

FAMILY FUN

Multi-generational getaway done right at Suncadia Resort

All-season Washington state playground is a perfect escape for the entire family

MHAIRRI WOODHALL

Since retiring, my parents have discovered two preferred pastimes; playing golf and spending time with their grandchildren. I'm fortunate to live nearby, and my daughter Brooklyn loves nothing more than crafting, reading stories and sipping countless cups of tea with her grandparents. This summer, we treated Grammy, Gramps and ourselves to a special weekend getaway at Suncadia Resort — indulging them with their two favourite things. I chose the mammoth all-season 6,400-acre playground, nestled amid Washington's Cascade Mountains, for its plethora of family-focused activities and three scenic championship golf courses, one of which is a private members-only club.

Suncadia's array of accommodation is as expansive as its grounds, encompassing three hotel-style properties and an impressive collection of luxury vacation homes throughout 10 uniquely themed neighbourhoods. Our five-bedroom rental, 131 Maple Leaf Loop, overlooking the Prospector Golf Course, is a spectacular mountain retreat, that looks to be exquisitely furnished from the pages of a Restoration Hardware magazine. Two sumptuous master suites, a darling bunkroom that sleeps four, a kitchen so well equipped that it puts mine to shame, two outdoor spaces, a fire pit, hot tub and — much to my 10-year-old daughter Brooklyn's delight — a piano are just a few home highlights. We spent most evenings playing Uno on the upper deck, walking the neighbourhood, checking out the incredible homes, and looking for grazing deer. Suncadia's biggest draw for kids is the three pool complexes. With its ze-

IF YOU GO

Suncadia Resort is an hour and a half drive from the Seattle-Tacoma International Airport. The fall season is one of the best times to visit, with Suncadia's special vacation home pricing of book two nights and receive the third night free (valid between Sept. 5 through Nov. 15).

ro-entry leisure pool, interactive splash pad, small-scale lazy river and whirlpool, Nelson Farm appears to be the most popular spot for families. We arrived shortly after opening on our first day and felt fortunate to nab some loungers, albeit we were too late for an umbrella. Nonetheless, we thoroughly enjoyed staying cool in the pool, and for our barbecue lunch sat at a shaded table in Nellie's Restaurant & Pool Bar. The following day we opted for the much quieter swim and fitness centre outdoor pool, open year-round and heated to a balmy 32 C. Given the inviting water temperature, ample available umbrellas and the on-site taco truck, we were surprised — and delighted — at how quiet the pool area was.

Suncadia has a network of hiking and biking trails and offers myriad adventure activities like guided fly-fishing, river rafting and ATV tours, archery and axe throwing, canoeing and children's arts and crafts programming. And for my parents, Suncadia's crown jewel lies in its championship fairways.

The Arnold Palmer-designed Prospector Golf Course is adjacent to Suncadia's boutique 18-room inn, with the Jacobsen Hardy-designed Rope Rider Golf Course

about a five-minute drive away. The Rope Rider Course, bearing testimony to the area's mining history, is named after the coal miners who, in years gone by, precariously balanced themselves on the coal cars that manoeuvred the steep slopes of mine shafts.

The foundations and portals of mines No. 9 and 10 remain on the course, along with Tipple Hill — a 36-metre hill of coal tailings. My parents found the courses beautiful and a fine test for golfers, with particularly challenging greens. They also enjoyed viewing the deer and other wildlife in whose domain they were playing.

After their round, we joined my parents for dinner at The Stovehouse, one of the resort's eight dining experiences. The menu features elevated gastropub fare, including Wagyu brisket burnt ends, devilled eggs, smoked chicken wings, beer battered fish and chips, and a variety of hand-held favourites. Our meal was delicious, and the Pacific Northwest golf course setting was equally stunning. Although we had a kitchen in our vacation home, we opted to order flatbreads and salads from Swiftwater Cellars on our last night, which were also fantastic and reasonably priced.

While at Suncadia, we made a day trip to charming Leavenworth, a Bavarian-style village about an hour north of the resort. I remember visiting as a child, and from what I can recall, the quaint storefronts and restaurants are practically unchanged. Our first stop was the Nutcracker Lady Gift Shop, marvelling at intricate hand-carved ornaments and purchasing a festive Rat King nutcracker. We snacked our way along Front Street, sampling gingerbread and strudel and listening to the live traditional Bavarian music performed in the outdoor pavilion. I hear Leavenworth's Christmas season is even more spectacular



With its picturesque trails and pathways, plus three pool complexes, Suncadia Resort offers plenty of fun for the family. MHAIRRI WOODHALL




Suncadia Resort is a 6,400-acre playground nestled amid Washington's Cascade Mountains, offering various family activities and three golf courses.

when the village sparkles with more than half a million fairy lights.

Perhaps we'll be lured back for a winter wonderland adventure of

cross-country skiing, ice skating, snowshoeing, and soaking in Suncadia's heated outdoor pools.

For more destination information, visit @arrivals_travel.




BRAIN HEALTH

I was so forgetful but...

I NOW REMEMBER THINGS more easily!

Bogumil is 70 years old and in good health, but he was having a hard time remembering the most basic things. It was getting so frustrating, that he went looking for some help.

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THINGS CHANGED WHEN I TURNED 70

"My name is Bogumil and I live in Montreal. I have always been in good health and exercise routinely, but after turning 70, I started to notice that I forgot things like people's names and some of my daily chores. My doctor told me that it's part of getting older, but I refused to accept this.

I DECIDED TO TAKE ACTION

I decided to research the problem and started looking for natural health products that could support my cognitive health. It was by luck that I read about New Nordic's product called Clear Brain™. It caught my attention as the product contains plant extracts that have been proven effective. So, I decided to give it a try.

IT WORKED!

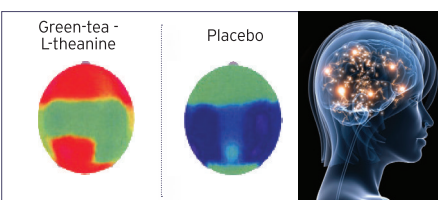
After a few weeks of taking Clear Brain, I noticed a real improvement. I was having an

easier time remembering and felt more alert and concentrated than ever. I was thrilled! I have been taking Clear Brain now for a few months and even my wife has joined me. We have every intention of continuing to take this great supplement and recommend it to anyone who wants to enhance their memory and cognition, like us."

B.K., Montreal

BRAIN SCAN IMAGE

Clear Brain™ uses the popular ingredient l-theanine, from tea leaves, to enhance alpha brain waves. This creates a state of relaxation, concentration and alertness. In brain scans, shown below, red areas show alertness and activity, while blue are passive.





BRAIN NUTRIENTS FROM NATURE

Clear Brain™ is made in Sweden and contains several brain nourishing ingredients, such as walnut extract, pomegranate fruit, ginkgo and pine bark, as well as specific b-vitamins. It also contains l-theanine, extracted from tea leaves to promote alpha brain waves, which promotes relaxation, concentration and alertness.

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