

DESTINATION TRAVEL & EVENTS



Heber Valley, Utah

▼ Summer is cool and green in the high mountain lakes and rivers around **Heber City**, where US 40 east of Salt Lake City meets US 189 north of Provo Canyon—a great destination with world class fishing and hiking. The Provo River is a premier blue ribbon trout fishery with rainbow and brown at record lengths, typically 18 inches or bigger. The river flows from the Uinta Mountains through Heber Valley and cuts Provo Canyon. Rocky Mountain Outfitters guide service for all levels can show you the best spots in the 5,000-fish-per-mile Provo River, year-round (hatches in summer and fall make this blue-ribbon river its blue-ribbonest). Deer Creek Reservoir State Park covers some 3,000 acres, and the entire shore has unrestricted public access. Jordanelle Reservoir State Park, well-known as a trophy smallmouth bass fishery, is popular with locals. Take the Heber Valley Historic Railroad to Vivian Park in scenic Provo Canyon (also home to Sundance Mountain Resort). Strawberry Reservoir, 23 miles southeast of Heber on US 40, supports one of the West's leading cutthroat fisheries and at 7,600 feet elevation is the state's premier cold-water fishery. About half of over 1,000 natural lakes and 400 miles of streams in the Uintas support game fish. Temperatures above 10,000 feet are rarely above 80 degrees in the middle of the summer. Night temperatures are commonly 30-40 degrees. It's a

great place to hike, bike, take a glider flight or just put your feet up. For more information or to plan your trip, visit utah.com.

▼ Three out of four **car seats** are incorrectly installed, and vehicle crashes are one of the leading causes of death among kids. Properly installed car seats can dra-



matically reduce injury and prevent death. Buckle Up for Life, a national car seat safety program from Cincinnati Children's and Toyota, offers these key tips:

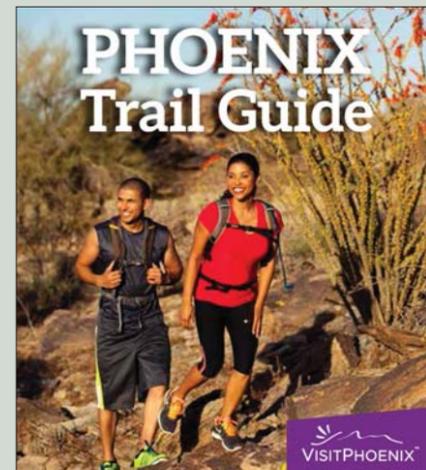
- 1) Always use the "Inch Test" and "Pinch Test." Pinch the seat strap near the child's shoulder; if you can pinch a wrinkle in the fabric, tighten the strap until it is snug. For the "Inch Test," grab the car seat from the back and bottom and tug from side to side and front to back. If the seat moves more than an inch in either direction, tighten it.
- 2) Never add towels or extra layers between the seat and your child, even if car

seats get hot. They can interfere with the seat's ability to restrain the child in a crash. Only use accessories and products specifically approved by the seat's manufacturer.

- 3) If the car seat is hot in summer, cool the car down before placing your child in the seat. Feel buckles to make sure they are not hot. Open the windows or turn on the A/C before buckling children in. Never leave children alone in the car, especially in summer, when temperatures can escalate dangerously in a matter of minutes.
- 4) If you rent a car, bring your own car seat. Don't rent a seat. You don't know facts about it that could affect its ability to protect your child (expiration date, crash history, etc.). Most airlines let you check your car seat for free.

- 5) Make sure any loose items—beach chairs, coolers, umbrellas, suitcases—are tightly secured in your vehicle. Any could become projectiles in the event of a crash.

The tips are part of Buckle Up for Life's mission to educate families about the proper use of car seats and seat belts and provide free car seats to families in need.



▼ Greater Phoenix has more recreational open space—nearly 190,000 acres—than any other major metropolis in the US. To help you plan, the pocket-sized **Phoenix Trail Guide**, published by Visit Phoenix, has information on more than 140 trails in Phoenix, Maricopa County and Scottsdale, with easy, moderate and challenging trail recommendations from local outfitters, info about guided hiking tours, trails

open to dogs, horses or mountain bikes, safety, trail etiquette and suggestions for hiking trips to other parts of Arizona. Pick up a copy at the Visit Phoenix Information Center, 125 N 2nd Street (Monday-Friday,



The Ritz-Carlton Dove Mountain Marana, Arizona

8am to 5pm), or from an orange-shirted Downtown Phoenix Ambassador sidewalk concierge. You can also download a digital version at visitphoenix.com.

