

Down to earth

Take a trip that lets you lose yourself in the natural surroundings and you'll recharge and renew your body plus rewire your brain. BY SARA ANGLE

OFF THE BEATEN PATH
There's no cell service at these hot springs, so you can check in and drop out.

↑ Dunton Hot Springs Dunton, Colorado

Hot springs have a long tradition of therapeutic use, and for good reason. Because they're warmed by geothermal heat from the earth's crust, their waters are packed with minerals naturally found in the surrounding soil, some of which have restorative properties. Iron and manganese, for instance, soothe achy muscles, soften skin, and promote relaxation, and calcium bicarbonate widens blood vessels to improve circulation. At Dunton Hot Springs, in a remote 19th-century mining town turned chic rustic resort, you can soak year-round. Between dips, take a guided tour of Mesa Verde National Park, where you'll see an ancient village carved into a cliff. In the winter, snowshoe around the property while a guide teaches you about wildlife. (From \$700 a night, including food and beverages, duntonhotsprings.com)

Courtesy of Dunton Hot Springs

Clockwise from top left: Getty Images; Courtesy of the Retreat; Courtesy of Ojai Valley Inn and Spa



TREK TIP
Fend off altitude sickness by acclimating for a day or two before your climb.

↑ Sumaq Hotel Machu Picchu Pueblo, Peru

Start planning your once-in-a-lifetime trip to Machu Picchu now. Whether you reach the famous site on foot or by bus or train, you'll leave with a newfound appreciation of the local culture. To deepen your connection to the historic site, stay at the Sumaq Machu Picchu Hotel, located at the foot of the mountains surrounding Machu Picchu. There, you can participate in a traditional Payment to the Earth ritual led by a shaman. The Incas believed that everything lives in harmony with the earth, but that the stressors of daily life can disrupt that bond. The ceremony, which involves thanking Pachamama, or Mother Earth, is meant to help you reconnect with the land—a pretty easy feat when you're in such an awe-inspiring locale. (From \$435, machupicchu-hotels-sumaq.com)

The Homestead Glen Arbor, Michigan

Conquer the Dune Climb at the secluded Sleeping Bear Dunes National Lakeshore, a strenuous 260-foot hike to a natural sandy summit. It's worth it, not just for the glute workout the soft surface offers, but also for the incredible views of Lake Michigan—plus total peace and quiet as you drink it all in. Drag your tired muscles back to the Homestead resort, located just steps from Sleeping Bear, for a massage at the property's Spa Amira. (From \$89 a night, thehomesteadresort.com)

DAY GLOW
Bask in the sun's rays during outdoor boot camp, trail runs, or yoga.



↓ Ojai Valley Inn and Spa Ojai, California

Just outside the bright lights of Los Angeles, the Ojai Valley is home to its own special glow. It's one of the only places in the world where you can experience the Pink Moment, a natural occurrence that turns the sky, clouds, and landscape neon pink at dusk, thanks to the Topatopa Mountains, one of the few ranges in the United States that runs east to west rather than north to south. Look to the east to see the setting sun's rays catch just so on the peaks, imbuing everything with a brilliant rosy hue. For the best views, stay at the Ojai Valley Inn and Spa, which offers scenic mountain-facing rooms and suites. Or grab a seat at the resort's outdoor bar and order a sunset-themed cocktail. When the light fades, you can stay to watch the moonrise—or turn in early so you can catch sunrise yoga the next morning. (From \$309 a night, ojaioresort.com)

FOOD FOR THE SOUL
Fuel up for daily yoga with locally grown ingredients.

↑ The Retreat Altos del Monte, Costa Rica

Eat dinner (and breakfast and lunch) directly from the earth at the Retreat, a tranquil hillside resort, where executive chef Heather Hands crafts locally grown superfoods like coconut, avocado, cacao, and turmeric into exquisite feasts using native techniques she developed while living in the Costa Rican jungle with an indigenous family. During your stay, you'll learn about where the food you're served comes from and how to prepare and cook native produce to maximize the flavors and nutrients. (From \$275 a night, theretreatcostarica.com) ★

