

New York Hotel Offers a "Sleep Retreat"

Whatever the cause of a sleepless night—jetlag, a new baby, a plummeting portfolio—the result is a decline in productivity that, according to the National Sleep Foundation, costs companies more than \$100 billion annually in reduced productivity.

Based on the startling statistic, **The Benjamin** hotel, known for its Sleep Concierge and perfect night's sleep guarantee, chose to team with the NSF to introduce "The Sleep Retreat," an intensive two-night respite designed to teach guests the art of sleep.



Available through December 31, 2009, the new package kicked off during National Sleep Awareness Week, March 1-8, 2009 and features suite accommodations; a consultation with the hotel's renowned Sleep Concierge; nightly turndown service with a sleep-inducing bedtime snack; luxury "dream dictionary;" and a National Sleep Foundation's "Guide to Sleeping Well" kit featuring an eye mask, bath salts, a soothing CD and copy of *A Good Night's Sleep*.

In addition, sleep-seeking guests will receive a 20% discount on sleep-inducing spa treatments and a 20% discount on a take-home pillow from the hotel's 12-choice pillow menu. Rates for the two-night Sleep Retreat start from \$558.

Guests will learn tips and techniques tested by sleep industry experts and experience other sleep-inducing activities, such as learning about the link between diet, exercise and sleep, dream interpretation, and more.

The Benjamin's Sleep Program introduces a range of services and amenities to promote a restful, rejuvenating night's sleep. In addition to the sleep guarantee, the hotel features a 12-choice pillow menu and The Benjamin Bed, a Serta mattress created exclusively for The Benjamin, with specially engineered convoluted foam cushioning and layers of fibers quilted to the mattress.

The custom-designed Benjamin Bed is covered with 100% Egyptian cotton 400-plus thread count sheets by Anichini and a down-filled comforter with a duvet cover. Aromatherapy bathroom amenities help guests relax and prepare for bed. In addition, The Benjamin's windows are double-glazed with argon gas between the panes to help keep rooms quiet and restful.

To ensure that guests receive a perfect night's sleep, the hotel employs a full-time Sleep Concierge who offers guests advice on pillow selection and other sleep-related issues. The Sleep Concierge can also arrange a relaxing massage at

the hotel's Wellness Spa; order a signature bedtime snack of warm milk and cookies or other sleep-inducing room service choices; or arrange the loan of a bedside white noise machine that electronically drowns out any stray background noise.

The Benjamin is located in midtown Manhattan at the corner of Lexington Avenue and 50th Street. For more information, visit www.thebenjamin.com or call 1-888-4-BENJAMIN.

Value-Minded Families Can Cool Their Heels in America's National Parks

Think national parks this summer and give extra thought to packaged, all-inclusive, small group family tours that can save money, planning and logistics time and maximize sightseeing opportunities and experiences.

Austin-Lehman Adventures, the guru of family adventure travel, reminds that national parks address both value and the stay-closer-to-home mantras of today's new economy.

Here are their **Top Five** national park trips for value-minded families:

1) Yellowstone National Park: 6 days/5 nights, all-inclusive at \$1,998 per adult, double occupancy. Children age 7 to 12 share-room price: \$1,798 first child, \$1,598 each additional child. Departures are July 5, 12, 19, 28, Aug. 2, 9, 16. Kids go crazy for: The mineral hot spring-fed pool at Chico Hot Springs Resort where they gather for their own private pizza party while parents have a romantic, adult-only candlelit dinner in the historic dining room.

2) Yosemite National Park: 6 days/5 nights, all-inclusive at \$2,298 per adult, double occupancy. Children age 7 to 12 share-room price: \$2,068 first child, \$1,838 each additional child. Departures are July 5 and 12. Kids go crazy for: The huge trees! It takes 15 kids and parents, hand in hand, to barely encircle one of the Giant Sequoias they visit.

3) Grand Canyon National Park: 5 days/4 nights, all-inclusive at \$1,698 per adult, double occupancy. Children age 7 to 12 price: \$1,528. Departures are July 2, Sept. 3, Oct. 8. Kids go crazy for: The natural Jacuzzi-like tubs created by the cascading waterfalls and Travertine limestone pools of Havasu Creek.

