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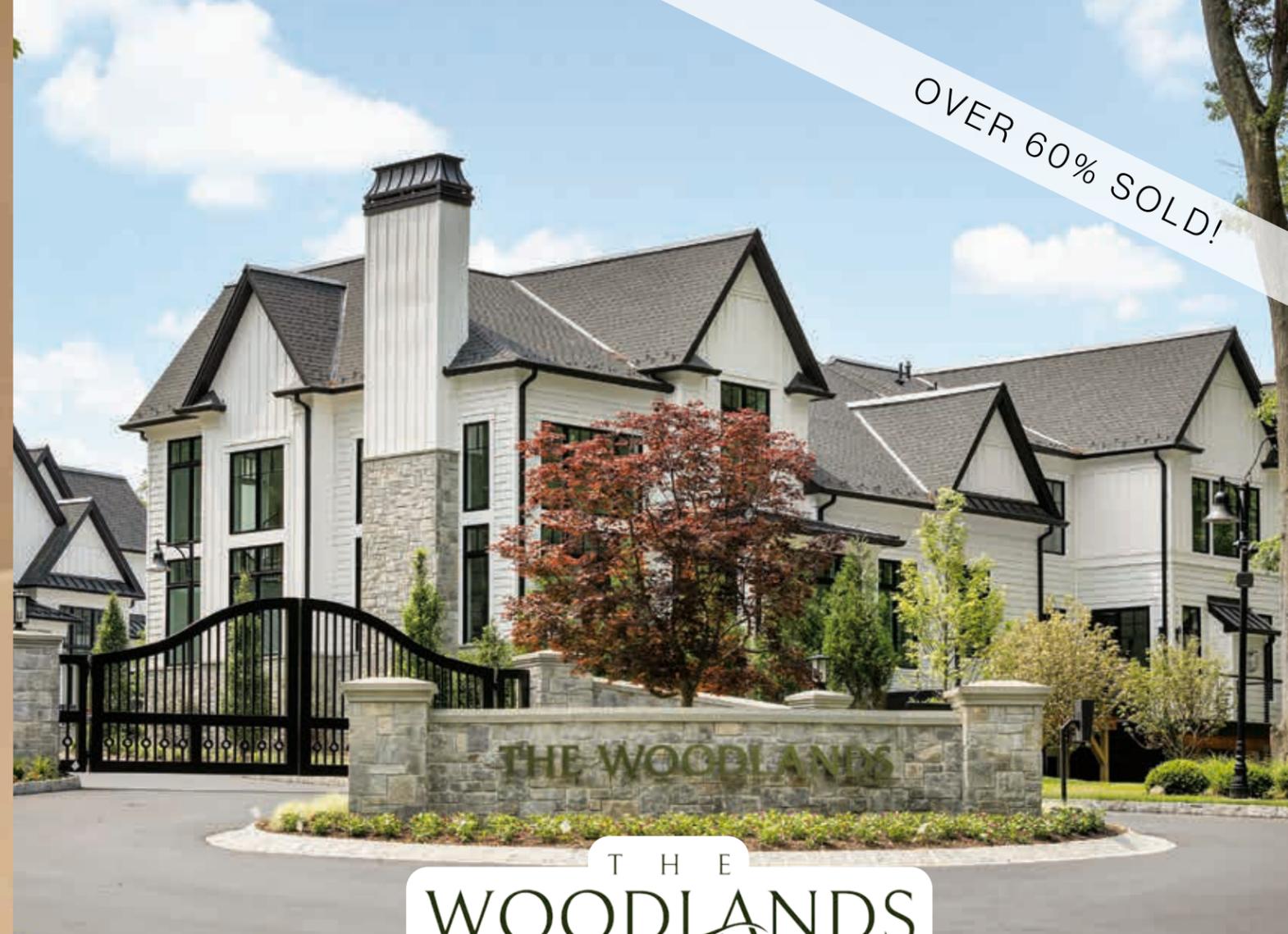
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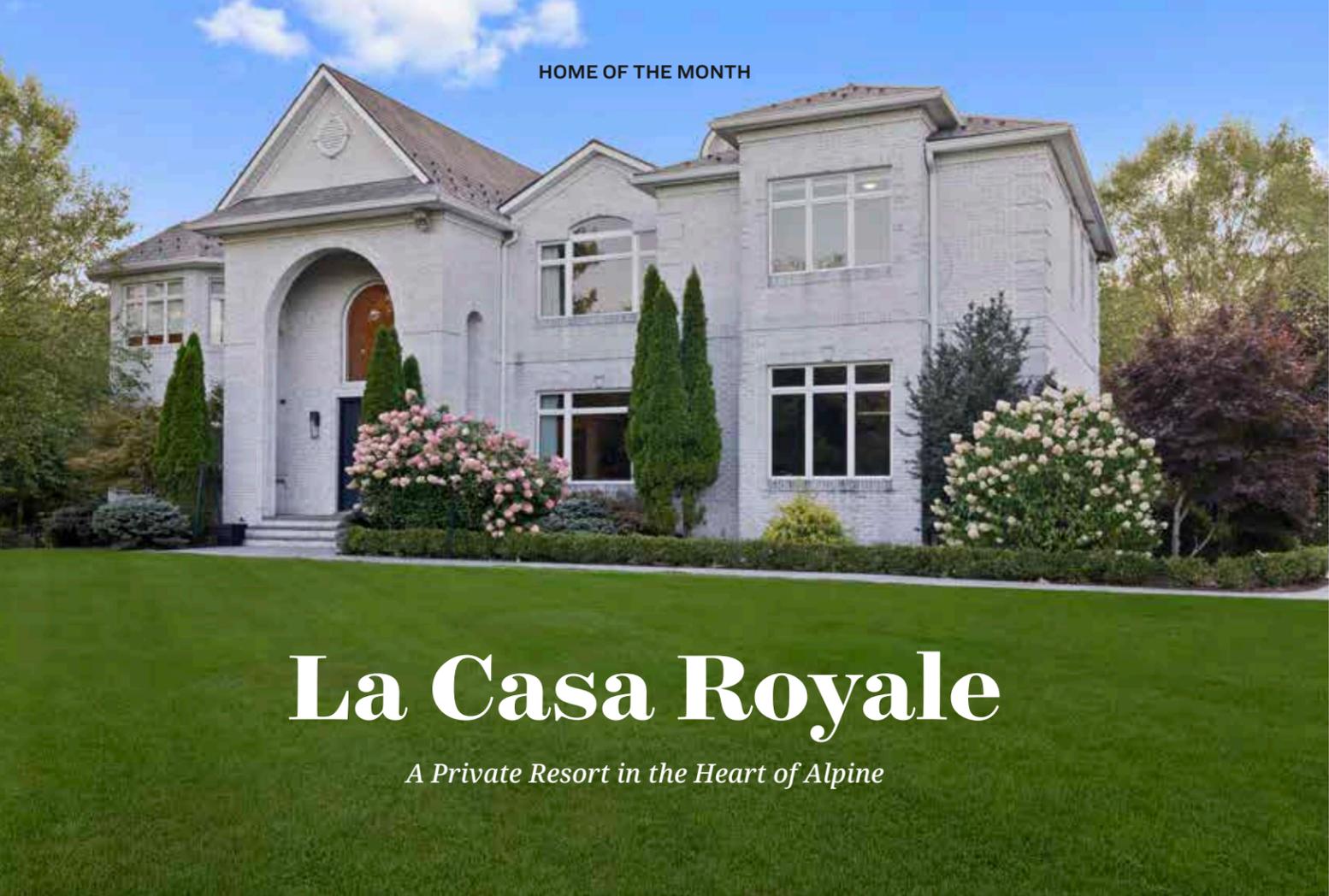
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HOME OF THE MONTH



