Next Exit: An Exciting New Vacation

Stuck in a travel rut? Start at the top of the chart with your usual go-to vacation spot and follow the questions to lead you to a new adventure, then turn the page to find more details!

by Dawn Reiss

What’s Your Go-to Vacation Spot?

BEACH
- Swimming
- Relaxing
- Challenging Hikes

WOODS
- Shorter Walks
- Climbing
- Gazing

MOUNTAINS
- Bonding with friends/family
- Recharging with time alone
- Any exercise is good exercise

My Ideal Luggage Is
- Backpack
- Suitcase

The best thing about traveling is

Ocean or Bust!

Agree → No, a pool is cool.

My never-forget travel item is ...
- Deck of cards
- Noise-canceling headphones
- Snacks

WHO AM I TRAVELING WITH?
- Friends or Significant Other
- Kids
- Teens

Do I like horses?
- Yes
- No

Ocean or Bust?

- 1. Dine the San Antonio Food Trails
- 2. Take Surf Lessons
- 3. Visit Green Bay, Wisconsin
- 4. Relax on a Health Retreat
- 5. Sleep in a Meditative Hike
- 6. Take a Lighthouse Bike Tour
- 7. Stay at a Dude Ranch
- 8. Take a Meditative Hike
- 9. Try Cliff Camping

Do I like yoga?
- Yes
- No

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Ocean or Bust?
3. VISIT GREEN BAY, WISCONSIN
This small Midwestern city has a lot of charm, no matter which (if any) NFL team you root for. At Bay Beach Amusement Park — where tickets are just a quarter each — your family will enjoy Zippos Pippen, a wooden roller coaster that Elvis Presley put on the map; Big Wheel, a new 100-foot-tall Ferris wheel; and kid-friendly rides. For a chill nature fix, there’s Bay Beach Wildlife Sanctuary, a 600-acre wildlife refuge with 6 miles of free hiking trails, or the 47-acre Green Bay Botanical Garden, rife with rose gardens, ornamental grasses, as well as a bethouse, slide and maze. At the Children’s Museum of Green Bay, kids can crawl through the human digestive system or explore a child-sized fire station, farmers market or veterinary clinic. And if you want a griddin’ fix, sign up for a Lameyfield Tour or visit the Green Bay Packers Hall of Fame.

4. RELAX ON A HEALTH RETREAT
Feed your need to rest and rejuvenate at Kripalu®, a center for yoga and health in Stockbridge, Massachusetts. With accommodations ranging from private rooms to dorms, there’s room for about 650 guests on the property. Many people come alone to connect with others while simultaneously embracing self-reflection. Staying off-site nearby? Purchase a day pass. Activities include movement classes with meditations and mantras, yoga and dance sessions, hikes in the forest and cooking classes, while a spa offers massages, facials, ayurvedic treatments and energy work.

5. SLEEP IN A FIRE TOWER LOOKOUT
Snuzzle among the trees in a rustic lookout cabin previously used by forest rangers. The Gem Peak Lookout Tower in Montana (adults only, for safety reasons) is a 225-square-foot cabin that sits 30 feet in the air in the mixed conifer Kootenai National Forest, with views of Naxon Reservoir and Clark Fork River. Hike 400 miles of trails, pick huckleberries, and fish for pike and bass at the reservoir. This cabin includes a wood stove, single beds and a vault toilet outside. There’s no electricity, so you’ll need to bring your own light sources, potable drinking water and cooking equipment.

6. TAKE A MEDITATIVE HIKE
Clear your mind by taking a silent 3-mile, low elevation gain hike on Washington state’s Wildside Trail in Cougar Mountain Regional Wildland Park. Michelle Allen of Peaceful Heart Pilgrimage will drive you 20 minutes outside of Seattle to the trail and then guide you through meditation, slow-paced breathing exercises and introspective prompts throughout the three-hour experience. Groups are capped to four people, ages 16 and up, but she also offers private sessions for solo travelers.

7. STAY AT A DUDE RANCH
Enjoy the dry heat and mountain views of Saguaro National Park at White Stallion Ranch in Tucson, Arizona. Besides riding horses that belong to one of the largest private herds in the state, you can go rock climbing, ride a fat-tire bike or learn how to sort cattle. There’s also a pool, petting zoo and movie theater, plus basketball, badminton and volleyball courts.

8. TAKE A LIGHTHOUSE BIKE TOUR
Bike with a guided, van-supported tour to five different lighthouses in and near Portland, Maine. Depending on your cycling experience, you’ll either call this a leisurely 12-mile ride or a hilly challenge. Beyond exploring lighthouses, you’ll also learn Liberty shipbuilding history, enjoy a lobster roll and visit Two Lights State Park and Kettle Cove in Cape Elizabeth, Maine. The tour is open to anyone 12 or older.