



THE FALL ISSUE

Explore every day

Our favorite  
all-inclusive  
American resorts

Ecuador:  
from Andes  
to Galápagos

4 Mini Guides: LA,  
Toronto, London  
& Barcelona

# Redefine Adventure

**EXPLORE**  
THE  
SECRETS OF  
LONG LIFE  
IN OKINAWA

**DISCOVER**  
ZAMBIA  
ON A  
SELF-DRIVE  
SAFARI

**MEET**  
NORTHERN  
IRELAND'S  
FOOD  
PIONEERS





Embrace a slower pace this fall by taking a restorative break at a refined, all-inclusive property. Leave the stress of decision-making behind as you relax – or get energized – at one of these splurge-worthy destination resorts.



### Blackberry Farm

Walland, Tennessee  
A stay at this stunning luxury resort is on the bucket list of most everyone we know. Set on 4,200 scenic acres in the foothills of the Great Smoky Mountains, Blackberry Farm is renowned for its cuisine and award-winning wine program. A variety of wellness choices make it an ideal destination for spa enthusiasts, too. The resort's 68 accommodations are spread among the main house, cottages and multibedroom guesthouses. Daily meals, snacks and nonguided activities, such as biking, fly-fishing and hiking, are included in the rate. In the evenings, guests converge on the lawn, for spectacular rocking-chair views of the sunset. **From \$645 nightly for a double-occupancy room, and from \$3,800 for a multibedroom home;** [blackberryfarm.com](http://blackberryfarm.com)



### The Ranch at Live Oak

Malibu, California  
Don't call it a spa. It's day after day of tough love. Nothing is optional: not the predawn wake-up calls for yoga, not the 10- to 13-mile hikes, not the four hours of fitness classes, and not the super-strict but nutrient-rich diet (no meat, wheat, sugar, dairy, caffeine, alcohol or processed foods). Participants may have a tough time on the trail, but still the instructors push them to keep going. The results: nearly everyone loses unwanted pounds and feels better leaving than they did when they arrived – partly from the detox diet and partly from having survived. **From \$3,900 for a four-day program or \$7,200 for one week;** [theranchmalibu.com](http://theranchmalibu.com)



COURTESY OF BLACKBERRY FARM (TOP AND CENTER); COURTESY OF JULIE SAMUELS (BOTTOM RIGHT); COURTESY OF THE RANCH MALIBU (BOTTOM LEFT)

COURTESY OF TRAVAASA EXPERIENTIAL RESORTS

### Travaasa Austin

Austin, Texas  
Tucked away in the heart of Texas Hill Country, at the edge of the Balcones Canyonlands Preserve, Travaasa Austin is known for outdoor adventures and culinary experiences. Take your pick from activities such as horseback riding, hatchet-throwing and guided nature walks, then relax later in the day with a wine-tasting class and maybe a Texas two-step lesson. The resort also offers an assortment of healing and rejuvenating spa treatments. All-inclusive packages include three chef-prepared meals and a \$175 resort credit per person per night's stay, good toward spa treatments and classes. **From \$875 per night for two adults (à la carte packages are \$375 nightly per couple);** [travaasa.com/austin](http://travaasa.com/austin)

### From Family Cabins to a Victorian Castle

#### Fair Hills Resort

Detroit Lakes, Minnesota  
If sleeping in cozy cabins and participating in sandcastle contests, scavenger hunts, outdoor sports and a weekly "Hootenanny" talent show sound like your perfect vacation, then this popular, family-friendly resort on Minnesota's Pelican Lake is the place for you. **From \$149 nightly/\$896 weekly for adults, kids' rates vary;** [fairhillsresort.com](http://fairhillsresort.com)

#### The Lodge at Woodloch

Hawley, Pennsylvania  
This luxury adults-only spa resort is set on 500 acres in the Poconos, with miles of nature trails. Meals, fitness activities, classes and lectures are included in the rate. Accommodations overlook the property's 15-acre lake or the rock garden waterfall. **From \$329 per person, per night;** [thelodgeatwoodloch.com](http://thelodgeatwoodloch.com)

#### Mohonk Mountain House

New Paltz, New York  
Dramatically perched on a ridge overlooking Lake Mohonk in the Hudson Valley, this Victorian castle resort offers rooms, suites, and cottage and lodge accommodations. It's great for families, with loads of outdoor activities included in the rate, from ice skating and cross-country skiing in the winter to tennis and boating in the summer. **From \$330 per person, per night;** [mohonk.com](http://mohonk.com)

#### The Resort at Paws Up

Greenough, Montana  
This swanky ranch resort is located on a 37,000-acre working cattle ranch. Luxurious accommodations include 28 vacation homes and 30 "glamping" tents. Guests can ride horses, go snowmobiling, participate in a cattle drive and more. Choose from a variety of all-inclusive packages. **From \$1,218 per night for two people;** [pawsup.com](http://pawsup.com)