



GOATS, GLAMPING, YOGA ON THE RIVER, FLOATING PICNICS AND MORE CRAZY SUMMER FUN IN MESA, ARIZONA

GLAMPING: FARM LIVING IS THE LIFE FOR A NEW GENERATION OF EXPERIENCE-SEEKERS
One of Arizona's oldest farming families has a new way to experience country living offering overnight stays in a collection of spruced up vintage trailers. At Schnepf Farms, a fourth-generation family homestead, visitors can go glamping (camping in style) in their collection of original 1950s-era auto trailers. The setting for this new overnight experience is a 300-acre organic peach farm, that also offers a handful of paired farm activities including seasonal u-pick flowers and produce, bike rentals, farm animals, corn mazes and other outdoor charms one would expect on a farm. The trailers are decked out in mid-century décor matching the trailers original year of issue, with several trailers offering full hook ups. Each trailer faces west toward the outlying San Tan Mountains to capture Arizona's idyllic and sought-after sunsets. This new brand of roughing it also includes individual barbecues and patio tables and chairs. The Fresh From the Farm bakery and café offers full, cooked-to-order breakfast, lunch and dinner as well as an assortment of baked goods for visitors. For more information, www.SchnepfFarms.com; for media information contact Carrie Schnepf, schfarm@gmail.com.

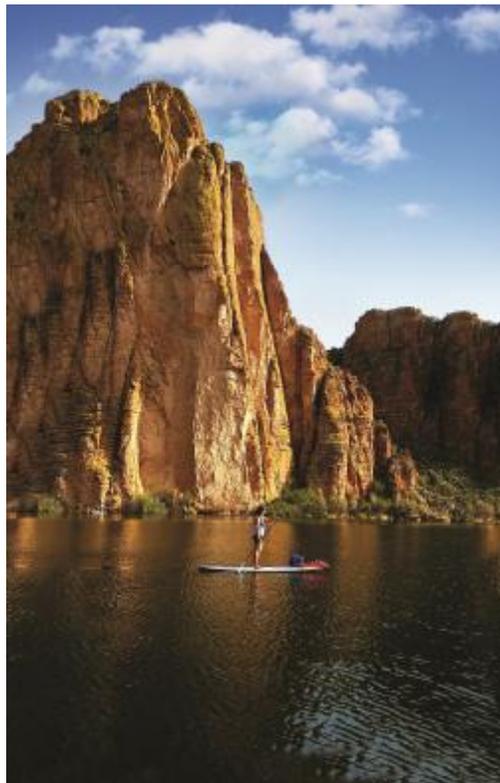


SUNSEEKERS FLOCK TO EXPERIENCE ARIZONA'S FLOATING PICNIC, BEACH PARTY FUN ZONE
Mesa's waterways are part of the Tonto National Forest and visitors can enjoy all the pleasures of a beach-inspired retreat at Butcher Jones Beach at Saguaro Lake. The sandy shoreline offers convenient parking and walk-up access making it an ideal stop for a picnic or afternoon dip in the lake. Views of the majestic canyon walls are prevalent here and the beachfront is also a popular area for swimming, floating and catching some rays. Kayakers in particular appreciate the convenient water entrance and exit that only a beach can provide. Saguaro Lake itself offers more than 22 miles of shoreline and ranch-style lodging and day use areas. For more information, contact Saguaro Lake Marina, 480-986-5546, www.saguarolakemarina.com. Perhaps the most popular way to stay cool in the desert is tubing down the Salt River. Known locally as a floating Arizona picnic, tubers flock to the cool, mountain-stream waters and get

creative with floating coolers, sound systems and more. The beach party-like atmosphere is a great way to spend the day soaking up the summer sun. Early risers will want to watch for wildlife found on the riverbanks including mountain goats, wild horses and blue herons. Plan your float trip at www.saltrivertubing.com.

STAND UP PADDLEBOARD YOGA, BYOB HAPPY HOURS AND MORE WATER FUN IN STORE THIS SUMMER

Arizona's mighty, ever-flowing Colorado River and its many tributaries have carved out an incredible water recreation paradise in the Southwest. For visitors to Mesa, there are two rivers that converge just north of the city's border as well as a connection of lakes that allow for every water sport imaginable in the summer. Yoga lovers can practice their flow and test their skills on a stand up paddle board. No Snow SUP offers weekly yoga sessions on both the Lower Salt River and nearby Canyon Lake during the summer months through October. The 60-minute guided classes promise a unique balancing act, all set to the motion of the lake's rolling tide. Desert Paddleboards offers SUP yoga as well with a series of class options available at Mesa's Skyline Aquatic Center. Those new to the sport of SUP and not ready for yoga can take their time during the "BYOB+B" happy hour float sessions offered every Friday by No Snow. The festive group paddle takes place at sunset along the cool waters of the river where visitors are surrounded by majestic canyon walls. Paddle boards are available for rent at the board shop. Dates and exact times are posted at www.nosnowsups.com, www.desertpaddleboards.com. For media information, contact Heather Fetter, nosnowsups@gmail.com or Sarah Williams, sarah@desertpaddleboards.com.



GOAT YOGA IS THE THERAPY YOU DIDN'T KNOW YOU NEEDED

Sarah Williams, owner of Mesa-based Desert Paddleboards has paired up with neighboring farm to combine two of her most loved activities – yoga and goats. Now offering classes, Arizona Goat Yoga connects yogis with their inner farm girl or boy. Whether you are in warrior pose, downward dog or simply meditating, these lovable goats help motivate and challenge you

to be your best. During the guided yoga class, these gentle, sweet, and loving animals roam the fields and are placed by the instructor on guests that are in specific poses. Class attendees have described goat yoga as therapeutic and effective in relieving their daily stresses of life. According to Sarah, a 20-year yogi, Goat Yoga clears the mind and offers a chance to release endorphins from exercise and increase oxytocin with pet therapy. A new offering for the summer months is goat yoga raves and pajama parties for the after-sunset crowd. For more information, www.azgoatyoga.com; for media information contact Sarah Williams at saraha@azgoatyoga.com or 480-269-4144.



FLOAT ON: BREATHE IN AND CHILL OUT WITH A WHOLE NEW ZEN INSIDE A FLOAT TANK
In Mesa, active families and adventurers know that a balanced day means hitting the hills and then chilling out. Busy minds and bodies can benefit from unwinding after a day of exploring. For a completely out of body experience, consider treating your mind, body and soul to the tranquil experience of floating. Mesa's True Rest Float Spa is a great way to unwind. Floating takes place in a giant egg-shaped pod with 10 inches of warm water set to body temperature and 1,200 pounds of mineral salts. As the body defies gravity and floats in this womb-like atmosphere, the feel good hormones – dopamine, serotonin and melatonin - are released, providing tremendous relief from stress, back pain, arthritis and more. For more information, www.TrueRest.com; for media information contact Laura Witte, Witte@TrueREST.com or 480-219-7990.



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