

● USA TODAY TRAVEL | SPECIAL CRUISE SECTION — SET SAIL

GO ESCAPE

WINTER 2023

EXPLORE

DESERTS, CANYONS,
COASTS AND FORESTS

EXPERIENCE

NATURAL WONDERS
AND URBAN CUISINE

KICK BACK

CHECK OUT LODGES,
RETREATS AND RESORTS

EXPLORE
AMERICA
REGION-BY-REGION
GUIDE

Amazing!

DISPLAY UNTIL DECEMBER 26, 2023

\$5.99US \$6.99CAN



34>

0 74820 64577 2

@usatodaymags



Islamorada, gateway to the Florida Keys



Healing Hudson

A short drive north of New York City, the focus is on wellness

BY STACEY ZABLE

Health and healing are the focus of new properties and new additions to existing resorts in New York's Hudson Valley offering a quieter, scenic alternative to Manhattan's energy. Here, you get to work on centering mind, body and soul, with nature's beauty as the backdrop for pampering in spas, activities that focus on mindfulness and meditation, and farm-to-table cuisine.

HABITAS-ON-HUDSON

Staatsburg, N.Y.

This intimate property that opened in December 2022 just outside Rhinebeck focuses on "wellness, food, music, art, adventure, learning and giving back." Its 20 rooms (slated to grow to 30) surrounded by nature are set in a neo-Baroque manor house with adjacent buildings.

Enjoy healing delights such as yoga, meditation, Pilates and other fitness classes, off-site massages, sound journeys, craft cocktail classes, fireside games and bonfires with storytelling and s'mores.

The on-site restaurant features a family-style menu of seasonal, locally sourced ingredients. Weekends bring DJ sets, live music, film screenings and dance performances. >

MIRBEAU INN & SPA

Rhinebeck, N.Y.

Taking many of its design cues from Old World Paris, this 49-room property opened in 2019. The focus of a stay here is on its full-service spa with a year-round outdoor terrace with heated spa whirlpool, oversized fireplace, and food and beverage service.

A fitness center and daily fitness and wellness classes include yoga, Qigong and tai chi. Each guest room has its own fireplace, claw-foot bathtub and separate shower. Dishes at restaurant Willow draw from local and seasonal produce. Look for a second Hudson Valley Mirbeau to open in Beacon, this one with 85 rooms on a historic estate, in 2025.



Mirbeau Inn & Spa

MOHONK MOUNTAIN HOUSE

New Paltz, N.Y.

This National Historic Landmark set on 1,200 acres has been a renowned retreat destination since 1869.

The 265-room castlelike Gilded Age property underwent a full spa refresh last year that includes a new outdoor summerhouse for treatments. Beyond the spa, be sure to spend time walking along the 85 miles of trails that are the true center of wellness as you look out at the gorgeous Lake Mohonk and Shawangunk Mountains. The Eagle Cliff trail offers mindfulness QR codes along the way to guide you on your quest toward relaxation.

More wellness can come in the form of a one-on-one mindfulness session, fitness and wellness classes, and a slew of winter recreation activities from swimming in the indoor pool to ice skating. Delicious meals made from locally sourced ingredients and most activities are covered in the all-inclusive rate.

WILDFLOWER FARMS

Gardiner, N.Y.

Set on 140 acres of orchards, gardens, native wildflowers, plus a farm, the newest addition to the Auberge Resorts Collection opened in September 2022. Take in the special setting overlooking the Shawangunk Ridge with a stay in one of the hotel's 65 free-standing cabins, cottages and suites, each with a deck.

Treatments at the spa use local handmade botanical oils, scrubs and flower remedies. Focus on yourself from head to toe with an indoor pool and outdoor hot tubs, fitness center and movement studio, wellness classes such as forest immersion, yoga, meditation and breathwork, and 3 miles of on-site hiking trails.

Take advantage of nature-inspired classes such as press flower pottery (the hotel mails home your creation after it is finished in the kiln), botanical mixology and botanical baking classes. The main restaurant, Clay, offers "rustic new American" fare with many ingredients from the resort's farm. ■

COMING SOON

► The 75-acre **Buttermilk Falls Inn & Spa** in Milton, N.Y., is tripling the size of its current spa (which is still open) by mid-2024. The property overlooking the Hudson River is also renovating its 25 guest rooms and plans to expand its farm and add 35 treehouses and a 65-room resort and conference center by 2026.

► **INNESS**, a hotel, membership club and golf course set on 220 acres in Accord, N.Y., is opening a spa in spring 2024. The building will include treatment rooms, outdoor covered sauna deck with hot and cold plunge pools, and a fitness center with yoga and Pilates studio.

► The **Ranch Hudson Valley** is slated to open in March 2024 on a 200-acre historic estate in Sloatsburg, N.Y. Limited to 25 guests, the all-inclusive property will offer three- and four-day fitness and wellness programs featuring a plant-based diet.