La Casa Royale

A Private Resort in the Heart of Alpine



Hidden behind stately gates along Alpine's legendary Route 9W, **La Casa Royale** reveals itself as both a work of architecture and a personal sanctuary. Conceived by its owner as a forever home and executed with painstaking precision, this 10,800-square-foot estate fuses *European romance* with *cutting-edge technology*—a rare harmony of timeless elegance and modern ease.

THE ARRIVAL

A winding drive leads to a grand, two-story entrance where a sparkling chandelier floats beneath a soaring ceiling. From this first moment, the home announces its ambition: a residence built for those who appreciate craftsmanship as much as comfort.

CULINARY HEART

At the center of the main level, a **Smallbone kitchen**—the British atelier beloved by culinary tastemakers—anchors daily life. Sub-Zero refrigeration, Wolf cooking appliances, and bespoke cabinetry create a stage for everything from quiet family breakfasts to elaborate dinner parties.

PRIVATE QUARTERS

Seven bedrooms and six-and-a-half baths offer a graceful balance of privacy and scale. The **primary suite** is a retreat of spa-level serenity, complete with radiant-heated floors, multiple walk-in closets, and a soaking bath worthy of a luxury hotel.



ENTERTAINMENT & WELLNESS

Below, the home unfolds into a world of leisure. A private **movie theater**, full bar and wine fridge, fitness studio, sauna, and steam shower transform everyday routines into indulgent rituals. Whether hosting a weekend gathering or savoring a quiet evening, every amenity supports a life well-lived.

THE GREAT OUTDOORS

Beyond the walls, La Casa Royale becomes a **resort under the open sky**. A 45-foot saltwater pool glistens beside a bubbling jacuzzi spa. An outdoor kitchen and expansive Ipe deck invite summer soirées, while a bocce court and koi pond lend a touch of European garden charm. Mature landscaping frames the 2.34-acre property in year-round greenery, ensuring privacy without sacrificing drama.

AN ALPINE ADDRESS

Just minutes from Manhattan yet worlds away in atmosphere, Alpine remains one of the East Coast's most coveted enclaves. Residents enjoy nearby hiking trails and Hudson River lookouts, cycling along Route 9W, and access to Alpine's top-ranked schools.



