

May 9, 2021 Mother's Day and Ina's Birthday!

The past year was definitely difficult due to the pandemic and travel restrictions. We had 2 vacations cancelled, one to the Baltic and one that should have started today on the Danube (Budapest to Bucharest). Jim and I decided to try something different...we found **Red Mountain Resort** in Southwest Utah and opted to give it a try.

Our first day adventure was not exactly as we planned... we were 1 1/2 hours late getting to Atlanta due to a small aircraft that had a flat tire on the runway and the Blue Angels airshow. We had to run from T terminal to F terminal in ATL as our flight to Las Vegas was boarding. We had planned to grab lunch in Atlanta...no food on the plane meant nothing to eat all day. We finally grabbed something at midnight EST in Las Vegas.



The background should tell you the Hotel where we stayed last night.



Jim scores a BMW rental car



May 10, 2021 : We made it to Red Mountain Resort! Note the lava field behind us.

Day 2: May 11, 2021 at 7:30am

5 mile Hike in the Anasazi Valley in the Mojave Desert ~3400 foot elevation. The Anasazi

Petrographs are about 1000 years old.



Anasazi Petroglyphs



Anasazi Petroglyph and Jim



Anasazi Petroglyph birth marker



Anasazi cartoon petroglyph



Anasazi Birthing site

This is like boot camp!

Jim got to experience his first meditation class, water aerobics and Yoga class.



Day 3: May 12, 2021

The hike was a little less intense today in Snow Canyon State Park. We hiked through the Mojave Desert reaching into the Colorado Plateau. The rock formations are 180 million years old sandstone. The colors are from iron. The mountain that looks white was somehow washed of its iron. Apparently, there are several theories of how/why this occurred. The elevation was ~3400 feet.



Selfie in Snow Canyon
Snow Canyon



Petrified dunes



Sandstone at



Snow Canyon



Snow Canyon

Hummingbirds

At lunch, we watched a hummingbird flitting around searching for food then returning to the nest and feeding her babies. Unfortunately, we did not get a video.



Hummingbird in flight



Hummingbird feeding her babies

Chakra balancing and Yoga Melt

We did experience Chakra balancing which was very interesting. Unfortunately, Jim fell asleep and was making very loud sleeping noises which I found quite embarrassing. Not sure he actually got anything out of it since he slept through half of the session. We also attended a Yoga Melt session for hand and feet. That resolved our aching feet from 2 days of intense hiking and learned some very interesting remedies.

Day 4: May 13, 2021

We opted to take an easier hike/walk today. We went to the Red Hills Desert Garden and walked for 1 1/2 hours. Truly a contrast to our first 2 hikes. I am feeling lazy today and may just end the day this evening with Melt-Yoga.

Mini-trampoline and Vibration recovery

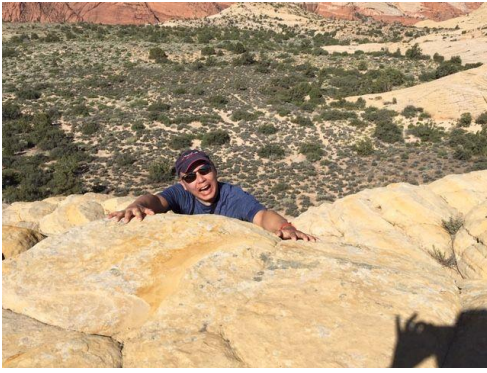
We received a text from the resort offering mini-trampoline and vibration recovery therapy. It is after lunch so we opted to not accept the mini-trampoline but will go to the vibration recovery therapy using a vibrating massage ball. That was an unusual experience but amazing how it takes away our hiking pains. We attended the Melt Yoga session for neck and back pain today. We used a tube to lie on and stretched and massaged our own backs and neck. Hmm, maybe I don't need Jim for my back rubs...nah, just kidding!



Red Hills Desert Garden

Day 5: May 14, 2021

We returned to Snow Canyon to hike the middle portion of the White Dunes. It was a great stay at the Resort! We are now headed on a 3-hour drive north to Topaz.



Jim falling off mountain -NOT



Picture taking White Dunes



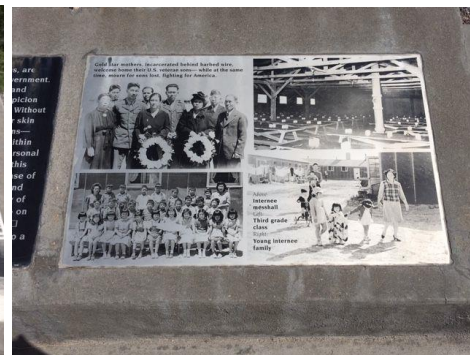
My honey bunny at Snow Canyon

Topaz War Relocation Camp

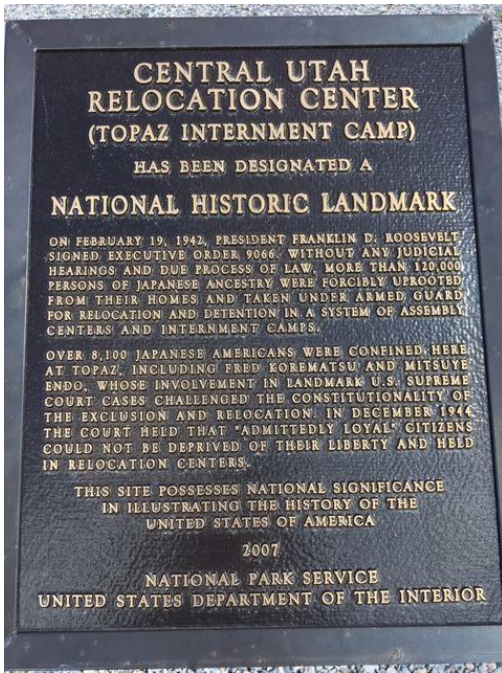
We took a detour and went to the Topaz War Relocation Camp in Utah. It was not easy to find...our own GPS could not locate the camp nor could our iPhones. Luckily, Jim's fancy rental car came with a GPS and was able to give us directions... well at least it got us to the last road sign for Topaz. There is a museum in Delta, UT for the camp but it was still closed due to Covid. We drove through Delta and saw our first sign for the camp, the second small sign at the next turn, then a sign that said Topaz 8 miles. The pavement ended (and our GPS said we had arrived) then it was another 6 miles before there was any sign of the camp. We continued to travel down the road until we could see a US Flag flying...this is where the actual monuments are situated. Not sure if you can see in the pictures but both Roy and Johnny are listed in the WWII volunteers and Johnny's picture is also displayed. The star means "killed in action".



Plaque marking topaz



Topaz Marked w/ barbed wire



A National Historic Landmark



Jim in front of the Topaz 44nd Monument

TOPAZ

Video #1 in vacation pictures IMG_2006

Video#2 in vacation pictures IMG_2007

Betty Ann Harano and family were in block 28. When we first drove up, we turned down the side of the camp next to their block, as we turned around 9 white tailed deer appeared in the field opposite the camp, looked at us and ran away.

May 15, 2021 Homeward Bound

We drove from Topaz to Salt Lake City (another 2+ hours where we were able to catch a direct flight back to Ft. Lauderdale. We lucked out and scored first class seats for the 4 1/2 hour flight home.

Video: Ducks in pool

This pair of migrating ducks pass through twice a year. We came home to them swimming in our pool.