

Staycation GUIDE



Themed Staycation Weeks

A staycation doesn't have to mean doing less.

With a little imagination, it can mean stepping into an entirely different world — no flights, packing lists or time zone changes required. Themed staycation weeks invite participants to build each day around a concept, transforming familiar surroundings into something fresh, engaging and memorable.

BUILD A DESTINATION

The heart of a themed staycation is intention. Rather than filling time with random activities, each day or week is guided by a unifying idea. That might be as simple as “Paris in My City,” complete with croissants from a local bakery, a stroll through a nearby park that stands in for the Seine, and an evening film in French. Or it could take on a more playful tone, such as a “Retro Summer Camp” week with crafts, outdoor games and classic comfort foods.

Themes can reflect personal interests, cultural curiosity or even long-postponed travel dreams. A “Broadway at Home” week might include streaming musicals, dressing up for dinner and learning a bit of choreography. A culinary theme could center on cooking dishes from a different region each night. The goal is not perfection, but immersion.

ENGAGE ALL THE SENSES

What sets a themed staycation apart is the attention to detail. Music, decor, food and even daily routines can reinforce the experience. Lighting candles, rearranging furniture or setting a special table can subtly shift the atmosphere. Creating a playlist or



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choosing books and films that match the theme adds another layer.

Local businesses can play a role. Specialty grocers, bookstores and boutiques often carry items that help bring a theme to life while supporting the local economy. Even small touches — like a new spice blend or a hand-made accessory — can help make the experience feel distinct from everyday life.

MAKE IT YOUR OWN

Flexibility is key. A themed staycation can span a full week, a long weekend or even a single day. It can be planned in detail or left open for spontaneity.

Families might assign each member a day to choose the theme, while individuals or couples can tailor the experience to their own pace and interests.

Most important, themed staycations create a sense of occasion.

They encourage people to step outside routine without leaving home, offering a creative way to rest, explore and reconnect with what makes leisure meaningful.

With a bit of planning and a willingness to play along, the ordinary can become something far more transportive — no passport required.

Reconnect and Recharge

A romantic getaway doesn't always require travel plans or packed suitcases.

A couples-focused staycation can provide the same sense of escape, offering time to reconnect without the stress of logistics, expenses or tight schedules. By shifting the focus from distance to intention, partners can create meaningful experiences right at home or nearby.

The key is not to replicate a traditional vacation, but to design something that feels distinct from everyday routines, something that invites both relaxation and connection.

SET THE MOOD

Creating a sense of occasion is essential. Small changes in environment can signal that this time is different from the usual day-to-day rhythm. That might mean dimming the lights, setting the table for a special dinner or playing music that reflects a shared memory or favorite place.

Some couples choose to transform their home into a retreat, complete with candles, fresh linens and a curated menu. Others prefer to venture out for select experiences, such as a local wine tasting, a scenic walk or a visit to a favorite café. The goal is to create a setting that encourages presence and ease.

Scheduling time away from responsibilities is equally



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important. Setting boundaries around work and household tasks helps ensure that the staycation feels like a true break rather than a rearranged to-do list.

PLAN SHARED EXPERIENCES

A successful couples staycation balances structure with flexibility. Planning a few key activities can provide direction while leaving room for spontaneity.

Shared experiences might include cooking a meal

together, taking a class, exploring a nearby attraction or simply setting aside time for conversation. Activities that invite collaboration — such as assembling a puzzle, creating art or working through a recipe — can foster connection in a natural, low-pressure way.

For those who enjoy a touch of novelty, introducing a theme can add interest. A “date night series” over several days or a culinary tour of different cuisines can bring variety without requiring extensive preparation.

PRIORITIZE CONNECTION

At its core, a couples staycation is about making space for one another. Without the distractions of travel or crowded itineraries, there is more room for meaningful interaction.

That might take the form of a long walk, an uninterrupted conversation or simply sitting together without devices. Even quiet moments — reading side by side or sharing a cup of coffee — can feel more intentional when they are

part of a dedicated experience.

