Ready to draft a catchy “Out of Office” note and set your sights on the highway? You’re not alone. Enterprise’s Annual Weekend Getaway Survey found that more people are reporting a stronger desire to escape in 2019 than last year—and most of them sum up the reason in one word: stress.

Respondents claim they are more stressed now than this time last year, and all that pressure makes them want to get away more on the weekends. Three in four say they not only plan to get away in 2019, they hope to take five trips in the coming year, two more than getaway-takers reported taking in 2018.

And getting away doesn’t necessarily mean traveling to a faraway destination. Most people—85 percent—agree that planning a short trip is less stressful than planning a big vacation. According to the survey results, 55 percent of travelers plan to stay within 200 miles of home. And they’re keeping it simple; the second most common weekend excursion will be a trip to a family member’s or friend’s house. In addition, while the most expensive getaways are less likely this year, those who took a getaway in 2018 and plan to do it again in 2019 will either spend as much (58%) or more (33%) on their 2019 trips.

“We’re seeing travelers increasingly want to take simple, low-stress vacations that allow them to unwind and leave their worries at home,” said Steve Short, vice president at Enterprise.

“This year, our survey revealed that rather than taking longer, elaborate vacations, more respondents would rather take a weekend getaway. And they’re not only staying closer to home—they’re also opting to completely disconnect and turn their weekend getaway into an escape from the stress of their jobs and other responsibilities.”

Compared with last year, the number of people who said that leaving their cellphones at home turns the getaway into an escape doubled, and 87 percent of respondents believe turning off alerts on their devices (email, social media, news) is a best practice when it comes to truly getting away.

The survey also found that taking a low-stress weekend getaway can greatly improve travelers’ moods. Of the respondents planning to take a winter getaway this year, more than half agree their mood suffers in winter and 82 percent say a getaway helps them escape the cold weather blues. Nearly all respondents report that weekend getaways leave them recharged, relaxed, and grateful.

While their trips may be shorter, travelers make the most of their time away, especially by embracing new experiences outdoors. The survey found that:

• 58 percent of respondents believe that having a brand-new experience and/or doing an activity they’ve never done before is what makes a weekend getaway an escape.
• 48 percent of 2019 weekend getaway-takers plan to explore outdoor destinations, while only 16 percent will travel to a major city, down from 24 percent last year.

“These short weekend trips can have enormous positive benefits when it comes to relieving stress and improving people’s moods,” said Jonathan Alpert, psychotherapist, performance coach and author of Be Fearless: Change Your Life in 28 Days. “Especially in the winter, when dreary weather has people feeling down, taking time to get outdoors and experience something new leaves people feeling refreshed. Sun exposure, even if in the cold, helps reduce the winter blues and by planning a short trip, people can break up what they anticipate being a long, monotonous winter season.”

For more travel inspiration and tips on planning your true escape, check out Enterprise.com/Pursuits.
How do you like to get away from it all? We know sometimes you want to pack up and head out on a plane to another part of the globe, but more often than not, you can’t spare that much time. For a weekend escape which truly feels like you are getting away from the hustle and bustle of Los Angeles, head on over to the Conejo Valley where the picturesque landscape and serene natural beauty seem like a world away, but are actually not that far.

Situated in the rolling foothills of the Santa Monica Mountains, the Sheraton Agoura Hills features everything you need for a weekend retreat. Step out of your car and take in the fresh air and stunning Instagrammable scenery. In this peaceful, tranquil location you can embark on a wide variety of adventures to suit your personal interests and lifestyle.

From the hotel’s welcoming guest rooms and suites to its heated outdoor swimming pool, fitness center, Share Restaurant and the Liquid Lounge, this is the perfect spot to unpack, kick back, and relax. Ask the Sheraton Agoura Hills’ front desk staff for recommendations on local activities. Depending upon your mood, they can point you in the right direction for a day of fun and adventure.

Within a few miles of the hotel you can go horseback riding, rock climbing, mountain biking, hiking, golfing, and even visit a waterfall! If you’re into sipping and taking it slow, enjoy wine tasting or brewery hopping. Make special discoveries at places like the Ronald Reagan Presidential Library and Museum, or multiple local art galleries. If the ocean is calling, you’re less than 15 miles from Malibu and Zuma beaches. Or within just a few miles of the hotel you’ll find pampering at a local spa and shopping at a wide variety of malls, shopping centers, and even an outlet mall.

Don’t waste another weekend! Plan your getaway to the Sheraton Agoura Hills by visiting SheratonAgouraHills.com.
Valley July 4th Extravaganza to Feature Ryder Green

With one of the most spectacular fireworks displays in Southern California, the July 4th Fireworks Extravaganza delights over 60,000 people with a free concert and 15-minute spectacular fireworks display. There are over 20 local restaurants on hand along with arts and crafts vendors and local businesses promoting and selling their goods. The event takes place on July 4th of each year from 6:00 p.m. to 9:30 p.m. Come early!

The event is located at the beautiful Lou Bredlow Pavilion in Warner Park at 5800 Topanga Canyon Blvd., in Woodland Hills. Parking fees are a donation to Valley Cultural Foundation and allow the Valley Cultural Foundation to continue its longstanding tradition of bringing music and the arts to our West Valley.

From blistering renditions of blues-infused rock and funk to sublime vintage blues, R&B, rock ‘n roll, and everything in between, Ryder Green brings a dynamic mix of fire power and grit, effortlessly intertwined with melodic engaging songs, and straight-from-the-soul improvisation. His distinctive tone, infectious original songs and vocals, and attention-grabbing covers ignite crowds of all ages.

While originally known as a guitar virtuoso in his early teen years and a prolific songwriter, Green writes and sings about themes that often strike a universal chord in the message while spiking the music with riffs, phrasing, and change-ups you won’t hear anywhere else. Sometimes hard driving and powerful, sometimes eloquently edgy — but always engaging and entertaining.

In November of 2016 (at age 18), Ryder Green and his band won the Golden Gate Blues Society’s blues challenge. They then went on to represent them in Memphis in February 2017 at the International Blues Challenge (IBC). Just before heading to Memphis with his band, Green released “Won’t Take It From You,” an EP of five original songs. He wrote, arranged, and sang all 5 songs, in addition to playing lead and rhythm guitar.

Whether playing the intimate setting of a club, or the big stage and crowd of a festival, Green always delivers one seriously tight rockin’ music experience. He’s the real deal!

Valley Cultural Foundation provides diverse programs and events in the arts that bring together talent, community and business throughout the San Fernando Valley.

Enjoy Concerts, Movies and Shakespeare on the Green, as well as Children’s Performance Series programs and the July 4th Extravaganza not to be missed, all for free this summer! Learn more at valleycultural.com.

**Book your stay at Sheraton Agoura Hills Hotel today!**

**For reservations, call 818 707 1220 or visit sheratonagourahills.com**

**Sheraton Agoura Hills**

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