



Staycation GUIDE

Explore Local Attractions

Staying close to home doesn't mean staying entirely at home. Your community likely has a variety of attractions to explore.

Whether it's local history, arts and culture or natural wonders, your local area offers unique experiences. Why not take advantage of them and rediscover your hometown?

WHY EXPLORE LOCALLY?

Staycations are more affordable than traditional vacations and reduce your carbon footprint. Air travel is responsible for nearly 2.5% of global carbon dioxide emissions, according to the International Energy Agency. You'll also have the opportunity to support local tourism and small businesses, keeping your tourism dollars local.

FIND ATTRACTIONS NEAR YOU

Many people are surprised by how much there is to explore just a short drive or walk from home. Use websites like Tripadvisor or Atlas Obscura to uncover everything from well-known destinations to quirky, lesser-known attractions. State and local tourism websites often maintain lists of festivals, parks, walking tours and seasonal events.

LOCAL EXPERIENCES TO TRY

Museums and galleries.

Many museums offer free or discounted admission for local residents. Check out nearby art galleries, science centers or history museums. Even if you've visited in the past, some have rotating exhibits that change monthly, so you could be in for a whole new experience. Visit artsandculture.google.com/partner to

see what's available in your area.

Historic districts and landmarks. Explore your town's heritage by visiting historical landmarks and neighborhoods, or local monuments. Apps like Clio can guide you through self-paced walking tours of nearby historical sites.

Outdoor adventures. If you're craving fresh air, explore local parks, hiking

trails and botanical gardens. The AllTrails app can help you find scenic routes suited to your skill level, and you're likely to discover a new local favorite. Pack a picnic to make a day of it. If your family enjoys outdoor sports, explore amenities such as tennis or pickleball courts, mountain biking trails or river float trips.

Cultural festivals and events. Many cities and towns

host seasonal events like food fairs, music festivals or craft markets. Check your local community websites or social media pages for listings.

You might find an event that celebrates your family's heritage, like a Greek festival, or events focused on your interests, such as a craft beer festival or BBQ cookoff. As an added bonus, many times these events benefit local charities.



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Give Back While You Unwind

Staycations are typically about rest and rejuvenation — but they can also be deeply rewarding when combined with giving back to your community.

Volunteering during your time off allows you to reconnect with your surroundings, meet new people and have a positive impact on your community. Instead of souvenirs, you'll come away with new skills, fresh perspectives and the satisfaction of helping others.

WHY VOLUNTEER ON A STAYCATION?

Volunteering while on a staycation offers a unique blend of purpose and presence. Studies show that volunteering can reduce stress, increase happiness and even improve physical health, according to the Mayo Clinic. You'll also be strengthening your local community and deepening your ties to your neighbors.

VOLUNTEER IDEAS

Here are some ways to get involved with local volunteering projects.

Community cleanups. Organize or join a local park, beach or neighborhood cleanup. You'll help beautify public spaces while spending time outdoors.

Food banks and pantries. Help feed your neighbors by volunteering at a food bank or

pantry. You can help gather or sort donations or prepare meals. Find a nearby organization in need by visiting Feeding America's website (www.feedingamerica.org/find-your-local-foodbank).

Animal shelters. Spend time walking dogs, cleaning kennels or fostering pets in need through organizations like the

ASPCA (www.asPCA.org/get-involved/volunteer).

Youth mentoring or tutoring. Share your knowledge and time through programs like Big Brothers Big Sisters or your local library.

HOW TO FIND VOLUNTEER OPPORTUNITIES

Check with local community

centers, park districts, food banks, animal shelters or environmental groups to ask about upcoming events or urgent needs.

Finding a cause that aligns with your interests is easier than ever with online platforms. Here are a few to try.

- VolunteerMatch.org connects you with local nonprofits

based on your location and skills.

- Idealist.org offers listings for local and remote volunteer roles, with filters by cause and time commitment.

- AllForGood (engage.pointsoflight.org) by Points of Light offers listings for short-term and family-friendly opportunities.



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Shop Local, Stay Local

Staying local means keeping your dollars local.

Those dollars echo throughout your community, supporting local businesses and providing tax revenues that power the area, while preserving the unique character of your hometown.