A staycation offers an opportunity to reflect on shared goals and future plans, or to revisit memories that have shaped the relationship. These conversations often emerge more naturally in a relaxed setting.

Romance doesn't have to be elaborate to be effective. With a bit of planning and a focus on connection, a couples staycation can provide a refreshing pause, one that feels both restorative and close to home.

Include All of the Family

For many households, pets are part of the family, which makes leaving them behind during a vacation less than ideal.

A pet-friendly staycation offers a practical and rewarding alternative, allowing people to plan experiences that include their animals while still enjoying a break from routine.

By focusing on nearby activities and accommodations, pet owners can create a getaway that is both relaxing and inclusive, without the added cost or stress of boarding or travel restrictions.

FIND PET-FRIENDLY SPACES

One of the easiest ways to build a pet-centered staycation is by seeking out local businesses and public spaces that welcome animals. Many communities now offer dog-friendly patios, breweries and cafés where pets can join their owners outdoors. Parks, walking trails and nature preserves provide opportunities for exercise and exploration.

Before heading out, review guidelines for each location. Leash requirements, designated pet areas and seasonal restrictions can vary. Bringing essentials such as water, waste bags and a portable bowl ensures that pets remain comfortable throughout the outing.



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For those looking to extend the experience, nearby pet-friendly lodging can offer a change of scenery without venturing far from home. Even a one-night stay can add a sense of escape.

PLAN ACTIVITIES FOR ALL

A successful pet-friendly staycation balances human interests with the needs of the animal. Long walks, hikes or visits to a dog park can be paired with quieter moments, such as relaxing at home or

enjoying a meal on a patio.

Some pet owners may choose to build the staycation around their animal's favorite activities. That could include exploring a new trail, visiting a pet-friendly beach or scheduling a grooming or "spa" day designed for animals. Others may incorporate training sessions or games that stimulate both mind and body.

Safety should remain a priority. Monitoring weather conditions, avoiding hot pavement and ensuring pets are up to date on vaccinations can

help prevent common issues. For older animals or those with health concerns, shorter outings and frequent breaks are often best.

STRENGTHEN THE BOND

Spending dedicated time together can deepen the connection between pets and their owners. Without the usual distractions of work and daily obligations, there is more opportunity for interaction, play and observation.

A staycation allows owners to better understand their

pet's preferences such as what environments they enjoy, how they respond to new experiences and what helps them feel secure.

These insights can carry over into everyday life, improving routines long after the staycation ends.

Pet-friendly travel doesn't have to involve long drives or complex planning. By looking close to home, it's possible to create a getaway that includes every member of the household—tail wags, paw prints and all.

Creating Family Fun

Planning a getaway that satisfies grandparents, parents and children can be a challenge.

A multigenerational staycation offers a flexible alternative, allowing families to spend meaningful time together without the stress of travel logistics or competing itineraries. By staying close to home, it becomes easier to design experiences that are inclusive, comfortable and adaptable for all ages.

Rather than trying to please everyone with a single activity, the goal is to create a mix of options that invite participation at different levels. With a bit of planning, a staycation can become a shared experience that feels both relaxed and memorable.



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PLAN WITH FLEXIBILITY

One of the biggest advantages of a staycation is the ability to move at a comfortable pace. Younger children may have boundless energy, while older adults may prefer slower, more relaxed activities. Building a schedule with natural breaks allows everyone to engage without feeling rushed or left out.

Consider planning one or two anchor activities each day, such as a visit to a local park, museum or farmers market. Surround those outings with time at home for rest, conversation or unstructured play. This balance helps prevent fatigue

and keeps the experience enjoyable for all participants.

Accessibility is another important factor. Choosing locations with easy parking, seating and clear pathways ensures that everyone can take part. Many local attractions offer accommodations that make visits smoother for guests of all abilities.

FIND COMMON GROUND

Multigenerational activities work best when they tap into shared interests. Classic options such as picnics, board games, gardening or cooking together can appeal across age groups.

