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Plunge into the indulgent offerings at Dunton Hot Springs on page 75

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As I sipped my mojito and looked out over the bright blue ocean, I seriously considered quitting my job and staying here forever.



BOOK YOUR FLIGHT AND PACK YOUR BAGS;
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Unforgettable Getaways

Lost luggage, delayed flights, wrong turns and language barriers are top travel stressors, but even those who have encountered every calamity still cite traveling as a crucial aspect of living an informed, adventurous life. “To travel is to live,” Hans Christian Andersen once said, and *Denver Life Magazine* certainly agrees.

Many get bitten by the travel bug during the winter sea-

son, seeking warmer weather and unfamiliar climes. It’s an itch you can’t scratch until you book a flight. To help, *DLM* selected the most magical travel experiences, all vetted by trusted experts. Whether you crave a healthful retreat, an adrenaline rush or sand beneath your feet, you’ll find it here.

Beach Getaway

ST. BARTS

The travel elite explore exotic locales around the world, but where do they sink their toes in the sand? The answer may very well be St. Barts, an approximately 10-square-mile island north of St. Kitts. Visitors arrive on this luxe, little oasis by way of a tiny airplane.

The capital town of Gustavia boasts enough boutiques to occupy visitors for many sunny afternoons, with the likes of Hermès, Bulgari, Louis Vuitton and the original Calypso-St. Barths. Some fashion-forward visitors call it a tropical version of Paris's rue Saint-Honoré.

As an overseas collectivity of France, St. Barts' culture follows suit.

Francophiles can communicate just as easily as English speakers and expect award-winning French dining as well. Our French fare



World-class shopping, five-star dining and renowned beaches, all within a short walk of each other, it feels like a dream.



picks include Hotel Le Toiny's Restaurant Le Gaïac, which has a renowned, al fresco Sunday brunch with ocean views. For dinner, Chef Jean-Christophe Gille prepares red snapper, sea bass, sea scallops with fresh herbs and vegetables from the on-site garden. At On the Rock at Eden Rock – St Barths, world-famous Chef Jean-Georges Vongerichten

and his team craft island-chic cocktails, Roasted Lobster Ravioli, Local Fish Tartare and more. Built onto a rocky outcropping, On the Rocks has a bird's eye view of fish, sea turtles and stingrays below.

Get even closer to native sea creatures by stand-up paddleboarding off St. Jean Beach. Glide alongside sea turtles and stingrays as they cruise by. For a more massive experience, travelers time their visits to coincide with the whale migration, occurring from January to May as humpback whales give birth near St. Barts.

Along the same stretch of St. Jean Beach, Eden Rock – St Barths rests on the aforementioned rock outcrop, first constructed by a Caribbean adventurer in 1950. Now the

five-star resort has 34 accommodations on the rock and along the beach. Guests do not feel like they are staying at a hotel. Rather, every room has the privacy and individuality of a cottage or condo.

Eden Rock's Villa Rockstar is representative of St. Barts as an ultra-luxe destination. With four bedrooms and two cabins connected by a fountain courtyard, celebrities stay at the Villa Rockstar because it offers walled privacy as well as its own entrance to the beach mere yards away. The sanctuary has a sports area, gym and two pools, as well as a cinema screening complex and mixing console connected with a recording studio in Hollywood. This expansive retreat may be the ultimate place on this rock star of an island.

edenrockhotel.com

By Ali Harrison



Urban Exploration

BRUSSELS

Though a small country, Belgium is big when it comes to culture, history, food, accommodations and shopping. At the heart of it all is the thriving metropolis of its capital, Brussels. Though truly cosmopolitan, this city's village-like atmosphere eases the travel fears of visitors.

In the city center sits the Grand Place, an expansive space surrounded by art nouveau-style architecture à la Victor Horta, as well as Baroque-, Gothic- and Louis XIV-style buildings. On a clear day, the buildings' gold leafing glints in the sunlight. For one weekend every other August (next in 2016), a flower carpet made of 500,000 begonias takes center stage in the Grand Place.

The admiration of art in Brussels goes beyond its architecture to more than 80 museums found throughout the city, including the Centre for Fine Arts at BOZAR, the Margritte Museum (Royal Museums of Fine Arts) and Musical Instruments Museum.

The renowned Belgian sense of humor is evident at the Belgian Comic Strip Center, where comic art enthusiasts find exhibits featuring some of Belgium's best-known comic strip heroes, including "Tintin," "Spirou" and the "Smurfs." Brussels proudly supports its title as the "capital of the comic strip" with comic-inspired murals and motifs throughout the city.

Think Belgium, and you must think chocolate. Popular chocolatiers such as Godiva, Guylian and Leoni-

das began in Brussels over the past 100 years. Today, artisanal chocolatiers are making names for themselves in boutique shops throughout the city. Rising local and international favorites include Pierre Marcolini and Laurent Gerbaud. Want to learn the art of chocolate making? Take a class with Gerbaud and you'll acquire more knowledge than you ever thought possible about the confection, with plenty of tasting opportunities.

