

Leewood Times Guide to your...

Summer 2009

# STAYCATION

Tips for Planning a Vacation at Home

Say  
**NO**  
to  
Chores

How to be a  
HomeTown Tourist

100 things to do in  
less than 100 miles



## **Get away on vacation – At Home!**

*“Be it ever so humble, there's no place like anywhere but home.”*

In these tough economic times, the trend is for people to spend their vacation exploring what their city has to offer instead of leaving town. “STAYCATIONS” became popular during the '08 summer travel season when rising fuel prices made plane tickets or long road trips prohibitively expensive for many people.

So what is a STAYCATION? What should you do? First, don't do anything you wouldn't do on a normal vacation - such as working in the yard, or cleaning the house. Your STAYCATION needs to be fun! Attend to all that stuff before you go, just as you would do in preparing for a traditional vacation.

The editors of the Leewood Times have created this guide for you and your family to use this travel season, with tips and a list of *100 things you can do within 100 miles*, many of them for free!

Whether you opt to take a STAYCATION rather than a traditional vacation in order to save money, avoid holiday travel, or for any other reason, these STAYCATION strategies can help you plan a STAYCATION that's worthy of a postcard.

### **Set the Time and Date**

Give your STAYCATION a start and end date -- otherwise, it runs the risk of feeling like just another string of nights in front of the tube. So coordinate your calendars and settle on specific days when you can officially be on STAYCATION.

### **Pack Your Time with Activities**

Get input from the entire family and plan a daily activity each day. Make sure that they are fun activities that get you out of the house.

### **Follow a STAYCATION Budget**

Chances are one big reason for planning a STAYCATION rather than a vacation is that cash is short. The good news is you can take a STAYCATION for next to nothing. Prepare a budget just like you would for your traditional vacation. This will help you stay on task and within your means.

### **Play "Hometown Tourist"**

You may be surprised at how much fun it is to be a tourist in your own town. Visit your [Leewood Times Summer Fun Guide](#) and plan a fun time as though you were new to Northern Virginia. Try to avoid chain restaurants and anything you normally do, and try unique things that you've been meaning to try, or perhaps that you'd never heard of before.

### **Say NO to Chores**

Don't make the bed, vacuum, clean out the closets, pull weeds. **Nothing.** You're on vacation!

## **Be a Hotel Guest**

It can also be surprisingly relaxing to stay in a nearby hotel. It sounds crazy to spend money on a nearby hotel when you can sleep in your own bed for free. Just think of all the fun things that most of us don't have in our own homes: room service, brand-new little soaps, whirlpool bath tubs, pools and saunas, fun attractions in walking distance, maid service, etc. Basically, you get to immerse yourself in clean, nicely decorated surroundings that don't have piles of laundry and clutter lying around. You can turn off your cell phone and become unreachable, you can close the thick drapes and sleep in as late as you want to and then roll out of bed to a breakfast someone else prepares, or even order it delivered to your room! Suddenly, the idea didn't sound so crazy after all...

## **Put out the NOT WELCOME Mat**

A STAYCATION dictates that we will be spending significant time at home. Lock the door, close the blinds, silence the phones, and turn off your computer. Take a quiet day. You wouldn't invite your friends to travel with you on your vacation, so don't invite them on your STAYCATION. This is your time, and if you want to spend it in your pajamas, that's great!

## **Transport Yourself through the Magic of Books and Movies**

On your STAYCATION, you have the luxury of time to sit back, relax, and immerse yourself in a great book or movie. Whatever your taste, a STAYCATION is your opportunity to mentally visit other places and times.

## **Make a Home Spa Night Part of Your STAYCATION**

Why pay strangers good money to pummel and pick at you when your beloved is willing to do it for free? See below for some tips on how to create a home spa that replicates the experience of a real one.

## **Take Photos or Videos**

Make a record of the time just as you would if you went away from home for your vacation. You'll certainly want to make a permanent record of your STAYCATION to look back upon fondly. Catalogue all the hot spots you hit and interesting people you meet.

## **Plan a Real Vacation**

A reward for planning and taking a STAYCATION may be that you've earned yourselves a real vacation. Even if you're short on funds, you can start saving up now for a real vacation in the future. This time, circle the calendar for real. And while you're waiting to take that trip...

