

# Fun for the Whole Family

## Plan a vacation at Whidbey Island, WA

---

While you are enjoying a week of intensive, yet gentle, t'ai chi practice, your family can stay at one of the popular resorts near the Whidbey Institute and see the sights.

Some of the popular nearby attractions are:

### **Orcas Island**

#### **Gem of the San Juan Islands**

*People visit or live here for various reasons, but all of those reasons are invariably linked to the natural beauty the island possesses. The wildlife enjoys it as well. Here, eagles soar, whales breach, various species of birds gather, deer graze contentedly and otters and fish swim in the surrounding waters.*

*Orcas is best described as rural. Opportunities for outdoor activities abound. Mount Constitution, the highest point in the San Juan archipelago, promises splendid vistas from its 2409-foot summit. Moran State park features several lakes which host various activities.*

*Miles of shoreline ribbon the island with numerous beaches, both public and private. Surrounding land masses offer the San Juans protection from harsh weather, so the islands enjoy a year round climate that is more moderate than other locations in the Pacific Northwest.*

*The islanders gather in several quaint villages dotted around the island, with Eastsound being the major hub of island activity. Each community is unique and celebrates its individuality in different ways throughout the year.*

*This beautiful island has something for everyone ... kayak in the Puget Sound; climb a mountain trail to enjoy the beautiful vistas; see Orca whales and marine wildlife; stroll through Eastsound village, exploring the small town shops; enjoy a wide array of superb dining choices; or simply sit back, relax, and enjoy the natural beauty of Orcas Island. The*

*Orcas Island Chamber of Commerce hopes a visit to our island is in your plans. Please let us know how we can help.*

*Cottages are available for rent.*

## **Mount Rainier National Park**

### **A Source of Inspiration**

*Learn about glaciers. Discover life in a rainforest. Hike the Wonderland Trail. Explore subalpine ecology. Watch clouds shroud the mountain and disappear. Visit the rustic historic buildings, and perhaps stay half way up towards the summit at Paradise Inn. Dream about climbing to the summit. Study geology. Experience a mountain meadow. Listen to a glacier crack. BE INSPIRED! Visit <http://www.visitrainier.com>*

## **Olympic National Park and Forest**

### **One Lasting Experience**

Along the Pacific Ocean shore, the beaches and temperate rainforest of Olympic National Park offer stunning beauty in a natural setting unlike anything you will see anywhere else in the world. Visit <http://www.olympicnationalparks.com>

## **Other Northwest Attractions**

Seattle features art museums, live music, and superb dining in its many fine restaurants.

If you like hiking, consider some of the many trails in the Cascade Mountains and the Methow Valley an hour east of Seattle.

Take the Clipper to Victoria, British Columbia, (<http://www.clippervacations.com/>) for a visit to one of Canada's most beautiful and culturally rich cities, near the famous Butchart Gardens. Visit <http://www.butchartgardens.com>

*For more travel ideas to the Whidbey Island area, go to:*

[http://www.tripadvisor.com/Tourism-g58824-Whidbey\\_Island\\_Washington-Vacations.html](http://www.tripadvisor.com/Tourism-g58824-Whidbey_Island_Washington-Vacations.html)

We suggest that you have your family meet you at the end of your week of training so you can all enjoy the beauty of the Pacific Northwest. If you are traveling with family, we can help you find lodging near the Whidbey Institute where you will be staying.

If you have more questions about traveling to the Northwest, please contact David Goodell at davidgoodell@earthlink.net