

# 2016 SHAPE Healthy Travel Awards

Every trip you take is an opportunity for adventure, rejuvenation, and of course fun. We found the spots offering the most cutting-edge wellness perks to pamper, energize, and inspire you. Start packing.

By CARLY GRAF and MIREL KETCHIFF

## Best Activity Outfitters

#### WHITE-WATER FUN

#### **ROW Adventures**

Your only job is to show up and enjoy; your guides will do the rest, including giving you a crash course on white-water rafting. pointing out local flora and fauna, and cooking meals. You'll also have a chance to go hiking and swim in hidden coves. At night, take in a beautiful sunset before heading to bed to sleep like a baby. (Starting at \$990 per person for a three-day trip on the Snake River in Idaho. rowadventures.com)

#### HIKER'S HAVEN Mountain Travel

Sobek You'll get a tour of national parks on these guided trips, which take you onto less-trafficked trails for picturesque vistas most people never see. As you hike, your guides will teach you about the natural and cultural history of the area. At night you'll stay in moonlit lodges or scenic campsites. (Starting at \$1,999 a person for a fourday trip to Zion or Bryce Canyon National Parks in Utah, mtsobek.com)

#### BIKING GETAWAY Backroads

RAFT AROUND

ROW offers trips in

Montana, Oregon, Idaho, and Ecuador.

This company picks the most scenic, quietest bike routes around the world featuring many awe-inspiring stops. In the Canadian Rockies. you'll pedal your way past jagged mountain peaks, behemoth glaciers, and brilliantly blue alpine lakeskeep your eyes open for elk and bighorn sheep. Vans carry your belongings to each lodging site, so you can focus on the journey. (Starting at \$2,898 per person for a sixday trip in the Canadian Rockies. backroads.com)

## *Best* Hotel Restaurants

#### ENDLESS OFFERINGS

#### CuisinArt Golf Resort & Spa; Rendezvous Bay, Anguilla

The five excellent restaurants at this Caribbean oasis make you hard-pressed to pick a favorite. You have your choice of everything from bar snacks to fine dining, with flavors inspired by the culinary team's diverse expertise, including Mediterranean and Japanese cuisines. The real star, though, is the hydroponic farm, which supplies all five restaurants with fresh fruits. vegetables, and herbs.(Rooms from \$550 a niaht. cuisinartresort.com)

#### <u>G O O D - F O R - Y O U</u> <u>G O U R M E T</u>

#### Sprouts at JW Marriott Camelback Inn; Scottsdale, Arizona

There's a lot to love about Sprouts, a breakfast-and-lunch café inside Camelback Inn's amazing spa. Dig into heart-healthy fare like pan-seared tuna, spa-inspired organic cocktails like the Detox Margarita, and antioxidant-packed elixirs such as



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a cucumber cooler. Savor it all while taking in unrivaled views of Camelback and Mummy mountains. (Rooms from \$166 a night, camelbackinn.com)

#### ECO EATS

#### Urbane at the Hyatt at Olive 8; Seattle

Here, you can help save the planet with every delicious bite. Urbane uses locally available, in-season food whenever possible in dishes like halibut crudo and wild mushroom risotto. Many ingredients come from Pike Place Market, just six blocks away, and virtually everything else is grown, caught, or raised within 200 miles of the restaurant. Urbane also composts its waste and never uses plastic water bottles. (Rooms at the Hyatt from \$179 a night, olive8.hyatt.com)





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SEASIDE STRETCH NIZUC offers tranquil outdoor yoga classes.



