

GIRLS TRIP EDITION

TRAVEL GUIDE

AUGUST 2024 / VOL. 01

Weekend in the
**PACIFIC
NORTHWEST**

For the adventures at heart. The state of Washington awaits you.

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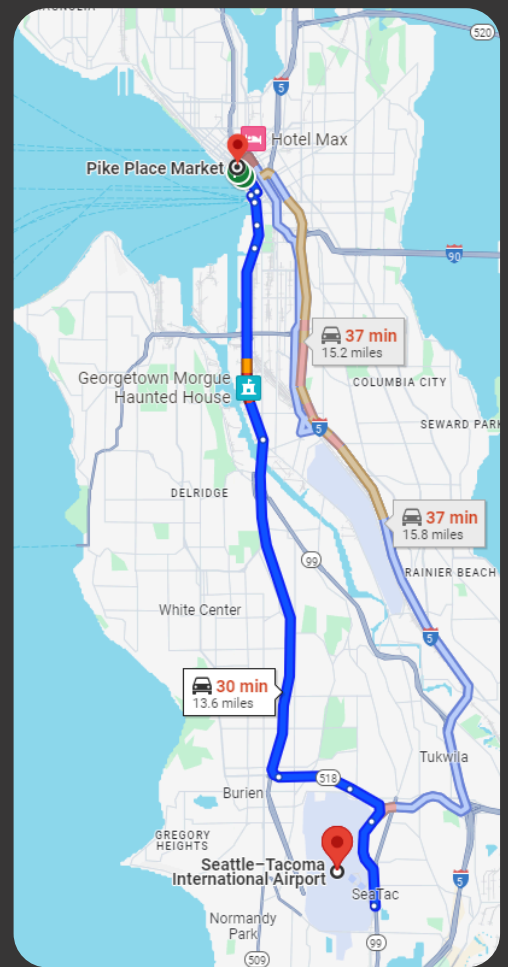


WELCOME TO YOUR MINDFUL GIRLS' TRIP

Are you ready for a girls' trip that's more than just fun and sun? Join us as we share our journey through Washington, a state brimming with natural beauty and opportunities for personal growth. This guidebook isn't just about sightseeing; it's about creating meaningful experiences and nurturing your well-being.

From beach yoga sessions to transformative letting-go activities and powerful manifestation practices, we've incorporated wellness into every step of our adventure. We believe that a girls' trip can be so much more than a vacation; it can be a retreat for the mind, body, and soul.

Whether you're a seasoned traveler or a first-time explorer, this guidebook will inspire you to embark on your own mindful journey. Let's create unforgettable memories together while prioritizing self-care and personal growth.



LOCATED 30 MINUTES FROM
SEATTLE AIRPORT

Pike Place Market

Only have an hour or two to spare? Don't worry, Pike Place Market can pack a punch in no time! Grab a quick bite – trust us, you'll find something amazing – then dive into the chaos. Weave through the crowds, taking in the riot of colors from fresh flowers to the freshest catch of the day. Yes, you'll smell the fish, but it's a quintessential Pike Place experience.

Keep your eyes peeled for unique souvenirs and soak in the electric atmosphere. It might be brief, but it's a whirlwind of Seattle you won't forget.



Parking & Finding the Gum Wall

Parking in Seattle, especially near Pike Place Market, can be a bit of a challenge. Your best bet is to use one of the paid parking garages in the area. The Pike Place Market Garage offers convenient access but fills up quickly. If that's full, there are other garages and street parking options nearby, but be prepared for potential meter fees and traffic.

Once you've conquered parking, finding the famous Pike Place Market sign is easy. It's a landmark, so just follow the crowds. To reach the Gum Wall, head towards the waterfront side of the market. You can't miss the colorful, sticky spectacle!

If you've got a little extra time, consider stretching your legs with a walk to the iconic Space Needle. It's about a 24-minute stroll from Pike Place Market. This walk takes you through the heart of Seattle, offering a chance to soak up the city's vibe. You'll pass by other attractions and get a feel for the local neighborhood. Just remember, the Space Needle requires tickets, so plan ahead if you want to ascend to the top for panoramic views of the city.



