10 Cities Worth Trippin’ Over

By Kristen Dold

Pull out your frequent-flyer number! Adventure and relaxation await.

THROWING BACK BAHAMA MAMAS may not be your idea of R&R—and you’re in spandex-loving company. Our appetite for healthy, no-detox-needed-after travel is surging: Wellness tourism is estimated to grow 50 percent faster than overall tourism through 2020, according to the Global Wellness Institute. But you don’t have to splurge on a silent trek in Bali to come back refreshed. Accessible, life-changing excursions, creative eats, and holistic spa treatments are right here in the USA.

To uncover the destinations most worthy of your PTO days, Women’s Health teamed up with the travel experts at Airbnb. We parsed wellness-related wish lists on the platform—searching for terms like adventure, calm, and fitness—and came up with a list of cities (some crazy surprising) that are buzzing. From there, we assigned superlatives to help you target your vacay goals and chatted with in-the-know locals. Behold: 10 places that will quench your wanderlust and send you home in better shape than when you arrived.
**WELLNESS GETAWAYS**

**Santa Barbara**  
**California**

Just 100 miles northwest of L.A., this sun-drenched beach city tucked between the Pacific Coast and Santa Ynez Mountains is where celebs escape to unwind. Local yogi Luca Cupery of Yoga Soup (yogasoup.com) plans a restorative long weekend for you.

- **FRIDAY**  
  Align your ch'i with a community acupuncture session at Downtown Community Acupuncture (yourdca.com), where treatments start at an affordable $20. Afterwards, head to Ah Juice (ahljuice.com) for a fresh-pressed green juice, or hit up vegan gluten-free café Green Table (green-table.com) for a Ceremonial Style Matcha drink.

- **SATURDAY**  
  Dig your feet into the sand at super-scenic Arroyo Burro Beach (called Hendry's by the locals). Towering rock cliffs give it a secluded feel. Then you can stick around for a #NoFilter sunset. "A barefoot walk at dusk while listening to the rhythmic waves is like balm for my body and mind," says Cupery.

- **SUNDAY**  
  Breathe easy at Himalayan rock salt cave Salt (saltcavesb.com), where the microscopic mineral particles are believed to relieve anxiety, improve your skin, and even curb allergies. "Cool and quiet, this is a calming space right on one of the busiest streets downtown," says Cuppery. And if meditating in a zero-gravity chair doesn’t sound like enough action, you can get a massage or body scrub, or take a yoga class in the caves while inhaling the salty, dry goodness.

"A barefoot walk at dusk while listening to the rhythmic waves on the beach is like balm for my body and mind."

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**Detroit**  
**Michigan**

Trust us on this one. A surge of artists and businesses have transformed Detroit into a funky haven. With that come spots that support local farms and unconventional venues for socializing, says Detroit native Kiki Loyd, co-owner of specialty market The Farmer’s Hand.

- **STAY**  
  Snap a shot at the buzzy Detroit Foundation Hotel (detroitfoundationhotel.com), in the city’s former fire department headquarters. Local collabs abound: the snack bar is filled with hand-crafted Michigan chocolates. Keep an eye out for Saturday run club and boot camps, hosted by the owner of the Detroit Body Garages (detroitbodygarage.com).

- **EAT**  
  Lunch with locals at Gather (gatherdetroit.com), a community dining concept. (Just three tables and 30 seats) where seasonal fare is served from a rotating menu. Then head toelden Standard (standardstandard.com) for dinner. The New American spot serves small plates (don’t miss the veggie carpaccio) with ingredients sourced from nearby farmers.

- **DO**  
  Rent a bike from Wheelhouse Detroit (wheelhousedetroit.com) and hop on the Dequindre Cut Greenway, a former railroad turned recreational path that connects the city with the open-air Eastern Market. Nighttime, grab tickets to Detroit’s new Wolvenline (wolvenline.com) and watch fixed-gear cyclists race around the track at 35 mph.
Most Adventurous

Colorado Springs
Colorado

With 14,000-foot Pikes Peak to the west, and the Garden of the Gods rock formation to the north, Colorado Springs offers endless exploits waiting for adventure enthusiasts. (And with over 500 athletes and coaches at the nearby Olympic Training Center, there’s no shortage of daredevils.) How bold are you feeling? Try these top thrills.