## *Best* Hotel Pools

#### <u>S K Y L I N E</u> <u>S T U N N E R</u>

#### The Peninsula; Chicago

The floor-to-ceiling windows framing this half-Olympic-length pooloffer panoramic views of downtown Chicago and Lake Michigan. Swim laps or sign up for an aqua class, then (weather permitting) head to the sundeck to dry off. (Rooms start at \$440 anight, chicago .peninsula.com)

#### OPEN-AIR SWIM

Westin Riverfront Resort and Spa; Beaver Creek, Colorado Westin's four-lane outdoor pool is surrounded by majestic 14,000-foot peaks. After a few laps, hop into one of three infinity hot tubs that overlook the river. (Rooms start at \$169 a night, westinriverfront beavercreek.com)

#### SEASIDE SOAK

#### Ocean House; Watch Hill, Rhode Island

This heated, saltwater lap pool is the next-best thing to swimming in the sea. French doors open to a sundeck, letting natural light spill in as you swim. (Rooms start at \$465 a night, oceanhouseri.com)

### BEST CRUISES

Windstar Cruises The offshore excursions include hiking, biking, and yoga. Each boat also offers unlimited free access to snorkel equipment, water skis, stand-up paddleboards, and kayaks. (*Trips start at \$999 a person*, *windstar* 

#### REFRESH AND REJUVENATE

cruises.com)

Seabourn Cruises Seabourn recently partnered with holistic health expert Andrew Weil, M.D., to create a wellness program featuring daily meditation and restorative yoga sessions. (*Trips start at* \$6,999 a person, seabourn com)

#### **BOAT AND BIKE**

#### AMAWaterways River Cruise

Local guides lead hiking and biking tours at each stop. When you set sail, head to the boat's onboard track, swimming pool, or fitness room to burn a few extra calories before dinner. (*Trips* start at \$2,499 a person, ama waterways.com)

## *Best* Fitness Programs

#### ATHLETIC AESTHETIC

#### Chicago Athletic Association Hotel; Chicago

The gym at this men's club turned hotel employs personal trainers from On Your Mark coaching and training, a Chicago company founded by a Nike Master Trainer, and offers private sessions and small group workouts upon request. You can also take a complimentary boxing class or go on a trainer-led group run along Lake Michigan. (Rooms start at \$289 a night, chicago athletichotel.com)

#### FITNESS NIRVANA

#### Turtle Bay Resort; Oahu, Hawaii

This gorgeous oceanfront property is a fitness buff's dream.

Stop at the Guidepost, an adventure concierge that will set you up with surf lessons, horseback rides, and snorkeling led by locals who know all the best spots. At the resort, bike or run along 12 miles of trails that crisscross the property, cooling off at the pristine beaches you pass along the way. (Rooms start at \$300 a night, *turtlebayresort.com*)

#### RUN AND RELAX

NIZUC Resort and Spa; Cancún, Mexico Sweat hard, rest hard at this luxury resort. Push yourself at the Runner's Club, a speed workout that encourages you to shave seconds off your pace by racing against yourself. After vour cooldown. rest your weary body at the onsite spa. Then head to the tennis clinic to work on your serve, or take a Latin Rhythm class. (Rooms start at \$540, nizuc.com)





## *Best* Ski Lodge

#### <u>S N O W Y</u> <u>P A M P E R I N G</u>

#### St. Regis Deer Valley; Park City, Utah

After a long day of riding Park City's 300 trails. leave vour boots with the ski valet at St. Regis Deer Valley (who will warm them for you before you pull them on again the next morning) and head to the "ski beach" for the signature 7542 Bloody Mary. Or check out the homemade hot chocolate bar. (Rooms start at \$399 a night, stregisdeervalley.com)

#### <u>T O P</u> <u>A L L - A R O U N D</u>

Sun Valley, Idaho Sun Valley, Idaho Ski all morning, then switch to ice skates in the afternoon at the lodge's rink, where you can often spot former Olympic skaters. Afterward, visit the lodge's bowling alley, geothermal pool, or spa, which offers seasonal treatments to soothe ski-sore muscles. (Rooms start at \$419 a night, sunvalley.com)

#### <u>ALPINE</u> ADVENTURE

#### Hotel Alyeska; Girdwood, Alaska

The château-style hotel is in prime Alaskan ski country and offers terrain suitable for every level. For the best views, take the Aerial Tram to the top of Mount Alyeska. Après ski, try a Deep Forest Detox Massage to restore tired legs so you'll be ready to carve again the next day. (Rooms start at \$111 a night, alyeskaresort.com)

