

Why take a Wintercation?

Whether it's avoiding the winter blues or crossing off items on your bucket list without breaking the bank, there are tons of benefits to vacationing during the off-peak season!

20%

of U.S. adults suffer from Seasonal Affective Disorder (SAD) due to lack of sun exposure in the winter. People with SAD have lower energy levels, withdraw from social activities, gain weight easier, and lowers productivity. Symptoms of SAD can easily be reversed by spending more time in sunny weather.¹



Better Experience

Disney experts say that *January* is the best time to visit Disney parks due to milder weather, less crowds, and lower prices.²

Travel Relieves Stress

According to research, 3 days after vacation travelers report feeling *less anxious, more rested and in a better mood.*³

More personalized service and perks

"...the hotel offered them an upgrade to the entire top-floor, panoramic suite with private outdoor jacuzzi! The suite was not being occupied, so the upgrade was available, and my clients said the experience was truly once-in-a-lifetime! I've already received multiple referrals from them and have several new clients."
- Kirsten Peterson, owner and senior travel consultant, at Peterson Travel Group⁴

Winter Travel Rates are often lower

Traveling during off-peak times can lower your airline fees, hotel rates, and tourist packages significantly.⁴



The vacation days are open:

In 2017, American workers reported **705 million** unused vacation days.⁵

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Sources:

1. <https://www.helpguide.org/articles/depression/seasonal-affective-disorder-sad.htm>

2. <https://www.mousesavers.com/walt-disney-world-vacation-discounts-and-deals/frequently-asked-questions-about-walt-disney-world/>

3. <https://www.allinahealth.org/healthysetgo/thrive/importance-of-taking-vacation>

4. <https://www.travelmarketreport.com/articles/5-Reasons-to-Travel-in-Winter-and-Where-to-Go>

5. <https://www.ustravel.org/research/state-american-vacation-2018>