## *100 Things You Can Do Within 100 Miles*

-1-

**Have a Backyard BBQ** – Cook something that you have never prepared before. Link: <http://www.leewood.us/BBQ.htm>

-2-

**Read a Book** – Pick up something that you have been meaning to read and mentally visit other places and times. Link: <http://www.amazon.com/books>

-3-

**Have a Movie Marathon** - Rent movies from Red Box or a local video store and power down in front of the TV. You can also bring your set outside to watch movies under the stars. Link: <http://www.redbox.com/home.aspx>

-4-

**Create a Home Spa Day** – Self care is important for stress management. Giving yourself or a loved one a spa experience can be a wonderful tension tamer. Link: <http://www.bhg.com/health-family/mind-body-spirit/stress-relief/home-spa-treatment/>

-5-

**Sleep in and order “Room Service”** - Take a morning for yourself and your loved ones while having breakfast in bed. Link: [http://www.mrbreakfast.com/feature\\_breakfast\\_in\\_bed.asp](http://www.mrbreakfast.com/feature_breakfast_in_bed.asp)

-6-

**Play Games** - Break out the old board games or buy a new one to try. Have a Board Game Decathlon, 10 games in a row. Link: <http://www.boardgames.com/>

-7-

**Have a Pool Day** – Join a Pool this year, or ask around to see if your friends will let you use theirs for a day. You can also find one that allows day passes. Link: <http://www.leewood.us/summer.htm#pools>

-8-

**Have a Picnic in the Park** – Fairfax County has a great amount of parks to choose from, spend an afternoon with your loved ones on a blanket in the sun. Link <http://www.leewood.us/summer.htm#parks>

-9-

**Take a Hike** – Northern Virginia offers a wide variety of hiking trails. Visit Northern Virginia Regional Park Authority. Link <http://www.nvrpa.org/trails.html>

-10-

**Go Camping** – You can set up a tent in your yard for a night or can even set up a campsite inside your home. Here are some campgrounds in our area. Link: <http://www.leewood.us/summer.htm#Camping>

-11-

Have an **Indoor Picnic** – Why deal with all the bugs and people when you can have a fun picnic in your living room? Link: [http://www.diynetwork.com/diy/lc\\_party\\_food/article/0,2041,DIY\\_14011\\_2273277,00.html](http://www.diynetwork.com/diy/lc_party_food/article/0,2041,DIY_14011_2273277,00.html)

-12-

**Cook something new TOGETHER** – Find a recipe that your whole family will enjoy and split up all the duties, working together creating a family meal where everyone can take the credit. Link: [http://www.fns.usda.gov/TN/Resources/Nibbles/lets\\_cook.pdf](http://www.fns.usda.gov/TN/Resources/Nibbles/lets_cook.pdf)

-13-

Have **Blind Taste Test** – entertain some friends and learn about different types of wine in a fun way at the same time, try it with food with your family. Link: <http://www.amazon.com/Winerd-Trivia-Blind-Tasting-Board/dp/B000B8DN78>

-14-

**Make Something** – Things such as a coffee table, some shelves, a bird table, pottery dishes, vases, face sculpture, candles or soap. Craft shops are full of ideas. Link: <http://www.michaels.com/art/online/home>

-15-

**Surf the Web Together** – have an internet surprise buy purchasing something for your loved ones or just surf the web as a family. Link: <http://www.surfnetkids.com/>

-16-

Take a **Bike Ride** – Make sure you are as visible as the cars around you. Light up at night and stay safe. Link: <http://www.bicycling.com/article/0,6610,s1-3-583-18174-1,00.html> Spring Maintenance Tips. Link: <http://www.bicycling.com/maintenance/>

-17-

Star gaze. Lie in the yard and see if you can **Name the Constellations**. Link: <http://space.about.com/od/starsplanetsgalaxies/ig/Constellations-Pictures/>

-18-

Visit The **Smithsonian National Air and Space Museum** in Washington, DC and the **Steven F. Udvar-Hazy Center** in Chantilly, Virginia. Link: <http://www.nasm.si.edu/>

-19-

Tour the **U. S. Air Force Memorial**. Link: <http://www.airforcememorial.org/>

-20-

Visit **Wolf Trap Farm Park**. Link: <http://www.wolf-trap.org/>

-21-

Experience History at the **Manassas National Battlefield Park**. Link: <http://www.nps.gov/mana/>

-22-

Have you been to The **National Marine Corps Museum**? Have you ever wondered what that interesting looking building was off of I-95 in Quantico, VA? Link: <http://www.usmcmuseum.com/index.asp>

