

LIFESTYLE TRENDS AND FABULOUS JOURNEYS FOR TODAY'S WOMAN

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### Weekly *travelgirl* Scoop

Come visit us every week and check out our travelgirl scoop. We'll have the latest news on what's going on, what's coming up, the latest travel deals and where you should be going next! Have some scoop of your own you'd like to share? Email it to [jan@travelgirlinc.com](mailto:jan@travelgirlinc.com)

To submit a lifestyle or travel-related product for review, send a non-returnable product sample along with press kit (or any media information available) to:

The Scoop  
3508 Broad Street  
Chamblee, GA 30341

### The Scoop for June 6, 2008 compiled by Jan Butsch Schroder

#### Girlfriend Getaway of the Week &mdash; The Bahamas

The all-new Sheraton Cable Beach Resort in Nassau has a Girlfriend Getaway Package that will have you sipping and snorkeling. Included are an ocean view room, breakfast every day, a welcome cocktail at the Telegraph Bar and wine and cheese in your room on arrival. The resort has 694 guest rooms and suites, all with balconies, three pools, a swim-up bar and six restaurants and lounges. Rates start at \$309 a person, with a three-night minimum. [www.sheraton.com/cablebeach](http://www.sheraton.com/cablebeach).



Picture yourself here on your next girlfriend getaway

#### Chat, Chew and Chocolate

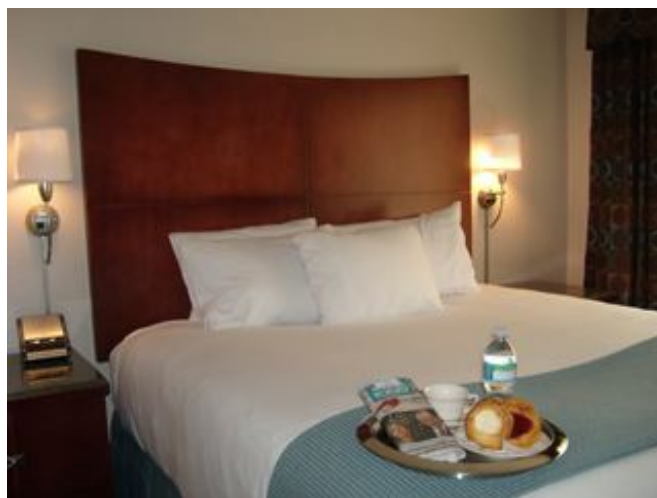
Jill Anderson and Jamie Lau of this alliteratively named social networking group wrote to tell travelgirl about a Girlfriend's Weekend they organized.

"We recently took a group of women up to Flagstaff, Arizona for a weekend of fun, laughter, hiking and horseback riding.

## The Scoop for May 23 2008 compiled by Jan Butsch Schroder

### Girlfriend Getaway of the Week — A Suite Deal in D.C.

Walk to all the sites in our nation's Capitol with a Girlfriends' Weekend Getaway Package at Capitol Hill Suites. This newly renovated boutique hotel features large suites with kitchens — perfect for late-night ice cream parties or breakfast in your favorite pajamas. This package includes two all-day Metro passes, two pairs of snuggle socks, a free DVD rental and a \$10 Starbucks certificate. Rates start at \$189. [www.capitolhillsuites.com](http://www.capitolhillsuites.com). For more information on planning your Washington visit, visit [www.washington.org](http://www.washington.org) where you can find out what's happening as well as insider information.



A room at Capitol Hill Suites in D.C., a perfect spot for your next girlfriend's getaway.

### Rub Shoulders with Rushdie

"And then Salman says to me ..." Imagine telling your friends about your chat with Salman Rushdie after your next vacation! You can do just that at Enchanted Evenings with Salman Rushdie at Las Ventana's al Paraiso in Los Cabos September 4-7. In addition to older works, the celebrated author will discuss his new novel *The Enchantress of Florence* at a reception and two dinners. For more information, please contact Las Ventana's' at 310-824-7781. For Las Ventana's reservations call 888-767-3966, [www.rosewoodhotels.com](http://www.rosewoodhotels.com)



Share your worldviews with Salman Rushdie at Las Ventana's in Los Cabos.

### Cool off in L.A

Every Sunday is Jetset Sunday at the Sheraton Getaway, where you can lounge poolside from 2:00 to 7:00PM, while DJs spin tunes. Guests can enjoy new varieties of cocktails each week and a visit from the Good Humor Truck. Admission is free. Stay the night and rates start at \$99. [Sheratonlosangeles.com](http://Sheratonlosangeles.com) or 888-627-7104.

### Make a Splash — in Las Vegas

The MGM Grand has a Summer Splash package with all-suite rooms from \$149 a night, and includes a \$35 activity fee, 15% off spa services, 2 complimentary cocktails and \$50 golf credit for Walter's Golf Courses. Call 1-877-727-0007

### Paddling and Positions — Yoga and Canoe

Enjoy two-night camping trips that combine yoga and canoeing, along with vegetarian meals in Manitoba, Canada July 25-27 and August 22-24. First-timers and people of all ages are welcome on this relaxing retreat, where a certified yoga instructor will teach classic hatha yoga postures and breathing. The cost is around \$397, based on double occupancy, which includes all meals. For more information call Northern Soul Wilderness Adventures at 866-284-4072 or