



WESTCHESTER  
**WOMEN**  
MAGAZINE

CHEF'S CORNER  
**MERITAGE**

THE 2025  
**SUMMER**  
**CAMP**  
GUIDE

**WOMEN &**  
WEIGHT LOSS





# WESTCHESTER WOMEN MAGAZINE

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# WHAT WOMEN DON'T KNOW ABOUT HEART DISEASE

DR. JEANNETTE L. YUEN, CARDIOLOGIST

*Women often underreport symptoms.*

*Most women are caregivers and tend to place others' needs ahead of their own, often minimizing their symptoms which may delay much-needed medical attention.*



Although heart disease has long been the leading cause of death, both in the U.S. and worldwide, a Harris poll conducted on behalf of the American Heart Association (AHA) found that 51% of respondents were unaware of that fact. It is no surprise then that the AHA and healthcare providers continue to promote heart disease prevention education.

In the past, men have been more likely to be diagnosed with heart disease than women. Although there is more ongoing research to explore women's risks of the condition, it was not until 1999 that the AHA and American College of Cardiology issued the first clinical report on preventing of heart disease in women. This lag is now mitigated by robust research with gender-specific studies.

Men and women present with heart disease in mostly similar manners, but the how's and why's differ. One major factor in this disparity is the presence of female hormones, particularly estrogen. Pre-menopausal women are less likely to develop heart disease, as estrogen increases the "good" cholesterol (HDL) so that the "bad" (LDL) cholesterol is proportionally lower. This helps to reduce plaque buildup and inflammation in the arteries, common causes of developing heart disease.

Women in general have smaller bodies than men, with smaller internal organs, including hearts, and vascular structures, so effects of medications and outcomes of procedures can differ from those of men. In addition, as all people age, hypertension (high blood pressure) becomes more prevalent, as aging arteries become less flexible and less resilient, negatively affecting blood flow. Weight gain can also occur as we age, as metabolism slows down and activity levels decline. Obesity can also lead to sleep apnea, a condition that remains underdiagnosed for both genders.

Like men, women present with the following symptoms:

- Chest pain or tightness (angina)
- Pain in the neck, shoulder, arm, or back
- Shortness of breath
- Fatigue
- Nausea (less common in men)
- Abdominal discomfort (less common in men)

Unfortunately, women often underreport these symptoms. Most women are caregivers and tend to place others' needs ahead of their own, often minimizing their symptoms which may delay much-needed medical attention.

Women are also more likely to develop broken-heart syndrome

(Takotsubo cardiomyopathy), where an intensely stressful event occurs and can result in a weakening of the heart muscle. Fortunately, this is often a reversible condition.

I highly recommend anyone experiencing such symptoms to see their physician as soon as possible or, if the symptoms are severe, go to their local emergency department.

One can never be "too cautious" when it comes to heart health. I recently saw an older retiree who had suffered from chest pain for two weeks before seeking medical advice; she had been taking care of an ill family member. Unfortunately, she had developed congestive heart failure from a massive heart attack that was not treated in a timely fashion.

You may be surprised to learn that you can have a heart attack and not necessarily know it; these are called "silent heart attacks" and can be brought on by the same factors that cause symptomatic heart attacks:

- Diabetes
- Excess weight
- Family history of heart disease
- High blood pressure
- High cholesterol
- Lack of exercise
- Tobacco use

Although doctors are always recommending giving up using tobacco, I want to emphasize that smoking can have profoundly negative effects on your heart and blood vessels. A recent study showed that women aged 18-49 who smoke are 13 times more likely than their non-smoking contemporaries (men in the same age group who smoke are 9 times more likely to suffer the same fate). In addition, those who have vaped are 19% more likely to develop heart failure than those who have never done it before.

As you can see, a delay in diagnosis can result in a delay in proper medical care, which in turn can result in a heart attack or stroke – with the attendant life-altering effects. Many of the seemingly insignificant symptoms can be a sign of serious illness. Do not become a statistic; learn about your risk for heart disease and how you can proactively address it.