-23-

Visit the grounds of the **George Washington Masonic Memorial**. Link <http://www.gwmemorial.org/>

-24-

Step back in time at the **Claude Moore Colonial Farm**. Link: <http://www.1771.org/>

-25-

Take a walking tour of **Old-town Alexandria**. Link: <http://dc.about.com/cs/sightseeing/a/oldtown.htm>

-26-

Visit the grounds of **Arlington National Cemetery**. Link: <http://www.arlingtoncemetery.org/>

-27-

Consider “Saturday Morning at the National,” This the **National Theatre**’s free performance series designed for the whole family. Link: <http://www.nationaltheatre.org/Saturday/saturday.htm>

-28-

Take pictures in front of the **various Monuments in DC**. Link: <http://dc.about.com/cs/sightseeing/a/Monuments.htm>

-30-

Visit the **Three Houses of Government**. Link: <http://dc.about.com/cs/walkingtours/a/ThreeHouses.htm>

-31-

Walk the Grounds of **Mount Vernon** – The Birthplace of George Washington. Link: <http://www.mountvernon.org/index.cfm?>

-32-

Spend a night in a **Hotel in DC**. Link: [http://travel.yahoo.com/p-travelguide-474886-washington\\_vacations-i](http://travel.yahoo.com/p-travelguide-474886-washington_vacations-i)

-33-

Watch the Animals at the **National Zoo**. Link: <http://nationalzoo.si.edu/default.cfm>

-34-

Buy Fresh at the **Eastern Farmers Market**. Link: <http://www.easternmarket.net/>

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Watch The Planes at **Gravelly Park**. Link: <http://www.washingtonpost.com/gog/misc-locations/gravelly-point-park,1028013.html>

-36-

Take a **Duck Boat** tour of DC. Link: <http://www.dcducks.com/>

-37-

Rent a **boat - canoe or kayak** on the Potomac. Link: <http://dc.about.com/od/boating/a/Kayaking.htm>

-38-

Visit The **National Harbor**. Link: <http://www.nationalharbor.com/consumer/consumer.htm>

-39-

Take the **Ferry to Old-Town Alexandria**. Link: <http://www.nationalharbor.com/consumer/marina.htm>

-40-

Watch the **Nationals** play baseball in their NEW ballpark. Link: <http://nationals.mlb.com/was/ballpark/index.jsp>

-41-

Go to a concert at the **Kennedy Center**. Link: <http://www.kennedy-center.org/>

-42-

**Eat outdoors** in DC dining. Link: <http://www.opentable.com/promo.aspx?m=9&pid=14>

-43-

Ride a Bike Along the **C & O Canal**. Link: <http://bikewashington.org/canal/>

-44-

Take a Walk through **Georgetown**. Link: <http://travel.nationalgeographic.com/places/places-of-a-lifetime/washingtondc-walking-tour-1.html>

-45-

Take in a free performance at **The Kennedy Center's Millennium Stage** every evening at 6pm. Link: <http://www.kennedy-center.org/programs/millennium/>

-46-

Check out free, live music at the **National Gallery of Art** Sunday evenings at 6:30pm. Link: <http://www.nga.gov/programs/music/>

-47-

Head to **Meridian Hill Park** on Sundays. Feel the beat of a local tradition (weather-permitting) between 3 and 9pm to hear the famous drum circle, a fixture in the park for more than 40 years that brings together people together from all different backgrounds to hear drum beats and watch African dancing  
Link: <http://www.nps.gov/mehi/>

-48-

Experience culture at the **National Museum of the American Indian**. Link: <http://www.nmai.si.edu/>

-49-

See the **Shakespeare Theatre Company's** productions of **Woolly Mammoth Theatre Company's** "Pay-What-You-Can" tickets for the first two performances (usually Monday and Tuesday). Link: <http://www.woollymammoth.net/>

-50-

Enjoy free, live jazz at the **Smithsonian American Art Museum's** "Take Five!" performance series. Link: [http://www.smithsonianjazz.org/sjmo/sjmo\\_start.asp](http://www.smithsonianjazz.org/sjmo/sjmo_start.asp)

-51-

See the stars in **Rock Creek Park** at the only planetarium operated by the National Park Service. Link: <http://www.nps.gov/rocr/planyourvisit/planetarium.htm>

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Create a related art project to take home through the **Freer & Sackler Gallery's ImaginAsia** family programming. Link: <http://www.asia.si.edu/events/imaginAsia.asp>



