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Small Market

Meetings™

The Publication for Planners Who Use Smaller Cities and Sites

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Just say spa

Leading spa resorts

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Pacific States Meeting Guide

Just say "Spa"



A ALDERBROOK RESORT AND SPA Union, Wash.

Another spa resort defined by its surroundings is the Alderbrook Resort and Spa, two hours west of Seattle on Washington's Kitsap Peninsula.

Alderbrook is celebrating its 100th anniversary, harking back to 1913, when it opened as a tent camp on the Hood Canal, a 60-mile-long glacier-carved fjord surrounded by the Olympic Mountains.

Today, the Alderbrook's tents are long gone. The remade resort opened in 2004 with an upscale Northwest-lodge feel, 77 guest rooms and 15 two-bedroom cottages.

The resort has, however, kept its connection to nature. Around 7,000 square feet of event space includes 10 meeting rooms and outdoor function space on lawns and decks. A 54-foot yacht accommodates meetings, small receptions and tours.

Alderbrook's eight-room spa offers treatments like the Hood Canal Starry Night body wrap; staff will conduct stretching sessions during meeting breaks.

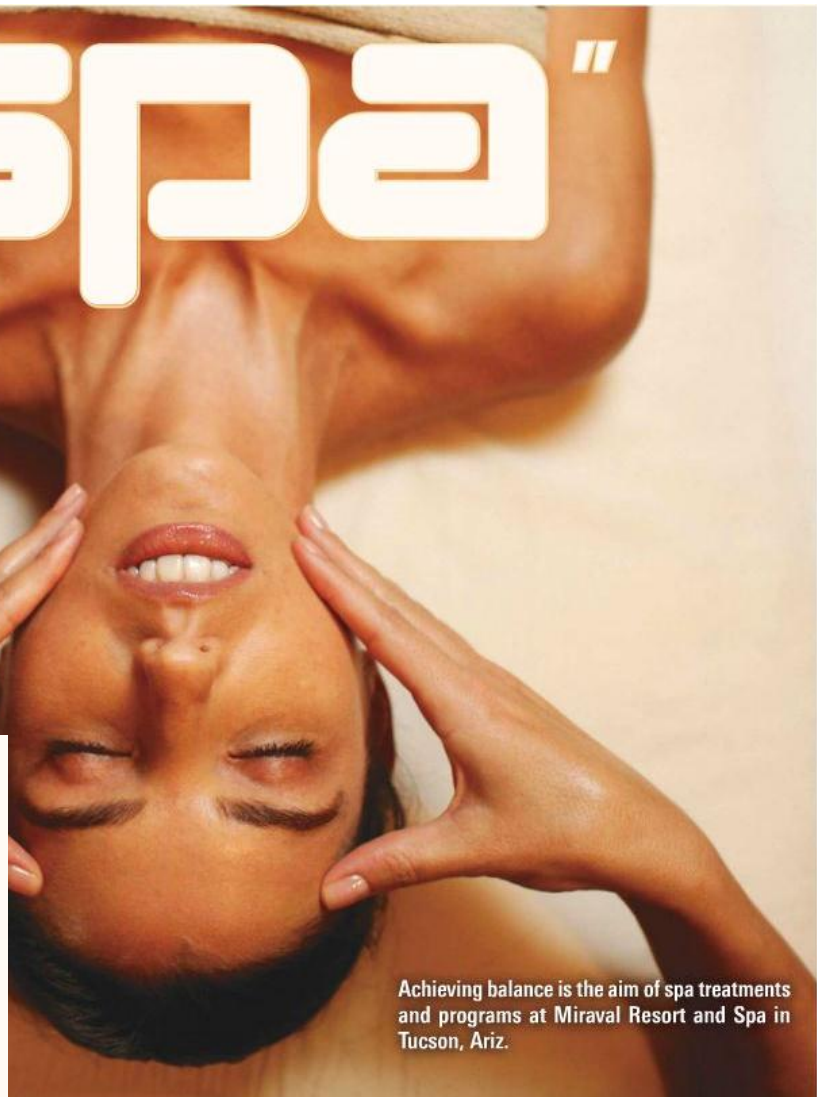
Locally harvested seafood like oysters, shrimp and Dungeness crabs are outstanding there. Guests can go out to the beach, gather oysters and bring them back to eat. Better still, the resort's elegant restaurant will pair the seafood with fine local wines during multicourse dinners.

The resort has its own marina and water activities, including paddle boarding. Golf is available next door at a course consistently ranked as one of the top 25 in the Northwest for spectacular scenery and playability. And the small town of Union, within walking distance, has small shops and a comfortable pub for after hours.

Special centennial events each month this year will highlight timbering, oystering, arts, the influence of Native Americans and other aspects of the area's history.

360-898-2200

www.alderbrookresort.com



Achieving balance is the aim of spa treatments and programs at Miraval Resort and Spa in Tucson, Ariz.

Nature is the focus at the Alderbrook Resort in Washington.



Courtesy Alderbrook Resort