**Dr. Jeannette Yuen is a cardiologist and Director of Echocardiography at Scarsdale Medical Group, seeing patients at the Harrison location. To make an appointment, call 914-723-8100.**



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2025

# SUMMER CAMP GUIDE



## SPORTIME

Sportime NY offers tennis camps for children at two Westchester locations. At Sportime Lake Isle/JMTA (John McEnroe Tennis Academy) in Eastchester, an intensive camp for ages 5 and up is designed for those who compete or hope to compete in Sectional, National, and ITF tournaments, for those intending to play in high school, college, or beyond, or for players at any level who want to play at their best. At Sportime Harbor Island in Mamaroneck, their experienced counselors and tennis professionals provide tennis and sports programming for ages 5-17. For more, email [campslisle@sportimeny.com](mailto:campslisle@sportimeny.com)



expansive Manor Campus in Larchmont. Camp is designed for new experiences, adventures, and life-long memories, FASNY makes languages and learning fun! Students participate in age-appropriate and theme-based activities using music, science, arts and crafts, cooking, and the outdoors to help with language acquisition. Camp is open to all students in grades N through rising 5th grade in both English and French of any level, no previous French is required. Join FASNY today! Learn more at [fasny.org](http://fasny.org).

## RYE YMCA SUMMER CAMP

A variety of camp options for ages 2-14 are available at the Rye YMCA. Their Kinder Camp, with half and full-day options, located in both Mamaroneck and Rye introduces children ages 2-5 to the camp experience. Their Discovery Camp, for ages 4-11, is a full-day camp, with a variety of activities packed into each week, including STEM, sports, crafts, music, swimming lessons, performing arts, and special guests. They also have STEAM, Sports, and Gymnastics Camps. For older kids, those in grades 6-9, there is the Adventure Camp, which takes place mostly off-site with trips to water and amusement parks, baseball games,



## FRENCH-AMERICAN SCHOOL OF NEW YORK

The French-American School of New York (FASNY) offers a unique Summer Camp option for FASNY and non-FASNY students. The day camp is provided for children ages 3 to 11 at FASNY's




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NYC attractions, science centers, and more. Finally, their CIT/LIT (Counselors in Training/ Leaders in Training) Camp is for teens who have completed grades 9 or 10 (CIT) or those who have completed grades 6-8 (LIT). Visit [www.ryecamp.org](http://www.ryecamp.org) for more information.

## A-GAME SPORTS

A-Game Sports in New Rochelle has a variety of sports camps. Children as young as 3-5 years old can start learning sports in a safe, indoor climate-controlled environment with low camper/counselor ratios, which



ensures an amazing camp experience for all. There is also a sports and academics option. Camps offered for older kids include ones focusing on baseball and softball, basketball, field hockey, flag football, lacrosse, and volleyball, as well as multiple sports options. Parents are impressed with A-Game Sports. As one parent commented, "The young men and women that work with the kids are amazing as well. My son looks forward to going to camp each day. I am truly grateful and humbled by the wonderful treatment we have been getting at A Game Sports. Not only do the kids have a wonderful time, they also are learning universal skills."

## SQUIRE ADVANTAGE CAMPS

Squire Advantage Camps, operating on the campus of Maria Regina High School in Hartsdale, has four different camping experiences, all of which include hot lunches that are nut-free; gluten-free and vegetarian options are also available. Squire Advantage Campers

customize their very own set of courses for each session, offering exciting activities like



swimming, robotics, sports, cooking, computers, and more. Campers who attend for the full summer may choose two different schedules for a total of 10 different fun activities. Squire Camp also has an all-sports camp and a tennis camp. Instructors are schoolteachers and class-

rooms are air-conditioned. Your child is sure to have a good time at Squire Camp. As one happy camper exclaimed, "I expected Squire Camp to be great, but not this great! I want to come here for the next 70 years, or more!" Visit [squirecamps.com](http://squirecamps.com)

## RANDOM FARMS KIDS' THEATER

The Random Farms Kids' Theater brings the drama to the summer camp experience with their Summer Workshop Intensive program for students entering grades 3 - 9. Our inclusive program requires no prior theater experience, and features four different, 2-week long sessions, that include crafts and theater games, along with rehearsals for a musical theater production at the Paramount Hudson Valley Theater! This summer's show titles:

**SUMMER THEATER**

**Random Farms**  
KIDS' THEATER

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**THE SPONGEBOB**  
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**THE LION KING, JR.**

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**Newsies, JR.** - Session 1, July 7 - 18 and Session 2, July 21 - August 1; **The SpongeBob Musical: Youth Edition** - Session 3, August 4 - 15; and **The Lion King, JR.** - Session 4, August 18 - 29. New families can use the code SUMMERSAVE for \$100 off tuition. Visit [RandomFarmsNY.org/SWI](http://RandomFarmsNY.org/SWI) for more information and registration.