▼ **Morro Bay**, on Highway One north of Santa Barbara, California, makes it easy for cyclists to get around town, with a detailed Bike Route Map highlighting the town's many bicycle-friendly trails. Begin your adventure downtown, ride to Morro Bay State Park and Marina on the Back Bay, travel to North Morro Bay over the newly opened Morro Creek Trail Bridge through Cloisters Park and down to the Embarcadero, where you can ride the Harbor Walk path out to landmark Morro Rock. Pedal down to the beach and enjoy miles of bike-friendly paths along the gorgeous Pacific shoreline. Didn't bring your bike? Surreys, bicycles and beachcombers are available for rent at Farmer's Kites and Surreys on the Embarcadero. Plan your trip at www.morrobay.org.

▼ Arizonans looking for the perfect staycation spot will find ample opportunity to make the memories of a lifetime playing, relaxing and discovering in **Marana** this summer. The award-winning Ritz-Carlton Dove Mountain resort and spa, tucked in the foothills of the Tortolita Mountains, is

offering nearly \$500 off nightly rates for luxury casitas this summer, at \$319/night. The resort's Summer of Adventure package is available through September 8, 2016 and includes a luxury room and \$50

resort credit per night starting at just \$199/night. Enjoy cooling off at one of the resort's three gorgeous pools with ancient petroglyphs and stunning mountain vistas as backdrops. An adults-only pool at the spa is available with a spa treatment or cabana rental. At two all-ages pools, young and young at heart guests will love the



Morro Bay, California

240-plus-foot water slide, splash pad, open swim area and lounges. Don't miss the opportunity to indulge in signature Ritz services and amenities, enjoy uniquely Ritz-Carlton cocktails and culinary creations, or treat the littles with a Ritz Kids adventure at deeply discounted rates. Learn details about these and other Ritz-Carlton, Dove Mountain packages here.

▼ IndyCar fans who attended the historic 100th running of the Indianapolis 500 on Memorial Day Weekend have a special opportunity from **Watkins Glen Interna-**

tional. Indy 500 ticketholders can get special pricing—\$40 general admission, \$200 for one trackside or non-trackside camping spot—for the recently announced September 1-4 IndyCar Grand Prix at The Glen, the Series' first stop in the picturesque Finger Lakes Region of upstate New York since 2010. The 60-lap event, set to be broadcast live on NBC Sports Network and the Advance Auto Parts INDYCAR Radio Network, XM 209 and Sirius 212, will be the 15th stop on the 16-race schedule and will likely play an integral role in the chase for the 2016 Verizon IndyCar Series championship. Call 866-461-RACE (7223) and mention the Indianapolis 500 ticketholder offer to receive their discount, which is nearly 50 percent off general sale pricing. Located within a few hours of New York City, Buffalo and other airports, Watkins Glen International is a premier North American road racing facility, voted "Best NASCAR Track" by readers of *USA Today*.

▼ An orphaned mountain lion cub rescued by Arizona Game and Fish has a new home at **Out of Africa Wildlife Park** in Camp Verde, 30 minutes south of Sedona. After its rescue near Sells AZ and recovery at Adobe Mountain Wildlife Facility, Chairman Edward Manual of the Tohono O'odham Nation permitted transfer of the cub



Mountain lion at Out Of Africa Wildlife Park

to a new permanent home at Out of Africa Wildlife Park. Releasing the orphaned cub back into the wild was not an option, as young lions need to learn hunting and survival skills from their mother until they are 12 to 18 months old. Out of Africa has frequently assisted Arizona Game and Fish with large animal rescues. Two years ago, the department confiscated two illegally owned tigers in Phoenix that have since come to be visitor favorites at the Park. Visit www.outofafricapark.com to learn more. Out of Africa Wildlife Park is three miles west of I-17 on SR-260. ■