### BEST FAMILY GETAWAYS

FOR THRILL SEEKERS Fairmont Chateau

Lake Louise: Lake Louise, Alberta The Mountain Adventure Program sets you up with a personalized itinerary. When it snows, your guide will lead you to the best slopes. In the summer, you'll go canoeing or hiking. (Rooms start at \$329 per night, fairmont com/ lakelouise)

#### PEACEFUL RETREAT

#### Mission Point; Mackinac Island, Michigan

Build and fly kites with your kids on Mission Point's huge lawn, then send little ones to the kids' club for scavenger hunts and lawn games while you hit the health club. (Rooms start at \$150 a night, missionpoint.com)

#### EXPLORE AND ESCAPE

#### Omni Amelia Island Plantation Resort; Amelia Island, Florida

Devote your morning to SUP-ing alongside manatees or biking across the 1,350-acre property. Then grab lunch at one of 10 onsite restaurants (featuring ingredients from a local greenhouse, organic garden, and apiary) before sending the kids to the splash park so you can take a dip in the adults-only infinity pool. (Rooms start at \$299 a night, omnihotels.com)

## *Healthiest* Amenities

#### <u>PEAK</u> EXPERIENCE

#### Hiking package at Kimpton Taconic Hotel; Manchester, Vermont

Located a stone's throw from the Taconic and Green Mountain ranges, this Kimpton is all about the mountains. There are locally made walking sticks in each room and hiking survival kits. To memorialize your trip (or hone your Instagram skills), arrange for a nature photography lesson with well-known local photographer Les Jorgensen. (Rooms from \$269 a night, taconichotel.com)

#### BETTER-BODY DEALS

#### Wellthily at Refinery Hotel; New York City

Book the Wellth Package and you'll get a tablet loaded with on-demand workouts and healthy-eating guides; a travel kit packed with an eye mask, ear plugs, essential oils, and teas; a welcome kit with a Nourish Snacks pack and Blueprint juice; and a guaranteed seat in Cyc Fitness, one of the city's hottest cycling studios. (Rooms from \$409 a night, refinery hotelnewyork. com)

#### A D U L T P L A Y G R O U N D

#### Outdoor Adventure and Challenge at Miraval Resort & Spa; Tucson, Arizona

This relaxation retreat has an adventurous side, too. The resort features an outdoor climbing wall and a series of off-the-ground challenges: a zip line, tightrope, log walk, swing leap, and more. Miraval also offers climbing excursions to Mount Lemmon, which has a 7,000-foot peak. (Rooms from \$599 a night, most activities included, miravalresorts.com)





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## *Best* Business Hotels



#### Hyatt Centric Fisherman's Wharf; San Francisco

Start your day at the Wardroom, a breakfastonly restaurant in the hotel that serves power morning meals. Think cagefree eggs, tofu scrambles, and coffee with hormone-free milk. Another way Hyatt Centric makes it easy to stav healthy while you're working: The fully equipped fitness center never closes. Don't want to leave your room? Order a yoga class on TV anytime.(Rooms from \$254 a night, fishermanswharf .centric.hyatt.com)

#### FIT EXTRAS The Westin New York Grand Central; New York City

Packing for a business trip becomes tougher when you have to haul gym clothes and sneakers. So Westin's gear-lending program is perfect—it provides you with New Balance clothes and workout shoes for the duration of your stay for just \$5. The hotel also has a 3,000-square-foot gvm.trainer-led sightseeing runs, Citi Bike credits, discounts on local studios, and a Sleep Well Menu featuring sleep-boosting foods so you can wake up ready to go. (Rooms from \$189 a night, westinnewyork grandcentral.com)





### BEST KIDS' PROGRAMS

WATER WORLD Hilton Hawaiian Village; Honolulu, Hawaii

With a five-acre, ocean-fed lagoon and pools with waterfalls and waterslides, this entire resort is an outdoor playground. At night kids will have a blast at a luau under the stars. (Rooms start at \$240 a night, hilton hawaiian village.com)

#### NONSTOP FUN

Ocean Edge Resort and Golf Club; Cape Cod, Massachusetts You won't hear "I'm bored" on this trip, thanks to the five swimming pools, two tennis complexes, 26 miles of biking and hiking trails, and a pond for stand-up paddleboarding and kayaking. (Villas start at \$145 a night, oceanedge.com)