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## RYE YMCA CAMPS 2025



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2025

# SUMMER CAMP GUIDE

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## SUMMERTECH

SummerTech is the gold standard in technology camps, offering top-tier coding, design, and gaming programs for students in grades 4-12. With a 3-to-1 student-to-teacher ratio, campers receive personalized instruction in Python, Java, 3D modeling, and 2D animation at any skill level.

SummerTech also prepares students for high school computer science, including AP Computer Science A. Located at SUNY Purchase College, it blends premier education with an inclusive, engaging community that fosters creativity,



leadership, and friendships. Campers enjoy a day or overnight experience with evening activities, gaming tournaments, and a vibrant social environment. Students leave with new skills, confidence, and a passion for technology. Learn more at [www.summertech.net](http://www.summertech.net).

## KIDS IN THE GAME CAMP

Join us as we look to make summer 2025 the best one yet. The Kids in the Game camp experience includes sports, arts and crafts, creative movement, field trips, swim, theme weeks, and more. Campers will be supported in expressing themselves and finding their passions, all while making lifelong friends and having a blast. Learn, laugh, and play all summer long! Use discount code:

WWCG50 for \$50 off each week of Summer Camp. Ages: 3.5 – 12 (Rising Pre-K4 – 7th Graders). Camp dates:

June 30th – August 15th. Camp hours: Pre-K4: 9 am – 2:30 pm. K-7: 9 am – 3:30 pm. Location: Annunciation School, 465 Westchester Ave, Tuckahoe, NY 10707. Visit [kidsinthegame.com/summer-camps](http://kidsinthegame.com/summer-camps)



## PINE BROOK FITNESS

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## Rock 'n Racquet

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2025

# SUMMER CAMP GUIDE



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## FRIENDS OF RYE NATURE CENTER

Friends of Rye Nature Center has camps for all ages that provide adventure, exploration, and a connection to nature! Day Camp (grades prek-7): Offers weekly themes with a variety of fun, daily activities like science experiments, animal time, games, and more. Paddle Adventure Camp (grades 8-11): This all-levels program includes kayaking and hiking excursions throughout the Hudson Valley. June Bugs (prek-grade 4): Start your summer camp season off with a morning or afternoon in June. Three weeks are available for preschool and kindergarteners. A special "school's out" edition is available for preschool through grade 4 the week of June 23. Learn more by visiting, [ryenaturecenter.org/summer-camp-at-rnc](https://ryenaturecenter.org/summer-camp-at-rnc)



## NEW ROCHELLE YMCA SUMMER CAMP

The New Rochelle YMCA offers several camps based on the age of your child. Its **Discovery Camp** for ages 3-4 introduces children to the summer camp experience. **Adventurers** will engage in many fun activities in a traditional day camp for ages 5-8, which includes physical fitness, sports, dance, swimming, arts and crafts, and science activities. The **Explorer Camp** for ages 9-11 offers campers fun, traditional camp activities that revolve around a different theme each week. In addition to swimming, sports, arts and crafts, and STEM activities, campers will participate in innovative projects, shows, and special events. For older campers, those who are 12-15, New Rochelle Y offers the **Teen X-treme Team**, in which campers also participate in activities based on weekly themes and engage in the arts, sports, and science. Visit [nymca.org/ymca-summer-camp](https://nymca.org/ymca-summer-camp) to learn more and register.



## FRENCH-AMERICAN SCHOOL OF NEW YORK SUMMER CAMP 2025 June 23rd – July 25th

FASNY Summer Camp is a unique bilingual camp for children ages 3 - 11, Nursery through rising 5th grade, at our Manor Campus in Larchmont. Campers are introduced to and immersed in French with fun, age-appropriate, and theme-based activities each week. Sports, Games, Nature, Gardening, Music, Arts and Crafts, Water Play, Special Guests, and much more! All in French and English, no prior French required.

