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Sleeping Lady Gears Up for Summer Weather with Guided Rock Climbing, Rafting, Tubing, and Hiking Packages for Adventure-Inspired Escapes

Leavenworth, Wash. (Mar. 5, 2010) — Fairer weather is just around the corner at [Sleeping Lady Mountain Resort](#) with the addition of five new all-inclusive packages designed for spring and summer adventures. Guests can choose from white water rafting or tubing down the Wenatchee River, rock climbing in Icicle Creek Canyon, or alpine hiking through the scenic Enchantments. Sleeping Lady is also offering a birding package ideal for those attending Leavenworth's Spring Bird Fest, taking place May 13-16, 2010.

"Leavenworth is an incredible place to be during spring and summer and our new packages really showcase the myriad of outdoor activities available in the North Cascades," said Lori Vandenberg, director of sales and marketing at Sleeping Lady. "Few other resorts give guests the chance to start their day with rock climbing or river rafting and end it with a relaxing massage, a gourmet meal, and a glass of local wine."

Situated about 2.5 hours east of downtown Seattle in Washington's Cascade Mountains and nestled into the evergreen forest on the banks of Icicle Creek, summer is one of the best times to explore Sleeping Lady and the surrounding area. There are a multitude of opportunities for outdoor recreation, local festivals, gourmet dining and more.

The rafting, tubing and climbing packages each include accommodations, meals, gear rental, and the expertise of local guides who accompany each adventure – making planning and budgeting a cinch for a "choose your own adventure" weekend. And, because professional guides personally lead each adventure and tailor excursions to match individual experience levels, those new to rafting or rock climbing can feel at ease exploring a new sport. The Alpine Hiking package includes a copy of *100 Hikes in Washington's Alpine Lakes* and Sleeping Lady's new Birding package includes a copy of Audubon Washington's *Great Washington State Birding Trail* and an Eagle Journal (designed by a local artist) to record sightings. For reservations and more information, call (800) 574-2123 or visit www.sleepinglady.com.

White Water Rafting Package

Enjoy the rustic luxury of Sleeping Lady paired with an exhilarating and refreshing trip down the rollercoaster waves of the Wenatchee River with Leavenworth-based [Orion Expeditions](#). Rates start at \$174 per person, based on double occupancy.

Package includes:

- One night's relaxing accommodations at Sleeping Lady Mountain Resort.
- Gourmet dinner and hearty breakfast served in the Kingfisher Dining Lodge at Sleeping Lady.
- A raft trip on the Wenatchee River with Orion Expeditions. Includes all gear, shuttle to the river, user fees, and professional and personable guides.

- Full use of Sleeping Lady's amenities, including the woodland rock pool, companion hot pool and sauna.

Rock Climbing Package

Sleeping Lady becomes the ultimate base-camp for single or multi-pitch rock climbs in Icicle Creek Canyon with Leavenworth-based [Northwest Mountain School](#). These private courses can be tailored to climbers of all abilities. Many of the Pacific Northwest's classic rock climbs are located within a few minutes from the comforts of Sleeping Lady. Rates start at \$313 per person, based on quad occupancy.

Package includes:

- Two nights' relaxing accommodations for four people at Sleeping Lady Mountain Resort.
- Gourmet dinner and hearty breakfast served each day in the Kingfisher Dining Lodge at Sleeping Lady.
- One full day of rock climbing with professional guide service provided by the Northwest Mountain School. Includes guide fee, use of climbing harness, climbing helmet, and all group climbing equipment, including a climbing rack.
- Full use of Sleeping Lady's amenities, including the woodland rock pool, companion hot pool and sauna.

Alpine Lakes Hiking Package

Hike in and out from Sleeping Lady and explore the Alpine Lakes Wilderness area, known for its glacier scoured crags, castle-like peaks and pristine lakes. Choose a short jaunt up Icicle Ridge, a longer hike to Lake Stuart or Colchuck Lake, or an intense full-day hike through the Enchantments, a high alpine basin full of lakes, larch, mountain goats, and fantastically stark granite. Rates start at \$154.50 per person, based on double occupancy.

Package includes:

- One night's relaxing accommodations at Sleeping Lady Mountain Resort.
- Gourmet dinner and hearty breakfast served in the Kingfisher Dining Lodge at Sleeping Lady.
- A copy of *100 Hikes in Washington's Alpine Lakes*, a US Forest Service annual Northwest Forest Pass, and two stainless steel water bottles.
- Full use of Sleeping Lady's amenities, including the woodland rock pool, companion hot pool and sauna.

Tubing Package

With hot summer weather, dropping water levels, and warming water – mid to late summer is the perfect time to beat the heat with a lazy float down the Wenatchee River with [Tube Leavenworth](#). Stop for a picnic on a sandy beach and a swim in the refreshing water. Rates start at \$254, based on double occupancy.

Package includes:

- One night's relaxing accommodations at Sleeping Lady Mountain Resort.
- Gourmet dinner and hearty breakfast served in the Kingfisher Dining Lodge at Sleeping Lady.
- A tube float down the Wenatchee River with Tube Leavenworth. Includes tube rental, life vest and shuttle. Tube is equipped with hammock seat, backrest, cup holder, map, wet pocket for sun block, shades and beverages, and a tow hook for friends.
- Full use of Sleeping Lady's amenities, including the woodland rock pool, companion hot pool and sauna.

Birding Package

Located adjacent to the Leavenworth National Fish Hatchery, Sleeping Lady is footsteps from two of seven sites in the area selected by the Audubon as some of the best birding in the state. Look for osprey dive-bombing the Wenatchee River in Tumwater Canyon, Common Mergansers and American Dippers in Icicle Creek near the Leavenworth National Fish Hatchery, or Downy Woodpeckers hacking away at snags in Waterfront Park. Rates start at \$276 per person, based on double occupancy.

Package includes:

- One night's accommodations at Sleeping Lady Mountain Resort.
- Gourmet dinner and hearty breakfast served in the Kingfisher Dining Lodge.
- A copy of Audubon Washington's *Great Washington State Birding Trail*, an Eagle Journal designed by local artist Heather A Wallis Murphy, and two stainless steel water bottles.
- For beginners, use of Sleeping Lady's Tasco binoculars on a first come, first served basis.
- Full use of Sleeping Lady's amenities, including the woodland rock pool, companion hot pool and sauna.

Optional add-on for all packages

- Add a rejuvenating massage at the new Solstice Spa at Sleeping Lady to any package for \$90 (60 minutes).
- Add the convenience of a to-go lunch for \$17 per person.

For reservations and more information, visit www.sleepinglady.com or call (800) 574-2123.

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