Do yourself and your community a favor by committing to shopping local and supporting local businesses during your staycation.

WHY SMALL BUSINESSES MATTER

Small businesses are the backbone of the economy. In the U.S., they make up 99.9% of all businesses and employ nearly half of the private workforce, according to the U.S. Small Business Administration.

Every \$100 spent at a local business keeps \$68 in the local economy, compared to only \$43 when spent at a chain store, according to the American Independent Business Alliance.

Supporting local businesses also reduces environmental impact by cutting down on long-distance shipping and packaging waste.

WAYS TO SHOP LOCAL ON YOUR STAYCATION

Visit locally owned restaurants. Skip the national chains and explore your city's independent cafes, bistros and food trucks. Use resources like

EatLocalFirst.org or Yelp to discover new eateries in your area.

Shop at local markets and boutiques. Browse handmade goods, art and apparel at nearby farmers markets, artisan shops or antique malls. Not only are these items often more unique, but they're

made with love and care by your neighbors. You might even find locally themed decor items to display your love for your community in your home, or books about local history or wildlife. You can find local shopping guides through your chamber of commerce or tourism board.

Book local experiences. Perhaps you'd like to go on a walking tour, go horseback riding or take a cooking class during your downtime. Platforms like www.airbnb.com/s/experiences often highlight one-of-a-kind local activities hosted by residents. You might be surprised at the unique

offerings that are right under your nose.

Use local services. If you're planning some relaxation, why not book a massage at a local spa or treat yourself to a manicure and pedicure at a local salon? Choose a small, independently owned provider over a national chain.



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Savor Local Flavors

One of the best ways to make your staycation meaningful — and sustainable — is by eating locally sourced food.

Supporting local agriculture not only benefits the environment, but also your community and your health.

WHY EAT LOCAL?

Eating local significantly reduces your carbon footprint by cutting down on the distance food travels from farm to plate — often referred to as “food miles.”

The average meal in the U.S. travels about 1,500 miles before it gets to your table, according to the Center for Urban Education about Sustainable Agriculture. By choosing food grown or raised nearby, you minimize transportation emissions and energy use associated with refrigeration and packaging.

Beyond environmental perks, local food is fresher and often more nutrient-rich, since it doesn't spend days in transit.

Additionally, buying directly from farmers supports local economies and helps sustain small-scale agriculture, according to the USDA.

HOW TO EAT LOCAL ON YOUR STAYCATION

Visit farmers markets. One of the easiest and most



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enjoyable ways to access local produce is by shopping at a farmers market. You'll find seasonal fruits, vegetables, meats and even handmade goods. Visit the USDA Farmers Market Directory at bit.ly/4lWo4lr to find a market near you.

Dine at farm-to-table restaurants. Many

restaurants now source ingredients locally and highlight seasonal menus. Look for those labeled as “farm-to-table” or visit EatWellGuide.org to find sustainable dining options in your area.

Cook seasonal meals at home. Use your staycation as an opportunity to experiment

in the kitchen. Cooking with what's in season not only supports local agriculture but also adds variety to your meals.

Food trucks. Communities are increasingly welcoming local food trucks with relaxed regulations and even public events such as food truck

nights or festivals. Food trucks typically have a smaller environmental footprint than a traditional restaurant due to their small size and reduced water and energy needs. Look for food trucks that prioritize sustainability by using solar panels or recycled water, for example.

Plan an Eco-Friendly Staycation

With climate concerns on the rise, many travelers are opting to reduce their carbon footprint by choosing a staycation instead of jetting off to far-flung locations.

But beyond cutting out flights, there are plenty of ways to make your time off both relaxing and environmentally friendly.

THE BENEFITS OF A STAYCATION

Staying local dramatically reduces greenhouse gas emissions. Air travel alone contributes to about 2.5% of global carbon emissions, according to the International Energy Agency. Staying local shrinks your carbon impact significantly.

GREEN WAYS TO ENJOY TIME OFF

Explore local nature. Hiking, biking, boating and more outdoor activities are low-impact and promote a deeper connection with your surroundings. Visit local state parks or nature preserves, and consider leaving the car at home in favor of public transit or a bike ride to further reduce your footprint.