Find out more: [www.fasny.org](https://www.fasny.org)



# At Home with Hurwitz

## From Drab to Fab *Improving Your Home with Texture*

BY LAUREN HURWITZ

When looking around a room, one of the easiest ways to spruce things up is by adding texture. Jennifer McCabe, Principal Designer at Duck Egg Blue Interior Designs says, "Texture has a way of adding depth and dimension to a space, so much more than paint. It can create warmth and make a room feel more inviting and lived in." After the pandemic, many people have continued to spend more time at home and got bored of looking at plain walls. "I love wallpaper and color, and there are some great texture in tile. Texture can be in any room...tile in a bathroom like faux wood-effect tile which gives a spa-like feel adding incredible warmth, and an organic vibe to a room that has a lot of cold," she says.

One of the biggest trends in texture is fluted tile which looks like ribbed surfaces. "It's also popular for a wall treatment in a living or dining space when you just want to add one feature or accent wall," the designers says, adding, "Contrary to what many people say, I don't think accent walls are ever going out of style. When you go into a room, think about where your eye goes," and that's where you would start with your special feature wall, "to make some impact," McCabe conveyed. Ribbed tile can go anywhere from under the kitchen island, used as bathroom tile, and so many other ways with many of her clients choosing a natural and organic vibe. To achieve this look, McCabe says materials like stone, rattan, cane and woven textiles will work best.

One of the most surprising advancements in textures has been with the use of wallpaper. "Some clients hear the word 'wallpaper' and they still have a physical reaction thinking it's their grandmothers' wallpaper! Ways to texture a wall is through wallpaper – but there are so many styles to choose from. In terms of wallpaper specifically, you don't have to have a pattern, especially if you are pattern averse or just nervous about wallpaper. In that case, I would probably suggest a textured grass cloth. You can choose a textured vinyl grass cloth over real grass cloth because the latter is very



Photographer: Ian Huet-Gundill.

fragile. Additionally, you can even do vinyl grass cloth in the bathroom because it can withstand moisture," McCabe shared.

One of her tricks of the trade when it comes to texture is managing what she calls, "the fifth wall," otherwise known as the ceiling. "I'm very passionate about white ceilings being a last resort," McCabe says. "Someone needs to get rid of ceiling white," she proclaims, adding, "you should put wallpaper on the ceiling to add a little bit of surprise. It's a great trick if you aren't blessed with fantastic ceiling height", to make the ceiling appear taller because it makes your eye go up. You can paint a ceiling a dark color to get the same effect but McCabe admits it's more fun to have something with texture and depth.

The Australian-born designer says people often struggle with how to incorporate texture and decide where to put it in a space. "Do we do one wall? A whole room?" - are questions homeowners often lose sleep over as well as struggling over scale and proportion. "We want to make sure the elements we put in a room complement each other and aren't competing," McCabe said.

For example, some of her clients say they like fluted tile but have no idea how to incorporate it. "Before this trend started, people weren't even including fluted tile – they were only doing subway tile. Today, they need help pulling the whole scheme together because if you're using texture you have to be careful how you use it. I help clients mix textures into a space because they know they like something but don't know how to execute it in a space," McCabe stated. One of the biggest mistakes with texture is forgetting about all of the other elements in the room. "I've seen over the top installations because a client loved every one of the elements for the space individually, but then they put the room together and they're competing like a mad hatter tea party. You need to be selective and sure about where you're going to use texture," McCabe concluded.

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# The Wait for Weight Loss is Over...For Some

BY LAUREN HURWITZ

"If you can't wait to lose some weight, the rising popularity of GLP-1 medications may bring you the results you're looking for faster than you ever imagined," says Dr. Sue Decotiis, MD who is a triple board-certified weight loss specialist and owner of her own medical weight loss practice in NYC with a virtual office in Scarsdale.

