



FOR MORE INFORMATION CONTACT:
Carla Minsky, Marketing Director
920/924-0297 or cminsky@charter.net

FEATURE REPORT

THE SOUNDS OF SILENCE AT SUNDARA INN & SPA TRANSLATE TO STRESS RELIEF

Creating a Serene Experience Extends Outside With Silent Sports

Wisconsin Dells, WI – Spa-goers expect the environment inside a spa to be tranquil and serene, but maintaining that experience outside can be more of a challenge. From inception, the owners of Sundara Inn & Spa in Wisconsin Dells, Wisconsin have gone to great lengths to ensure the therapeutic benefits of quiet surroundings carry through to outdoor activities. Their commitment to silent sports extends through all four seasons and even plays into future plans for Sundara.

The vision for a silent sports experience started with the land. Sundara is located on 26 pristine wooded acres, and the owners wanted guests to know how precious the natural resources are, so the spa is set back from the road, carefully preserving the land and wildlife. Then the team evaluated activities commonly offered at spas, and narrowed the list to silent sports.

Clearing hiking trails in the woods was the next step. Guests may choose the intensity and length of their hike, going it alone or joining a small group. Individual yoga instruction is popular, and there are plans to add other eastern-influenced exercise programs.

In the winter, guests embrace the season with snow trekking and cross country skiing. There is also a more unexpected cold weather activity. Sundara's outdoor infinity edge pool, hot soak bath and curving deck are heated year-round, so imagine snow gently falling, steam rising from the water, and guests enjoying a moment of tranquility.

To make certain guests understand the importance of serenity, signs posted at the entrance request that all cell phones and pagers be turned off during their stay. Rather than laptops, visitors are encouraged to bring journals and favorite books. This reflects the philosophy that people who rest and rejuvenate on their vacation experience less stress and better health.

-- more --

Should visitors like to extend the silent sports experience, there are three state parks within a short drive. Travelers to Devil's Lake State Park can swim in the spring-fed lake or hike the Ice Age National Scenic Trail. Rocky Arbor State Park offers scenic and secluded hiking among the pine trees and sandstone bluffs. Mirror Lake State Park beckons those who enjoy canoeing and hiking.

With vacations being downsized, Sundara extends to guests the invitation for pure downtime. Interestingly enough, resort spas are the fastest growing segment in the hospitality industry, according to a national research report by the International Spa Association (ISPA). Sundara Inn & Spa is an adult-only, no smoking, no pets facility. For more information, visit www.sundaraspa.com, or call 888-735-8181.

###