SEEKING: Low-effort drama
Just strap in and jump—the zip line courses at Seven Falls will swing you, Indiana Jones-style, above jagged cliffs and cascading waterfalls.

SEEKING: Adrenaline for all ages
Crushed down the Arkansas River on a white-water rafting tour for beginners. Opt for the ultra-chill “family float” if you’d rather the guide does most of the work.

SEEKING: Whiplash on two wheels
Summit Pikes Peak by car, then fly 5,000 feet down the mountain by bike—passing through five different climate life zones—before stopping for lunch at the bottom.

SEEKING: A sky-high conquest
Scale one of the 99 sandstone rock formations at Garden of the Gods Park—frontrange climbing.

SEEKING: The ultimate challenge
Ascend 2,000 feet in one mile while racing up the Manitou Incline hiking trail, an Olympian favorite. (The female record is 30 minutes and 7 seconds. In case you’re feeling competitive.)
WELLNESS GETAWAYS

Portland, Maine

One of New England's most popular weekend escapes has mastered the art of old meets new: Despite an influx of hot restaurants and high-priced homes, the city's maritime culture and craggy coast remain as charming—and picturesque—as ever. Bike or walk your way through this guide from local photographer Christine Reighley (founder of popular account @melanetheway) to the most grammable spots around the city.

- SNAP: The historic Old Port district Stop at farm-to-table restaurant Central Provisions (central-provisions.com) for a James Beard Award finalist for best new restaurant in the nation.
- SNAP: The Portland Breakwater Light House in Bug Light Park Creast the Casco Bay Bridge by bike to reach the charming light house (a 20-minute ride) and score sick views.
- SNAP: Your local craft brew Beer from Allagash Brewing Company (allagash.com) or Tandem Coffee Roasters (tandemcoffee.com); both are camera-ready.

Dallas, Texas

Small portions? Nah. Dallas locals are big on running off their weekend BBQ indulgences. You'll find them at the 3.5-mile Katy Trail, pounding the 9.3-mile loop around White Rock Lake, or qualifying for Boston at the Dallas Marathon each December. But when the temps turn sweltering, it's the Big D's hyper-competitive fitness scene that brings the heat.

- SWEATY
  - One Legree This 45-minute Megaformer class is where core-training meets strength. The workout burns off muscles one-by-one—with a focus on the core. (onelegree.com)
  - ZYNO2: There's Spin, and then there's Spin with fluorescent lights, dancing, and bass-blasting beats (i.e., the 45-minute signature class. zyno2.com)
  - City Crew Flowing gets an upgrade when combined with HIIT for ballet in these 50-minute mash-up classes that end with a hurts-so-good foam roll. (citycrewdallas.com)
  - District Climb Experience monsoon-level sweat on the Versaclimber machine. In 30 minutes, you'll climb—or sprint—to 2,000 feet, all timed to tunes. (districtclimb.com)

- DRENCHED
Wellness Getaways

Editors' Sweaty Secret

When Women's Health editors want to unwind, we head to the Hamptons and surrounding towns. (No, not in a helicopter, but wouldn't that be nice?) We map out a beginner's guide to a perfect weekend.

"For a chill vibe, stay at Ruschmeyer's, where the rooms are cabin-like. During the day, bike along Montauk Highway, then grab a beer at Montauk Brewing Company before finishing the trek to the lighthouse at the tip of Long Island. Bank sweat sessions at the pop-up fitness classes that happen all over, and also book a visit to established studios like SLT or SoulCycle in East Hampton. Indulge in some retail therapy—and people watching—on Jobs Lane and Main Street in Southampton." —Associate editor KC

Best for Healthy Eats

Charleston
South Carolina

With a year-round growing season, the farm-to-table movement has exploded, and chefs are turning the local fare into flavor bombs. We tapped Kate Towill, co-owner of Basic Kitchen (basickitchen.com), a café that serves healthful, locally sourced dishes, to select the best spots to check out.

