Spring Camp 2017 – Daily Itinerary

Day 1 Thursday, 4/6

2pm Meet AOA guide in resort lobby
2-3:30pm Bike adjustments and ride/route discussion with AOA in employee parking lot of resort (just south of main parking lot)
Optional recovery run from resort – time TBA
5:40pm Meet and transfer to Vivace Restaurant for 6pm dinner

Day 2 Friday, 4/7

Breakfast in Canyon Café – starts at 6am
9am Depart Loews Resort for ride start location (Sonoita Inn)
10am Meet AOA guides at start of route
10am-3:30pm 61 mile Parker Canyon Lake ride (lunch stop included)
3:30-4:15pm Brick run option
4:15-5:15pm Transfer back to Loews Resort
7:15pm Meet and transfer to COMMONER & CO. for 7:30pm dinner

Day 3 Saturday, 4/8

Breakfast in Canyon Café – starts at 6am
8am Meet AOA at Loews Resort for start of ride
8:30am-3pm 31-76 mile Mt. Lemmon ride (lunch stop included)
3-4pm Brick run option
6:30pm Dinner at The Flying V Bar & Grill in Loews Resort

Day 4 Sunday, 4/9

6:30-8am Sunrise run or trail hike from resort
Breakfast in Canyon Café – starts at 6am; if hike, breakfast is first; if run, breakfast after run
9:45am Depart Loews Resort for Yoga Oasis
10:30-11:30am Private yoga session at Yoga Oasis
11:45am-1:15pm Lunch at Beyond Bread
2-4pm Outdoor swim at Oro Valley Aquatic Center
4-4:30pm Transfer back to Loews Resort
6:50pm Meet and transfer to El Charro Cafe for 7pm dinner

Day 5 Monday, 4/10

Breakfast in Canyon Cafe – starts at 6am
9:30am Depart for Tucson airport