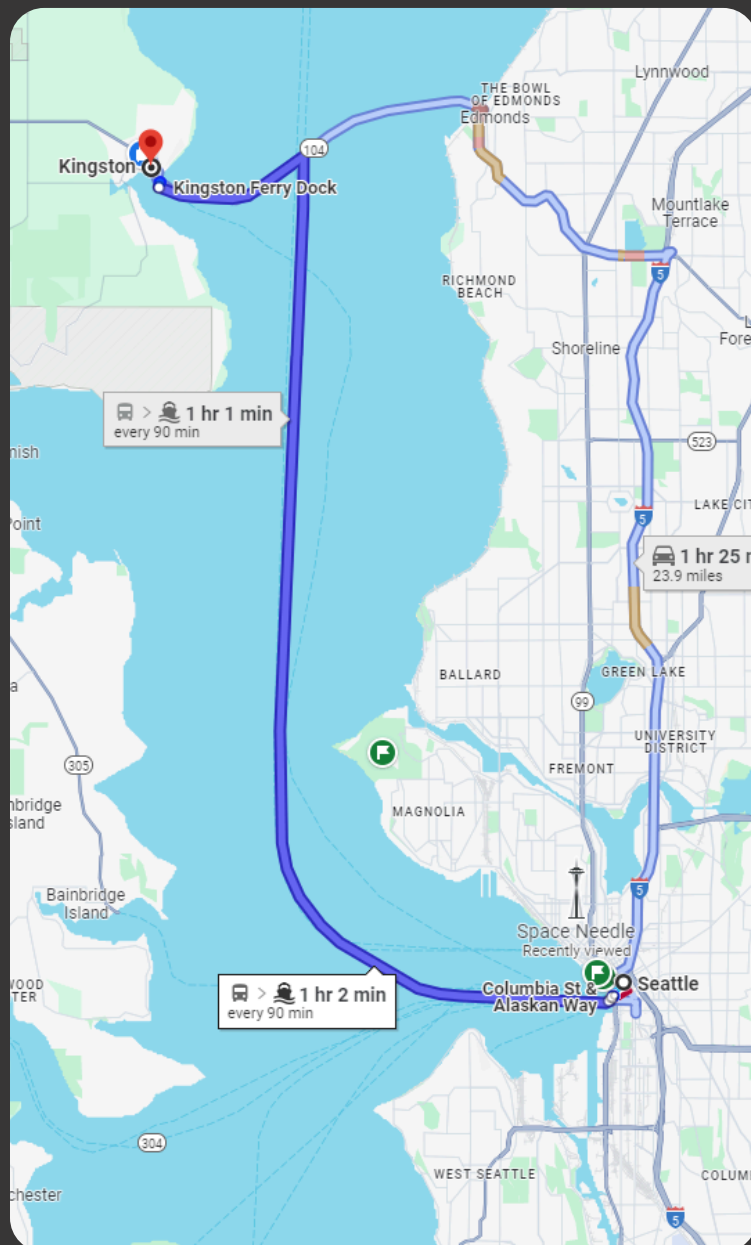


SEATTLE TO KINGSTON, WA

RIDING THE FERRY BOAT TO KINGSTON, WA

Ready to escape the city? Hop on a ferry and head to Kingston to our first Airbnb destination! This charming town is just an hour and two minutes away by boat. To board your car ferry, simply drive onto the vessel once you've reached the ferry terminal in Seattle. It's a relaxed and scenic way to start your adventure.

Keep in mind that ferries run on a schedule, so planning is key. While the ride itself is quick, wait times can vary, especially on weekends and holidays. Check the [ferry schedule](#) before you go to plan your trip accordingly.



Once you're on board, relax and enjoy the ride. The ferry offers stunning views of the Puget Sound. Grab a snack, watch for marine life, or simply unwind as you cruise towards Kingston. It's a peaceful start to your getaway.

Pro tip: If you're wanting great photos, head to the back of the boat where it's less crowded.



KINGSTON, WA

AIRBNB

NEXT LEVEL GLAMPING

Our stay at this Kingston Airbnb was nothing short of magical. The glamping dome tent was an absolute dream, offering breathtaking views that we couldn't get enough of. The bed was incredibly comfortable, and the clever couch transformation into a full-sized bed meant we had plenty of room for our group. The tent was equipped with a cozy stove for chilly nights and fans to keep us cool during the warmer months.

