

The Greenbrier Cooks Up A Great Family Vacation

(NAPSA)—Who knew? Kids don't just like to eat. They like to cook!

The Greenbrier, the legendary resort that hosts an equally legendary cooking school, is attracting young chefs in record numbers for children's cooking classes. "Children love learning new things," explained Riki Senn, executive director of The Greenbrier Culinary Arts Center. "They're fascinated with everything about cooking—nutrition, menu planning, preparation and presentation. And, of course, they love eating their own creations."

The resort first offered children's cooking classes in 1997, and interest has grown every year. Single-day cooking classes for children age 6 to 12 combine fun and learning from The Greenbrier's professional culinary staff. The classes introduce youngsters to the basics of cooking and teach them, step by step, how to prepare a meal on their own. After preparing a meal, the children sit down to eat and enjoy the fruits and vegetables of their labor.

Cooking classes are also an integral part of The Greenbrier Spa's ROUTEEN® weekend program for young people 13 and older. After revealing the truth about the nutritional value of popular snacks and fast foods, as well as the dos and don'ts of dieting, The Greenbrier's chefs teach their teenage students how to prepare healthy versions of their favorite foods.

Of course, at The Greenbrier, cooking classes aren't just kids stuff. The Greenbrier's teaching chefs offer daily adult cooking classes in the Culinary Arts Center, as well. The menus change daily, so foodophile guests can take more than one class during their visit to America's Resort.

And when it's time to get out of the kitchen, there are more than 50 other things to do at The Greenbrier. The 6,500-acre estate, located in the scenic mountains of southern West Virginia, features enough family sports and recreational activities to land it on Travel+Leisure Family's list of North America's top family resorts. Popular activities include the world-renowned Greenbrier



A well-known resort has added a series of classes for young chefs to its long list of family-friendly activities.

Spa—which also offers children's programs—as well as golf, tennis, whitewater rafting, mountain biking, horseback riding, an off-road Land Rover Driving School, swimming, fishing, kayaking and a unique falconry academy.

New activities this year are the family golf school, family golf clinic and family golf package, so that even the youngest golfers can enjoy the three magnificent championship golf courses. Also new is The Greenbrier Adventure Zone, an innovative combination of supervised, age-appropriate educational and recreational programs for children age 3 to 12. The Greenbrier Adventure Zone has all-day programs during the summer months.

As more and more families try to pack the most enjoyment and value into their vacation, they especially appreciate that children 17 and under stay free in their parent's room at The Greenbrier, with free breakfast and dinner included for both parents and children. And yes, the food is wonderful!

The Greenbrier is an easy Interstate drive from major East Coast cities. For those who prefer to fly, there are daily, nonstop jet flights from Pittsburgh and Atlanta, and daily, nonstop prop-jet flights from Charlotte.

Children's cooking classes are offered Tuesday, Wednesday, Friday and Saturday, June 17 through August 30. For information about family vacations and other getaways at The Greenbrier—and to sign up your child for classes—call toll-free 866-534-4463.