Eco-friendly home retreat. Turn your home into a wellness sanctuary. Try a digital detox, unplugging devices to save energy, and use natural light whenever possible. Cook

plant-based meals with locally sourced ingredients, supporting nearby farmers and reducing food miles.

Volunteer. Spend time in nature and give back at the same time by volunteering for environmental projects in your area. You might participate in a beach or park cleanup or

tree-planting initiative. You could also help local children develop an appreciation for the outdoors by volunteering as a camp counselor at a local summer camp. EarthDay.org offers databases for finding local eco-volunteering opportunities.

Patronize local businesses. Do some research and find out

which local businesses are doing their part to help preserve the environment. You might dine out at a restaurant that offers sustainably farmed foods or has a net-zero facility, or buy local art made from recycled or repurposed items.

Stay in a green hotel or eco-lodge nearby. If you'd still like

to “get away” without traveling far, consider booking a night or two at an eco-certified hotel in your region. Look for certifications like LEED or Green Key Global. These establishments are committed to sustainable practices such as energy efficiency, water conservation and waste reduction.



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Seek Out Local Sips

Staycations offer a refreshing opportunity to explore what's right outside your door — especially when it comes to local libations.

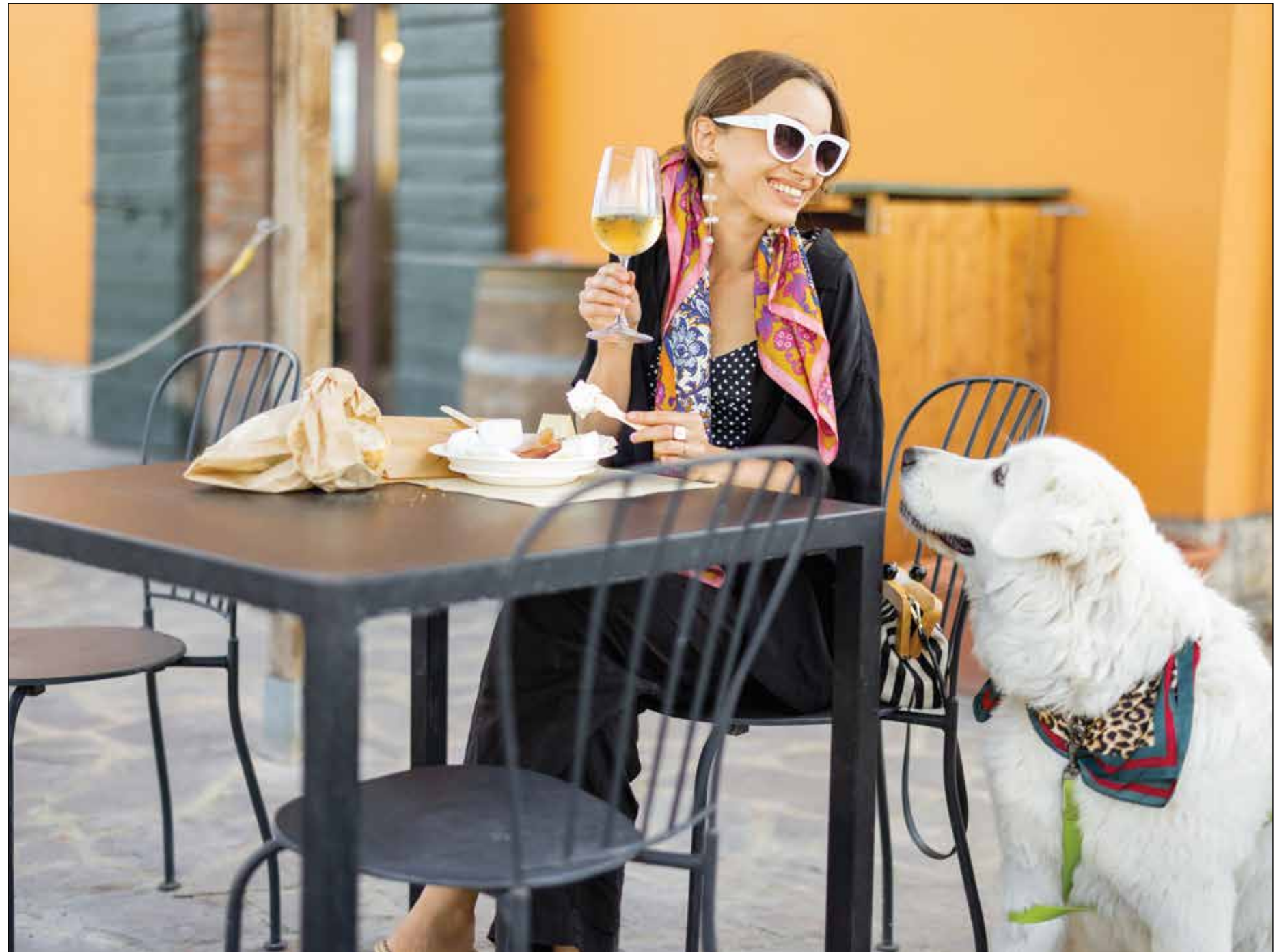
By embracing your region's flavors, you support local producers, reduce your environmental footprint and create memorable experiences rooted in community and culture.

