

The Richardson Lab's Guide for Visitors to Flagstaff

(Version 1. 4 September 2025)

***Restaurants, Coffeehouses,
Bars & Breweries, Things to See & Do,
Hotels, and Medical Facilities***

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Welcome to Flagstaff!

Sitting at an elevation of 7,000' (2133 m) on the southern rim of the Colorado Plateau, Flagstaff is surrounded by mountains and pine forest in all directions. The climate is semi-arid, with distinct wet (summer and winter) and dry (spring and fall) seasons. Some years the summer rains are abundant, thanks to the North American Monsoon. Winter snowfall averages over 100 inches, but over 160 inches fell in the winter of 2022-23. On average there are 266 sunny days per year in Flagstaff.

The population of the City of Flagstaff is about 75,000, while the metropolitan area (which includes all of Coconino County, the second largest county in the US by area) population is about 144,000.

Flagstaff is quite isolated. The nearest large cities are Phoenix (144 miles to the south), Las Vegas, Nevada (253 miles to the west), and Albuquerque, New Mexico (323 miles to the east). The Grand Canyon, Monument Valley, and the red rock desert of southern Utah lie to the north, with Moab (population 5,000; 323 miles from Flagstaff) serving as the gateway town to Arches National Park, Canyonlands National Park, and Dead Horse Point State Park.

The Flagstaff area has been inhabited by Native Americans for over 8000 y, and the San Francisco Peaks are sacred to Hopi, Navajo (Diné), and Havasupai, along with other Southwest tribes, including the Southern Paiute, Hualapai, Yavapai, and Apache peoples.

Northern Arizona University (NAU) has about 21,000 students, including 5,500 graduate students. With over \$100 million in annual research expenditures, NAU was recently elevated to R1 (very high research spending and doctorate production) status in the Carnegie Classification of Institutions of Higher Education. With over 25% of the student body identifying as Hispanic, NAU was federally designated as a Hispanic-Serving Institution (HSI) in 2021. NAU is also unique in its mission to become the leading university serving Native Americans, and the student body represents over 100 tribal nations throughout the US.

Members of the Richardson Lab have assembled this guide for visitors. We hope you enjoy your stay, and we welcome any feedback you might have (email Andrew.Richardson@NAU.edu).



L to R: Welcome to Flagstaff, Inner Basin on the north side of the San Francisco Peaks, Aerial view of town

Restaurants

Restaurant	Cuisine	Location	Comments
Asia Station	Asian	121 S San Francisco St, Flagstaff	<ul style="list-style-type: none"> Diversity of Asian dishes (orange chicken to pad Thai to curries to duck noodles). (Jacob). They also make the best pho in town and provide a cozy environment (Darby)
Biff's Bagels	Bagels/Cafe	1800 N Fort Valley Rd, Flagstaff	<ul style="list-style-type: none"> The bagels are great, but if you're in a hurry, they do take their time! (Darby)
Brandy's Restaurant & Bakery	American/Bakery	1500 E Cedar Ave, Flagstaff	
Cafe Stella	Italian	7 E Aspen Ave, Flagstaff	<ul style="list-style-type: none"> This is a scratch Italian restaurant that serves both brunch and dinner. Brunch has an exceptional variety of food. Dinner focuses on pasta dishes; you won't find Italian pizza's here! They make their pasta fresh every day and have a gluten free option. If the weather is nice, I would suggest the patio. (Darby)
Cornish Pasty	Cornish	26 S San Francisco St, Flagstaff	<ul style="list-style-type: none"> The chicken tikka pasty is the bomb (Andrew)
Dara Thai Restaurant	Thai	14 S San Francisco St, Flagstaff	
Delhi Palace	Indian	2500 S Woodlands Village Blvd, Flagstaff	<ul style="list-style-type: none"> Always a winner! (Andrew, +3 Jen, Oscar, and Jacob)
Diablo Burger	Burger	120 N Leroux St, Flagstaff	<ul style="list-style-type: none"> Fancy burgers on English muffins. I recommend the señor smoke (Oscar). Any of their daily specials are also delicious (Darby)
Evans Fish and Chips	Fish and Chips	113 S San Francisco St, Flagstaff	<ul style="list-style-type: none"> Killer fish and chips and meat pies. Just not much sit down space except for the side alley (Oscar)
Ewa's Thai Cuisine	Thai	110 S San Francisco St, Flagstaff	<ul style="list-style-type: none"> I like fried rice and drunken noodles (Yujie).
Fat Olives	Italian	2308 E Route 66, Flagstaff	