Surrounded by nature, this Airbnb was a hiker's paradise. Trails started right at the property's doorstep, inviting us to explore the stunning surroundings. The fire pit was a perfect spot to gather around in the evenings, and the lounge area with its assortment of instruments was an unexpected delight for music lovers like us. We had impromptu jam sessions that created unforgettable memories. The kitchen facilities in the lounge were a practical touch, allowing us to store our food and prepare simple meals.

Day 1



WEEKEND IN THE PACIFIC NORTHWEST



[Check Airbnb Availability](#)

The hosts were incredibly welcoming and friendly, making us feel right at home. Their property, spanning 122 acres, offered endless opportunities for exploration. The well-lit path to the lounge area was a thoughtful touch, ensuring safety even in the dark. Whether you're a hiking enthusiast or simply seeking a peaceful retreat, this Airbnb is a gem. It's no wonder it's one of the best we've ever stayed in.

Nights on the property were pure magic. The silence was so profound it felt like a gentle embrace. As darkness fell, the only sounds were the distant hoot of an owl and the soft rustling of leaves. We were often greeted by the enchanting sight of deer gracefully crossing our path, their large, curious eyes catching the moonlight. It was a truly unforgettable experience. If you're seeking a peaceful escape surrounded by nature, we wholeheartedly recommend booking this Airbnb. Trust us, you won't regret it!

Day 1



Dinner at Sully's Bistro & Bar

Just a short 17-minute drive from our idyllic Airbnb, we stumbled upon a hidden treasure: Sully's Bistro & Bar. Nestled right by the water, this charming eatery offered more than just a stunning view; it was a culinary experience we won't soon forget.

We've always believed that food is just as essential to a vacation as the sights. It's a way to connect with a place on a deeper level, to savor the local flavors and traditions. Sully's delivered on all fronts. From the moment we stepped inside, we were greeted with warm smiles and attentive service. The menu was a tantalizing blend of classic comfort food with a modern twist. Every dish was a

masterpiece, bursting with fresh, high-quality ingredients. Whether you're a seafood lover or a carnivore, Sully's has something to satisfy every palate.

If you find yourself in the Kingston area, do yourself a favor and make a reservation at Sully's Bistro Bar. Trust us, your taste buds will thank you. It's more than just a restaurant; it's an experience.

[see website](#)



DAY 2

Breakfast at J'aime Les Crêpes

Our search for the perfect breakfast spot led us to the delightful J'aime Les Crêpes. This charming little creperie, conveniently located right next to the Kingston ferry, was a culinary dream come true. With a menu boasting both sweet and savory options, there was something to satisfy every craving.

We indulged in a decadent Nutella crepe topped with fresh strawberries and bananas, and finished it off with a generous dollop of whipped cream. It was pure bliss.

With a long day of exploring ahead, we made sure to savor every bite and enjoy the delightful atmosphere of J'aime Les Crêpes. It was the perfect way to fuel up for our adventures.



