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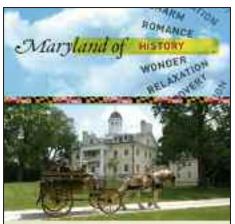
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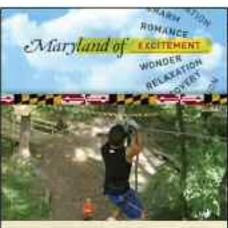


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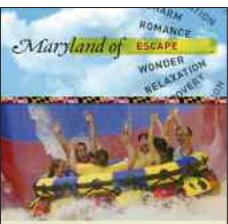
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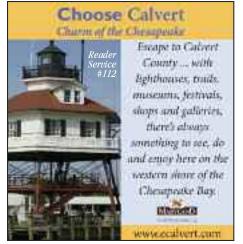


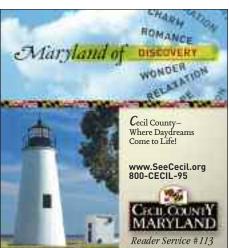
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## STRETCH YOUR BUDGET

Travel tips to save you money on the road

id you know that gas prices can vary up to 20 percent at gas stations just a few blocks from each other?

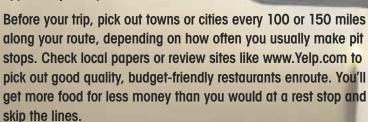
With gas prices reaching nearly \$6 per gallon near major attractions like Disney World and averaging almost \$4 in major cities, you'll have to gas up smart to avoid paying far more for gas on vacation than you normally do.

Fill up your car at your local gas station, check the air pressure on your tires, and empty unnecessary gear out of your trunk before your trip. Low tires decrease fuel efficiency by 3 to 4 percent, and every extra 100 pounds of weight lowers it another 2 percent.

On the road, turn on cruise control whenever possible and use the air conditioning sparingly. Opening your car windows or sunroof actually increases wind resistance, using more gas, so stick to the car's natural vent system or low-level air conditioning for the most fuel efficient summer travel.

Plan both your gas and food stops before your trip to double up on

savings. You'll always pay a premium to fill up gas along the interstate. The price difference for one gallon covers the extra toll to exit the interstate, so why not use the opportunity to explore local communities?



You can find the cheapest gas in cities all along the east coast online or from your phone with services like GasBuddy and FuelFrog. Users upload current gas prices and the database recommends the best-priced gas stations near your location. Check the prices along your route before you leave or download either app to your cellphone.



OCEAN CITY, MD



Summer vacations are the ideal time for grandparents to travel with their grandchildren. School's out, the weather is clear and warm, and special events and attractions spring up all along the east coast to celebrate the season.

Whether the children are young and need lots of supervision or teenage with distinct interests, vacationing on the coast is the best way to meet the needs of both grand-parents and their grandchildren.

Book a stay near the beach—the original all ages summer entertainment spot. Protected beaches, like those in Rhode Island along Narragansett Bay or in Massachusetts along the northwestern shore of

Cape Cod, are ideal for younger children new to swimming. The large beaches along North Carolina's Outer Banks feature small waves ideal for children in their early and late teens looking to swim on their own or body surf, while the boardwalks at Virginia Beach and New York's Coney Island and Rockaway Beach are ideal for grandparents who aren't up to walking in the sand.

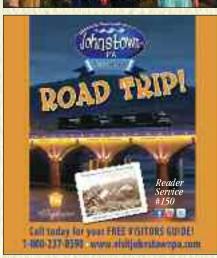
North and South Carolina are home to hundreds of golf courses on gorgeous grounds that offer the ideal background to get older children into the game, especially around Myrtle Beach, an area

(Continued on next page)

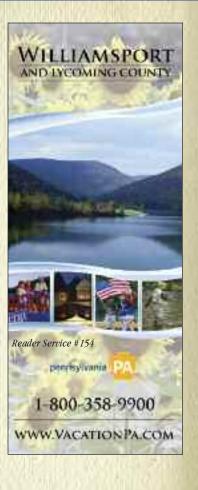
#### PENNSYLVANIA













world-renowned for both the beauty and uniqueness of its courses. Start younger children off with putt-putt at one of hundreds of nearby mini golf courses.