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Take a **Segway Tour** of DC. Link: <http://citysegwaytours.com/washington-dc>

-54-

Make money (or see money made) with a free tour of the **Bureau of Engraving and Printing**. Link: <http://www.bep.treas.gov/locations/section.cfm/20/478>

-55-

Explore the beautiful grounds of the **National Cathedral**, the sixth largest cathedral in the world, and then take a Gargoyle Tour. Link: <http://www.nationalcathedral.org/>

-56-

Walk among living butterflies at the **National Museum of Natural History's Butterfly Pavilion** (adults \$6/children \$5). Tuesdays are free, but timed-entry tickets are required. Link: <http://www.butterflies.si.edu/>

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Ride The Train – Take a ride on DC ‘s clean and safe **Metrorail** system to give kids a taste of a train ride, and a break from the summer heat. Day Passes cost just \$7.80 and the Metro travels all over the city. Link: <http://www.wmata.com/rail/maps/map.cfm>

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Fly a kite next to the **Washington Monument** for a great family photo. Link: <http://dc.about.com/od/specialevents/a/SmithKiteFest.htm>

-59-

Give kids an inspiring lesson in freedom with a stop at the National Archives Building. See the original Declaration of Independence, U.S. Constitution and Bill of Rights. Link: <http://www.archives.gov/dc-metro/washington/>

-60-

Sit in the lobby of the **Willard InterContinental Hotel** to imagine history unfolding. Link: <http://www.washington.intercontinental.com/washa/index.shtml>

-61-

Check out the **Library of Congress'** new and interactive elements, like the re-creation of Thomas Jefferson's original library. Link: <http://www.loc.gov/exhibits/jefferson/>

-62-

Test your history knowledge at the **National Portrait Gallery**, where the nation's only complete collection of presidential portraits outside the White House is located. Link: <http://www.npg.si.edu/>

-63-

See America's story told through stamps at the **National Postal Museum**. Link: <http://www.postalmuseum.si.edu/>

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Visit the 100-year-old **Union Station** to find out why its beautiful architecture and special events make it more than just a train station. Get inspired by its beautiful architecture. Link: <http://www.unionstationdc.com/>

-65-

Let DC's green space surprise you with a visit the **National Arboretum**. Link: <http://www.usna.usda.gov/>

-66-

Browse through the **National Gallery of Art's Sculpture Garden**. Link: <http://www.nga.gov/feature/sculpturegarden/general/index.shtm>

-67-

Bring to dog to **Lincoln Park** on pet-friendly Capitol Hill. Link: [http://www.nps.gov/cahi/historyculture/cahi\\_lincoln.htm](http://www.nps.gov/cahi/historyculture/cahi_lincoln.htm)

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Get a taste of Little Rome with a visit to the myriad Roman Catholic institutions located in the Brookland neighborhood of DC, including the **National Shrine of the Immaculate Conception, Franciscan Monastery and Garden, Catholic University and the Pope John Paul II Cultural Center**. Link: <http://www.nationalshrine.com>

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Go to the **Goethe Institute** in Penn Quarter to learn all about German culture, and see the work of German artists in the gallery. Link: <http://www.goethe.de/ins/us/was/enindex.htm>

-70-

Experience African American history through visual art at the **Howard University Gallery of Art**. Located on campus, the Gallery's African American Art Collection is free, and one of the most comprehensive representations of black artists in existence. Link: [http://www.howard.edu/CollegeFineArts/gallery\\_final/GalleryofArt.html](http://www.howard.edu/CollegeFineArts/gallery_final/GalleryofArt.html)

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Get intellectual by attending a book talk at **Politics and Prose**, a bookstore and coffeehouse in Van Ness. Link: <http://www.politics-prose.com/>

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Have a power lunch for less at **Old Ebbitt Grill**, the oldest restaurant in DC. Link: <http://www.ebbitt.com/main/index-flash.cfm>

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The museum of the **Daughters of the American Revolution** is a small Washington, DC attraction that is often missed by visitors. Link: <http://www.dar.org/>

-74-

Visit **East Potomac Park**. Link: <http://dc.about.com/od/restaurant1/a/EastPotomacPk.htm>

-75-

**Natl. Museum of Crime & Punishment** has notorious history of American crime. Link: [www.crimemuseum.org](http://www.crimemuseum.org)

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Take a day trip to the **Annapolis City Dock**. Link: <http://dc.about.com/od/daytripsgetaways/a/Annapolis.htm>