Restaurant	Cuisine	Location	Comments
The Station Café	American	1800 N Fort Valley Rd, Flagstaff, AZ 86001	<ul style="list-style-type: none"> • Good paninis, and a convenient stop on your way out of town on Rt 180 (Andrew)
Forêt Flg	Cafe	2 S Beaver St, Flagstaff	<ul style="list-style-type: none"> • French inspired great breakfast, award-winning scrambled eggs, 2024 James Beard Award nomination for Best Chef: Southwest (Jen)
Fratelli Pizza	Pizza	119 W Phoenix Ave, Flagstaff	<ul style="list-style-type: none"> • Come before 4pm to get pizza by the slice (Jen)
Gloria's Bakery	Mexican	2106 N Fourth St, Flagstaff	<ul style="list-style-type: none"> • Great for breakfast and lunch; eat-in recommended because take-out can be very slow (Andrew, +1 Darby)
Himalayan Grill	Indian/Nepali	801 S Milton Rd #3, Flagstaff	<ul style="list-style-type: none"> • Second best Indian food in town after Delhi Palace. Great naan. (Jacob)
Hot Wok Restaurant	Chinese	1451 S Milton Rd, Flagstaff	<ul style="list-style-type: none"> • Authentic Chinese food. Grilled fish is good, but it takes some time to wait (Yujie)
Karma Sushi Bar Grill	Asian	6 E. Route 66, Flagstaff	<ul style="list-style-type: none"> • Good bento box lunches, ramen, and pretty good sushi for a small town in the middle of nowhere (Andrew)
Macy's European Coffeehouse	Cafe/Tea	14 S Beaver St, Flagstaff	
MartAnne's Burrito Palace	Mexican/Southwestern	112 E Route 66, Flagstaff	<ul style="list-style-type: none"> • Supremely tasty, and you will never leave here feeling hungry! Try the breakfast chilaquiles (Andrew)
My Pita Wrap	Mediterranean	1800 S Milton Rd #15, Flagstaff	<ul style="list-style-type: none"> • Great traditional Mediterranean cuisine, best pita in town, and large portions. (Jacob)
Pato Thai Cuisine	Thai	20 E Route 66, Flagstaff	<ul style="list-style-type: none"> • Good value lunch special (Andrew)
Pizzicletta	Pizza	203 W Phoenix Ave, Flagstaff	<ul style="list-style-type: none"> • More expensive than other pizza places in town, but excellent quality Neapolitan style pizza (location at Dark Sky Brewing also recommended) (Andrew)
Sosoba	Noodle House	12 E Route 66, Flagstaff	<ul style="list-style-type: none"> • Great happy hour deal on food and drinks from 5-6pm daily (Jen)

Restaurant	Cuisine	Location	Comments
Swaddee Thai	Thai	115 E Aspen Ave, Flagstaff	<ul style="list-style-type: none"> • Good value lunch special (Andrew)
Tacos Los Altos (eastside location)	Mexican	3650 E Route 66, Flagstaff	<ul style="list-style-type: none"> • Closer to Sonoran-style Mexican food compared to other places in town. Great breakfast burritos. (Jacob, from Tucson)
Toasted Owl	Cafe	12 S Mikes Pike St, Flagstaff	



L to R: Martanne's Burrito Palace, Heritage Square, Mother Road Brewing.

Coffee Shops and Cafés

Coffee Shop	Type	Location	Comments
Awa Kava	Coffee	218 S San Francisco St, Flagstaff	
Cedar House Coffee Shop & Bakery	Coffee, Tea and Pastries	2009 E Cedar Ave, Flagstaff	<ul style="list-style-type: none"> This is on the east side of town, if you find yourself here. They are never too busy, so it is a great place to get work done. Their coffee is good, but their pastries are even better! (Darby)
Fire Creek	Cafe	22 Historic Rte 66, Flagstaff	
Forêt Flg	Cafe	2 S Beaver St #170, Flagstaff	<ul style="list-style-type: none"> See note about food above – coffee good too (Jen)
Kickstand Kafe	Cafe	719 N Humphreys St, Flagstaff	
Late for the Train	Cafe	19 E Aspen Ave, Flagstaff	<ul style="list-style-type: none"> Back outside patio is great in warmer weather (Jen)
Lund Canyon Coffee	Coffee	601 Piccadilly Dr #10, Flagstaff	<ul style="list-style-type: none"> European-style cafe nestled in a busy shopping plaza with lots of restaurants and fitness studios nearby. A nice walk from campus. Customer service is the best in town, and their coffee is bold. (Jacob)
Macy's European Coffeehouse & Bakery	Coffee and breakfast/lunch	14 S Beaver St, Flagstaff	<ul style="list-style-type: none"> Walking distance from campus. Reasonable prices and all sorts of good coffee drinks from americanos to the infamous “Macy’s special” (latte made with chocolate milk). Great grab-n-go pastries and hot food for dining in. Patio seating is a great way to experience Flagstaff in motion. (Jacob)
Matador	Cafe	203 S Milton Rd, Flagstaff	<ul style="list-style-type: none"> Great breakfast burrito (Jen)
Petit Marche	Coffee	111 E Aspen Ave, Flagstaff	<ul style="list-style-type: none"> Very small interior but can grab coffee from window and walk around downtown (Jen)
Single Speed Coffee Roasters	Coffee	1000 E Butler Ave #111, Flagstaff	<ul style="list-style-type: none"> Locally roasted espresso, indoor and outdoor seating, and unique coffee/matcha drinks. Their Southwest burrito is AMAZING. (Jacob)

