



ASPIRE TO HARMONY

Curated Coachella Valley Itineraries

Desert Wellness & Holistic Travel Design — Greater Palm Springs

Your Palm Springs, Thoughtfully Paced

Every Aspire to Harmony itinerary is built around mindful mornings, effortless afternoons, and the best of the desert -from mineral spring soaks to mid-century culture. Below is a sample two-day experience to show you what's possible.

DAY ONE

@ **7:30 –8:15 AM**

Quick Coffee & Light Breakfast

Grab *coffee* and pastries at Koffi or Ernest *Coffee*

@ **8:30 –11:00 AM**

Indian Canyons Hike

Hike Andreas Canyon (easy) or Murray Canyon (moderate) before midday heat.

@ **11:30 AM –1:00 PM**

Mid-Century Architecture & Lunch

Lunch at Cheeky's or FARM, followed by a drive through the Old Las Palmas neighborhood.

@ **1:15 –2:45 PM**

Art & Culture

Explore the galleries at the Palm Springs Art Museum.

@ **3:15 –5:30 PM**

Aerial Tramway Excursion

Ride the Palm Springs Aerial Tramway up to 8,500 ft for valley views and mountain air.

@ **5:30 –7:00 PM**

Hotel Refresh

Head back to your room to shower and reset for the evening.

@ **7:00 –9:00 PM**

Dinner

Book ahead for Bar Cecil or outdoor dining at Birba.

@ **9:00 PM onward**

Nightcap

Drinks in the garden courtyard at Seymour's or The Tropicale.

DAY TWO

@ **8:00 –9:15 AM**

Morning Movement

Vinyasa flow at Power Yoga Palm Springs or a hotel poolside class.

@ **9:30 –11:00 AM**

Patio Brunch

Sit outside for brunch at Norma's (The Parker) or Wilma & Frida.

@ **11:30 AM –3:30 PM**

Thermal Waters & Spa Soak

4-hour soak and treatment reservation at The Spa at Sec-he.

@ **3:45 –5:30 PM**

Uptown Design District

Browse mid-century vintage shops and boutiques along Palm Canyon Drive.

@ **5:30 –7:00 PM**

Hotel Refresh

Unwind before your final evening.

@ **7:00 –9:00 PM**

Farewell Dinner

Modern American dishes at Workshop Kitchen+ Bar or The Pink Cabana.

Let's Design Your Aspire to Harmony Experience

Bespoke mineral spring, spa & desert retreats- fully inclusive & accessible travel planning.

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