

Sedona Adults-Only Spa Weekend, November 6–8, 2026

A calm, kid-free red-rock reset: one gentle walk, one good spa, two memorable dinners, and a lot of doing absolutely nothing. Here is your finished plan, with the honest budget talk built right in.

o) Your details at a glance

Item	Your spec
Dates	Friday, November 6 to Sunday, November 8, 2026 (2 nights)
Group	2 adults, adults-only trip
Budget	Up to \$700 total
Must-haves	Quiet base, spa nearby, a gentle red-rock walk, good food
Special requests	Calm, no crowds, very relaxed pace
Transport	Rental car from Phoenix (PHX)

One honest headline up front: \$700 total for two nights in Sedona, including a rental car, gas, food, a spa treatment and park fees, is tight. Sedona is a premium resort town and a single peak-autumn weekend night at a spa property often equals or exceeds your whole budget. This plan gives you a realistic way to do it well, plus a clear note on where the dollars actually go so there are no surprises at the booking step.

1) At a glance

Element	Recommendation	Key facts (as of June 2026)
Base hotel	The Wilde Resort & Spa, Sedona	2250 W State Rte 89A, Sedona, AZ 86336. On-site Wilde Haven Spa, heated pool, hot tubs, fire pits. Guide rate from about \$179/night plus tax. Phone 928-203-4111.
Adults-only alternative	Ambiente Sedona	900 W State Rte 89A. Sedona's only adults-only landscape hotel, full-service Velvet Spa. Luxury tier, well above this budget. Phone 800-405-1969.
Gentle walk	Bell Rock Pathway	Wide, mostly flat red-rock path. Needs a Red Rock Pass (Daily \$5).
Quiet walk alternative	Red Rock State Park	\$10/adult. Open 8:00 AM–5:00 PM, last entry 4:30 PM. Free guided nature walk daily at 9:00 AM.

Element	Recommendation	Key facts (as of June 2026)
Spa	Wilde Haven Spa (in your hotel)	Massage, facials, couples treatments, sound-bowl healing. Book ahead.
Dinner 1	Mariposa Latin Inspired Grill	700 W Hwy 89A. Latin-inspired fine dining, red-rock views.
Dinner 2	Elote Cafe	350 Jordan Rd. Acclaimed modern Mexican, no reservations, go early.
Drive	PHX to Sedona	About 116 miles, roughly 2 hours each way by rental car.

1b) Our recommendation, and why

Book The Wilde Resort & Spa as your base. It is the strongest "quiet, spa, good food, easy walk" fit at a price that gives your budget a fighting chance. You relax poolside and explore wellness activities during the day, stargaze by the fire pits at night, with spacious rooms, cozy fireplaces, a heated pool, deep-soak hot tubs, and tranquil outdoor spaces. Its in-house spa means your treatment, your dinner and your bed are all steps apart, which is exactly the no-logistics calm you asked for. At the Wilde Haven Spa, therapists help you release tension with Sedona-inspired treatments, wellness classes and activities including massage, bodywork, meditation, skin and facial care, couple's therapies, and sound bowl healing. It also sits in a quieter, more local pocket of West Sedona near shops and a supermarket, which keeps food costs down. The on-site restaurant, Rascal, makes a low-effort dinner easy on arrival night.

One transparency point so you choose with eyes open: the Wilde is a relaxing resort but it is **not** adults-only (families do stay there). If "adults-only" is a hard, non-negotiable line for you, the only property in town that meets it is **Ambiente Sedona**, Sedona's only adults-only landscape hotel, with 40 glass-walled atrium suites, rooftop fire pits, red rock panoramas, a full-service spa, and the Forty1 restaurant. It is a Leading Hotels of the World luxury property, and a peak-November weekend there will run far beyond \$700 for two nights alone. It is the best "true adults-only" answer; it is just not a \$700-total answer.

Best alternative base: if the Wilde's weekend rate prices out above what you want to pay, look at a quiet, well-reviewed mid-range hotel in West Sedona (the same calm strip of 89A) and book a **standalone spa treatment** at the Wilde Haven Spa or a day spa instead of paying the resort room premium. That keeps the spa, keeps the quiet, and protects the budget.

1c) Book now

What	By when	Where / link
Rental car at PHX	4 to 6 weeks ahead for best rate	Compare majors at the airport; book direct on the rental company's site

What	By when	Where / link
The Wilde room (2 nights)	As soon as possible (autumn weekends sell out)	thewilderesort.com/... , "You will see the binding price for your exact dates and occupancy at the provider's booking step, it changes daily."
Wilde Haven Spa treatment	At booking, or call 928-203-4111	thewilderesort.com/... (appointments go fast)
Mariposa dinner reservation (Fri)	1 to 2 weeks ahead	mariposasedona.com (book via their reservations link)
Red Rock Pass (Daily \$5)	Day of, or online	recreation.gov/...