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08

DAY 2

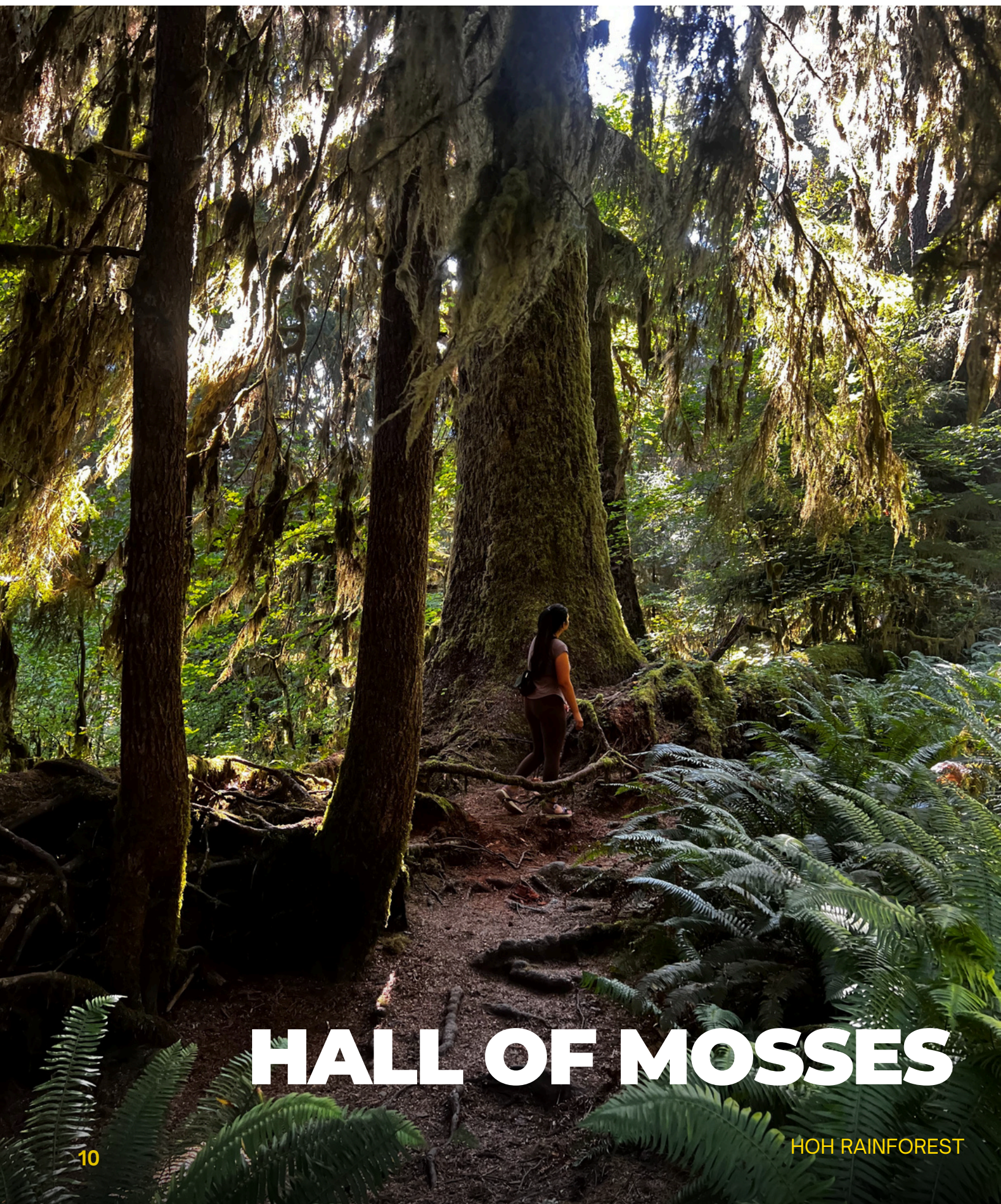
Map showing the route from Forks, WA to Seattle, WA. The route is marked with a blue line and includes the following stops and landmarks:

- Forks, WA (Starting point, marked with a red pin)
- Shawoh
- Quillayute
- La Push
- Ruby Beach
- Kalaloch
- Queets
- Smith Place
- Olympic National Park
- Hoh Rain Forest
- Olympic Hot Springs
- Lake Crescent
- Elwha
- Port Angeles
- Sequim
- Port Townsend
- Port Hadlock/Hood
- Kingston
- Seabeck
- Bainbridge Island
- Bremerton
- Port Orchard
- Hamma Hamma
- Seattle, WA (Destination, marked with a green pin)

Estimated travel times for the route:

- From Forks to Kingston: 2 hr 34 min (117 miles)
- From Kingston to Seattle: 12 hr 48 min
- Total estimated travel time: 15 hr 22 min

As a die-hard Twilight fan, pulling into Forks felt like stepping into a dream. Every corner of this charming town was a familiar backdrop to countless hours spent lost in Stephenie Meyer's world. We couldn't resist indulging our inner fangirl and grabbing a bite to eat before continuing our journey. The town itself is a testament to the series' enduring popularity, with Twilight memorabilia scattered throughout. It was surreal spotting Bella's truck replica just outside town and imagining Edward and Jacob lurking in the shadows.



HALL OF MOSSES

HOH RAINFOREST

From Forks, the Hall of Mosses is a scenic drive of about 53 minutes. However, be prepared for a potential wait. During the peak summer months, crowds can be substantial, and you might find yourself queuing for up to two hours to enter. But trust us, it's worth it! The drive through the Olympic Peninsula is breathtaking, and the Hall of Mosses itself is an otherworldly experience. Surrounded by towering trees draped in emerald moss, you'll feel like you've stepped into a fairytale. Don't let the wait deter you; this is an absolute must-see on your Washington adventure.





