

winter fun escapes

2007

- ❄️ Learn to Ski
- ❄️ Family Deals
- ❄️ Snowboarding
- ❄️ *Indoor* Waterparks
- ❄️ Spa Retreats
- ❄️ Snowmobiling
- ❄️ Shopping
- ❄️ Places to Stay
- ❄️ Real Estate

& Move!

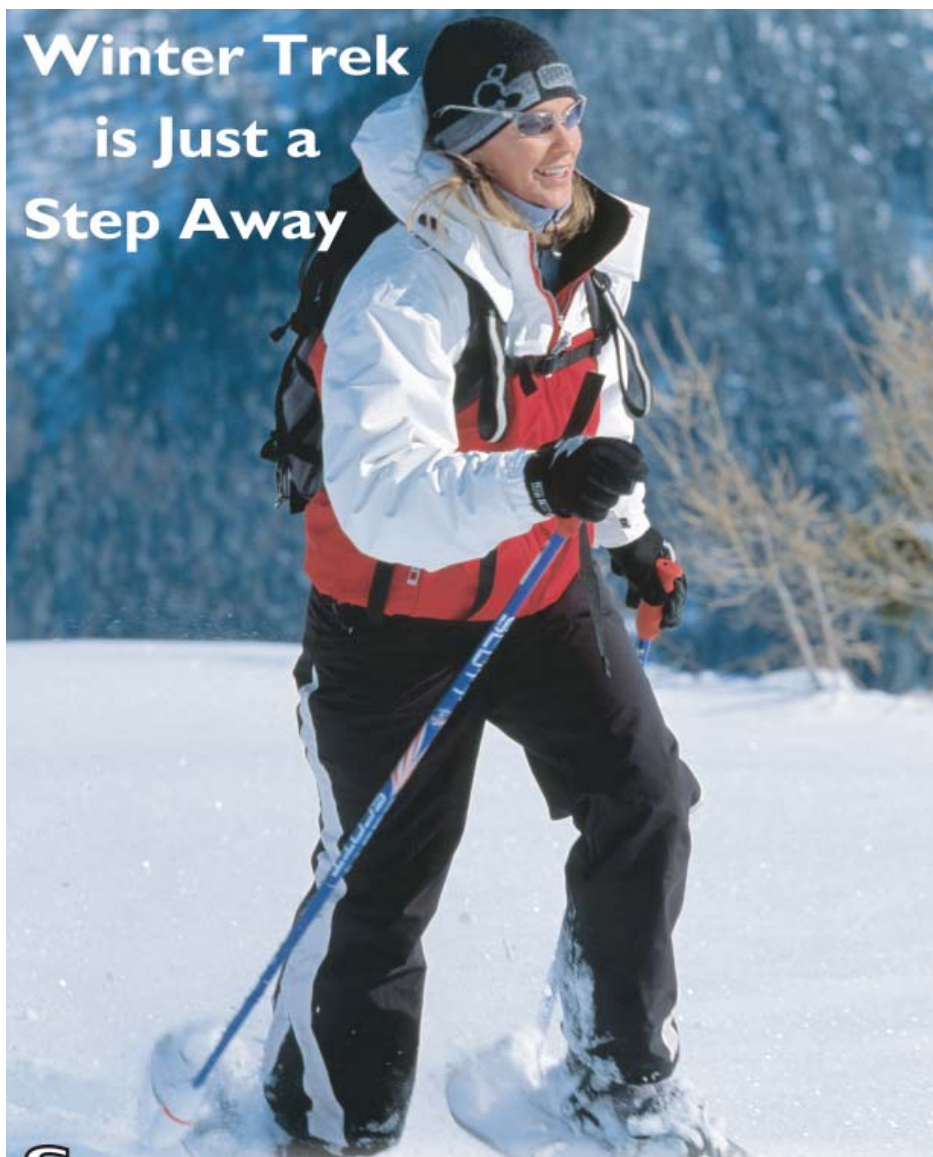
Enter to
win your
own winter
fun escape!
Details Inside



Inside: **175** Winter Fun Ideas, Activities & Destinations !

