

Turn Your Next Vacation Into A Fitness Adventure

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The year just started but if you're planning your next vacation, why not make it a fitness adventure!

From surfing in Costa Rica to cycling in Italy and running the streets of Madrid, the sky is the limit when it comes to staying fit around the world. You don't have to be a master travel agent or gold-status frequent flier to have the ultimate experience. Here are some itinerary ideas that make planning your fitness adventure as hassle-free as possible.



1. Base the trip off of a location:

If you love to travel and you love to work out, meet your new best friends: REI offers a wide variety of adventure options (see everything available at rei.com/adventures). Pick any location in the world and see what type of fitness adventure they have planned (each trip varies in the number of days, cost, level of difficulty, and there are even family-friendly options). New trips are introduced each year, and each type of trip offers multiple dates. In my opinion, their Greek island hopping hiking trip sounds like a little like heaven on Earth.

2. Pick a sport, find a destination:

Love to run? Consider signing up for an international race. The Rock 'N Roll series has debuted international locations including marathons in Dublin, Ireland Madrid, Spain and Lisbon, Portugal. Another option is the popular Cayman Island Marathon which takes place in early December this year (right when you'd want to escape winter's early chill). But why travel for a marathon when there are plenty state-side options? "It is a great way to combine your fitness goals with a vacation," Rhonda Kelly, co-director of the Cayman Islands Marathon says. Travel tip: make sure you think of the logistics while training for your race. "The Cayman Islands Marathon takes care of a lot of the traditional 'hassles' of a race. We get you to and from the start/finish line throughout race day; your pasta-loading party is included in your registration."

If cycling is more your speed, next week kicks off the Santos Tour Down Under race in South Australia. The week-long race brings top World Tour professional cycling teams to race along iconic regions of South Australia. Think of this fitness trip like the Olympics, where you're not competing yourself, rather taking in the sport while exploring a new city. Another cycling option: NYC-based triathlon training company Team Lipstick holds training camps in Mallorca, Spain.

There are also lots of international yoga retreats. Check whether your local studio or favorite instructors offers "OM" vacations.

3. Fit fitness into any vacation:

The easiest, most hassle-free way to stay fit on vacation includes a few visits to the hotel gym. Guilty confession: I pick a hotel based off what their gym offers. TRYP by Wyndham is introducing signature fitness rooms (which include to a treadmill, stationary bike or elliptical machine, complimentary exercise mat and exercise attire) to their San Jos \tilde{A} \otimes , Costa Rica, Quebec City, Quebec and soon-to-open NYC locations, so you can work out in your room.

When traveling to a destination spot, call ahead and see what type of fitness amenities are offered at the hotel (or nearby that concierge can hook you up with) so you're not stuck inside at the gym while on vacation. When I was younger, my family and I would stay at the all-inclusive hotels in the Caribbean (like Beaches and Breezes) where I was able to rock climb, kayak and even try trapeze! The luxe Viceroy resort in Anguilla has recently undergone a fitness renovation which includes the addition of a new basketball court, rock climbing wall, volleyball/badminton court, croquet court, bocce ball surface, putting green and new tennis pavilion.

4. Domestic travels:

While I'll admit the thought of gallivanting around the globe in seek of all things fitness sounds like a dream come true, my budget disagrees. There are plenty of fun fitness options right in our own backyard like the yoga and music event Wanderlust Festival, which includes locations in Vermont, Colorado and California. Another consideration is running a race in a different state.

You never know what a change in scenery will do for your fitness routine.