4) Kenai Fjords National Park: 6 days/5 nights, all-inclusive at \$2,998 per adult, double occupancy. Children age 7 to 12 share-room price: \$2,698 first child, \$2,398 each additional child. Departures are July 5, Aug. 9, 16. Kids go crazy for: The long hours of daylight. With Alaska's midnight sun, it's never too dark to paddle, hike and play long after dinner.

5) Grand Teton National Park: 6 days/5 nights, all-inclusive at \$2,598 per adult, double occupancy. Children age 7 to 12 share-room price: \$2,338 first child, \$2,078 each additional child. Departures are July 5, 19, 26, Aug. 2, 9. Kids go crazy for: Seeing enormous Bull Moose under the towering Tetons during the day and bucking broncos under the lights that night at the Jackson Hole rodeo.

Austin-Lehman Adventures manages all of the arrangements for its destinations that include iconic regions of North, Central and South America as well as southern Africa and Europe. Small groups are limited to 12 guests (18 on family departures where they add an extra van and guide). Rates include first-class accommodations, most meals and beverages, expert guides, park entry fees, multisport activities such as hiking, biking, rafting, horseback riding and more, ground transportation and luggage service. Not included is round trip travel to the host city.

For a copy of the 2009 catalog, call 1-800-575-1540, or visit www.austinlehman.com.



Family Fun Package in Naples

Looking for a vacation spot that has something to please virtually everyone in the family? The **Naples Beach Hotel & Golf Club in Naples**, in addition to a Gulf-front setting, offers an on-site championship golf course, a spa, an award-winning tennis center, a fitness center, the professionally-supervised Beach Klub 4 Kids child activity program, four restaurants and three bars.

Add to this its location just blocks from Naples' shopping districts of 5th Avenue South and 3rd Street South. The hotel was named Naples' "Best Family Resort" by the Travel Channel.

Their "Family Fun Package" includes deluxe or superior accommodations for two nights in a newly-remodeled guest room; full breakfast buffet daily for two adults and up to two children

Standard guest room amenities include large closets, in-room refrigerator, two telephones with voicemail, modem access, iron and ironing board, hairdryer, in-room safe, cable television, climate control, and security keycards. High-speed wireless Internet access is also available. In addition, all guest rooms and suites feature furnished balconies or patios overlooking the Gulf, the grounds, or golf course.

Dining options include HB's on the Gulf, the city of Naples' only beachfront restaurant, featuring regional seafood and beautiful views of the sunset, and Broadwell's, overlooking the resort's golf course. Another must do at the resort is to experience the resort's popular Sunset Beach Bar, often recognized as "Best Place To Catch A Southwest Florida Sunset."

For something more adult, The Naples Beach Hotel & Golf Club's has its 24th annual SummerJazz on the Gulf, a free concert series on



(ages 12 and under); beach chairs daily for two; sand pail kit for each child; complimentary morning activities in Beach Klub 4 Kids daily (ages 5-12); one extra hour of boat rental with one hour purchase; one extra hour of tennis play with one hour purchase; afternoon tea and cookies at 4 p.m. daily; complimentary weekly golf clinic; a tour of the resort's Orchid House (on Tuesday mornings at 10 a.m.); and nightly turndown service.

The Family Fun Package is from \$500 to October 1, 2009. The multi-million dollar remodeling of the 318 guest rooms was completed in January 2008, and this followed a six-year \$40 million enhancement and expansion that was completed in 2006.

the resort's scenic Watkins Lawn overlooking the Gulf of Mexico in Southwest Florida.

SummerJazz on the Gulf takes place one Saturday evening per month from 7-10 p.m. beginning in June. This year's concerts will be on June 13; July 18; August 22; and September 19.

In conjunction with each concert, The Naples Beach Hotel & Golf Club will offer a special SummerJazz Rate for concert goers who wish to stay at the resort on those evenings. The rate starts at \$149 per room, per night, and includes complimentary greens fees on the resort's golf course, two reserved beach chairs, unlimited tennis, access to the Spa and Fitness Center, valet parking, afternoon tea and cookies at 4 p.m. daily, and admission for children ages five to 12

in the morning activities of the Beach Klub 4 Kids supervised child activity program. While the greens fees are complimentary with the special rate, there is a cart fee. For reservations or additional information, call **1-800-237-7600** or visit **www.Naples-BeachHotel.com**.