BEYOND THE BAR

With protein everywhere from cereals to ice cream, how do you know when enough is truly enough?

BY CAROLINE PERROTT



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Protein has become the darling of the wellness world, with high-protein products saturating grocery aisles and social media feeds. From protein-packed cereals to chips and ice cream, it's everywhere—and for good reason. Protein supports muscle repair, immune health, and overall vitality. In 2024, 61% of Americans increased their protein intake, and 85% plan to consume more in 2025. But with so many options, knowing how much is enough can be tricky.

How Much Do You Really Need?

Most adults meet or exceed daily protein recommendations, which generally range around 0.8 grams per kilogram of body weight (dietaryguidelines.gov), with slightly higher amounts for active or older adults. Consuming protein in balanced amounts throughout the day helps support energy, satiety, and muscle function.

Balancing Act

Protein's impact goes beyond calories—it's about quality, timing and synergy with other nutrients. For optimal absorption, combine complementary protein sources: plant-based proteins like lentils or quinoa provide a broader amino acid profile when paired with nuts, seeds, or dairy.

Daily Protein & Fiber Targets

- Adults (19–50 years): Protein ~0.8 g/kg; Fiber 25–30 g/day
- Active Adults: Protein ~1.2–1.7 g/kg; prioritize fiber from vegetables and whole grains
- Older Adults (50+): Protein ~1.0–1.2 g/kg; fiber for gut health

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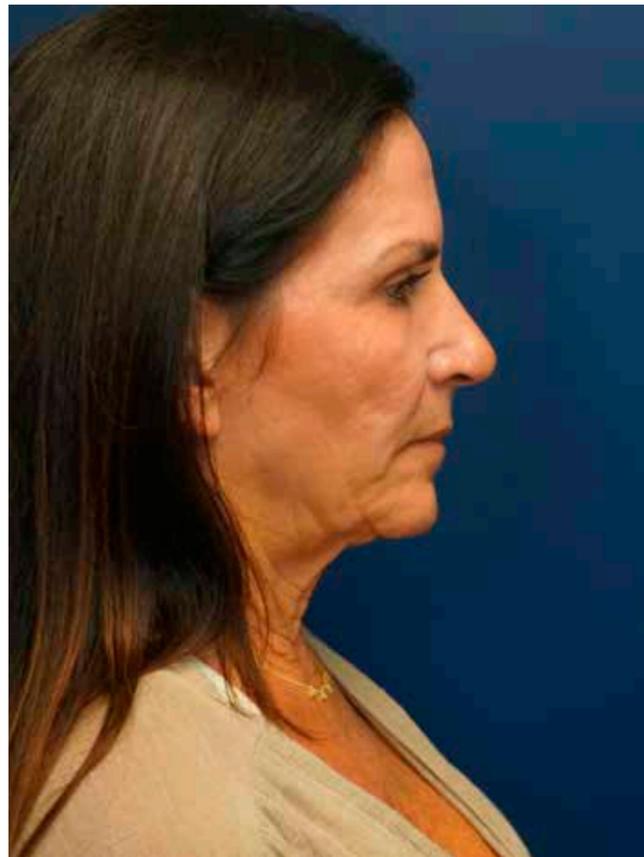


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Dispelling Plastic Surgery Myths

“There are substitutes to facelift surgery”

BY DAVID FOLK, MD



Before



After

 For the first installation of my new series, I'd like to dispel common myths in medicine, surgery, and plastic surgery. Based on my own experiences, and especially in the era of artificial intelligence, I find such myths to be ubiquitous and I'd like to set the record straight—hopefully to benefit you, the consumer. The first myth that I frequently encounter in my practice is the belief that there exist treatments or procedures that are as effective, or even more effective, than facelift surgery. My response to this is as follows: There is no substitute to a facelift!

In order to understand why this is true, one must understand what causes the anatomic changes to the face

that occur naturally and predictably to everyone as they age. With gravity and changes to skin elasticity, we all experience downward descent of the facial tissues. In the neck, the thin large muscle called the platysma bows forward, losing its support, and sometimes forms bands known as “platysmal bands” which create a sagging appearance or “turkey neck.” This appearance of the neck is one of the most common complaints I receive from patients. To fix this, one must address the anatomic changes that occurred in the neck, by bringing the platysma muscle together in the middle and tightening it with sutures, much like a corset is tightened by fastening its ties. This is always part of my facelift surgery.



In the aging face, the cheek soft tissues descend downwards to meet the jawline and create what is known as a “jowl.” This is perhaps the second

most common complaint I receive from patients. To correct this change, the soft tissues must be suspended upwards and backwards in the deep plane of the face, which produces the most natural results possible. This is always performed as part of my deep plane facelift technique. Additional changes that occur with age are loss of volume around the eyes or cheeks due to fat loss. This can be addressed by harvesting fat from other areas, such as the abdomen, and injecting it into certain areas of the face that may benefit. An often-overlooked part of the face that is so essential

to producing a balanced result with surgery is the lips. As the face ages, the upper lip drops and thins out. In the proper candidate it is so important to perform a lip lift, which removes a small portion of the upper lip at the base of the nose and brings the lip upwards to an everted and much more youthful configuration.

