

# Girls Getaway Guide

## *Leave Your Baggage At Home*

### Q&A With Author Casey Wohl

Q: What inspired you to write these books?

A: During a very tough year both personally and professionally, I came to find a tremendous amount of solace in traveling with my girlfriends. I love the adventure of experiencing new cities. It is almost like a re-birth for me. I also love re-visiting cities, where you can re-visit old memories and create new ones at the same time. Before I traveled to new cities, I would always look for city-specific travel books geared towards fun-loving girls. I could not find any city guides that highlighted trendy hotels, restaurants, spas, shopping, entertainment, cultural attractions, bars, plus provided a calendar of events throughout the year and activities unique to that area.

Q: The tagline on your book reads “leave your baggage at home,” can you elaborate on that statement?

A: Everyone has “baggage.” For me, I went through a divorce and lost my job, so I carried a lot of personal baggage. For some people, just their daily routine alone can wear them down and weigh on them like baggage. No matter what type of “baggage” you carry in everyday life, a fun-filled girls getaway is the perfect way to rejuvenate yourself and spend quality time with your family and friends.

Q: Why did you choose Orlando as the first getaway destination?

A: I attended Rollins College in Winter Park (just outside Orlando). My two college roommates and I started planning girls’ weekends in Orlando to go back and visit campus, re-live college stories and create new memories. We did very little planning the first year. We thought that because we had lived there that we knew what to do, where to stay, where to eat, etc. We had a good time, but we had an even better time the second year when we planned to whole weekend...from a concert, to a musical, to a basketball game, to our hotel, to our dinners, to our spa day, to our shopping. It was a blast! Plus, a very good lesson in how a little planning really pays off.

Q: What is one of your favorite activities in Orlando?

A: I absolutely love visiting Park Avenue in Winter Park. This outdoor area features great shopping (both boutiques and name brand stores), excellent cafes and restaurants, spa boutiques, and some terrific cultural attractions. Plus, at the end of Park Avenue is Rollins College (my

alma mater), which is a gorgeous campus located on Lake Virginia. This is a great area to visit with a group of girls because there is something for everyone to do.

Q: How often do you plan a getaway with your girlfriends?

A: Not enough! I truly value my time with my girlfriends, and I look forward to at least 4-6 trips per year with various girlfriends and family members. I would plan a Girls Getaway each month if I could. However, with busy schedules it is often a challenge to find time.

Q: What do you find most beneficial about getaways with your girlfriends?

A: I have always appreciated my family and friends and the important role they play; however, it was not until I went through what was the most difficult year of my life that I realized that my girlfriends are irreplaceable. I don't have any sisters, so I feel as though my girlfriends are my sisters. Our getaways together provide time for us to connect on a much deeper level and truly be there for one another...through the good times and the bad.

Q: What is the best advice you can give on planning the perfect girl's getaway?

A: Set a date well in advance for everyone; then plan accordingly. Book your hotel, restaurants and spa services well in advance as these can often fill quickly. Make sure everyone has the same expectations for the trip and discuss each person's budget before planning the trip.

Q: Do you plan to write additional girls getaway guides for other destinations?

A: Absolutely! Several cities are currently being researched now, and the manuscript for one city in particular is in progress. I know a *Girls Getaway Guide* to any city would be helpful for me, as well as other girls.

Q: Where can someone purchase your guides?

A: They are currently available on Amazon.com, Barnes & Noble stores and online, select boutiques and my website [www.GirlsGetawayGuide.net](http://www.GirlsGetawayGuide.net).