Glucagon-Like Peptides, also known as GLP-1, are a category of drugs that occur in the gut and also cycle back to the brain responsible for controlling appetite and the way insulin works that were originally approved by the FDA to treat Type 2 Diabetes with commercial drugs like Mounjoro and Ozempic. "It was later realized that these medications cause tremendous weight loss, so the drug companies including Novo Nordisk and Eli Lilly said, 'let's call these drugs something else and get it approved for weight loss,' and that's how they came up with Wegovy (Novo Nordisk) and Zetbound (Lilly)," Dr. Decotiis shares.

"Many people are getting these drugs online through apps or a platform and aren't being monitored carefully, and that leads to problems," she warns. First, the dosage may not be right. The commercial product ordered online comes in the lowest dose possible with four pens – one injection per week of the same dose for the entire month – with the hope that each month the doctor will raise the dose. "It will take you a long time to lose weight doing it this way and will be expensive because it's often not covered by insurance unless you're obese. It can cost a lot of money to try and get to the dose where you're going to see results," Dr. Decotiis says. "The other problem is availability. The drug company isn't stupid - they don't make as much of the higher dose because it's more expensive for them and they don't charge more for the higher dose, so they're not making as much on the high doses. Lilly recently came out with (the lowest dose) vials of 2.5 ounces and 5 ounces. You'd have to take three or four of the fives to get what you need to burn fat," she shares, adding it's important to be working with doctors who are following you carefully.

Dr. Decotiis follows her patients on a body composition scale whereas a lot of other scales at the gym or through an online calculator are not as accurate calculating fat measurements. "I'm most concerned about a patient losing body fat and maintaining or increasing muscle. You shouldn't lose muscle on these medications," she says. "The key to success on these drugs is drinking a tremendous amount of water, otherwise you're going to lose a lot of muscle. These drugs are avid and efficient at fat burning. Your fat is made mostly of water, so when you burn fat you're losing water and the body sees that as a warning sign that you're losing water, and the body knows you can die of dehydration faster than you'll die of starvation. If the body can't burn fat, it needs to burn muscle. When people aren't hungry, it's easy not to drink water. I monitor my patients by my body composition scale which can tell me where your water is, and you don't get that from an online doctor. If you remember BMI (weight divided by height), you could lose a lot of fat – but what's your body composition? Most of what you lose isn't fat – it's like fake weight loss and you're going to gain all of it back and become very hungry again once you're off the medication because you didn't achieve the real results you wanted to achieve. Once we get rid of the fat cells that are toxic that cause problems, there are also far-reaching effects like decreased alcohol, smoking, reduced gambling and being able to get off anti-anxiety medications and antidepressants," she says.

Dr. Decotiis obtains medications from a highly-regarded pharmacy where the dose can be customized and tailored to patient's needs. "The compounded medications are roughly what the commercial is at a low dose. But with my patients, I combine the cost of my care into the cost of the drug. It's pretty economical when you get my expertise



and I see you every couple of weeks. In addition, we have calls once or twice a week. If you go up on the dose, it will cost more...possibly a few thousand a month but chances are you won't need to be on it very long once we get that body fat down," she shares.

Long term, she sees patients' whole relationship with food change. Not only do they get fuller and are not eating as much, but later down the line the brain will be rebooted – food desire changes and patients are more sensitive to food taste. Many things that you used to love – sweets and fatty food may no longer be as appealing. There is an innate control long-term. Even veggies start tasting better – now patient crave healthy foods more. Dr. Decotiis also sees many GLP-1 users drastically cutting back on alcohol intake and smoking, adding, "once we control insulin, it reboots metabolism and wires your brain for long-term weight control and a much healthier life."

Dr. Sue Decotiis.

Photo credit: Barry Morgenstein.



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# Feel Better About Your Body and Life After Massive Weight Loss



By Stephen T. Greenberg, M.D., F.A.C.S.

Patients often ask me what they can do to improve their bodies after significant weight loss. Many people who have achieved great weight loss are left with heavy loose folds of skin appearing on the abdomen, thighs, breast, face, buttocks or arms.

The reason that this occurs is that the skin has lost elasticity because of being stretched for a lengthy period of time and the skin cannot shrink back to its previous size and shape.

Whether the patient had a surgical procedure, used semaglutide, or achieved this accomplishment after months of diet and exercise, many parts of the body will not recover on their own. In these cases, excess skin can limit mobility, cause hygiene and medical problems and can result in rashes that could lead to infection.