THE VALUE OF DRINKING LOCAL

Choosing locally sourced beer, wine and spirits is both environmentally and economically smart. Locally produced goods typically travel far fewer miles than imported alternatives, reducing transportation-related emissions and preserving freshness. On average, food in the U.S. travels over 1,000 miles from farm to plate, according to the nonprofit Foodwise Community. In contrast, local products support regional farmers, vintners and distillers, boosting the local economy and encouraging sustainable agriculture.

DISCOVERING REGIONAL WINE

Many states in the U.S. — not just California — have thriving wine regions. Places like Oregon's Willamette Valley, New York's Finger Lakes and Texas Hill Country produce



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award-winning wines that reflect their unique locale. Visit AmericanWineryGuide.com to find wineries and tasting rooms near you.

TAKE A TOUR

Check out the offerings from local wineries, breweries and distilleries. They might offer tours that allow you to get an

up-close look at how their products are made and learn something new.

Also check for tasting events. You might get access to products not generally available to the public or get the first taste of brand new products. You might even be able to take a class. These events range from short free tours to more

in-depth experiences that can cost hundreds of dollars.

BRING IT HOME

Check to see if your favorite local producer offers home delivery or a subscription service. For example, a winery might offer a subscription that includes a bottle of wine each month or a few bottles

quarterly. This allows you to enjoy your favorite drinks while supporting a small local business.

Bring the vineyard to your backyard by hosting a picnic with charcuterie and a flight of regional wines. Or plan a themed dinner night highlighting a specific local ingredient or wine varietal.



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Spend a Week Relaxing at Home

If you want to leave behind the hustle and bustle of a traditional vacation, consider spending your staycation in the comfort of your home.

Here are some ways to relax and reconnect with family at home.

Movie marathon. Host a movie marathon with family or friends. Let everyone contribute a movie to the lineup, or choose a series or theme to keep things interesting. You could

even set up a backyard theater to enjoy nature and good movies at the same time.

Virtual tour. Explore museums, art galleries, or other attractions virtually from the comfort of your home. Many establishments offer virtual tours of their facilities or live streams of events, such as lectures, seminars or concerts.

Library visit. Visit your local library and pick up some books. Then cuddle up on the couch or in a hammock with a good book.

Home spa day. Pamper yourself with a home spa day. Put on some

relaxing music and enjoy a warm bath, try out a face mask, give yourself a manicure and enjoy a hair treatment.

Board games. Unplug with a night of good old fashioned fun and games. Enjoy classics like Scrabble or Monopoly, or learn a new game together with friends and family. You could even organize a tournament and crown a champion.

Family talent show. Enjoy your family's talents, along with a little friendly competition. A themed competition, such as a lip syncing challenge, will get everyone laughing.

Give small tokens as prizes, or make trophies to keep on a shelf and help relive the memories over and over again.

DIY projects. Engage in a DIY project, like painting, knitting, or scrapbooking. You could even learn a new hobby by watching YouTube tutorials. If your home needs a little TLC, tackle a room refresh, decluttering, rearranging furniture and adding new decor.

Cooking competition. Break up into groups and compete to see who can create the most delicious meal. Losers get to do the dishes.