

Special Issue



American "Zen"

GETAWAY

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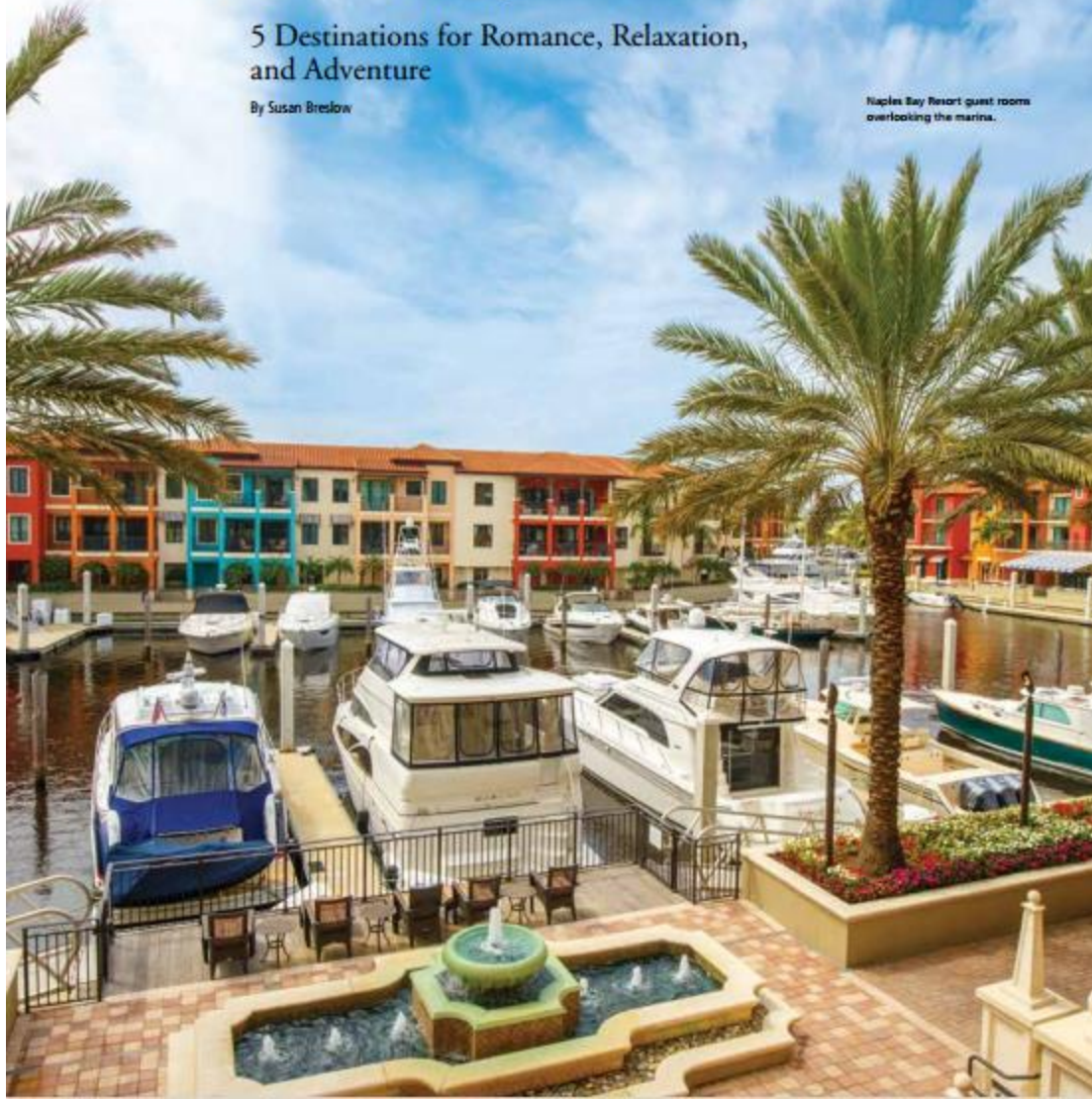
Vol. 02

Resorts That Will Take Your Breath Away

5 Destinations for Romance, Relaxation,
and Adventure

By Susan Breslow

Naples Bay Resort guest rooms
overlooking the marina.





Need a romantic getaway that will get your two hearts beating—or even racing—as one? At these five spa resorts across the United States and into Canada, you can share an invigorating experience, retreat to a pampering place, and rekindle that spark.

1 Naples Bay Resort

Naples, FL

Sail away to an uninhabited barrier island. A flotilla of pleasure boats is moored at this resort's lagoon, and the smaller ones—equipped with a radio, map, and GPS—can be rented and operated by the two of you alone. The resort's harbormaster will help you set a course for Keewaydin Island on the Gulf of Mexico. Larger boats, with a captain and crew, are also available. Bring a picnic lunch along, or feast from the food boats that ply the waters here (one even specializes in margaritas).