Fortunately, many surgical Body Contouring procedures can significantly improve the body appearance and reduce this excess skin. Most people in this situation have put a tremendous amount of effort to achieve their goal weight and with the addition of cosmetic surgery will be able to achieve the best result.

Body contouring after major weight loss improves the shape and tone of underlying tissue that supports fat and skin while also removing excess sagging fat and skin. There are several options that can be used to target the areas of concern. In some cases, a Body Lift will be performed to address many areas at once. A Body Lift can be a complex procedure that could take many hours to complete, and the surgeon must have extensive experience in performing this type of procedure.

Some people opt for a Breast Reduction or Lift and a Tummy Tuck,



less involved procedures that still provide significant and measurable results. While most patients will require a breast lift, some will need either a breast reduction or a breast augmentation, depending on their desired results.

Tummy Tuck is the nickname for Abdominoplasty which is designed to tighten up the abs and surrounding skin. This is particularly helpful after losing a lot of weight because the loose hanging skin is removed from the abdomen and the stomach is flattened. Additionally, Liposuction is often performed with the Tummy Tuck to eliminate localized fat deposits that may not be responsive to diet and exercise.

Both men and women request these types of procedures to increase the tightness and overall appearance of their bodies. Every patient is different and procedural recommendations are customized for each individual so that they achieve the look they are striving for.

Using state-of-the-art technology, combined with advanced surgical techniques, we obtain the best and most natural looking results possible. At Greenberg Cosmetic Surgery and Dermatology, our plastic surgeons have years of experience and provide customized procedure options to help you look and feel your best.

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# MERITAGE

## Scarsdale's Home Away from Home ... Comfortable Elegance with a Neighborhood Vibe

BY LILIAN PEÑA



Having just celebrated her 20th anniversary of Meritage (pronounced like the word Heritage), **Jamie Steintal** has successfully run this stunning restaurant in Scarsdale, humbled by the wonderfully supportive neighborhood she calls family. She credits much of her success to an extremely caring family that helps her juggle being a wife, mom and business owner.

I asked Jamie how the restaurant has evolved over the past twenty years and she explained that for most of us, twenty years is similar to a life. The restaurant has a life of its own, with all its ups and downs, twists and turns. Through it all, Jamie has maintained her persistence and perseverance. Even as a child, she remembered there was a class she was really passionate about being involved in, but was not chosen to be a part of. Her mother encouraged her to pursue what she felt so strongly about and speak to the school, leading her to be accepted into the class. Recently, Jamie's mother asked her if she still had that perseverance, and the proof is twenty years of taking special care of a beautiful restaurant that is beloved by Scarsdale and beyond.

"Our community is so supportive of us," Jamie stated. Through absolutely everything, the surrounding community has always been there for Jamie, her staff and the restaurant as a whole. There is a collaboration that is very female-centered within the community that was unexpected. They understand the relationship between the restaurant and the patrons in order to make it successful, which makes Scarsdale so special. She reminisced about the days during COVID when Scarsdale rallied around Meritage in order to keep it going.

"I love people and taking good care of them while they spend time at the restaurant," Jamie mentioned how much her father loves the restaurant and people connect with him. She said that they think of him as "dad". In addition, Jamie feels strongly about the positive connection that has been made through the Scarsdale Business Alliance and the community.

Over the years, Meritage has created a sincere neighborhood vibe that translates through the locally-sourced, mouth-watering menu. Her staff shares her passion and are attentive and caring. Jamie complimented her chef, Fernando Camacho, "who loves to cook, feed people, in all the good ways you would want your chef to be. He really cares."

The menu at Meritage for the most part stays consistent. Locally-sourced, seasonal vegetables may change with the protein in order to keep things fresh. Regular patrons have come to love their "go-to" items on the menu and look forward to the vibrant offerings that each season holds.