Ruby Beach

Our next stop was the mesmerizing Ruby Beach. It was a 50 min drive from the Hall of Mosses, with ample parking and a short walk down to the sandy shores. Be prepared for a bit of a workout on the way back up; the incline will get your heart pumping!

The beach itself is a stunning display of nature's artistry. At low tide, the tide pools teem with life, offering a fascinating glimpse into the underwater world. We spent hours exploring, marveling at the variety of marine creatures. Beyond the tide pools, the beach was a canvas of human activity. Couples strolled hand-in-hand, fishermen cast their lines, and families played in the sand. It was a beautiful reminder of the shared human experience, a moment of connection with the world around us.

RUBY BEACH ONLY ADDED AN EXTRA 36 MINUTES TO THE TRIP.





LA PUSH AIRBNB

BACKYARD BEACH
DESTINATION



WEEKEND IN THE PACIFIC NORTHWEST



[Check Airbnb
Availability](#)

The drive from Ruby Beach to our La Push Airbnb took about an hour, capping off a long but incredibly rewarding day. We arrived later in the evening, but luck was on our side – our cozy cottage was right across the street from both a restaurant and the beach! It was perfect. The house had four bedrooms, so everyone got their own space to unwind.

We stayed up late, catching up, laughing, and enjoying each other's company. The Airbnb felt like a home away from home. The next morning, after a delicious breakfast, we hit the beach for a morning yoga session before heading back to Seattle.

Letting Go Healing Activity

Finding a quiet spot on Ruby Beach, we embarked on a healing exercise. The first step was to find a rock that resonated with you. Hold it in your hands, feeling its weight and texture. Close your eyes and focus on something you wish to release, a negative emotion, or a limiting belief. When you're ready, with all your might, hurl the rock into the ocean, visualizing your unwanted thoughts and feelings disappearing with it.

Now, find another rock, one that you're drawn to. This stone represents something positive you want to invite into your life, perhaps love, happiness, or success. Hold it, feeling its energy. Let it become a symbol of your intentions. Keep this rock as a tangible reminder of your chosen path.

To conclude this transformative experience, put on your headphones and play your favorite song. Immerse yourself in the music, focusing on the sounds of the waves, the feel of the sand beneath your feet, the taste of the salty air, and the warmth of the sun on your skin. Let these sensations and the melody wash over you, creating a lasting memory of this healing journey.



Yoga on the beach & Manifestation Guide

There's something truly magical about practicing yoga on the beach. The rhythmic sound of the waves and the feel of the sand beneath your hands create an unparalleled sense of grounding. You don't need to be a yoga pro to enjoy the benefits; simply flow to your own rhythm, focusing on your breath and the present moment. A tip: bring a towel to keep your hands clean and dry. Our beach yoga session was extra special as it coincided with the Lions Gate Portal, a period believed to amplify manifestation energies. Whether you're into astrology or not, it's a beautiful opportunity to set intentions and visualize your dreams.

To enhance your manifestation practice, try this pink bubble visualization: Find a comfortable seated position and take deep breaths. Imagine a large pink bubble forming in front of you. As you inhale, fill the bubble with your desires, dreams, and goals. Visualize them in vivid detail, feeling the excitement and joy of their manifestation. With each exhale, watch the bubble grow brighter and more vibrant. When you feel complete, gently release the bubble into the universe, trusting that your intentions are being carried out.

After your yoga session, take a moment to soak in the beauty around you. Listen to the sounds of the ocean, feel the warmth of the sun on your skin, and appreciate the simple joy of being present. This is a perfect time to reflect on your intentions and allow gratitude to fill your heart.



