

FOR IMMEDIATE RELEASE

## Sycamore Mineral Springs Resort Celebrates Beer & Blues Weekend With Special Offerings

SAN LUIS OBISPO, CA (May 14, 2007) – Memorial Day weekend is just around the corner, and Central Coast locals and visitors alike already have tickets in hand for the two most popular Avila Beach-based events – the California Festival of Beers on Saturday, May 26 and the Avila Beach Blues Festival, Sunday, May 27.

Sycamore Mineral Springs Resort, conveniently located just walking distance away from the events, is in on the three-day vacation celebration, offering a **special beer pairing dinner menu, hot mineral spring tub discounts** and an **all-inclusive Memorial Day resort package**.

Those attending the beer and blues events during the weekend will look forward to getting off their feet and soaking in one of Sycamore's private hillside hot mineral spring tubs, **offered at a special rate of \$10 per person (a \$5 savings) throughout the three-day weekend for those who bring in their ticket stubs**.

And after a day of dancing and drinking in the sun, a hearty appetite can be appeased with a **special three-course "Bluesy Soul Food" prix fix dinner menu** offered at Sycamore's Gardens Of Avila Restaurant on both Saturday and Sunday evenings. Chef David McWilliam will prepare comfort cuisine like Louisiana-style Gumbo, Country Fried Chicken and Peach Cobbler, and pair each course with select brews for just \$40 (\$30 without beer). Regular breakfast, lunch and dinner menus will also be available for the long weekend.

Finally, out-of-town visitors enjoying the festivities can book the **Memorial Day Package** at Sycamore Mineral Springs Resort, which offers:

- **Three evenings in a luxury suite with a private balcony hot tub**
- **A \$50 gas card**
- **A Sunday night "Bluesy Soul Food" three-course prix fix dinner menu paired with beer (\$100 restaurant credit) Kids 12 and under eat free!**
- **A three-day pass to the Avila Hot Springs waterslides and lifeguard pool**
- **Complimentary use of the Sycamore hillside hot mineral spring tubs**
- **Complimentary access to Sycamore's yoga, Pilates, Tai Chi and other healing arts classes**

The Memorial Day Package is \$989 plus tax.

Restaurant and hot tub reservations are strongly recommended and can be made by calling (800) 234-5831.

Sycamore Mineral Springs Resort, an integrative retreat centre, rests atop hot mineral springs and spans more than 100 acres of forest, hills and meadows in San Luis Obispo. It features secluded hillside mineral springs tubs, a labyrinth, meditation gardens, a renowned wellness center, a pool, and a gourmet restaurant. Moments away from the ocean, award-winning wineries, golf courses, Hearst Castle, and many charming Central Coast towns, it offers guests an exceptional opportunity to restore the spirit, nourish the mind and heal the body. The resort is located at 1215 Avila Beach Drive in San Luis Obispo, on the road to Avila Beach. For additional information or images, editorial media may contact Jordan Schultz at On the Horizon Communications (805) 773-1000 or jordan@thepressroom.com.