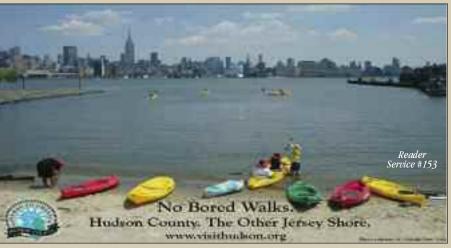
Up and down the east coast, historic sites allow grandparents to share stories of their past summer vacations and relay takes of their own grandparents and earlier generations of the family. From monuments built by the Civilian Conservation Corps after the Great Depression and the forts that protected the coast's harbors during the Civil War to the lighthouses that brought home fishermen from Maine to Georgia and shipwrecks left by early journeys to America, you can tailor your historical sidetrips to your grandchildrens' interests for an engaging and educational adventure.



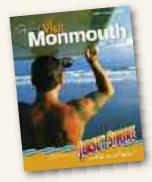








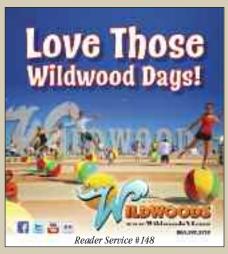
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# The wild beauty of eastern mountain trails

From the Appalachians to the Adirondacks, the Catskills to the Smokies—the breath-taking mountain ranges of the east coast are best explored in the summer, when comfortable temperatures grace the high elevations.

hatever your adventure or fitness level, there's a trail waiting for you. Adventurous hikers can tackle the ambitious Appalachian Trail—or at least part of it. The route extends northeast for more than 2,000 miles from Georgia up into Maine and includes many of the highest peaks in each state, including Clingmans Done in the Smokies, Blood Mountain in Georgia, and Bear Mountain in New York. For families with older children, taking on a mountain peak together makes for a rewarding bonding experience.

Sections of the Appalachian Trail are also ideal fodder for easy day hikes. Between New Jersey and Pennsylvania, the Delaware Gap section begins with an expansive river view from a pedestrian walkway along the Interstate 80 bridge and follows the

Delaware River. In Connecticut, the trail meanders along low ridges peaking out over the Housatonic River valley, rarely rising past 2,000 feet.

When you want to cool off, head to one of the region's mountain lakes for a refreshing dip. The Poconos Mountains in Pennsylvania are home to 150 lakes open for swimming, tubing, and canoeing. In New York's Adirondacks, Lake George features the warmest water in the area and a premiere water ski and wakeboarding school for a truly unique summer getaway.

Travelers who prefer to see the mountains in a leisurely fashion can take advantage of well-serviced driving routes. In northern Virginia, Skyline Drive snakes along mountain peaks through the long, narrow expanse of Shenandoah National Park. The Blue Ridge Parkway, built to connect Shenandoah and Great Smoky Mountain National Parks, continues south from Skyline Drive and covers more than 450 miles of heart-stopping mountain lake, forest, and meadow vistas.



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### TOURIST INFORMATION

# Free Trip Planning Help: Make visitor information centers your first stop

uring a long car trip, visitor information centers make ideal pit-stops for more than just their bathrooms, water fountains, and snack machines. Renovated visitor centers up and down the eastern seaboard are offering more enticing options, from recreation to relaxation to entertainment.

New York City's visitor information center turns the typical brochure-filled main hall on its head. At the edge of Times Square, the center features three multi-touch tables allowing visitors to zoom in and out of city maps and activity options. After assembling their itinerary, visitors can print the information or send it to their cellphones. Visitors can also use individual "pucks" to select sights of interest and project them on the wall with for a short audio-visual tour.

Visitor centers in state and national parks are introducing new museum spaces to showcase regional history in ways that are interesting and accessible to the whole family. At the new Oconaluftee Visitor Center in the Great Smoky Mountains, an interactive exhibit explores how the Cherokees used the forest as their own sustainable farm, encouraging the growth of chestnut- and acorn-producing trees through controlled forest fires like rangers use today.

Innovative visitor centers are also including amenities catered toward special travelers. In Newark, Delaware, the welcome center near the Maryland border on Interstate-95 features a pet exercise space. Shenandoah National Park in Virginia offers ranger-led hikes focusing on local wildlife and travel

activities like geocaching, while the Palisades Interstate Park in New Jersey offers hikes catered to children and visitors with pets, and rangers at Amicalola Falls State Park in Georgia teach birding, orienteering, and backpacking classes.