When I explain the anatomic basis of the changes we see in our faces as we age, it becomes clear to patients that there truly is no substitute to facelift surgery. There simply is no injection, threading, device, or nonsurgical

procedure that can directly alter the anatomy of the face to correct these changes. Pictured is my own facelift patient in her 60s, displaying many of the aging facial changes mentioned above. She is seen just one day after her surgery to demonstrate the instant correction of these changes, a much more youthful appearance that simply resembles herself at a younger age. There is no substitute to facelift surgery.

If you have any questions, please feel free to reach out and follow @drdavidfolk or www.drdavidfolk.com!

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RATE CUTS & REAL ESTATE Lower Borrowing Costs and New Opportunities

Tips from a local real estate expert

SANDRA GARCIA, REALTOR® AT CORCORAN INFINITY PROPERTIES IN ALPINE NJ.



The Federal Reserve's recent decision to lower its benchmark rate for the first time since December 2024 is rippling across the economy, bringing both relief and anticipation to Homeowners, Buyers, and Investors. I'm Sandra Garcia, Alpine resident and Realtor® at Corcoran Infinity Properties, here with an expert look at what these changes mean for Bergen County Real Estate.

This quarter-point cut brings the federal funds rate down to a range of 4% to 4.25%, and Fed officials have hinted at two more reductions by year-end. Although consumers don't borrow directly at this rate, its impact extends to credit cards, auto loans, savings accounts, and, most importantly for many of our readers, Mortgages.

How does this influence Real Estate in Bergen County?

While Mortgage rates don't always mirror Fed changes exactly, this rate cut helps create a favorable environment for lower rates, as they tend to respond to overall economic conditions. Locally, Bergen County buyers have seen 30-year fixed mortgage rates drop from above 7% earlier this year to about 6.1% now.

With further reductions possible, buying could become even more affordable and reignite buyer competition as rates continue to edge down through 2025 and into 2026.

For Sellers, the prospect of lower rates may mean increased demand. If rates drop further, Homeowners may rush to refinance, lock in savings, and recapture their Equity for future Investments. More Buyers may enter the market to take advantage of improved affordability, while Savers experiencing lower Passive Income from CDs or other rate-sensitive Investments may be encouraged to consider participating on more Profitable Alternative Real Estate Ventures, Active or Passive, such as those offered by Bergen County's own DALEX Builders to help bridge the gap.

The bottom line? This Fed cut, and signals of a possible cycle of gradually lower rates, delivers good news for Borrowers. With inventory rebuilding locally, Bergen County offers new opportunities for attentive Buyers, Sellers, Savers, and Investors ready to capitalize on shifting market conditions. Lower rates typically drive demand, which can push prices up, making it more important than ever to run the numbers and act strategically.

I'm Sandra Garcia, and as always, I'm dedicated to guiding Bergen County Buyers, Sellers, and Investors through every market cycle. Feel free to reach me at 201.914.0234 and catch some of the latest Local Real Estate updates by following @sgarcialuxuryhomes for more insights on our community.

“Locally, Bergen County buyers have seen 30-year fixed mortgage rates drop from above 7% earlier this year to about 6.1% now.”

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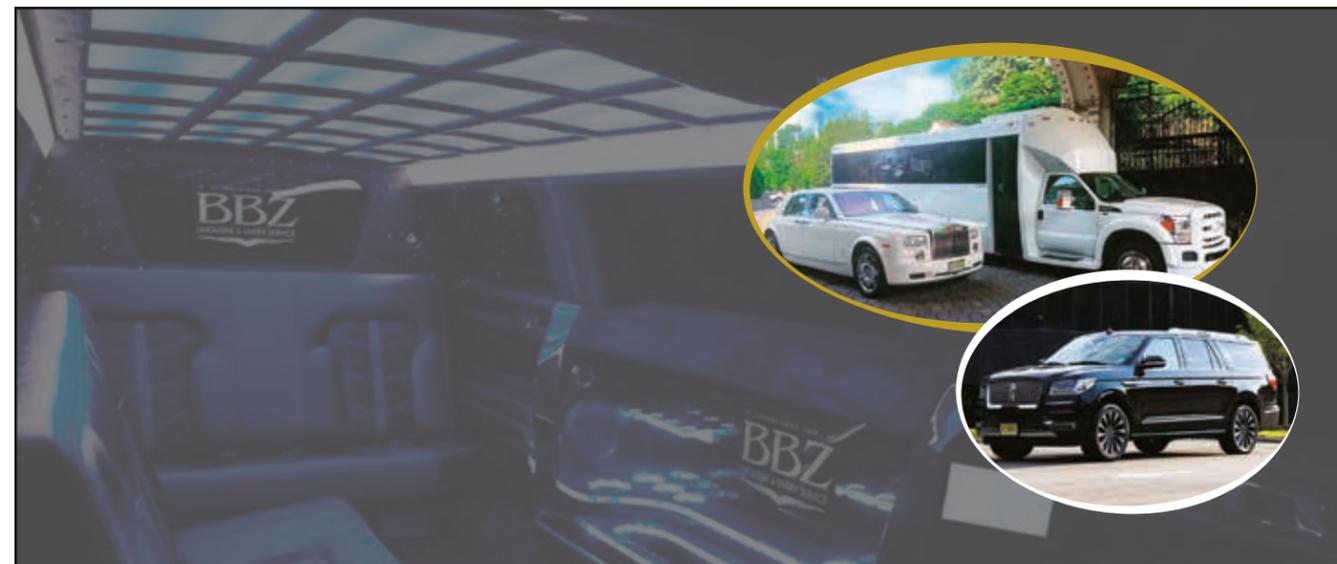


