

Let's Go Wild: Fit Vacation Destinations

By Samantha Durbin

Dare to go beyond the beach. Next time you want to get away, try something different and challenging. Maybe even life-changing. Relaxing beach vacations have their purpose, but when was the last time you faced a fear or upped your fitness game in new territory? Sometimes, the best way to take yoga (or running or skiing) to the next level is to go on an intensive adventure. There are boundless places in the U.S. where fitness is the core purpose, and luxe surroundings and good food are background. Let your wanderlust take you to one of these fit destinations where your pictures will be of you kicking ass, rather than sunsets. Alright, one sunset is allowed.

If you want to run and wine taste, try out Wine Country Trekking in California

It's perfectly healthy to run ten miles and top off your day with wine tasting in Sonoma Wine Country, right? [Wine Country Trekking](#) offers wine-inspired treks. Go the 10-day distance starting in San Francisco and ending in Sonoma. Or try a five-day run starting in Sonoma, bolting through a redwood forest, and ending in a charming town. Tours are self-guided, and everything is mapped out and already arranged – from luggage transport to packed lunches – and, of course, wine tastings. Cheers!

If you love skiing and wildflowers, head to Crested Butte, Colorado

You may never want to leave [Crested Butte](#). This little ski town is throwback with colorful wooden buildings, one main street (Elk Avenue), and friendly locals. Live like a friendly local and rent a vacation home in the town center ([VRBO](#) is a good resource), and enlist guided tours to take it all in. [Colorado Backcountry](#) is run by a husband and wife duo with extensive skiing, hiking, and biking experience, plus knowledge of the magnificent vistas and cool geology. Always wanted to do a ski hut trip? Prefer to mountain bike through flowers rather than rocks? The Butte is your spot.

If you're a water baby, dive into the Quench! water program at Lake Austin

Water aerobics just got way cooler. At , immerse yourself in a weeklong program with workouts led by Olympian guest teachers. An indoor lap pool, SUP, kayaking, and water yoga provide plenty of challenges. The Paddle Fit class – squats, lunges, and pushups on a paddleboard while floating on the lake – sounds gutsy, and fun. Break for dryland with guided meditation in the lush gardens. Then, continue your water work with a Sports Soak and Massage, where you soak in mineral salts in a 58-jet hydrotherapy tub followed by an arnica oil massage.

If you want the ultimate adventure, go to Moab, Utah

If Utah's stunning red rocks call to you, it's time to go to the Southwest playground of [Moab](#). A small town, it borders the Arches and Canyonlands National Parks. Mountain biking, rock climbing, horseback riding, and hiking abound, as well as roaring rapids on the Colorado River. Skip the scenic jetboat ride and go for it with a whitewater rafting adventure. If you're more of a dirt devil, consider one of [Alison Dunlap's mountain biking camps](#).

If you want hiking, classes, and spa, visit the [New Life Hiking Spa](#) in Vermont

A retreat at [New Life Hiking Spa](#) includes daily hikes; the most advanced one takes you upward 4,000 feet where you'll find escaping New England mountain views. That's the morning. In the afternoon, choose from yoga, Chi Kung (strengthening energy training), core conditioning, Pilates mat, dance kinetics, fit ball, and more. Meditation is at 6pm. A balanced dinner of carbs, protein, and fat is at 6:30pm. And then it's spa treatments for dessert.