Disney Discounts for Soldiers

The Downtown Disney Resort Area Hotels (www.downtowndisneyhotels.com), a consortium of seven hotels in the Walt Disney World Resort, are celebrating America's military with a 20 percent room rate discount at all of its member hotels.

With the "Celebrate the U.S. Military" offer, both active and retired U.S. military personnel, including active and retired members of the United States Coast Guard and activated members of the National Guard or Reservists, can enjoy 20 percent off the best available room rate at all of the member hotels throughout 2009, when booking directly.

The Downtown Disney Resort Area Hotels consist of the Best Western, Doubletree Guest Suites, Regal Sun Resort, Hilton, Royal Plaza and the Buena Vista Palace Hotel & Spa. The Downtown Disney Resort Area Hotels are located on Disney property and are within walking distance of some of the area's best shopping, dining and entertainment.



Hilton



Royal Plaza



Buena Vista Palace Hotel & Spa

Guests staying at these "Official Walt Disney World" hotels receive special perks not available at hotels outside of the Disney Resort, such as:

- ✓ The ability to purchase Disney tickets at their hotel
- ✓ Complimentary transportation to all four Disney theme parks, two of Disney's water parks, Downtown Disney
- ✓ Advanced tee times at all four Disney golf courses
- ✓ Availability of priority seating arrangements for Disney dinner shows and theme park restaurants
- ✓ Discounts at selected area restaurants, attractions and stores

To make a reservation, for more information or to register to win a free hotel stay at one of the Downtown Disney Resort Area Hotels, visit **www.DowntownDisneyHotels.com**.

Tips for Stretching Vacation Dollars

Even during a tight economy, it is possible to have a memorable and affordable family vacation, particularly at national and state parks. There are many ways vacationers can stretch their vacation dollars, according to national and state park concessioner Xanterra Parks & Resorts.

Visits to destinations closer to home such as state and national parks is expected to be strong this summer. In a recent TripAdvisor survey, for example, 73 percent of those polled said they plan to visit a national park in 2009. Xanterra offers several suggestions, some developed by the reservations agents themselves and others gleaned from Xanterra staff to help the vacation dollar go the extra mile.

▼ Make your room reservations in advance. Many parks offer a variety of room choices, including budget rooms and cabins. Travelers searching for budget accommodations such as rooms with shared bathrooms and cabins should reserve rooms early this year.

▼ If you have the flexibility, travel during a destination's quiet season. Zion Lodge in Zion National Park, for example, offers a March into Spring (www.zionlodge.com/winter-lodging-promotions-1890.html) package featuring a significant discount on rooms. The Grand Canyon Railway has a 50/50 Deal (www.thetrain.com/reservations) that features half-price round-trip coach class train travel to the Grand Canyon's South Rim.

▼ Search for Internet-only deals. Ohio State Park Resorts (www.atapark.com) offer "Hot Dates" and Furnace Creek Resort in Death Valley offers "Prospector" rates. These deep-discount specials are listed only on the website for close-in travel. Check web sites often for new promotions.

▼ Stay inside national parks. At national parks, rates for rooms, food and gift shop items are based upon a government-monitored pricing model that ensures rooms and meals are priced similarly to comparable rooms and meals outside the park. Travelers pay the same amount of money for a room at the South Rim of Grand Canyon National Park (www.grandcanyonlodges.com) as they do for a room outside the park. Also, room rates inside the parks do not increase as availability decreases. Plus, in-park lodging offers the significant advantage of being able to walk to park attractions and features.

▼ Designate a "No Car" day. It is easy to get into the mindset that you need to visit a new historic site every day. Commit to seeing something within walking distance or taking public transportation like shuttle services at the South Rim of the Grand Canyon or in Zion National Park. Don't be surprised if one day like this turns into three.

▼ Flexibility is often the key to finding rooms during peak vacation times. A room is sometimes available on Tuesday or Wednesday instead of Thursday or Friday.

▼ Travel during shoulder seasons. In many locations, the two weeks after Memorial Day and two weeks before Labor Day have plenty of room availability and fewer visitors. Some locations offer spring and fall room rate discounts.

For more information about Xanterra Parks & Resorts and online reservations visit www.xanterra.com. For lodge reservations and more information about Grand Canyon, Bryce Canyon, Zion, Crater Lake or Death Valley, call **888-297-2757**. For Yellowstone reservations, call **866-439-7375**.