-77-

While you're there check out the **United States Naval Academy**. Link: <http://www.navyonline.com/>

-78-

Take a **sightseeing cruise** on the Chesapeake Bay. Link: <http://dc.about.com/od/boating/a/AnnapolisCruise.htm>

-79-

Visit the **Annapolis Maritime Museum**. 723 Second Street, Eastport, Annapolis, MD (410) 295-0104. Link: <http://www.amaritime.org/>

-80-

Spend some time at the **Chesapeake Children's Museum** - 25 Silopanna Road, Annapolis, MD (410) 990-1993. Link: <http://www.theccm.org/>

-81-

While in Annapolis step back in time at the **William Paca House and Garden**. 186 Prince George Street, Annapolis, MD (410) 990-4538. Visit the restored home of William Paca, signer of the Declaration of Independence and Revolutionary-era governor of Maryland. Link: <http://www.annapolis.org/index.asp?pageid=49>

-82-

Tour the oldest state house still in legislative use, the **Maryland State House** - 100 State Circle, Annapolis, MD (410) 974-3400. Link: <http://www.msa.md.gov/msa/mdstatehouse/html/home.html>

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**National Sailing Hall of Fame** - 67-69 Prince George St. Annapolis, MD (877) 295-3022. This museum, just opened in May of 2006, explores the history of sailing and its impact on our culture, honoring those who have made outstanding contributions to the sport of sailing. Link: <http://www.nationalsailinghalloffame.org/>

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Grand parents will enjoy the **Hammond-Harwood House** - 19 Maryland Avenue, Annapolis, MD (410) 263-4683. The circa 1774 Anglo-Palladian masterpiece, built by English architect William Buckland, boasts one of finest collections of 18th-century decorative and fine arts. Children enjoy the colonial kitchen and herb garden as well as learning about the lives of the men, women, and children who lived in Maryland during the Golden Age of Annapolis. Link: <http://www.hammondharwoodhouse.org/>

-85-

Take a day trip to Baltimore, and visit the crown jewel of the Inner Harbor, The **Baltimore Aquarium**, the modern architecture impresses almost as much as its 660 species of animals. Link: <http://baltimore.about.com/od/artsentertainment/a/NAIB.htm>

-86-

Catch a Baseball Game at **Oriole Park at Camden Yards** – 333 W Camden St, Baltimore, MD 21201. Link: <http://baltimore.orioles.mlb.com/bal/ballpark/index.jsp>

-87-

Getting Around Baltimore on the **Water Taxi**. Link: <http://baltimore.about.com/od/innerharborattractions/a/watertaxi.htm>

-88-

Visit **Port Discovery** in Baltimore. Interactive exhibits for the whole family and hands-on activities that run non-stop daily. Link: <http://www.portdiscovery.org/>

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While in Baltimore, go to **Fells Point**. With its cobbled stone streets and its waterfront location, Historic Fells Point has long been a favorite attraction for young and old alike. Link: <http://www.fellspoint.us/>

-90-

Have dinner in **Little Italy** in Baltimore. Link: <http://www.littleitalymd.com/>

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Take the family to **Six Flags America** in Largo, Md. Link: <http://www.sixflags.com/america/index.aspx>

-92-

You can also take them to **Paramount's Kings Dominion** in Doswell, Va. Link: <http://www1.cedarfair.com/kingsdominion/index.cfm>

-93-

Visit the historic town of **Occoquan, Virginia**. Link: <http://www.occoquan.com/>

-94-

Go back in time at **Gettysburg Battlefield**, Gettysburg, PA. Link: <http://www.nps.gov/gett/>

-95-

While there: Take a ride on the **Pioneer Lines Scenic Railway** Gettysburg, PA. Link: <http://www.gettysburgrail.com/>

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Take your kids to **CLEMYJONTRI PARK**. The park features a unique playground where children of all abilities can play side-by-side. It is a playground where every child is welcome. Link: <http://www.fairfaxcounty.gov/parks/clemyjontri/>

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Washington, DC Area **Trout Fishing**. Link: <http://www.nvatu.org/>

-98-

Walk the **Fairfax Cross County Trail**. Link: <http://www.fairfaxcounty.gov/parks/cct/>

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Drive **Skyline Drive**. Link: [http://www.nps.gov/shen/planyourvisit/drive\\_status.htm](http://www.nps.gov/shen/planyourvisit/drive_status.htm)

-100-

Visit **Shenandoah National Park**. Link: <http://www.nps.gov/shen>