#### HORSE AROUND Vista Verde Ranch; Steamboat Springs, Colorado

Your kids will trade their sneakers for cowboy boots to compete in rodeo activities like barrel racing. (All-inclusive stays start at \$1,295 for 3 nights, vistaverde.com)

## *Best* Pet Amenities

#### C U D D L I E S T C O N C I E R G E

#### Carmel Valley Ranch; Carmel, California

After you check in at the front desk, your furry friend can check in with Roxy, an English bulldog and the informal doggy concierge, who hangs out in the lobby, greeting guests. Your pooch will love exploring the outdoor trails on the 500-acre ranch and snacking off the room service pet menu, which features a beef marrow bone, Sonoma County chicken, organic brown rice, and bacon biscuits. (Rooms from \$375 a night, plus a \$150 pet fee, carmelvalley ranch.com)

#### <u>P O O C H</u> P A R A D I S E

#### Inn by the Sea; Portland, Maine

Treat your furball to an in-room pet massage after a day spent hiking and playing on the nearby pet-friendly trails and beaches, and

in the parks. The inn also offers dog walking and doggie day care services, and can even help match you with a new best friend. It works with the Animal Refuge League of **Greater Portland** to foster dogs and facilitate adoptions; last year, 46 pets found homes. (Rooms from \$327 a night with the INNcredible Pets package, innbythesea.com)

#### URBAN HOUND

Affinia; New York City Enjoy all the city has to offer with Affinia's VIPaws program at its five New York City hotels. It includes City Walks, maps that highlight dog-friendly destinations; a comfy dog bed and a rope toy from luxury eco-friendly pet company Jax & Bones; and a \$10 donation to the Humane Society. (Rooms from \$239 a night, plus a \$50 pet fee, affinia.com)

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## *Best* Hotel Gym

#### HIIT HEAVEN

#### Hilton Sedona Resort at Bell Rock; Sedona, Arizona

This desert retreat has its own boot camp playground the Outdoor Warrior Pit, which is equipped with tires, ropes, sledgehammers, and anchors. If you're not ready to go full cavewoman, check out the Aqua Zumba class offered several times each week. (Rooms start at \$249 a night, hilton.com)

#### S M A R T E S T W O R K O U T

#### Canyon Ranch SpaClub at the Venetian; Las Vegas

Most gyms have treadmills. Canyon Ranch SpaClub has a gait expert who analyzes your footfall and stride to make sure you're wearing the perfect shoe for your workout, and an exercise physiologist, who will help you take your fitness to the next level. Once you're properly prepped, scale the 40-foot indoor

climbing wall, take a dance cardio class, or sign up for a Pilates session. (Rooms start at \$159 a night, venetian.com)

## HIP HEALTH

#### 1 Hotel South Beach; Miami

Hit up the rooftop for a high-powered yoga session complete with a DJ, head to the private beach for an oceanside HIIT class, or check out the hotel's SoulCycle studio. To target your mind and body at once, try the Spartan Revolution classthe hotel is opening a 10,000-squarefoot studio for this grit-meetsmindfulness workout in December. (Rooms start at \$499 a night, 1hotels.com) \*

### BEST HOTEL SPA

CLazy U Ranch; Granby, Colorado During your massage, gaze through the spa-tent's glass floor at the gurgling creek, or take a soothing soak in a therapeutic copper tub overlooking the Continental Divide. (All-inclusive stays start at \$355 a night, clazyu.com)

#### RECHARGE AND RENEW

#### Topnotch Resort; Stowe, Vermont

Here, you can pair a stimulating Bamboo Massage with a run to kick-start your energy levels, or a healing Thai massage with a yoga class to refresh your muscles. (Rooms start at \$200 a night, topnotch resort.com)

#### FARM-TO-SPA LUXURY

#### Mahekal Beach Resort; Playa del Carmen, Mexico

The Mayan-inspired massages, facials, and therapies use locally sourced products, like Mexican cocoa or copal, an exfoliating resin. (*Rooms start* at *S249* a night, mahekalbeach resort.com)