A note on the hotel figure: hotel prices sit behind a live booking widget, so treat the "from about \$179" as a **guide value as of June 2026**, not a locked price for your exact peak-autumn weekend dates. Your real rate could be higher.

2) Day by day

Friday, November 6, Arrive, exhale

- **Late morning/midday:** Pick up your rental car at Phoenix Sky Harbor (PHX). The drive to Sedona is **about 116 miles and roughly 2 hours**, north on I-17 then onto SR-179. Stretch your legs at the Sedona view as you come up SR-179.
- **Afternoon:** Check in at **The Wilde**, 2250 W State Rte 89A (phone 928-203-4111). Drop the bags, claim a lounge by the heated pool, and ease into the hot tub. It is a quiet sanctuary; the pool bar, hydro spas, grotto, and fire pits are perfect for winding down and relaxing.
- **Evening:** Easy first dinner with zero driving at **Rascal**, the on-site restaurant (2250 W State Rte 89A). Their daily happy hour runs **3:00–5:30 PM** if you arrive early enough for a cocktail. Tip 15 to 20 percent as usual in the US.
- 💡 **Tip:** Grab a few snacks and a bottle of wine at the supermarket near the hotel on the way in. The Wilde sits in more of a local area with a supermarket and local shops very close by. Wine in the room by the fire pit beats a pricey nightcap.
- **Plan B (if you arrive tired or it's raining):** Skip any outing entirely. Spa soak, room fireplace, room-service-style dinner from Rascal.

Map: [The Wilde Resort & Spa](#)

Saturday, November 7, Gentle walk, then spa

- **Morning (cooler, quieter):** Do your one red-rock walk early to dodge crowds and midday sun. **Bell Rock Pathway** is the ideal "gentle" choice: a wide, mostly flat path with classic red-rock views, and you turn around whenever you like. You'll need a **Red Rock Pass** displayed in the windshield. The Red Rock Day Pass is required for vehicle access at 19 day-use sites, including the Bell Rock Pathway/Vista and Bell Trailhead. A pass is not required for incidental stopping of about 15 minutes or less; the passes are sold daily for \$5, weekly for \$15, and annually for \$20. Buy online at recreation.gov/sitepass/74387 (you enter your plate) or at the trailhead kiosk.
 - **Quieter alternative for total calm: Red Rock State Park**, a 286-acre preserve along Oak Creek with easy interconnecting loop trails. It is a nature preserve with trails winding through manzanita and juniper to the banks of Oak Creek, green meadows framed by red rock, and the creek meandering through to create a diverse riparian habitat. The family-oriented 5-mile trail system is a network of interconnecting loops leading to red-rock vistas and lush greenery along Oak Creek. Entry is \$10.00 for adults 14 and up. Hours are 8:00 a.m. to 5:00 p.m., with last entry at 4:30 p.m. If you want it guided and effortless, a volunteer naturalist leads a guided nature walk every morning at 9 a.m. Park contact: (928) 282-6907, 4050 Red Rock Loop Rd.
- **Midday:** Back to the hotel, light lunch, slow down.
- **Afternoon:** Your **spa treatment at Wilde Haven Spa** (book at check-in or in advance). A couples massage or two side-by-side treatments is the centerpiece of the weekend. There are also free wellness touches such as a meditative tea ceremony on Saturdays from 6–7 PM in the spa lounge.
- **Evening:** Dinner at **Mariposa Latin Inspired Grill**, 700 W Hwy 89A. It is a premier fine-dining restaurant in Sedona where Chef Lisa Dahl offers a Latin-inspired menu with stunning red rock views. Dinner is served Friday and Saturday from 4:30 PM to 10:00 PM, so reserve ahead and ask for a sunset table. Tip 18 to 20 percent.
- 💡 **Tip:** Go to the trail for sunrise-ish light, not sunset. Mornings in November are crisp and far emptier, exactly the "no crowds" you asked for.
- **Plan B (rain or wind):** Swap the walk for the indoor-friendly day: late breakfast, longer spa session, browse Tlaquepaque arts village (covered walkways), early dinner.