Make the local visitor information center the first stop of your vacation to get custom suggestions for activities, events, and dining options in the area. Staff members at visitor center information desks specialize in encyclopedic knowledge of the area's best offerings. Instead of scouring guidebooks and websites for hours trying to locate the best matches for you and your family, use the staffs' insider knowledge to map out your trip in a few minutes.

#### WEST VIRGINIA

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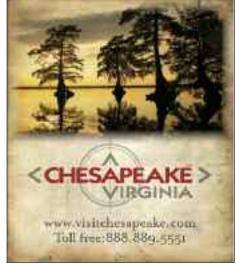
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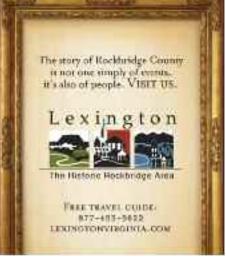
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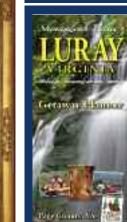


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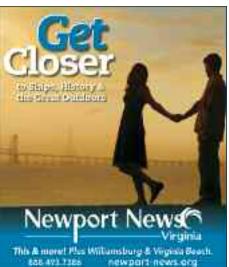




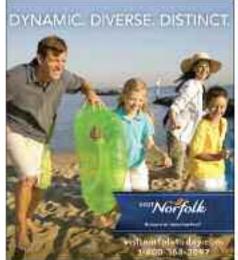
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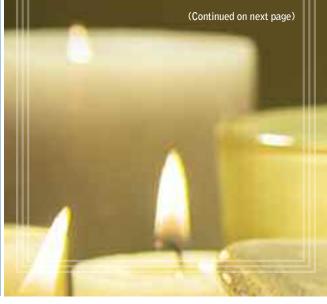
# Soothe

Indulge your senses with a spa vacation

In today's world, stress is a constant. One way to escape from daily worries is to schedule a spa vacation where relaxation is top-of-mind.

According to the International Spa Association, recognized as the leading professional organization and voice of the spa industry, the number one reason people go to a spa is to relax and relieve or reduce stress. People want to escape to a utopia where they be pampered from head to foot. So, it's no wonder that spa vacations are gaining in popularity.

You'll find that many resorts feature spas as part of their overall amenities. If you think that spa vacations are for adults only, think again. Families are finding that spas can provide a fun family retreat.



(Continued from previous page)

When you're planning your next family vacation, look for spas that provide healthy and educational activities for kids. For example, children and teens can learn about skin care as well as nutrition at many spas.

In fact, 51 percent of U.S. spas offer educational programs and nutritional consultations, according to the ISPA, 40 percent offer healthy cuisine classes, 26 percent have educational offerings on obesity or weight gain issues and 17 percent offer exercise programs for children and teens.

When it comes to the services that spas provide, treatments can range from hot rock massages and manicures to body wraps and signature treatments that include products made with natural ingredients indigenous to the region. You'll also find spas that offer environmentally friendly products.

If you can't find a service that suits you, talk to the administrators at the spa or resort. Spas, say the ISPA, listen to the demands and desires of customers. They may be able to tailor a treatment to your personal needs.

In addition to the healing benefits derived from the spa, spa vacations can offer fun, educational activities such as yoga, ropes courses and art classes. You can even learn the art of flying through the air on a trapeze at a spa.

When you're booking reservations, ask if the spa has any packages available. You may be able to find substantial discounts over individual prices.

If a spa resort is out of the question, check to see if the hotel you are using has a spa on the premises. If it does and you make an appointment, take advantage of all the spa offers, including the pool and sauna.



#### NORTH CAROLINA



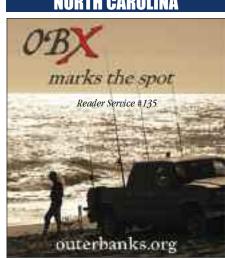




#### VERMONT



#### NORTH CAROLINA

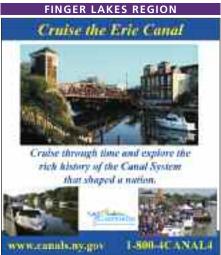












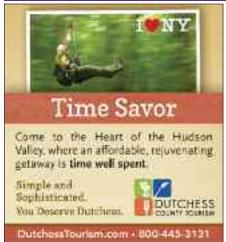
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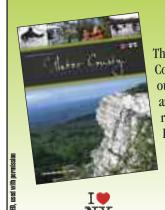
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