These activities encourage interaction without requiring specialized skills or physical exertion.

Outdoor experiences are often especially successful. Nature trails, lakeside outings or simple backyard gatherings provide space for both activity and relaxation. Children can explore, adults can socialize, and older family members can participate at their own pace.

Storytelling can play a meaningful role. Encouraging grandparents to share memories or family history adds depth to the experience and creates opportunities for connection that

extend beyond the staycation itself.

CREATE LASTING TRADITIONS

A multigenerational staycation is as much about building relationships as it is about filling time. Simple rituals, such as a shared meal each evening, a morning walk or a game night, can become the foundation for lasting traditions.

Involving everyone in the planning process can make the experience more engaging. Children might choose an activity or menu item, while older adults can suggest favorite

pastimes or local spots. This collaborative approach helps ensure that each person feels included.

Documenting the experience through photos, journals or keepsakes can add meaning. These records become part of the family's shared story, something to revisit and build upon in future gatherings.

A staycation that spans generations doesn't need to be elaborate to be successful. With thoughtful planning and an emphasis on inclusion, it can offer something rare: Time together that feels both easy and deeply connected.

Revisit Childhood Favorites

Sometimes the most memorable getaways aren't about discovering something new, but rediscovering something familiar.

A staycation built around childhood favorites invites participants to step back into simpler pleasures — places and activities that once defined weekends, summers and celebrations.

From the hum of a bowling alley to the neon glow of a roller rink, these experiences offer more than entertainment. They serve as living snapshots of another time, where the pace felt slower and the expectations were lighter.

RETURN TO SIMPLE FUN

Many communities still have the kinds of attractions that once filled childhood calendars. Mini golf courses, arcades, skating rinks and family-owned bowling alleys continue to operate, often with only minor updates over the years. Visiting them can feel like opening a time capsule.

The appeal lies in their simplicity. These activities don't require extensive planning or specialized skills. They are easy to pick up, easy to share and often surprisingly affordable. For adults, they offer a chance to reconnect with a more playful mindset. For children, they provide an



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introduction to experiences that predate smartphones and streaming services.

Even small details can spark recognition: the sound of pins crashing, the texture of a scorecard, the music echoing across a rink floor. These sensory cues help create a sense of continuity between past and present.

SHARE THE EXPERIENCE

Revisiting childhood favorites can be a way to bridge generations. Parents and

grandparents have the opportunity to share stories and traditions, while younger participants bring fresh enthusiasm to familiar activities.

Turning the outing into a friendly competition — keeping score at mini golf or forming teams at the bowling alley — adds an extra layer of engagement. Alternatively, the focus can remain on connection, with time set aside for conversation and reflection between activities.

Pairing these outings with

classic treats can deepen the experience. Ice cream stands, diner-style meals or simple snacks often complement the nostalgic theme, reinforcing the sense of stepping outside everyday routines.

CREATE NEW MEMORIES

While nostalgia is at the heart of this kind of staycation, it doesn't have to be limited to the past. Revisiting these activities creates an opportunity to build new memories alongside old ones.

Photographs, keepsakes or even a handwritten scorecard can serve as reminders of the experience. Over time, these moments become part of a new tradition, one that blends past and present in a meaningful way.

A staycation doesn't always need a new destination to feel special. Sometimes, the most rewarding escape comes from seeing familiar places through a different lens, one shaped by memory, connection and a willingness to play.

Plan a Digital Detox

For many people, daily life is shaped by a steady stream of notifications, emails and screen time.

A digital detox staycation offers a chance to step away from that constant input and reconnect with a slower, more intentional pace without ever leaving home.

Rather than treating unplugging as a restriction, this kind of getaway reframes it as a reset. By setting aside devices for a defined period, participants can create space for rest, reflection and more meaningful engagement with their surroundings.

SET CLEAR BOUNDARIES

A successful digital detox begins with planning. Decide in advance how long the break will last — whether it's a full weekend, a single day or a few hours each evening. Setting expectations with coworkers, friends and family can help reduce the urge to check in "just in case."

