

<https://www.nps.gov/grca/index.htm>

- Easy hiking trails on the rim
- Strenuous hikes into the canyon
- 2-day trip recommended

Sedona: 2.5-3 hour drive

Art shops, beautiful vistas and rock formations. Many hiking trails from easy to strenuous; Jeep tours available. Higher elevation = cooler temperatures. Check weather report.

<https://visitsedona.com/>

All-day trip recommended

Jerome: ~2-3 hour drive

Old 1890's – 1920's mining town turned Ghost town that is now full of art shops & museums and interesting architecture.

<http://azjerome.com/jerome/>

Up on the side of a mountain = great views of Sedona

Can go to Jerome and Visit Sedona in one day

Montezuma's Castle National Monument: ~2 hour drive

Cliff dwellings; easy walking and nature trails

<https://www.nps.gov/moca/index.htm>

Long Day trip: Can go to Montezuma Castle National Monument, to Jerome and Sedona

Hours: Monday through Sunday 8 a.m. to 5 p.m.

Phone: (928)567-3322

Other trip combinations: Travel through Sedona and Oak Creek Canyon on the way to Grand Canyon. Spend night at Grand Canyon or Flagstaff. Reservations recommended

Longer Destinations: South

Casa Grande National Monument: ~1.5-hour drive

Archeological structures and history of ancient Sonoran peoples from 400-500 BC

<https://www.nps.gov/cagr/index.htm>

Admission: \$80- Annual Pass, Free- Children under 15

Hours: Monday through Sunday 9 a.m. to 5 p.m.

Phone: (888)275-8747

Saguaro National Monument: ~2-hour drive

Amazing stand of saguaros outside of Tucson

<https://www.nps.gov/sagu/index.htm>

Easy hiking trails

Phone: (520)733-5153

Kartchner Caverns State Park: ~3-hour drive

An amazing living cave. Make reservations for cave tours

<https://azstateparks.com/kartchner>

Rotunda/ Throne Tour Admission: \$23- Adult, \$13- Child (7-13)

Big Room Tour Admission: \$23- Adult, \$13- Child (7-13)

Phone: (877)697-2757

Bisbee, Arizona: 4-5 hour drive

Old mining town from the 1890's nestled in close-set hills; many historical buildings; mix of artist community, "hippies" and bikers.

<https://www.discoverbisbee.com/>

Fun to walk around and climb the steps that connect all of the winding streets!

Longer Destinations: East

Boyce Thompson Arboretum: ~1.5 hour drive

Wonderful collection of desert plants and trees tucked into a small canyon with a riparian area.

Easy hiking trails and a great place for a picnic.

<http://www.btarboretum.org/>

2 hours recommended

Admission: \$15- Adult, \$5- Child (5-12)

Hours: Monday through Sunday 8 a.m. to 5 p.m.

Phone: (602)827-3000

Dutchman State Park: ~1 hour drive

Collection of hiking trails through the desert at the foot of the Superstition Mountains.

Easy to Strenuous.

<https://azstateparks.com/lost-dutchman/>

Admission \$7 per vehicle

Phone: (877)697-2757

Drive to Canyon Lake: ~1.5 hour drive

Beautiful drive through the desert and to a lake tucked in a canyon! Take a ride on the lake on Dolly Steamship or have dinner.

<https://www.arizona-leisure.com/canyon-lake.html>

Can take a hike up the side of the canyon opposite the parking lot for Dolly Steamship. A short walk up (~1/2 mile uphill) and you'll get a great view of the lake. Hike up to the top of the ridge and get a great view of the interior of the Superstition Mountains (~1.5 miles, moderately strenuous)

Dolly Steamship Admission: \$25- Adult, \$23- Seniors (60+), \$15- Child (5-12)

Phone: (480)827-9144

Seven Restaurants within One Mile of Doubletree Resort

Olive & Ivy Restaurant & Marketplace 0.93 mi

https://www.opentable.co.uk/olive-and-ivy-restaurant-and-marketplace?cmpid=poi_page_referral

Mediterranean | Old Town Scottsdale

P.F. Chang's - The Waterfront 0.94 mi

<https://www.opentable.com/r/pf-changs-waterfront-scottsdale>

Asian | Old Town Scottsdale

Kona Grill - Scottsdale 0.95 mi

<https://www.opentable.com/kona-grill-woodbridge>

Contemporary American | Old Town Scottsdale

NM Cafe at Neiman Marcus - Scottsdale 0.96 mi

<https://www.opentable.com/nm-cafe-at-neiman-marcus-scottsdale>

Contemporary American | Old Town Scottsdale

Hand Cut Burgers & Chophouse 0.97 mi

https://www.opentable.co.uk/r/hand-cut-burgers-and-chophouse-scottsdale?cmpid=poi_page_referral

American | Old Town Scottsdale

Fogo de Chao Brazilian Steakhouse - Scottsdale 0.97 mi

<https://www.opentable.com/r/fogo-de-chao-brazilian-steakhouse-scottsdale>

Brazilian Steakhouse | Central Scottsdale

Casa Amigo 0.98 mi

<https://www.opentable.com/r/casa-amigo-scottsdale>

Contemporary Mexican | Old Town Scottsdale