10 QUESTIONS TO ASK ON A ROADTRIP

1. WHAT IS YOUR
PROUDEST MOMENT
OF YOURSELF?

2. WHAT'S YOUR
BIGGEST FEAR AND
WHY DOES IT SCARE
YOU?

3. WHAT'S YOUR
BIGGEST DREAM IN
LIFE?

4. DO YOU BELIEVE IN
FATE OR FREE WILL?

5. WHAT'S YOUR MOST
VIVID CHILDHOOD
MEMORY?

6. WHAT'S YOUR MOST
CHERISHED MOMENT IN
LIFE?

7. HOW DO YOU
ENVISION THE FUTURE
OF OUR PLANET?

8. BESIDES PEOPLE,
WHAT DO YOU VALUE
MOST?

9. WHAT HAVE YOU
HOPED WAS DIFFERENT,
BUT AFTER TIME
PASSED YOU'RE HAPPY
WITH THE WAY IT
TURNED OUT?

10. WHAT'S YOUR
BIGGEST PET PEEVE?



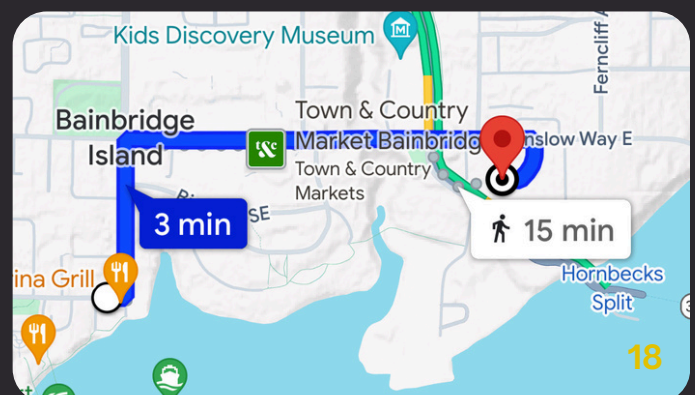
DAY 3

Pegasus Coffee in Bainbridge Island, WA

Our journey back from La Push presented two options: retracing our steps or taking a different route. Opting for familiarity, we chose the former, hoping to avoid heavy traffic. On our way back to Seattle, we made it to Bainbridge Island.

A charming coffee shop beckoned us with promises of warm hot chocolates and delectable pastries, which we gladly accepted before boarding the ferry. This little shop offered a unique and heartwarming service. They provided free postcards for customers to write messages to loved ones back home. What made this even more special was their offer to stamp and mail the postcards for you. It was the perfect way to share our adventure and connect with friends and family from afar. This thoughtful gesture added an extra touch of charm to our visit.

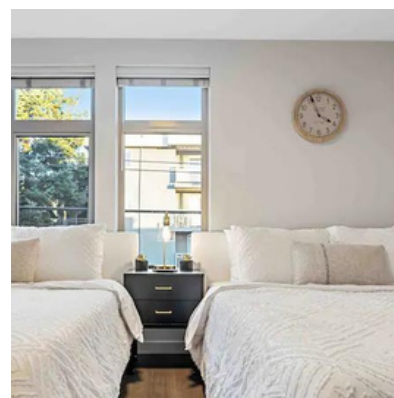
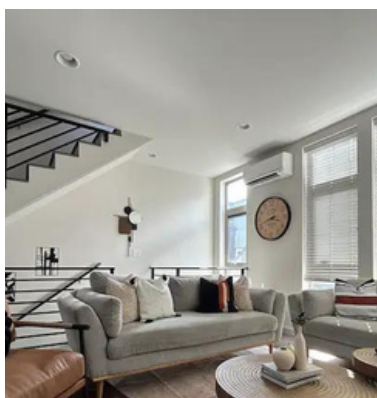
Bainbridge Island boasts a collection of adorable shops, making it a perfect destination for a leisurely day trip. Unfortunately, our Airbnb awaited, so we reluctantly joined the lengthy ferry queue, bidding farewell to the serene island and preparing for the hustle and bustle of the city.





SEATTLE AIRBNB

LUXURIOUS STAY MEETS UNBEATABLE VIEWS





[Check Airbnb Availability](#)

Once we got off the ferry it was a 14 minute drive (in traffic) to get to our Airbnb, which couldn't have been in a better location! It was just as beautiful inside as the amazing views were outside. We had our private patio with a fire ring we stayed up late talking and amazing restaurants were just around the corner from us.

The city was vibrant and I was surprised at how quiet it all felt at the same time. I wish we could have stayed at this Airbnb for a few days, but we had to wake up early for our flight. The beds were like sleeping on clouds and this Airbnb thought of everything. We will definitely be coming back to this incredible Airbnb!

It was a 20 minute drive to the rental car drop off before we caught our early morning flight. This trip was the perfect way to end our summer, and the perfect bonding experience for friends.

WHERE TO STAY?

FIND YOUR PERFECT HOME AWAY FROM HOME



Kingston, WA

If you want to take glamping to the next level, and you love waking up to the freshest air for a nice hike steps from your door, book now

[Check Availability](#)



La Push, WA

If you love listening to the waves crash at night, and love the smell of salty sea air, book now!