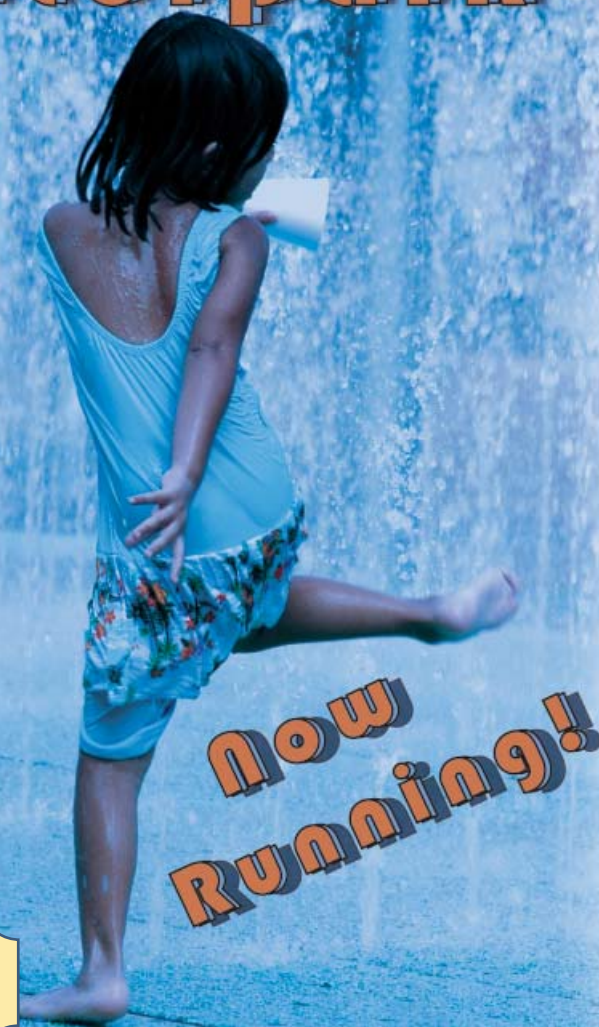


Winter Trek is Just a Step Away



Snowshoeing has been a way of life in the Green Mountains for well over a century. It's one of Vermont's fastest growing winter sports, and is also one of the easiest to start. Many Nordic centers and businesses offer rentals, and there's terrain for all ability levels. It's invigorating exercise, a perfect activity for families and outdoor enthusiasts and an inexpensive and easy sport. Just find snow, strap on some snowshoes, and go.

Mountain Indoor Waterpark



**Now
Running!**

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Vertical

800.555.5555



BOARD MOUNTAIN



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Vertical

BOARDS OF FUN!

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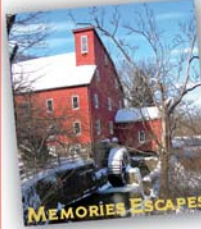
visit

board

MOUNTAIN.COM

Vermont

DISCOVER THE FUN THIS WINTER



MEMORIES ESCAPES

Miles of pristine snow covered mountain trails await you, magnificent views, learn to ski or board, show your kids a great time at great hotels and B&B's.

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Vertical

Make memories this winter

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VISITMEMORIESESCAPES.COM



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Vertical

Blue Sky Resort
Mountains of Fun



800.555.5555

visitbluesky.com

Bring The Kids

Starting your kids early, opens a world of adventure, fun, laughter and beautiful scenery unsurpassed, from many other sports and interests. It's a tremendous feeling to learn that your kids' fondest childhood memories were of your family ski vacations and now skiing has become an important element in their lives. Your kids will be forever grateful to you when they become adults!

Have your child memorize the "Your Responsibility Code." It's the seven rules of the slopes and many accidents can be avoided by adhering to the Code.

Ski helmets are a good idea. If your child wears a ski helmet, remember you may have to raise your voice more to get their attention because a helmet may impede their hearing. Make sure the helmet fits correctly. A ski helmet is not an item you buy for your child to grow into. Educate your child about the benefits and limitations of the helmet. Wearing a helmet doesn't give permission to ski or snowboard faster or recklessly.

Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress your kids in polypropylene underwear (top and bottoms) which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Your kids should also wear a turtleneck, sweater and waterproof jacket.

Be prepared. Mother Nature has a mind of her own. Kids should wear a hat or headband, 80 percent of heat-loss is through the head. Kids should also wear gloves or mittens (mittens are usually better for kids who are susceptible to cold hands).

Be sure they wear sun protection, even



on cloudy days. The sun reflects off the snow and is stronger than you think! Kids should have sunglasses and goggles with them.

Be sure your child has the name and phone number of your hotel written down on a piece of paper and it's in a secure pocket.

Put your kids in ski school to get them on the right track. Children's instructors know how to teach kids, it's their business. Then you'll enjoy skiing with your kids and they will be proud to show you their skiing abilities.

Although it is very unlikely that your child would get separated from the instructor, be sure your child has a trail map and is able to remember the instructor's name.

Make a meeting place if you get separated, for example, at the bottom of chairlift #2.

Winter Playground

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Premium Vertical



Great Place to Escape....Spas

TYPES OF SPAS:

Club Spa - A facility whose primary purpose is fitness and which offers a variety of professionally administered spa services on a day-use basis.

Day Spa - A spa offering a variety of professionally administered spa services to clients on a day-use basis.

Destination Spa - A destination spa is a facility with the primary purpose of guiding individual spa-goers to develop healthy habits. Historically a seven-day stay, this lifestyle transformation can be accomplished by providing a comprehensive program that includes spa services, physical fitness activities, wellness education,

healthful cuisine and special interest programming.

Medical spa - A facility that operates under the full-time, on-site supervision of a licensed health care professional whose primary purpose is to provide comprehensive medical and wellness care in an environment that integrates spa services, as well as traditional, complementary and/or alternative therapies and treatments. The facility operates within the scope of practice of its staff, which can include both Aesthetic/Cosmetic and Prevention/Wellness procedures and services.

Mineral Springs Spa - A spa offering an on-site source of

natural mineral, thermal or seawater used in hydrotherapy treatments.

Resort/Hotel Spa - A spa owned by and located within a resort or hotel providing professionally administered spa

services, fitness and wellness components and spa cuisine menu choices. In addition to the leisure guest, this is a great place for vacation travelers who wish to take advantage of the spa experience while away from home.