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EASY THANKSGIVING RECIPES KIDS CAN HELP MAKE

Thanksgiving is a time for gratitude, family, and, of course, great food. This year, invite the kids to join in the kitchen fun! Cooking together doesn't just make memories — it teaches valuable skills, encourages creativity, and helps kids feel proud of contributing to the big meal.

Here are some fun, simple recipes that are perfect for little helpers. They're festive, delicious, and guaranteed to add extra smiles to your Thanksgiving table.



1. Turkey Cookie Treats

No baking required — just sweet, silly fun!

INGREDIENTS:

- Chocolate sandwich cookies
- Candy corn
- Chocolate frosting
- Mini peanut butter cups
- Candy eyes

HOW TO MAKE:

- Carefully open one cookie and spread a little frosting inside.
- Stick 4–5 candy corns into the frosting for feathers, then close the cookie again.
- Use frosting to attach a mini peanut butter cup for the turkey's body.
- Add candy eyes and a candy corn beak to bring your turkey to life!

Tip: Make a whole "flock" and let each family member decorate one before dessert.



2. Mini Pumpkin Pie Cups

Kid-sized versions of the Thanksgiving favorite.

INGREDIENTS:

- Pre-made pie crust or mini graham cracker crusts
- Pumpkin pie filling
- Whipped cream

HOW TO MAKE:

- Cut circles of pie dough and press them into a muffin tin to form small crusts.
- Spoon pumpkin filling into each crust.
- Bake at 350°F for 15–20 minutes, then let cool.
- Top with a dollop (or swirl!) of whipped cream.

Little helpers can mix the filling or add the whipped cream topping for a special finishing touch.



3. Apple "Nachos"

A healthy and colorful snack that's as fun to make as it is to eat.

INGREDIENTS:

- 2 apples, sliced
- Peanut butter or caramel sauce
- Mini chocolate chips, raisins, or granola

HOW TO MAKE:

- Arrange the apple slices on a plate like nachos.
- Drizzle with peanut butter or caramel.
- Sprinkle with your favorite toppings.

For extra flair: Use red and green apples for a festive look!



4. Veggie Turkey Platter

A playful way to encourage kids to eat their veggies.

INGREDIENTS:

- Baby carrots, cucumbers, cherry tomatoes, bell peppers
- Ranch or hummus for dipping

HOW TO MAKE:

- Arrange veggies on a plate in the shape of a turkey — bell peppers make great feathers!
- Use a small bowl of dip for the turkey's body.
- Add eyes and a carrot beak for a fun finishing touch.

This cheerful platter makes a perfect appetizer or side dish for the big feast.



5. Pilgrim Hat S'mores

A sweet and clever dessert for all ages.

INGREDIENTS:

- Chocolate-covered cookies (like fudge-striped cookies)
- Marshmallows
- Melted chocolate
- Yellow frosting or candy squares

HOW TO MAKE:

- Dip one end of a marshmallow into melted chocolate.
- Press it onto the center of the cookie to make the "hat."
- Add a small square of yellow frosting for the buckle.
- Chill for about 10 minutes before serving.



A Recipe for Togetherness

The best part of Thanksgiving cooking isn't just the food — it's the laughter, teamwork, and togetherness that happen in the kitchen. These easy recipes give kids a chance to take part in the holiday magic and show that sometimes, the sweetest memories come with a little mess and a lot of love.

So, roll up those sleeves, tie on some aprons, and get cooking. This Thanksgiving, let the kids stir up more than just recipes — let them stir up joy.



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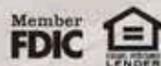
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Filming in New Jersey

ELLIOTT MALONE, ESQ.



The American movie business started in New Jersey. Between 1888 and 1892, Thomas Edison and his employee William Kennedy Laurie Dickson developed the kinetoscope and the kinetograph, two early motion picture devices. Thomas had a home in West Orange and had a laboratory in town. This is where he created the world's first movie studio, Black Maria, in 1893.

