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Falling for Fun

10 Activities the
Whole Family Can Enjoy

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River Region
Fall Festival Guide

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As Much As You Love Them, It's Okay to Leave Them

*If it's for a fabulous two night getaway
only a few hours away!*

by Kim Keelor

A bed can be delicious; a big luxurious bed with a forest of pillows and linens that embrace your body better than that your first warm swim into a shimmering lake in the summer. But summer is over and that delicious bed can be difficult to find under the extra heads and toes of cuddling kids; missing single socks waiting for mates from the laundry; and clothes from work this week that haven't made it back into the closet. And sometimes a spouse can get lost in the shuffle.

This fall it's easy for River Region parents to get away together, just for a little



while; to relax, to roam or even to dive into the warm waters of a beautiful indoor spa oasis. It's just four hours away to a real weekend getaway at **Gaylord Opryland Resort** in Nashville, Tennessee, where the options for relaxing and pampering yourselves as a couple are unlimited.

Leave work a little early on Friday. Imagine being on your way to roam the 17th largest resort in the world, with three atriums full of winding pathways, waterfalls and gardens, 14 places to dine and non-stop entertainment. But there is no way to do it all in a weekend so here are some suggestions.

The getaway could begin with a cruise down the river on the **Resort's General Jackson Showboat** with the entertaining *NashVegas* on the River dinner show

complete with Elvis, Tina Turner and Elton John impersonators straight from Vegas. Take the free shuttle to and from the boat and get back to the resort to cap your evening off with more live music at the only **Jack Daniels** lounge in the country.

Saturday can bring a morning to sleep late in that luxurious bed that comes with various types of pillows so you find one that's just right. Why not order breakfast in with no kids to interrupt the atmosphere? Then take off for **Relâche Spa** to reconnect during a couple's massage. Afterwards, dive into the warm waters of one of the most beautiful indoor pools in Tennessee. Feeling revived, many couples head to **Delta Island** to ride the Delta Flatboat and hear stories about how the indoor **Delta River** and magnificent atriums were built. Be sure to watch Divine, the human vine, wind her way around the island as she mesmerizes the crowd. Or shop for

the kids at **Sunny G** to offset any tiny feelings of guilt that might surface.

Dinner on Saturday can be one of the most memorable meals you'll ever have. Make a reservation in advance at **Old Hickory Steakhouse**. It is an award-winning restaurant, including being named the Most



Romantic in Tennessee. Chef Seth Kondor uses only the finest grass-fed beef, local fresh produce and puts passion into the creation of each dish. Gaylord Opryland is in the national spotlight for its new cutting-edge **Fuse Nightclub**, just around the corner from Old Hickory. One of the most beautiful clubs in the Southeast, the service here is outstanding, and how long has it been since you danced?

Named one of the Best Brunches in Nashville, the place to stop for one last treat before leaving on Sunday is **Water's Edge Marketplace Buffet**, in the Delta Atrium. With dozens of chef's action stations, the food is fresh and creative and the restaurant is perhaps in the most beautiful setting in the entire hotel.

By the time you return to that messy bed at home, to cuddle with those little heads and toes, you'll be ready to get back into the routine, but

maybe you'll be snuggled a little closer to each other, too.