Coffee Shop	Type	Location	Comments
Sosta	Cafe	413 N San Francisco St, Flagstaff	<ul style="list-style-type: none"> On the higher \$ end but a good place to work (Jen)
Steep	Tea	1 E Aspen Ave, Flagstaff	<ul style="list-style-type: none"> If you can get a seat by the window, it's a great place to people watch or work (Jen)

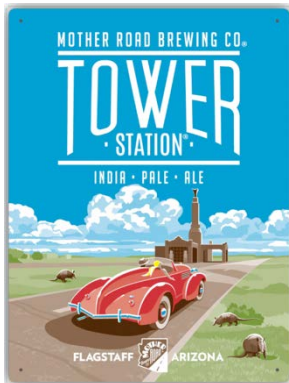


L to R: Fire Creek, Matador, Macy's.

Bars and Breweries

Bar	Type	Location	Comments
Beaver Street Brewery	Brewery	11 S Beaver St, Flagstaff	<ul style="list-style-type: none"> Family-friendly with good American cuisine food (Jen)
Dark Sky	Brewery	117 N Beaver St, Flagstaff	<ul style="list-style-type: none"> Experimental beers, big patio and events almost every weeknight (Jen); Pizzacletta pizza is great but may not fill you up (Andrew)
Flag Brew	Brewery	16 E Route 66, Flagstaff	
FLG Terroir	Wine bar	17 N San Francisco St, Flagstaff	<ul style="list-style-type: none"> Fantastic wine selection, tasty desserts (get the tiramisu if you can), and a nice view of downtown while sipping. (Jacob)
High Country Motor Lodge Bar and Lounge	Bar	1000 W Route 66, Flagstaff	<ul style="list-style-type: none"> Off the beaten path, at a boutique hotel, also has food that I've heard is good. Drinks are pricey, but the liquor selection is good, and the vibe is relaxing. Sometimes they have live music. (Jacob)
Historic Barrel House	Brewery	110 S San Francisco St, Flagstaff	<ul style="list-style-type: none"> Outside patio and inside taproom; more chill than Mother Road. Huge array of house-brewed beers (Andrew)
Hops on Birch	Bar (? Might be only beer)	22 E Birch Ave, Flagstaff	<ul style="list-style-type: none"> Dogs allowed inside and trivia on Thursdays (Jen)
Lumberyard	Brewery	5 S San Francisco St, Flagstaff	<ul style="list-style-type: none"> Very popular with out-of-towners, not so much with locals (Andrew)
McMillan	Bar	2 E Route 66, Flagstaff	<ul style="list-style-type: none"> \$5 martinis/cocktails on Thursdays (Jen)
Mother Road	Brewery	7 S Mikes Pike St, Flagstaff	<ul style="list-style-type: none"> Try the 'famous' tower station (Jen); great beers a long-time favorite but often too busy to be enjoyable (Andrew)
Mountain Top Tap	Bar	10 E Route 66, Flagstaff	<ul style="list-style-type: none"> Trivia on Tuesdays and can get hotdog with chips for \$6 (Jen)
Pay n Take	Bar	12 W Aspen Ave, Flagstaff	<ul style="list-style-type: none"> Local spot, can get single canned drinks to-go (Jen)
Rendezvous	Bar	100 N San Francisco St, Flagstaff	<ul style="list-style-type: none"> Best espresso martini in town, good coffee during the day, younger crowd at night, and in a historic location (Hotel Monte Vista). (Jacob)