Bergen County's Fort Lee is home to America's first motion picture industry. Many early films were shot at studios and

on location in and around the town. With the first constructed in 1909, Fort Lee had almost a dozen major studios by 1918. Among them were Peerless Studios, Fox Studios, Victor Studios, Goldwyn Pictures Corporation, and Selznick Pictures, many of which eventually shut down or merged with larger film companies as the industry evolved. Big names were filming in New Jersey: Lillian and Dorothy Gish, Mack Sennett, Mary Pickford, D.W. Griffith, Lionel Barrymore, the Marx Brothers and Theda Bara.

World War II basically put an end to northern New Jersey's run as a production spot.

However, the production boom and New Jersey's competitive incentives are creating another renaissance. From Edison's first shorts to "West Side Story," New Jersey's rich production history is now back on center stage.

In 2018, Film and Digital Media Tax Credit bill was signed. The bill provides a transferable credit against the corporation business tax and the

gross income tax for certain expenses incurred for the production of certain films and digital media content in New Jersey. The project, funded through 2039, provides a tax credit of up to 35 percent of qualified film production expenses.

In 2021, Netflix won a bid to acquire a 289-acre "mega-parcel" located on Fort Monmouth, NJ, a closed army base near the Jersey Shore. The entertainment company won the bidding with a \$55 million offer. Netflix plans to invest \$1B to transform the 292-acre former US Army installation into a premier East Coast production hub. The development will feature 12 cutting-edge soundstages totaling nearly 500,000 square feet, with additional areas dedicated to supporting film uses and community amenities.

New Jersey has been the backdrop for many big-picture films over the past years: from *The Sopranos* and *The Joker* to *Spider-Man* and *Mean Girls*. In recent years it's become even more of a filming hotspot for various movies and TV shows. More recently, you could've seen Jeremy

Allen White in Montclair for the upcoming Bruce Springsteen Biopic, Adam Sandler filming all around Essex and Bergen Counties for *Happy Gilmore 2*.

In order for a production company to work in New Jersey and apply for the Film and Digital Media Tax Credit Program, the production company must register to do business in the state and obtain a New Jersey tax ID number.

Most New Jersey counties, cities, towns, state parks, county parks, national parks, historic sites, highways, railroad and airport terminals, and military posts have their own unique regulations pertaining to production. New Jersey Motion Picture and Television Commission staff members are well versed in these matters and should be consulted before specific communities are approached.

Sometimes permits are needed as well, and there is a large effort by the State to educate municipalities regarding filming.

As a rule, filmmakers working in New Jersey are required to carry general liability insurance in the amount of \$1 million (\$2 million in the City of Newark). Additional insurance may be required of crews using pyrotechnic effects or performing stunts. Property owners must be relieved of all liability in connection with production work taking place on their respective locations. Typically, production companies are asked to present certificates of insurance naming property owners as "additional insured."



Elliott Malone
Alpha Global Realty, LLC
Elliott Malone is a licensed real estate agent

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AMERICAN DREAM MALL BLUE LAWS LAWSUIT

ELLIOTT MALONE



The roots of New Jersey’s modern blue laws date back more than three centuries. Established in 1704 and codified in the 1798 “Act to Suppress Vice and Immorality,” they were originally statewide and far stricter than today’s Sunday-specific regulations. The laws banned not just business operations but also leisure activities and nonessential travel. Residents could travel to church or a doctor, but only if the journey was less than 20 miles. Swearing in public could result in a 50-cent fine, and anyone caught violating the rules could have their goods confiscated and sold.

Nearly every store in Bergen County, including those in Westfield Garden State Plaza in Paramus, and other major shopping hubs are closed to shoppers on Sundays. Except American Dream Mall that remains open on Sundays.

The New Jersey borough of Paramus is suing the American Dream mall for staying open on Sundays, in violation of Bergen County’s blue laws.

A statement from American Dream argued that Bergen County’s blue laws don’t apply to the complex, because it sits on state-owned property.

Paramus Mayor Christopher DiPiazza said that American Dream had “promised on record” that it would follow the county’s blue laws once it opened.

A transcript from a 2011 public hearing shows Tony Armlin, then the vice president of development and construction for mall owner Triple Five, saying the laws “prohibit our ability to have retail activities on Sundays,” which he said would restrict the impact of traffic.

Jim Tedesco, the executive of Bergen County, which is also named in the suit, said in a statement American Dream’s operators had “personally assured” him that they would keep retailers shut on Sunday before the mall opened.

The lawsuit states American Dream proprietors are violating a specific law approved by referendum in November 1980 to replace a prior version of the “Sunday Closing Law,” which was established in 1955.

The 1980 referendum asked general election voters, “Shall the Sunday Closing Law apply within this county?” The referendum was approved by a vote of 192,394 to 157,648, according to the lawsuit.

In 1993, Paramus even passed stricter ordinances limiting Sunday business hours to reduce traffic congestion near its shopping malls.

The lawsuit claims the mall has 120 stores that stay open and it publicly advertises those hours. American Dream says it is located on state land, so it’s not bound by blue laws, which prohibit the sale of nonessential items, like clothing and furniture.

