

# JOURNEY TO Renewal

THE BEST **HEALING RETREATS** OF 2018

**60+**

PLACES TO  
**RELAX,  
RECONNECT  
& RESTORE**

Where Do  
You Want  
to Be Now?

Spirituality  
& Health

20TH ANNIVERSARY YEAR!



# MOUNTAINSIDE Serenity

EMBRACE YOUR INNER MOUNTAIN GOAT AND ... BY **MARY BEMIS**

## Slip Away to the Sierra Nevada Mountain Range

Tenaya Lodge at Yosemite is a mere two miles from the south entrance to Yosemite National Park, and encompasses 48 spectacular acres that border the Sierra National Forest. The views can't be beat since the lodge, named for legendary Chief Tenaya of the Southern Sierra Ahwahneechee people, sits a mighty 5,288 feet up. There's lots to do at this pet-friendly lodge, including archery, geo-caching, hiking and biking, rock climbing, and stargazing. The property recently partnered with Balanced Rock ([balancedrock.org](http://balancedrock.org)), a local nonprofit travel company, to offer health and wellness programs that focus on inward reflection in combination with outward exploration of the beauty of the High Sierra. [tenyalodge.com](http://tenyalodge.com)

## Take Tambo del Inka's Train to Machu Picchu in Peru

Nestled between the city of Cusco and the ruins of Machu Picchu, the Urubamba Valley connects a modern city with ancient Incan culture. The valley is home

to Tambo del Inka, a quiet, contemporary hotel that honors its natural environment. Stay at the hotel and explore the surrounding valley with its plentiful archaeological sites and colorful villages, or sign up for the Quinoa Trail, a day full of quinoa-themed activities at the hotel and throughout the Sacred Valley. There's also a noteworthy spa

with indigenous treatments and panoramic views of the Andes. With serene views of the mountains and of the Urubamba River, the hotel makes a great base for culture hounds and adventure seekers—and boasts its own train station serviced by PeruRail with daily morning departures to Machu Picchu. [tambodelinkaresort.com](http://tambodelinkaresort.com)



Train to Machu Picchu

THIS PAGE: COURTESY TENAYA LODGE AND TAMBO DEL INKA RESORT; FACING PAGE: COURTESY SUN VALLEY RESORT AND STOWE MOUNTAIN LODGE

## Stargaze at Grand Teton National Park

Love to lose yourself in a gorgeous night sky? Snake River, situated amid the scenic and serene Grand Teton National Park, is one of the nation's premier stargazing sites. Join knowledgeable local guides on a 10-mile dinner cruise and stargaze away, while learning about the region's history and abundant wildlife. A bonus: the bona fide western cookout, featuring fresh river trout. Catch the cruise at Jackson Lake Lodge, located in Grand Teton National Park.

[gtlc.com/lodges/jackson-lake-lodge](http://gtlc.com/lodges/jackson-lake-lodge)

## Book a Boot Camp in British Columbia

"Find vitality" is the motto at Mountain Trek Fitness Retreat, located in the beautiful mountains of British Columbia. The hiking-based retreat, housed in a simple timber-frame lodge, gives you an ultra-personalized program with activities like Nordic trekking (three to four hours daily), yoga, massage therapy, detoxification treatments, and a variety of fitness options. The program here is specifically designed to "help guests reclaim their functional fitness and natural health."

New to the expert staff is a naturopathic doctor offering food sensitivity testing, and adrenal and sex hormone testing. Fresh, organic food is on the menu.

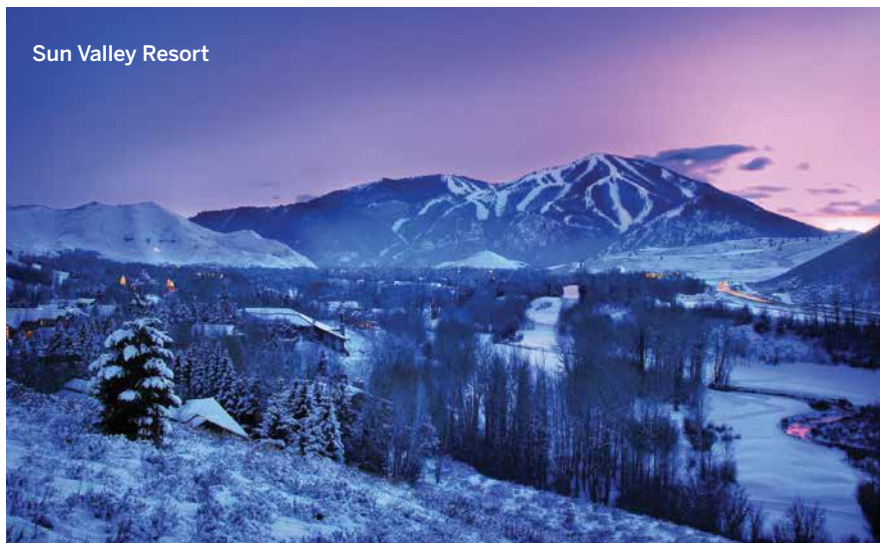
[mountaintrek.com](http://mountaintrek.com)

## Chill Out in Sun Valley

There's a reason why everyone here has a healthy glow—fitness-minded folks have been traveling to Sun Valley Resort since 1936. While it is revered for its championship-level winter sports, Sun Valley is a great destination any time of year. There are 400 miles of single-track and 30 miles of paved trails for runners and hikers of all skill levels, and mountain bikers are sure to appreciate the 30 miles of car-free bike paths and hundreds of miles of single-track paths. Sun Valley is home to the annual Sun Valley Wellness Festival, and there are options for all—music, food, and wellness packages (acupuncture, cupping, and Reiki are on the menu here) at the newly revamped Spa at Sun Valley. [sunvalley.com](http://sunvalley.com)

## Meditate on Dercum Mountain

Mountaintop yoga is just one of many outdoor offerings for guests staying at Colorado's Keystone Resort. Take in the scenery on the gondola ride to the top of the mountain, 11,640 breathtaking feet



Sun Valley Resort

up. The hour-long class is pretty much guaranteed to refresh and rejuvenate. Afterward, enjoy a healthy lunch and juice before heading back down. Outdoor enthusiasts will embrace the many activities available here, from snow tubing to hiking to mountain biking and so much more. [keystoneresort.com](http://keystoneresort.com)

## Detox in the Shadow of Mount Kuchumaa

Since first opening in the late 1940s, Rancho La Puerta, the original health and fitness retreat in Baja California, has

always been about personal empowerment. The ideal, and real life-changer, is to stay a week, eat organic, learn how to move in new ways, and work on your inner and outer well-being. Weeks are themed (dance, nutrition, yoga, and more) with expert lectures. A new and noteworthy option: the Detox and Cleansing Retreat. [rancholapuerta.com](http://rancholapuerta.com)

**Mary Bemis** is the editor in chief of *Journey to Renewal* and the founder of [InsidersGuidetoSpas.com](http://InsidersGuidetoSpas.com).

## Rustic Furniture Making

If you've always wanted to try your hand at woodworking, head to the Green Mountain state. Guests at Stowe Mountain Lodge, a Destination Hotel, can book the new Rustic Furniture Making experience. Learn basic woodworking, joinery, and finish techniques to make an original piece of log furniture to take home. [destinationhotels.com/stowe-mountain-lodge](http://destinationhotels.com/stowe-mountain-lodge)



Stowe Mountain Lodge