Bar	Type	Location	Comments
The Annex	Bar	50 S San Francisco St, Flagstaff	<ul style="list-style-type: none"> Craft cocktails (Jen); outside patio within a historic Basque handball court (Andrew)
Uptown Pubhouse	Pub	114 N Leroux St, Flagstaff	<ul style="list-style-type: none"> Pool tables (Jen)
Wanderlust	Brewery	1519 N Main St, Flagstaff	<ul style="list-style-type: none"> Outside food allowed, still has that local brewery feel, owned by good friends, trivia on most Wednesdays (Jen)
Zane Grey	Bar	23 N Leroux St, Flagstaff	<ul style="list-style-type: none"> Balcony with great views of downtown especially at sunset, great happy hour deals from 5-7pm (Jen)



L to R: The most famous beer in Flagstaff (named after a Route 66 tourist stop in Shamrock, Texas), Historic Barrel House, Wanderlust Brewing.

Things to See & Do, In and Around Flagstaff

Activity	Description	Location	Comments
Aspen Corner/Arizona Trail hiking	A parking area/trailhead on the way up Snowbowl Road. Beautiful at all times of year, but especially in autumn when the leaves are changing. There are many hiking and trail running options. A 20-minute drive northwest of town.	Northwest of Flagstaff	<ul style="list-style-type: none"> A great spot to explore the Arizona Trail from. Leaf-peeping is best in October. Hike north from the trailhead for a mile to get spectacular views to the west. Free! (Jacob)
Buffalo Park	A 2-mile hike offering beautiful views of the San Francisco Peaks.	Flagstaff	<ul style="list-style-type: none"> Close place for good star gazing and beautiful sunsets (Jen)
Downtown Flagstaff	Explore shops, museums, and parks in the heart of the city.	Flagstaff	<ul style="list-style-type: none"> Very popular with out-of-towners! Small-town feel and lots of local shops (Andrew)
Flagstaff Community Market	Every Sunday from May to October, 8 a.m. to 12 p.m. Right next to Wheeler Park downtown in the City Hall parking lot (211 W. Aspen Ave.).	Downtown Flagstaff	<ul style="list-style-type: none"> A nice weekend activity with Flagstaff- and Arizona-based vendors. Jewelry, clothing, produce, and food. (Jacob)
Flagstaff Extreme Adventure Course	An outdoor adventure park featuring zip lines and obstacle courses.	Flagstaff	
Grand Canyon N.P.	One of the world's natural wonders, offering spectacular vistas, hiking, and more.	Northwest of Flagstaff	<ul style="list-style-type: none"> It certainly is Grand! (Andrew) The best way to truly experience the canyon is to backpack down into it (ideally to Phantom Ranch) but if that's not an option the paved trail along the South Rim is very accessible with great overlooks and stops like the Geology Museum. I also recommend taking the shuttle or biking to Hermit's Rest to escape the crowds and enjoy quieter vistas. A short hike I'd recommend is South Kaibab Trail to Ooh Aah Point but the canyon is no joke so go prepared (Jen)

Activity	Description	Location	Comments
Lava River Cave	Explore a ¾ mile-long lava tube formed 700,000 y ago. Dress warmly and bring very bright headlamps.	Northwest of Flagstaff	<ul style="list-style-type: none"> Pitch black and near-freezing temperatures year-round, be prepared! Also an amazing experience (Andrew)
Lowell Observatory	A historic observatory offering educational programs and telescope viewing.	Flagstaff	<ul style="list-style-type: none"> My recommendation is to explore the grounds during the day (they offer lots of tours) and then come back after dinner for stargazing when they have the telescopes set up, your ticket is good all day for re-entry (Jen)
Meteor Crater Natural Landmark	A well-preserved meteorite impact site with a visitor center and guided tours.	East of Flagstaff	<ul style="list-style-type: none"> Privately owned and may seem like a tourist trap, but also a phenomenal impact crater. Still, there is nowhere else like it on earth! (Andrew)
Montezuma's Castle National Monument	Stunning 5-story dwelling set into an alcove in a high cliff; built over 700 y ago by the Sinagua people.	Camp Verde	<ul style="list-style-type: none"> Worth a visit, especially if you have an "America the Beautiful" parks pass (which you should, anyway, if you are in the area for long) (Andrew)
Museum of Northern Arizona	Showcases the art, history, and science of the region, with a focus on Native cultures and natural history.	Flagstaff	<ul style="list-style-type: none"> Small local museum with some amazing artifacts; budget a few hours to learn about the history of the Colorado Plateau (Andrew)
Northern Arizona University Art Museum	Features both contemporary and historical art with a focus on the American West.	Flagstaff	
Red Mountain	Short and mellow hike through pinyon-juniper woodlands into the amphitheater of a 740,000 year-old cinder cone.	Northwest of Flagstaff	<ul style="list-style-type: none"> Great for families (Andrew)
Riordan Mansion State Historic Park	Tour this 1904 mansion with its original Arts and Crafts style interiors.	Flagstaff	
Sedona	Known for its stunning red rock scenery, vibrant art scene, and spiritual new-age vibe.	Sedona	<ul style="list-style-type: none"> Arrive early or be prepared for heavy traffic (Andrew) Airport loop is quick and accessible, offering 360 views, while hikes like Subway Cave (close to vortex too), Cathedral Rock, Devil's Bridge, or Soldiers Pass get you closer to the red rock scenery. West Fork is also beautiful, with water crossings and gives off vibe of Zion's Narrows (Jen)