In addition to suing Ameream, the Delaware LLC that owns the mall, the borough of Paramus is also suing the County, the borough of East Rutherford, and the New Jersey Sports and Exposition Authority (NJSEA), which owns and leases property to the mall.

The suit says American Dream, through Ameream, has continued to include information on its website stating the mall’s retail businesses are open on Sunday.

Additionally, the mall displays messages on electronic billboards affixed to the outside of the mall stating, “All Stores Open Sundays.” The suit includes a photo of such a billboard that was taken in August 2025.

The suit alleges the NJSEA “is knowingly permitting the criminal acts on its property.”

A spokesperson for the NJSEA did not immediately respond to a request for comment.

The lawsuit alleges a public nuisance and asks the court to impose fines against the mall of \$250 for a first offense, \$1,000 for a second, \$2,000 for a third, and \$5,000 for a fourth and each subsequent violation.

Here are some recent sales in the area during August 2025 (from NJMLS):

ALPINE: 1 Sale
11 Margo Way \$4,860,000

Closter: 9 Sales ranging from \$725,000 to \$1,850,000
514 High Street \$725,000
35 Jane Street \$1,451,000
443 Homans Avenue \$1,850,000

Cresskill: 10 Sales ranging from \$825,000 to \$4,400,000
45 Beechwood Road \$825,000
84 Westervelt Place \$1,857,000
128 Huyler Landing Road \$4,400,000

Demarest: 8 Sales ranging from \$730,000 to \$3,250,000
65 Lenox Avenue \$730,000
11 Margaret Court \$1,680,000
45 Pine Terrace \$3,250,000

Englewood Cliffs: 7 Sales ranging from \$1,460,000 to \$3,100,000
150 Charlotte Place \$1,460,000
1 Dorchester Road \$1,725,000
164 Chestnut Street \$3,100,000

Tenafly: 12 Sales ranging from \$830,000 to \$7,360,000
368 Knickerbocker Road \$830,000
30 Benjamin Road \$2,240,000
63 Ridge Road \$7,360,000

Upper Saddle River: 10 Sales ranging from \$999,999 to \$2,900,000
7 Rolling Ridge Road \$999,999
68 Hidden Glen Road \$1,999,000
32 Hampshire Hill Road \$2,900,000



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Connecting Mind & Body Through Music

NATALIE PEREZ



Alpine Resident, bilingual (English & Spanish) speaker. Holds a BA in Psychology and a certification as a Montessori Early Childhood Educator. Happily married with two, young children and loves traveling. Certified Montessori educator in Manhattan with 10 years of experience.



Music can have a strong effect on both the emotions and the body. Fast-paced melodies can make one feel more alert. Upbeat tunes can make one feel more optimistic and positive about life. A slower tempo can calm the mind and relax tenseness, allowing feelings of ease while releasing the stress of the day. Music is excellent for relaxation and stress management.

Recent research confirms the positive experiences with music. Findings state

that music around 60 beats per minute can cause the brain to synchronize with the beat causing alpha brainwaves (frequencies from 8 - 14 hertz or cycles per second). An alpha brainwave is present when we are relaxed and conscious. To induce sleep (a delta brainwave of 5 hertz), a person may need to devote at least 45 minutes, in a relaxed position, listening to calming music. Researchers have said that “listening to music seems to be able to change brain functioning to

the same extent as medication” (Stanford University). Luckily, music is something that almost anybody can access and makes it an easy stress reduction tool.

So what type of music reduces stress the best? One study noted that Native American, Celtic, Indian stringed-instruments, drums and flutes are very effective at relaxing the mind even when played moderately loud. Sounds of nature, such as rain or thunder, prove to be relaxing particularly when mixed

with other music, such as light jazz and classical music.

How does one choose the relaxation music that is best for one’s personal state? The answer partly rests with your desires: One must first like the music being played. One could start by simply exploring the music on different platforms. Some may be relaxing, some may not. Forcing yourself to listen to relaxation music that irritates you can create tension, not reduce it! If that

happens, try looking for alternatives on the internet. It is important to remember that quieting the mind does not mean one will automatically feel sleepy. It means your brain and body are relaxed—and with a new, calm self, one can then function best in many activities.

Explore relaxing musical selections in YouTube:

- Aneal & Bradfield, “Heaven and Earth Spirits” - track from Life & Love.

- C. Carlos Nakai from the Canyon Trilogy.
- Ken Kern from The Winding Path.
- Gayatri Govindarajan, “Pure Deep Meditation.”
- Angels of Venice from Music for Harp, Flute and Cello.
- “Spirit Vision,” (David & Steve Gordon).
- Aneal & Bradfield from Light & Love.
- Dan Gibson. Nature sounds and instrumental, tranquil sleep music.

Feast of Words

Celebrate the season with this fall-themed word search! From cozy traditions to harvest favorites, see if you can uncover every hidden word—before your fellow readers do.

