

WET'S HAPPENING!

3 great ways to make your summer splash

Wondering how to get on the water for fun this summer? It's as easy as 1-2-3:

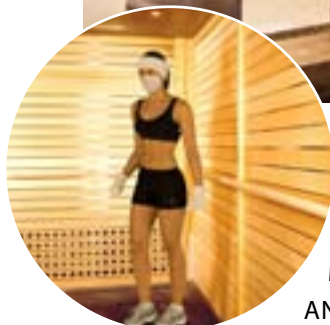
1. Savor **Seattle Food Tours** combines three of the greatest attributes of the Pacific Northwest—spectacular outdoor settings, sublime food and delicious wines—to create one memorable experience on its new **San Juan Island Gourmet Kayaking Tour**. The three-day, novice-level kayak trip along the shores of San Juan Island and its island neighbors include seven gourmet meals, quality gear and guides who double as gourmet chefs. Dinners featuring such entrees as braised beef short ribs are paired with Boomtown label wines by Dusted Valley Vintners. All of the meals feature ingredients produced from across the Northwest (accommodations for dietary restrictions are available with advance notice). (888) 987-2865, www.savorseattletours.com.

2. Soak up the sights of the Yakima River Canyon at your own pace on a Do-It-Yourself float trip down its gentle, Class I waters. **Red's Fly Shop** (www.redsflyshop.com) and **Rill Adventures** (www.rillsonline.com) offer raft rentals and shuttle services that get you on and off the river with ease. While riding the riffles, scan the 2,000-foot-high cliffs for bighorn sheep, and watch for golden eagles and falcons riding thermals.

3. At **Silverwood Theme Park's Boulder Beach** water park near Coeur d'Alene, Idaho, the new Ricochet Rapids ride finally answers the question of what it's like to float down a 737-foot-long tube on a 4- to 6-person raft. (208) 683-3400, www.silverwoodthemepark.com.
—ROB BHATT/LESLIE FORSBERG



A cold sauna (inset) and Swarovski crystals make Sparkling Hill a cool place to chill.



A TIME TO CHILL

ALONG WITH STONE MASSAGES, MUDWRAPS AND OTHER DE RIGUEUR

SPA TREATMENTS, Sparkling

Hill Resort, near Vernon in British Columbia's Okanagan Valley, offers North America's first "cryotherapy" sauna. Temperatures reach -110 degrees C (that's colder than Antarctica, but who's keeping score?) in a chamber in the resort's 40,000-square-foot KurSpa. Proponents say an adrenaline-charged three-minute visit (\$40) cools joint inflammation and skin irritation. It also provides bragging rights galore. Other amenities at the 152-room resort—dripping in 3.5 million Swarovski crystals—include an indoor saltwater pool featuring underwater music and an outdoor infinity pool overlooking the valley and its lake. Cool stuff, indeed. (877) 275-1556, www.sparklinghill.com. —LORA SHINN

EMAFETERPHOTOGRAPHY

curtain call

Sullivan's Steakhouse in Seattle shines the spotlight on you before your night at the theater. The restaurant's **Spotlight Menu** offers three-course dinners for just \$35 per person, with entree choices of steak, salmon or roasted chicken. The menu is available before 6:30 p.m. for guests visiting **ACT** or the **5th Avenue Theatre**, both just steps away, with complimentary valet parking available to dinner guests. (206) 494-4442, www.sullivansteakhouse.com.

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* Price based on 2 Adults, 1 Junior and 1 Child. The number of packages available at this rate is limited. Tickets valid for one Theme Park per day and must be used within 14 days of first use. No group rates or other discounts apply. Advance reservations required.

** Excludes gratuities and alcoholic beverages. Children ages 3–9 must order from children's menu if available. Some Table-Service restaurants may have limited or no availability at time of package purchase.

*** Online registration required for redemption of the *Disney's PhotoPass® Photo Book*. A one-time use promotion code for a 20-page Photo Book will be provided in your travel confirmation documents.

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