The **Roasted Beets** with red endive, orange, époisses brie, pistachios, and rose vinaigrette started off our evening in the most spectacular way. The **Brussel Sprout Leaves**

with a beautifully poached egg, guanciale, pecorino, and crispy panko garnish was both light and decadent at the same time. Our entrees included

**Pan Roasted Free Range Chicken** served with

brussel sprouts, butternut squash, baby carrots, roasted onions that was fresh, succulent and superbly prepared. Finally,

we thoroughly enjoyed the **Organic Pan**

**Seared Salmon** with apple, fennel,

arugula, pomegranate, and Meyer lemon

vinaigrette. The **Chocolate Bread Pudding** consisted of vanilla ice cream, a luscious creme anglaise, chocolate sauce.

Meritage offers an impressive selection of wine, beer and handcrafted cocktails that are expertly finessed.

The combination of modern culinary selections and comfortable elegance makes Meritage a distinctive dining experience that will keep guests coming back for another twenty years.

### Meritage Restaurant

1505 Weaver St, Scarsdale, NY 10583  
(914) 472-8484 [www.eatatmeritage.com](http://www.eatatmeritage.com)

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# Where to Next:

## Top 5 Vacation Spots for 2025

The world is teeming with mesmerizing destinations waiting to be explored. As we look forward to travel this year, Bayside Travel has recommendations for the get-there-first vacation spots that deserve a slot on your 2025 agenda. Whether you seek serene beaches, bustling cities, or cultural havens, here are some top vacation spots to consider for 2025.

**The Chilean Andes** -- When the end of Northern Hemisphere ski season comes too quickly, we send skiers seeking off-season thrills to the Chilean Andes, where lift lines are rare. Most resorts here are less developed than their North American counterparts, their mix of slopes, from beginner to expert, makes the Andes particularly family friendly. At 10,000 feet, with wide-open terrain and access to Santiago 90 minutes west, Valle Nevado gets great snow and is included on the Ikon Pass, a must-try for mountain chasers on the hunt for something new.

**Mongolia** -- Mongolia offers a unique blend of natural beauty and rich cultural heritage, making it an enticing destination for travelers seeking an off-the-beaten-path adventure. Explore the vast expanses of the Gobi Desert, with its striking sand dunes and ancient dinosaur fossils. Experience the nomadic lifestyle by staying in traditional yurts and participating in local festivals like Naadam, which celebrates wrestling, horse racing, and archery. Don't miss the chance to visit the pristine landscapes of

Lake Khövsgöl, known as the "Blue Pearl of Mongolia," and the stunning Altai Mountains, home to the elusive snow leopard. Mongolia's untouched wilderness and warm hospitality promise a journey unlike any other.

**Southern Italy** -- Take in the uncrowded scenery of Southern Italy by rail. Amid the resurgence of train travel, Orient Express brings romance to the rails with its new 62-passenger luxury train, inspired by twentieth-century Italian design. The two- and three-day itineraries aboard La Dolce Vita Orient Express, launching in spring 2025, visit southern Italian destinations including Basilicata, where Matera, the world's third-oldest city, is still marked with cave dwellings in its hillsides. A trip to Sicily involves decoupling the train in mainland Calabria to load onto a ferry before it resumes its traffic-free rail route to the island's capital of Palermo.

**Zanzibar** -- This beautiful coastal companion to mainland safaris is part of its appeal. With white-sand-beach breaks; populations of turtles, dolphins, and reef sharks; and relative proximity to "big five" hot spots, Zanzibar, in the Indian Ocean, is the ultimate safari complement. Between aquatic outings,

Lake Khövsgöl, known as the "Blue Pearl of Mongolia"



the cultural capital of Stone Town, a colonial trading center and UNESCO World Heritage site on Unguja Island, provides historical intrigue as a key spice trade port.

**Patagonia, Argentina and Chile** -- Patagonia is a remote wilderness that offers unparalleled adventure and natural beauty. Trek through the rugged landscapes of Torres del Paine, marvel at the Perito Moreno Glacier, or kayak in the serene fjords. Patagonia's pristine environment and diverse wildlife promise an unforgettable experience for nature lovers.

Whether you're looking to immerse yourself in history, soak up the sun, or embark on an adventure, these top vacation spots for 2025 offer something for everyone. As travel continues to evolve, these destinations promise unforgettable experiences and memories that will last a lifetime. Start planning your next journey with Bayside Travel (luxurytravelservice.com) and discover the wonders the world has to offer.

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