BY CAROLINE PERROTT

Find these words:
Autumn, Leaves, Crisp, Harvest, Cozy, Sweater, Pumpkin, Acorn, Apple, Spice, Turkey, Feast, Stuffing, Cranberry, Gravy, Pie, Corn, Yam, Pecan, Cider, Parade, Football, Gather, Family, Blessings, Thankful, Table, Friends, Celebrate, Leftovers



Think you cracked it? Scan to check your answers!

F S K H A R V E S T O Y B R N K O A F W
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 K Q B X S W L P G L G D G N N U C V S W
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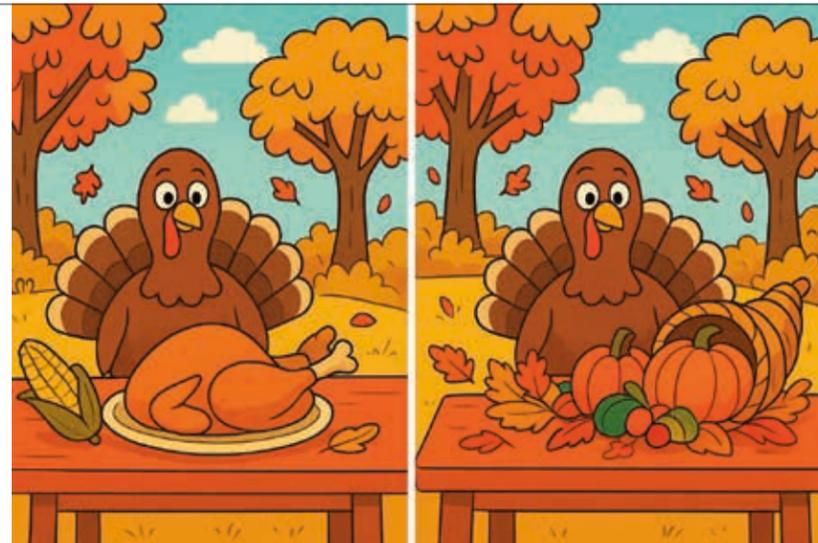
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CHASING COLOR

From New England's classic towns to West Coast vineyards, discover the must-see spots, scenic drives, and boutique stays that make fall travel unforgettable.

BY CAROLINE PERROTT

IS THERE ANYTHING better than Autumn's golden colors? While beautiful, they are fleeting. But with a bit of planning, you can catch the last bursts of color before winter sets in. Here's your guide to the country's top late-season foliage destinations. Don't live in a temperate climate? Not to worry! We've suggested cozy stays to accompany each secret spot.

THE EAST COAST

Vermont delivers peak fall charm in towns like Stowe and Woodstock, where fiery sugar maples frame rolling hills. For panoramic views, drive the Mount Mansfield Auto Toll Road or wander Smugglers' Notch. Farther south, the Blue Ridge Parkway offers 469 miles of mountain highway glowing red and gold, with highlights like the Linn Cove Viaduct and Peaks of Otter. In the Great Smoky Mountains, color lingers into November—best seen from Clingmans Dome or the Cades Cove Loop.

Where to stay: Stowe's boutique Field Guide Lodge (larkhotels.com) or serene Edson Hill (edsonhill.com), and the rustic Switzerland Inn (switzerlandinn.com) along the Parkway.

With a bit of planning, you can catch the last bursts of color before winter sets in.

THE MIDWEST & ROCKIES

Michigan's Upper Peninsula dazzles with late color. The Tunnel of Trees is a 20-mile scenic drive along Michigan's State Highway M-119, beginning in Harbor Springs and ending in Cross Village which offers a stunning kaleidoscope of color. A drive along M-26 between Eagle River and Copper Harbor is also a must. On Minnesota's North Shore, Highway 61 pairs Lake Superior's horizon with fiery birches, with Palisade Head offering cliffside views. The Colorado Rockies shine out west in towns like Aspen and Estes Park, where golden aspens shimmer against snow-dusted peaks. The Maroon Bells and Trail Ridge Road are standout viewing spots.

Where to stay: The Inn at Bay Harbor (innatbayharbor.com) in Michigan, Bluefin Bay (bluefinbay.com) on Minnesota's North Shore, and the Stanley Hotel in Estes Park (stanleyhotel.com)

THE WEST COAST

Oregon's Columbia River Gorge combines waterfalls and blazing maples along the Historic Columbia River Highway, with Multnomah Falls a centerpiece. Nearby, Bend and Mount Hood offer photo-worthy stops like Sparks Lake and Trillium Lake. Drive Highway 89 to Emerald Bay State Park in Lake Tahoe, where aspens light up the shoreline—California's Napa Valley vineyards trade green for amber and burgundy—best seen along the Silverado Trail. For Bavarian charm, Leavenworth, Washington, glows with alpine foliage along the Waterfront Park trails.

Where to stay: Bend's Pine Ridge Inn (pineridgeinn.com) or the intimate Redband Lodge (redbandlodge.com) in the Gorge, Napa's vineyard-chic Harvest Inn (harvestinn.com) or The Bergson (thebergson.com), and cozy alpine boutiques in Leavenworth.



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