Map: [Bell Rock Pathway Trailhead](#) [Sedona Map](#): [Mariposa Latin Inspired Grill](#)

Sunday, November 8, Slow morning, drive back

- **Morning:** Sleep in. One last hot-tub soak and coffee on the patio. If you want a final taste of Sedona's red rock with zero effort, do a short out-and-back on the Bell Rock Pathway (your Daily Pass is per day, so buy a fresh \$5 one or a \$15 weekly if you'd rather not re-buy).
- **Brunch / late lunch option before the drive: Elote Cafe**, 350 Jordan Rd, is one of Sedona's most beloved kitchens. It does not take reservations and lines form, so time it early or be flexible. Confirm the current opening hours before you go.
- **Midday/early afternoon:** Check out, drive the ~116 miles / ~2 hours back to PHX. Leave a comfortable cushion before your flight; Sunday afternoon traffic on SR-179 and I-17 can be slow.

-  **Tip:** Top up the rental car's tank in the Village of Oak Creek or Camp Verde before I-17; gas is cheaper there than at the airport's pre-return stations.
- **Plan B (weather or tired legs):** Skip the second walk, take a leisurely brunch, and start the drive early to keep the day stress-free.

Map: [Elote Cafe Sedona](#)

3) Practical notes & checklist

Weather (early November): Expect crisp mornings (often 40s °F) and pleasant, dry afternoons (often 60s–low 70s °F). Layers, a light jacket, and a warm top for fire-pit evenings.

What to pack: Comfortable walking shoes, layers, sunglasses and sunscreen (high-desert sun is strong even in November), a reusable water bottle, swimsuit for the pool/hot tub, and a card for the Red Rock Pass kiosk.

Tipping (US): 15 to 20 percent at restaurants and for spa treatments and tour guides.

Checklist

- ☐ Rental car booked (PHX pickup, Sunday return with flight buffer)
- ☐ The Wilde, 2 nights, booked direct
- ☐ Wilde Haven Spa treatment reserved (couples or side-by-side)
- ☐ Mariposa Saturday dinner reserved
- ☐ Red Rock Pass plan (Daily \$5 online or kiosk)
- ☐ Layers + swimsuit + sunscreen packed

Estimated cost overview vs. your \$700 budget

Item	Estimate (2 people, USD)	Notes
Hotel, 2 nights at The Wilde	\$400–\$700+ (guide value, check the exact-date price with the provider)	From about \$179/night plus tax as of June 2026; peak-autumn weekend rates run higher
Rental car, ~2.5 days	\$120–\$220	Economy/compact, book early; plus taxes/fees
Gas (round trip ~232 miles)	\$35–\$50	Refuel before PHX
Spa treatment (1 massage)	\$180–\$260 plus tip	Couples session costs more; this is one treatment
Dinner at Mariposa	\$90–\$140	Plus tax and 18–20% tip
Dinner at Rascal (Fri)	\$60–\$100	On-site, plus tax and tip
Elote / brunch	\$40–\$70	Plus tax and tip

Item	Estimate (2 people, USD)	Notes
Red Rock Pass (Daily ×1–2)	\$5–\$15	Or \$15 weekly
Red Rock State Park (optional)	\$20	\$10/adult if you choose this over Bell Rock
Indicative total	roughly \$930–\$1,650+	n. a.

Honest budget verdict: even on the lean end, a spa-resort weekend in Sedona realistically runs above \$700 total for two people once lodging, car, food and a treatment are added. To land near \$700, pick **one** of these levers:

1. **Trade down the room:** stay at a quieter mid-range West Sedona hotel and keep the Wilde Haven Spa or a day spa as a standalone booking.
2. **Skip the paid treatment** and lean on the Wilde's free wellness extras (meditative tea ceremony, pool, hot tubs, fire pits) plus the walk, dining and quiet, which alone make a lovely reset.
3. **Shift to off-peak / midweek** if your dates can flex; weekend autumn rates are the single biggest line item. The Wilde itself runs a midweek discount when you arrive Monday–Wednesday.

Any one of these gets you the calm, kid-free, spa-flavored weekend you're after without a budget shock at checkout.

4) Sources

All pages checked June 2026.

Lodging & spa

- The Wilde Resort & Spa (rooms, spa, dining, address, phone): thewilderesort.com , thewilderesort.com/... , thewilderesort.com/...
- Ambiente Sedona (adults-only, spa, address, phone): ambientesedona.com

Walks & passes

- Red Rock State Park (fees, hours, guided walk, contact): azstateparks.com/...
- Red Rock Pass program (fees, where required incl. Bell Rock): visitsedona.com/...
- Red Rock Pass purchase: recreation.gov/...

Dining

- Mariposa Latin Inspired Grill (dining hours, reservations): mariposasedona.com
- Elote Cafe (visit info): elotecafe.com/...
- Rascal (on-site at The Wilde): thewilderesort.com/...

One minor detail to confirm yourself at booking, since its live page did not show exact times: the current daily opening hours of Elote (these shift seasonally, so check when you reserve).

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