[Check Availability](#)



Seattle, WA

If you're in it to experience the modern city life, with a breathtaking skyline view, this is the place!

[Check Availability](#)

WHAT TO LISTEN TO?

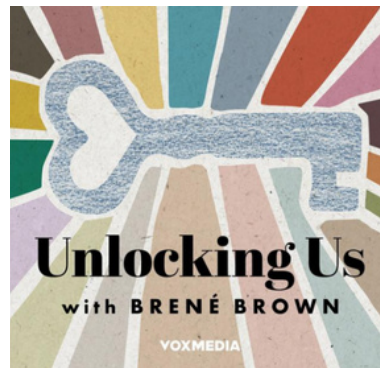
**IT'S A DRIVE.
LISTEN TO
OUR
FAVORITE
PODCASTS!**



Mel Robinson Podcast

If you're into self development and looking at the world from a fresh lense, you'll love this podcast!

[Listen](#)



Unlocking Us with Brené Brown

Learn about connection, vulnerability and the courage it requires to live wholeheartedly

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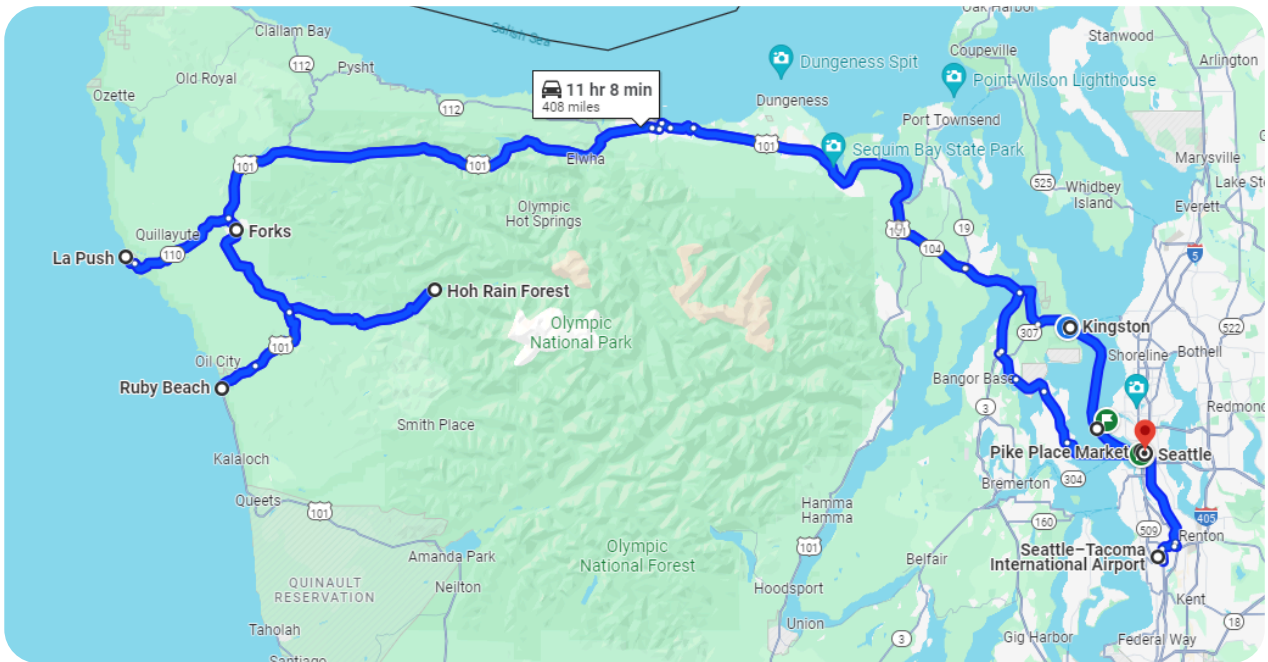


Meditation Podcast

If you need guided meditation, this is the perfect place to start.

[Listen](#)

ROADTRIP OVERVIEW



DAY 1

**Seattle Airport
Pike Place Market
Ferry to Kingston, WA**

DAY 2

**Forks, WA
Hoh Rain Forest
Ruby Beach
La Push, WA**

DAY 3

**Bainbridge, WA
Seattle, WA
Seattle Airport**