



IS IT SAFE?

Sedona

SOLO TRAVELER SAFETY GUIDE

OVERALL SAFETY ASSESSMENT

RATING: Very safe — a small tourist and hiking town; trail preparedness and heat awareness cover the real risks

Sedona is a very low-crime town for visitors — Uptown, the Village of Oak Creek, and the main trail corridors are comfortable and safe throughout the day and evening.

Property crime, including car break-ins at trailhead parking areas, is the most realistic issue for visitors, rather than any risk to personal safety.

Sedona's genuine hazards are outdoor ones: heat and dehydration on exposed red rock trails, flash flood risk during monsoon season, and the technical difficulty of some popular hikes like Devil's Bridge's exposed scramble.

RATING SCALE: Very safe Safe Use awareness Avoid at night Avoid

NEIGHBOURHOOD SAFETY AT A GLANCE

AREA	RATING	NOTES
Uptown		Busy, walkable, and comfortable day and evening.
Tlaquepaque / SR-179 corridor		Family-friendly and uneventful at all hours.
Village of Oak Creek		Quiet and residential; comfortable throughout.
Popular trailheads (Bell Rock, Devil's Bridge)		Crime is minimal; car break-ins at parking areas are the real risk.
Oak Creek Canyon (89A)		Safe, but a winding road that warrants driving caution, especially at night.

COMMON SCAMS & RISKS

TRAILHEAD CAR BREAK-INS

Leave nothing visible in the car at Devil's Bridge, Bell Rock, and other popular trailhead lots.

HEAT AND DEHYDRATION

Red rock trails offer little shade and reflect heat intensely. Carry more water than feels necessary and avoid the hottest mid-afternoon hours in summer.

FLASH FLOODING

Monsoon season (roughly July through September) brings fast-building storms and flash flood risk in canyon and wash areas. Check forecasts before hiking during this period.

TECHNICAL TRAIL SECTIONS

Devil's Bridge and some other popular hikes include exposed scrambles that are more challenging than they appear in photos. Turn around if a section feels beyond your comfort level.

WINDING CANYON ROADS

Highway 89A through Oak Creek Canyon has tight switchbacks — drive cautiously, especially after dark or in wet conditions.

HEALTH & MEDICAL

Verde Valley Medical Center (269 S Candy Lane, Cottonwood) is the nearest full-service hospital, about 20 minutes from Sedona.

The most common visitor issues are heat-related — dehydration and sunburn — along with minor trail injuries like turned ankles on uneven rock.

Visitors arriving from lower elevations may notice mild effects from Sedona's roughly 4,500-foot elevation, though it's far less pronounced than at Flagstaff or true mountain elevations.

SOLO TRAVELERS

Sedona is a comfortable destination for solo travelers, including solo women — its popular trails see heavy foot traffic that makes solo hiking feel normal, and restaurant patios and bars make solo dining easy.

The sensible precautions are trail-specific rather than urban: tell someone your hiking plan, carry real water and sun protection, and treat any technical scramble or canyon road with the same caution you'd apply anywhere in the desert Southwest.

EMERGENCY CONTACTS

SERVICE	CONTACT
Emergency (Police / Fire / Medical)	911
Sedona Police (non-emergency)	(928) 282-3100
Yavapai County Sheriff	(928) 771-3260
Verde Valley Medical Center	(928) 634-2251
Poison Control (US)	1-800-222-1222
Crisis Text Line	Text HOME to 741741
Suicide & Crisis Lifeline	988

GoingSolo.Life

TRAVEL ALONE. LIVE FULLY.

goingsolo.life