



WHEN A CITY GIRL *goes country*

By Annette Bridges

Sedona Hikes

Ever get the advice...do the things you think you can't? Even if it's difficult, there may still be a way. Perhaps the secret sauce is that you can do what you want, just maybe the how will look different from what it once did.

We were heading to Arizona for an anniversary trip. Our ultimate destination was the Grand Canyon. We decided we should see what else we could explore while in that neck of the woods. Our daughter recommended Sedona.

As we read about the sights and hikes Sedona is well-known for, we initially thought there was much we were not physically able to do and weren't sure it was a destination to include in our travels.

While the quaintness of the town of Sedona was well worthy of being fully explored, for us it was our driving journey to and around Sedona that captivated us.

Absolutely some of the most incredible rock formations we had ever seen! Not to be compared to the Grand Canyon, but uniquely different and definitely stunning.

The Sedona area proved to be one we would recommend as a must-see to anyone.

Yes, there were certainly hikes and climbs we didn't dare attempt. But there were numerous that were worthwhile even though we were only able to go half-way.

We set out on many hikes where we did what we could and then turned around. Sometimes reasons for our turnaround were a river we deemed too dangerous to cross especially because we were

probably wearing the wrong type of shoes. Other times we reached a section of a hike where we decided the climb was too steep for us.

It didn't matter how far our walks took us. We didn't have to reach the top or end of a trail to enjoy the beauty that surrounded us.

Again and again, we discover the lessons we learn on our travel adventures can be applied to our cattle ranching and the rest of our life as we move further along into our senior season.

Such as- it's okay to do the things that you are able to do and get help with what you no longer can or should do. It's okay to spend your days doing something you've never done before that is more suitable to your current abilities.

We are always surprised and delighted when we experience things never done before or travel a path that we never imagined we would.

Yep, it's okay to make big and bold decisions and choices that are completely different from what you've done all of your life. Leaving your comfort zone can be scary or even sad.

Making changes are rarely easy. But don't get paralyzed by fear of change or the unknown, my friends. And when it comes to travel destinations, consider going even if it means concessions are needed.

There is fun and beauty to be experienced no matter what or how. Be willing to dip your weary feet into a river of icy cold water! You just might like it! Like me! 🍷



Annette, pictured above, learned lessons while hiking in Sedona that surprisingly, transferred to her life on the ranch. (Photo courtesy of Annette Bridges)