Swim, sunbathe, and go shelling. Just be sure to return to the resort in time to see the sunset from your private water-view balcony—the best show in town. You'll also appreciate your room's oversized shower and bathtub. Suites have a full-size kitchen, yet you may prefer dining at 1500 SOUTH, where Art Smith (formerly Oprah's private chef) conceived a menu of Southern dishes prepared with Italian flair. 1500 5th Ave. S., (866) 605-1199, www.naplesbayresort.com.

2 Two Bunch Palms

Desert Hot Springs, CA

Escape winter's chill and immerse yourselves in the hot, healing, lithium-rich waters of this Palm Springs-area oasis, about 120 miles east of Los Angeles. Swim and soak (day or night) in its boulder-edged grotto fed by a waterfall. And pack lightly; you can go anywhere on the property—even into the Essence restaurant—wearing your resort bathrobe and slippers.

Put your heads together and choose from a multitude of activities: More than a dozen group movement and enrichment classes are offered every week, or request a private couples session in the yoga dome. In the coed spa, indulge in mineral-rich mud baths—side-by-side and up to your necks in gooey goodness.

Channel your inner artists by signing up for the resort's VINO and Van Gogh, a combo painting session and wine tasting. And before you leave, bang the drum slowly at the spiritual drumming class led by a resident shaman. 67425 Two Bunch Palms Trail, (800) 472-4334, www.twobunchpalms.com.



Grotto (top) and Soulstice Suite at Two Bunch Palms.



3 Mirror Lake Inn Resort and Spa

Lake Placid, NY

You may never feel closer to your significant other than when you're holding on to him or her for life as you round the corners of the bobsled run on Mt. Van Hoevenberg at the Olympic Sports Complex in Lake Placid. This ½-mile thrill ride—where the two of you will be bracketed by a driver in front and a brakeman behind—reaches speeds up to 55 mph along the track where Olympic winter athletes competed in 1980.

It's 5 miles from the complex to the Mirror Lake Inn, where you can warm up with side-by-side massages in the spa or quaff a local craft beer in The Cottage. Parking at the inn is complimentary, and the driveway is heated and kept ice free.

Find blissful seclusion across the way in a Mirror Lake Suite, with its huge tub-for-two, big comfy bed, fireplace, and private balcony overlooking the lake and high Adirondack peaks. When you're ready for more winter adventures, snowshoe or cross-country ski on surrounding trails, or skate on either of two Mirror Lake rinks. 77 Mirror Lake Dr., (518) 523-2544, www.mirrorlakeinn.com.

The library at Mirror Lake Inn Resort and Spa (top). A twilight swim at Sundara (lower right).

4 Sundara Inn & Spa

Wisconsin Dells, WI

About 3½ hours northwest of Chicago, Wisconsin Dells is a top family-friendly destination, which makes the adults-only Sundara a true refuge for couples. There's no shortage of soothing activities in spa suites designed for two and furnished with a featherbed, gas fireplace, and designer bathroom with chromatherapy lights.

Sundara isn't afraid of the long Wisconsin winters; nor should you be. The heated pool and its radiant-heated stone deck, which also has a firepit alcove, are open year-round—as is the Meditation Trail, which winds through a pine forest to a clearing where double hammocks sway. Be aware, too, that Sundara's serious about serenity: There's a no-electronics policy (even e-readers) in common areas and a no-talking policy in specified areas.

If you prefer to try something daring—in a place where there's no rule against squeals, whoops, and howls—hike or snowshoe to the nearby zipline course and then soar 100 feet above the pines and out over frozen waters. Still exhilarated after that adventure? Consider candlelight cross-country skiing in nearby Mirror Lake State Park. 920 Canyon Rd., (888) 735-8181, www.sundaraspa.com.



Courtesy, Hôtel Sacacomie Resort and Spa, Courtesy, Alexandra Trivis, Spa.
 Courtesy, Hôtel Sacacomie, photos by Michael Jalen / APH, Massimo (jacuzzi) and Sleigh



📍 Hôtel Sacacomie

Saint-Alexis-des-Monts, Québec

Cross the border to reach this winter wonderland 90 miles northeast of Montréal. When you hear dogs barking, you're getting close. With a kennel 10 minutes away, this is the place for dogsledding; just decide beforehand who gets to be the driver and who gets to sit swaddled in warm blankets as you mush through snowy wilderness. If that doesn't get your hearts racing, borrow snowshoes or cross-country skiing equipment from the resort and follow the marked trails.

There are more pine trees than people around Hôtel Sacacomie, which borders a wildlife reserve. That's why this log-built hotel and spa provides all-inclusive meal plans featuring Québécois fare. Think pancakes with real maple syrup (made from sap tapped on the premises); locally caught trout; oozy, melted radlette cheese; and, of course, poutine (French fries topped with brown gravy and cheese curds).

A junior suite with a wood-burning fireplace and a balcony overlooking Sacacomie Lake is the optimal place for *l'amour* in this French-accented hideaway. Not only are rates reasonable for a hotel that offers so much, but an advantageous exchange rate means that your U.S. dollars go further. Don't forget to bring your passport or passport card. 4000 Yvon-Plante Rd., (888) 265-4414, www.sacacomie.com. ■

Jacuzzi at sunset (top) and sleigh ride (left) at Hôtel Sacacomie.