- Marion Square Farmers Market
  Pick up peaches and tomatoes at their peak—plus specialty spices—or lunch on hot dogs. "The Hot Rolls food truck is a must stop. I line up for the Green Rice Bowl—grilled vegetables, coconut rice, and curry seasonings," says Towill.

- The Ordinary
  Feast on oysters, clams, and just-caught fish plucked right off the Carolina coast. "If you like fresh fish, this is the spot. Don't miss the rotating seasonal specials," says Towill. (thespicyordinary.com)

- Harlysal
  Artful organic acai bowls, cold-pressed juices, smoothies, and sandwiches are picture-worthy and locally sourced. "It's off the beaten track of downtown, but I love the island vibe here," says Towill. "The Tropical Kale Smoothie is my go-to." (harlysal.com)

Best for Spa and Self-Care

Miami
Miami Beach

Florida

Despite the area's reputation as the plastic surgery capital, its skin and spa connoisseurs have swapped some of the invasive skin-tightening and contouring treatments for Eastern practices and trends. Here, the most in-demand menu options.

Treatment

- CBD (cannabinoid)-Based Massage
  A nonpsychoactive compound from the cannabis plant, CBD is believed to fight inflammation and anxiety, helping to calm and soothe the skin.

- Vibrational Sound Healing
  Sound waves and vibrations are said to restore harmony to the body and promote relaxation and healing.

- Crystal and Gemstone Therapy
  The energy properties in these pretty rocks are thought to affect the body's own energy flow and help balance you.

Try It

- The Standard Spa in Miami Beach added a CBD foot massage to its menu to relieve tired legs, (inhalation of sage, mint, and citrus.)

- During the "Tree of Life Vibrations" treatment at the Faena's Tierra Santo Healing House, sacred oils and stones help release tension.

- Gemstones are placed on corresponding chakras along the body in the "Kundalini Journey" at the Mandarin Oriental Spa.

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WELLNESS GETAWAYS

New Orleans
Louisiana

Most Family Friendly

- Spend the day at City Park
With 1,300 acres of sprawling green space, gardens, and walking paths, you'll want to tackle this park with comfy kicks. "We bike the trails, take out paddle-boats, or work on our mini-golf game at City Putt," says Marix.

- Ride the St. Charles Streetcar
The oldest continuously operating streetcar line in the world is your guide. For just over a buck, you'll cruise past mansions, Tulane University, and Audubon Park before heading into the French Quarter. (Then grab some chicory coffee!)

- Explore the Audubon Zoo
A trip to this gigantic zoo isn't complete without a visit to the Louisiana Swamp to watch an alligator feeding, or a pass through the new gorilla exhibit. And follow Fleming's relaxation Rx: "Head to the Cool Zoo's lazy river and splash park."

- Treasure-hunt at French Market
The six-block-long daily market is a maze of flea market finds, craft items from artists, trinkets, and souvenirs (don't leave without some beignet mix or hot sauce).

Grab the crew and strap on your Fitbit: Local blogger and mom of four Angelle Marix (@dashing_darlin) and pal Cabrins Fleming share an adult- and kid-friendly bucket list. "New Orleans isn't just a party town! Little ones can get one-of-a-kind culture in just two days," says Fleming.
Grunge, coffee, tech, rain, rain, rain...locals in this beautiful Pacific Northwest city don't mind a little water. In fact, because Seattle is literally surrounded by it (Puget Sound sits to the west, Lake Washington is to the east, and a bunch of canals and rivers live between the two), hanging near—or on—the water is how natives kick back to relax, even if it's rainy. "We don't believe in bad weather here, just improper clothing," says Seattle sailing pro and Airbnb excursion host Amanda Lillit. Check out her recs for the best wet spots around the city.