Activity	Description	Location	Comments
Sunset Crater National Monument	Short hikes around a volcano crater exploring lava flows.	Northeast of Flagstaff	<ul style="list-style-type: none"> Lava flows are a remarkable contrast to the pine forests to the south and grasslands to the north (Andrew)
Walnut Canyon National Monument	Features interesting geology, beautiful views, and Sinagua society ruins accessed via short hike.	Southeast of Flagstaff	<ul style="list-style-type: none"> Island Trail passes by 25 archaeological sites; absolutely worth the hour it takes to do the hike (Andrew)
Wupatki National Monument	Trails through Native American archaeological sites and ruins (including a 104 room pueblo) on the plains north of Flagstaff.	Northeast of Flagstaff	<ul style="list-style-type: none"> Easy hiking and some amazing sites pre-dating European settlement. Worth a trip given proximity to Flagstaff (Andrew)



L to R: The Grand Canyon, Lava River Cave, and Wukoki Pueblo at Wupatki National Monument.

Where to Stay

Flagstaff has a large number of hotels, from dirt cheap to somewhat upscale. While the least expensive options (<\$100) may seem like a good deal, location, cleanliness and safety are likely concerns. The Motel du Beau (19 W Phoenix Ave, Flagstaff 86001) is one exception, and it may be a good option for visitors on a tight budget (previous visitors who have stayed there gave it positive reviews).

Proximity to campus and downtown make these good options where many Richardson Lab visitors have stayed in the past:

- Drury Inn & Suites, 300 S Milton Rd, Flagstaff 86001
- Embassy Inn & Suites by Hilton, 706 S Milton Rd, Flagstaff 86001
- Country Inn & Suites by Radisson, 224 S Mikes Pike St, Flagstaff 86001

The Little America Hotel (2515 E Butler Ave, Flagstaff 86004) is a bit farther from campus (5 minute drive, 2 mile walk) and somewhat more expensive than the above options, but it is a bit more unique (not just another chain hotel), and it is very popular with families. It backs up against Ponderosa pine forest, where there are walking trails and a disc golf course.

TripAdvisor and Expedia both have more extensive lists of local hotels.

For long-term stays, the Merriam-Powell Research Center has a small apartment at the Flagstaff Arboretum which may be available for rent by the week or month. It is about a 5 mile drive from campus, and has a very remote feeling — it is surrounded by ponderosa pine forest and open meadows, and elk, deer, and the adorable Abert's squirrel are all likely to be spotted.



L to R: Little America Hotel, Abert's squirrel, Drury Inn & Suites.

Nearby Medical Facilities**1. Flagstaff Medical Center**

- Location: 1200 N Beaver St, Flagstaff 86001
- Services: Offers comprehensive emergency services, including a Level 1 Trauma Center, and full-service hospital care with specialized medical and surgical services.
- Contact: +1 928-779-3366

2. Flagstaff Urgent Care

- Location: 2700 S Woodlands Village Blvd #700, Flagstaff 86001 (just southwest of campus)
- Services: Offers treatment for common illnesses, minor trauma injuries, and disease symptoms. They accept most insurance plans. No x-rays or vaccines on-site.
- Contact: +1 928-440-5406
- Website (see hours): <https://www.flagstaffurgentcare.com/>

There are numerous pharmacies in Flagstaff. The Walgreen's on S. Milton is a short walk from NAU's North Campus, and there are also pharmacies inside the Target and Safeway stores along S. Milton.

There is no 24 h pharmacy in Flagstaff.