

A FAR

WHERE TRAVEL CAN TAKE YOU

the
WELLNESS
issue

MEXICO

MAUI

SWITZERLAND

KOREA

SANTORINI

SANTA FE

where to go in 2014

24 UNEXPECTED DESTINATIONS

 A FRESH
TAKE ON
GREECE p. 76



p. 88 FINLAND'S
STEAMY SIDE

p. 98 THE TREK OF A
LIFETIME IN
NEW ZEALAND

p. 60 SCOTLAND:
A LOCAL'S TALE



CHANNEL YOUR INNER ATHLETE

BY JEN MURPHY

STAYING FIT ON THE ROAD doesn't have to mean being confined to the hotel gym. Resorts now offer activities that both raise your heart rate and introduce you to the local culture. In Brazil, work up a sweat doing capoeira, a traditional form of dance. In the Maldives, surf the same waves as the pros. Many hotels even have multiday lessons for sports ranging from skiing to polo. Best of all, these resorts have spas to soothe sore muscles with sports-specific and indigenous treatments.



After surfing, guests at the Four Seasons, above, can take a *dhoni*, a traditional Maldivian boat, top, to the spa. The lobby of Coworth Park, right, is decorated with equestrian-themed art.

1. UTAH

Montage Deer Valley, Park City Think you can keep up with an Olympian on the slopes? Montage Deer Valley gives you a chance to try. New retreat programs include one day on the mountain with a US Olympic ski team pro.

Terrain Guests have ski-in/ski-out access to more than 100 trails spread over 200 acres in the Wasatch Mountains.

Stay Limber Retreats include pre- and post-ski stretching sessions in the hotel's 35,000-square-foot wellness center, plus use of the steam room, sauna, and whirlpool.

Refuel Local and artisanal ingredients inspire the menu at Apex restaurant. Don't miss the fortifying cheddar burger, served on a toasted brioche bun. *Three-day retreat from \$2,575. (435) 604-1300, montagedeervalley.com*



2. MALDIVES

Four Seasons at Kuda Huraa, North Malé Atoll Just minutes from some of the world's best surf breaks, the Four Seasons has its own surf school offering lessons for all ability levels, from novices to big-wave riders.

Surfari Splurge and book a boat trip aboard the Four Seasons' *Explorer*, a three-deck catamaran that can get you to some of the area's most remote atolls.

See the Best Every August the resort hosts a week-long international surfing competition that draws both locals and elite athletes such as Tom Curren. You can buy day passes to watch the action.

Sleep Therapy Wellness treatments linked to the lunar cycle are scheduled from 10 p.m. to 1 a.m. at the resort's spa, which sits on its own island. *From \$1,068. (800) 819-5053, fourseasons.com/maldiveskh*



3. ENGLAND

Coworth Park, Ascot A dream retreat for horse lovers, the 240-acre estate is 45 minutes from London and has an equestrian center and polo fields.

Game of Thrones Keep an eye out for Prince Harry playing a match on the polo grounds. Competitions are held from April through September.

Learn from a Pro Coworth Park works with the Guards Polo Academy and Andrew Hine, the former captain of the England Polo Team, to provide lessons. Serious riders can enroll in a three-day elite polo academy.

Recovery Drink The Bar at Coworth Park has started mixing polo-inspired cocktails. Try the rum-and-brandy-based *Under the Neck*, named for the most difficult shot in the game. *Rooms from \$370. Polo lessons from \$255. 44/(0) 1344-876-600, coworthpark.com*

stay

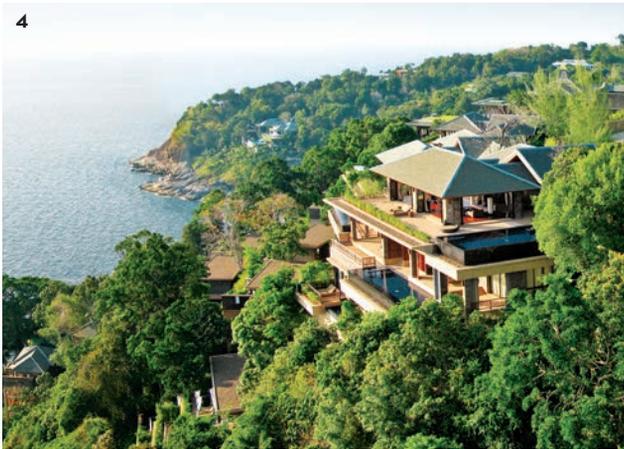
Guests at Uxua in Trancoso, Brazil, far right, can take capoeira lessons with locals, right. The pool and fitness center at Paresa in Phuket, Thailand, below, has ocean views.



5



4



4. THAILAND

Paresa Resort, Phuket
One of the many ways Paresa helps guests connect with Thai culture is through hour-long classes in the art of *muay thai*, traditional Thai boxing.

Setting Forty-nine rooms and villas are built into the Kamala cliffs overlooking the Andaman Sea. You'll feel discreetly hidden in the resort's forest of giant banyan trees.

Traditional Wellness Treatments at Paresa's spa are based on ancient Thai healing therapies. A Thai massage, followed by a jasmine rice body mask, will ease achy muscles.

Pool Party Watch a light show during dinner when you eat alfresco on a floating deck in the fiber-optic-lit infinity pool. From \$630. 66/(o) 76-302-000, paresaresorts.com

5. BRAZIL

Uxua Casa Hotel & Spa, Trancoso
Uxua promotes indigenous traditions such as capoeira, an Afro-Bahian dance form inspired by martial arts and performed to music. Join locals in classes at the Capoeira Sul da Bahia academy.

Give Back Uxua sponsors the capoeira academy, which provides free classes to locals.

Designer Digs The one- to three-room casas that face Trancoso's main square were transformed from old fishermen's bungalows. Regional artisans helped decorate the interiors.

Indigenous Beauty When developing treatments for the hotel's spa, Uxua founder Wilbert Das consulted with Pataxó Indians from the area. Spa treatments incorporate native ingredients. From \$480. 55/(o) 73-3668-2277, uxua.com

4 OTHER TRIPS FOR SPORTY TRAVELERS

1. ITALY

In Gamba's weeklong cycling trips through Chianti are led by a former pro cyclist and geared toward experienced bikers who love food and wine. Riders are outfitted with top-of-the-line Pinarello Dogma bikes. From \$6,545. (888) 316-9791, ingamba.pro

3. HAWAII

Aquatic Edge holds multiday "swim vacations" on the Big Island. Make use of video analysis in your training, swim the Ironman course at Kailua Bay, and join an outing to the Kilauea volcano. From \$595. (808) 331-1766, aquaticedge.org

4. CANADA

Fjord en Kayak explores Quebec's Saguenay Fjord via sea kayak. Trips range from three-hour excursions to five-day camping adventures, often highlighted by beluga whale sightings. From \$58. (866) 725-2925, fjordenkayak.ca

2. ICELAND

Arctic Running leads guided one-, three-, and five-day running tours throughout Iceland. A support vehicle transports luggage and is on hand with water and snacks. From \$55. 354/857-9797, arcticrunning.is