1. Take the ferry or a catamaran to the San Juan Islands, an archipelago of 172 islands, four of which are popular with visitors. (Start at San Juan Island, where you can go wine tasting, watch for Orca whales, hit the boutiques, and rent bikes.)

2. Grab a volleyball and head to Alki Beach on Puget Sound, where you'll find courts, a 2.5-mile path along the sand, and shops and restaurants. Or hit Golden Gardens Beach for a sunset behind the Olympic Mountains and evening bonfires.

3. Crank out some laps around Lake Washington, the city's most popular place for recreational water sports like kiteboarding and waterskiing. (If you'd rather burn calories on dry land, run or bike the eight miles of Lake Washington Boulevard.)

4. Sign up for a crash course on sailing with Airbnb's Learn the Ropes Sailing Excursion (airbnb.com/experiences/9802), where you'll host sail or handle the lines (or chillax with your feet up—your choice) while cruising from Lake Union to Lake Washington and back.
More than 3 million tourists a year pass through this city, famous for its energy vortices. But the biggest draw? The scenic outdoor fitness scene that happens year-round on sandstone formations and rust-colored landscapes. Stay in shape, soak up views.

**THE GOAL: Catch a Judy sunset**
Hike the Baldwin Trail starting at its trailhead, then watch the sun reflect off Cathedral Rock into Oak Creek. (FYI: The rock is the second most photographed spot in Arizona—right after the Grand Canyon.)

**THE GOAL: Down-dog on top of a vortex**
Pack a yoga mat and head to Bell Rock or Airport Vortex, two of four major vortex points where the Earth is believed to be alive with healing energy—in Sedona.

**THE GOAL: Get good and dirty**
Cruise a dusty trail on a mountain bike—beginners should head to Bell Rock Pathway, while intermediate bikers can try the Jordan Trail. Laugh at steep drop? Hangover Trail is a mecca for advanced riders.

**THE GOAL: Swim among the Red Rocks**
Don your suit for Slide Rock State Park in Oak Creek Canyon, where an 80-foot-long natural waterslide has worn into the stone. (Algae keeps the chute nice and slippery.)
So your trip is planned. Now it’s (almost) time to pack. Curating the flawless carry-on is an art—or, less poetically, a workout in itself. We asked three on-the-go fitness junkies—backpacker Jennifer Pharr Davis, author of The Pursuit of Endurance; outdoor mountain athlete Alex Borsuk; and Peloton Tread Master Instructor Rebecca Kennedy—to break down what you need.

**Bring only neutral leggings.**

Your quickie trip isn’t the time to whip out your flashiest tights. A solid black pair with minimal features (cutouts, logos, reflective features) is best for mixing and matching. We heart Aday’s street-appropriate line.

**Use swimwear for sports bras.**

You’re probably already packing a suit, yes? Ones designed for sports like surfing and beach volleyball are usually supportive enough for jugs too, so go light on bras. And because they’re made to get wet, they dry sweat, stat. We love Hurley’s Quick Dry high-neck swim top.

**Strategy your sneakers.**

Shoes take up the most space, so go with one pair that works for running, hiking, training, and casual kicking around town. Try New Balance Fresh Foam Cruz Knit, which is super lightweight and flexible and has a soft upper that squishes down to save space.

**Know the ratio.**

Pack two outfits for every four workouts—hand-wash each once. Don’t skimp on basics: Bring socks and undies for each day. Natural fiber pieces (like Smartwool’s merino socks) stink the least.

**Hail the all-purpose tank.**

A lightweight mesh tank can be hand-washed and air-dried in three-ish hours. Choose styles in white, black, or gray, which work just as well with jeans or a maxi skirt. Sweaty Betty makes chic ones.

**OPT FOR LIGHT JACKETS**

Essential: A packs-to-nothing windbreaker (Stio makes a great one). Ideal for places where temps drop at night? A thin down jacket like Eddie Bauer’s EverTherm, which offers all the warmth without the bulk.