Some choose to power down devices entirely, while others limit use to essential functions, such as phone calls or navigation. Creating physical boundaries can help. Designating tech-free zones in the home — such as the bedroom, dining area or outdoor spaces — reinforces the shift away from screens.

It may feel uncomfortable at first. Reaching for a phone



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is often a habit as much as a necessity. Giving that impulse time to fade is part of the process.

REDISCOVER OFFLINE RITUALS

Without the pull of screens, time begins to open up in unexpected ways. Activities that might otherwise feel like luxuries — reading a book, cooking a meal from scratch, taking a long walk — become central to the day.

This is an opportunity to

revisit hobbies or explore new ones. Journaling, gardening, crafting or even tackling a long-postponed project can provide a sense of accomplishment and calm. Shared experiences take on new depth. Conversations tend to be less interrupted, and meals become more intentional when devices are out of reach.

For those seeking structure, creating a loose itinerary can help. Morning stretches, afternoon outings and evening wind-down routines can give

the day a gentle rhythm without feeling overplanned.

NOTICE THE DIFFERENCE

One of the most immediate benefits of a digital detox is a shift in attention. Without constant alerts, it becomes easier to focus on a single task or simply observe what's happening in the moment. Many people report improved sleep, reduced stress and a greater sense of clarity.

Equally important is the opportunity to reflect on

long-term habits. A staycation-style detox can highlight how often devices are used out of habit rather than necessity. That awareness can lead to more balanced screen use moving forward.

A digital detox getaway doesn't require elaborate preparation or travel. It simply asks for intention and a willingness to be present. In a world that rarely pauses, choosing to unplug, even briefly, can feel like a true escape.

Nighttime Staycations

When the sun goes down, even the most familiar surroundings can take on a new character.

A nighttime staycation shifts the focus from daytime routines to evening exploration, offering a fresh perspective without leaving home. From quiet walks under the stars to lively outdoor events, these after-hours experiences can feel both restorative and a little unexpected.

By simply changing the time of day, participants can create a sense of novelty that transforms ordinary activities into something more memorable.

EMBRACE THE EVENING

Nighttime invites a slower, more intentional pace. An evening walk through a neighborhood or local park can feel entirely different than the same route taken during the day. Cooler temperatures, softer lighting and fewer crowds create a more relaxed atmosphere.

For those with access to open skies, stargazing can become a central activity. Whether viewed from a backyard, a lakeshore or a nearby rural area, the night sky offers a quiet form of entertainment that encourages reflection. Bringing blankets, warm drinks and a simple guide to constellations can enhance the experience.

Outdoor concerts, movie nights and seasonal events tend to take place after dark, providing opportunities to gather and enjoy shared experiences in a different setting.

ADD INDULGENCE

Evening outings often pair naturally with small treats. A late-night dessert run, a visit to an ice cream shop or a stop at a café can turn a simple outing into something that feels special.



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At home, the same idea can be recreated with a themed dessert night or a backyard setup featuring string lights and comfortable seating. These touches help distinguish the experience from everyday routines and reinforce the sense of a planned escape.

For those seeking a quieter option, an evening devoted to music, film or reading can offer a similar shift in tone. The absence of daytime distractions often makes it easier to settle into a single ac-

tivity and fully enjoy it.

RESET THE RHYTHM

A nighttime staycation works in part because it disrupts familiarity. By stepping outside the usual schedule, participants can experience their environment in a new way. Staying up a little later, sleeping in the next morning or simply rearranging the day's structure can make time feel more flexible.

This change in rhythm can support

relaxation. Evening activities tend to be less rushed, allowing for deeper conversations and more mindful engagement. Without the pressure of early commitments, it becomes easier to unwind.

A staycation doesn't always require a change of place. Sometimes, a change of timing is enough. By embracing the possibilities of the evening, it's possible to rediscover familiar surroundings and perhaps see them in a whole new light.