Written by Kirstina Bolton Monday, 19 September 2011 09:26 - Last Updated Monday, 26 September 2011 10:32

If you are a first-time visitor or a long-time resident, this guide will come in handy for all things Flagstaff.



Where to escape: Lava River Cave

Leave the above world behind and plunge into the depths of one of Flagstaff's greatest treasures, Lava River Cave. www.fs.fed.us/r3/coconino/recreation/peaks/lava-river-cave.shtml



Where to take your family: Walnut Canyon

Become one with the history and heritage of Walnut Canyon by walking by ancient dwellings of people who lived there 700 years ago. Venture trails along canyon rims with your family and enjoy a day away from the office and in the vastness of nature. www.nps.gov/waca/index.htm



Where to take a date: Flagstaff Mountain Film Festival

Transcend to other parts of the globe as creative films weave together threads of different cultures. A wide selection of 49 films will be showing over a five-day period at the historic Orpheum Theater and Sundara. Get your tickets now and begin viewing trailers for your favorite film. www.flagstaffmountainfilms.org



Where to shop: Downtown Flagstaff Historic District

Stroll the streets of downtown historic Flagstaff while shopping the best of the area. Local boutiques and unique book stares dot the sides of the roads along the district. Come first Friday of every month and take part in their art walk. Soak up the artwork in different galleries while enjoying music and appetizers. www.flagstaffarizona.org/shopping, www.flagstaffartwalk.com

Flagstaff Travel Guide

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Where to eat: Brix Restaurant and Wine Bar

Bring your appetite and taste buds to this American fare dining experience. Feast on delicious courses made of fresh ingredients from local farmer's markets in the Northern Arizona and Four Corners region. Be sure to pair your dish with a glass of red or white to bring out the best in your food senses. www.brixflagstaff.com



Where to drink: Lumberyard Brewing Company

Kick back in a casual yet classy establishment that is all things beer. From award winning IPA and Amber to rich stouts, pick your favorite from the yard's batch. Match the bold flavors with some delicious brewery bites like blackened Mahi-Mahi sandwiches and hot wings. www.lumberyardbrewingcompany.com



Where to Stay

Abineau Lodge

This cozy lodge nestled in the mountains of Flagstaff offers the perfect escape for any couple or family seeking a hidden place to rest and rejuvenate. www.abineaulodge.com

Hotel Weatherford

The Historic Hotel Weatherford stands in the heart of downtown Flagstaff. Choose to stay in a deluxe room with claw-foot tubs and luscious bed for only \$139 a night. www.weatherfordhotel.com