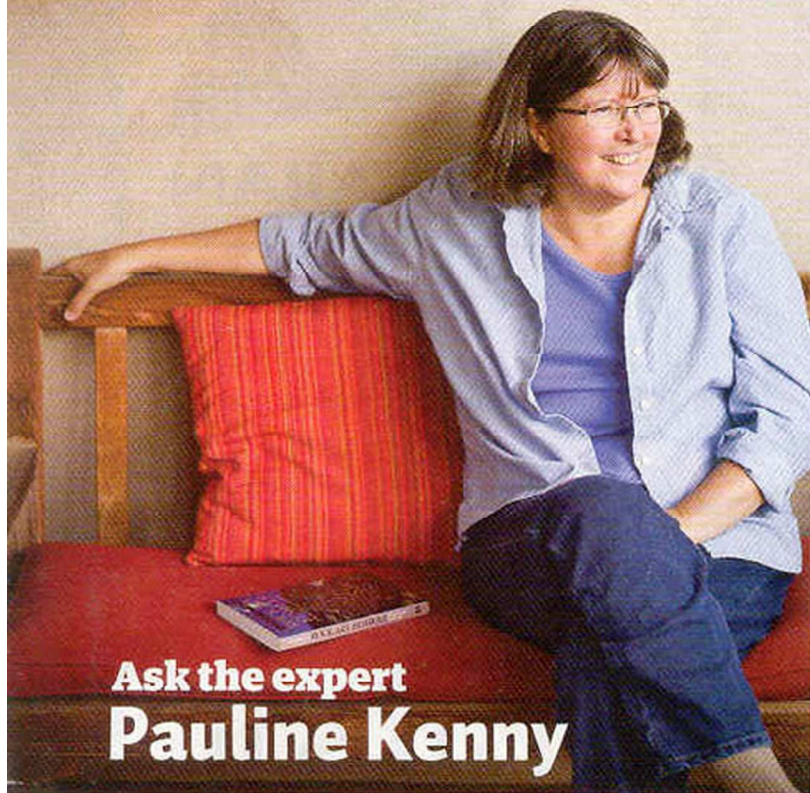


Southwest Insider tips



Ask the expert **Pauline Kenny**

The founder of *slowtrav.com* shares her slow travel tips to help you enjoy towns like **Ouray** and **Santa Fe**

How do you make close to home feel like an escape? Go for a hike, take a drive, visit a museum, spend an afternoon at the spa. From Santa Fe, I like the Dorothy Stewart Trail (santafenm.gov) for views; the drive to Chimayo and Taos; the Museum of International Folk Art, on Museum Hill (from \$6; moifa.org); and a hot-tub soak at Ten Thousand Waves Spa & Resort (from \$20; tenthousandwaves.com).

What Southwest hikes do you love? Kasha-Katuwe Tent Rocks National Monument (\$5 per vehicle; 505/761-8700) southwest of Santa Fe. Near Taos, Carson National Forest (free; www.fs.fed.us/r3/carson) on the road to Angel Fire. And

Saguaro National Park (\$10 per vehicle; nps.gov/sagu) in Tucson.

Best way to soak up Santa Fe's atmosphere in the fall?

Green chiles are roasted over open flames around town. Drive down Cerrillos Road with your windows open.

Favorite places for a long weekend? Sedona, Arizona: the Red Rocks area. Boulder, Colorado: the Briar Rose Bed and Breakfast (from \$149, including organic breakfast; briarrosebb.com); and the Flatirons for hiking. Ouray, Colorado: the Wiesbaden Hot Springs Spa & Lodgings (rooms from \$129, treatments from \$15; wiesbadenhotsprings.com).

—JENNICA PETERSON



**FOR A HANDY LIST OF KENNY'S TIPS,
GO TO sunset.com/weekend**