With the dominant language being French, Brussels is technically bilingual, with many residents still speaking Dutch in northern Belgium. No matter the language, another terrific feature of Brussels is its close proximity to neighboring towns via high-speed train. It's as easy as 1-2-3 to take a day trip to Ghent, Liege or Bruges, all amazing Belgian destinations in their own rights.

When it comes to staying in Brussels, luxury hotels include The Hotel, Steigenberger Grandhotel and Hotel Metropole Brussels. Say *bon jour* to Belgium, and discover the best of Brussels for yourself. visitbrussels.be

By Susan B. Barnes



Although it was fascinating to learn the art of chocolate making, tasting the flavors—chocolate with thyme, lily of the valley chocolate and more—was truly divine.



Wild Adventures

NEWFOUNDLAND

The island of Newfoundland, the easternmost Canadian province, is filled with adventure. It boasts more than 18,000 miles of unspoiled coastline, and of that, nearly 165 miles are part of the East Coast Trail. 24 paths link together 32 historic communities



Just when I thought our dive couldn't get more exciting, we discovered an intact shipwreck sunk by a German U-boat in 1942.

along the province's Atlantic Ocean coastline. Noted according to their difficulty levels—easy, moderate, difficult or strenuous—day hikes are as easy to accommodate as overnight or week-long trips.

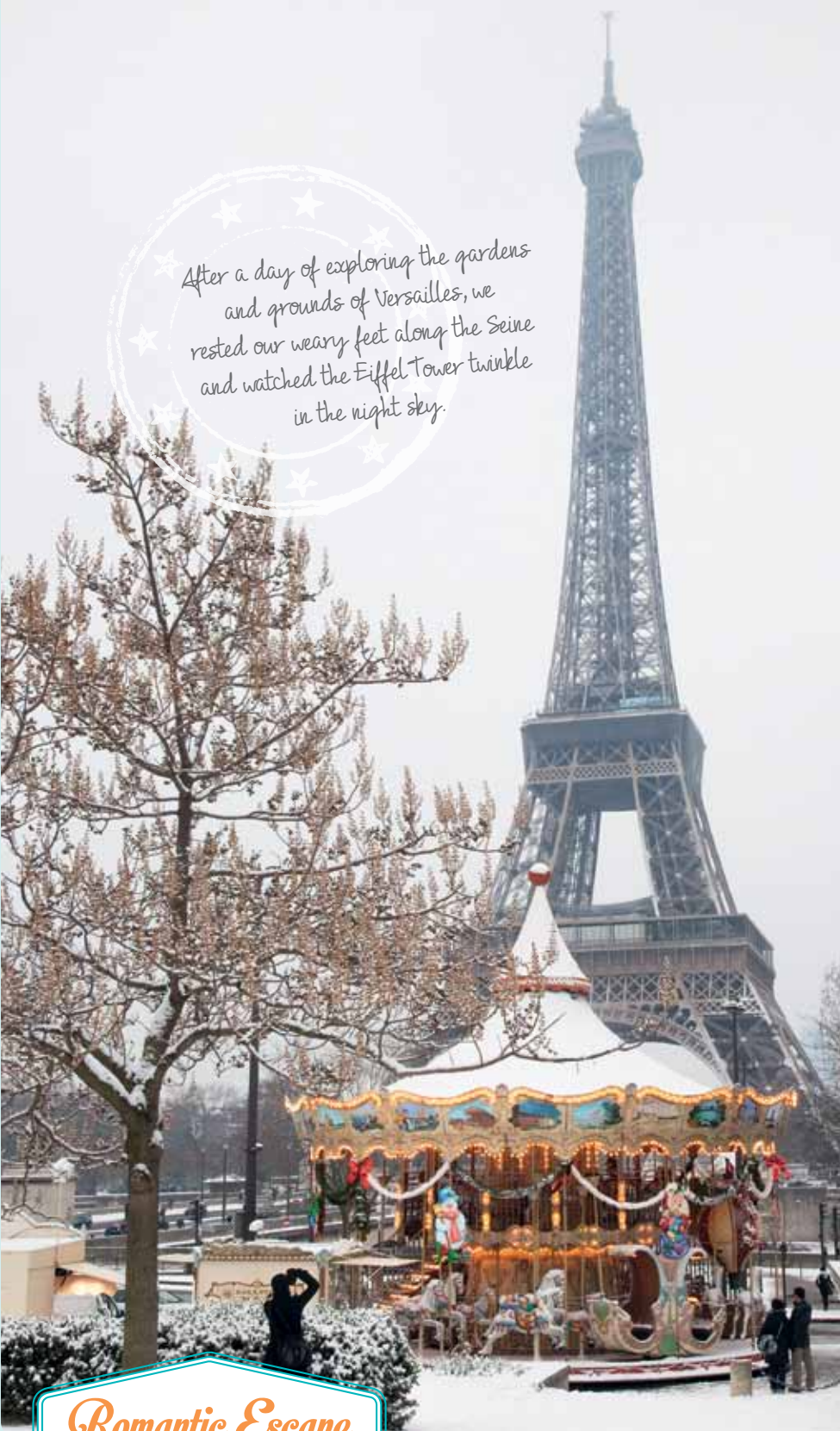
Newfoundland adventure isn't found on land alone. Perhaps the most distinctive activity is snorkeling with humpback whales. Newfoundland is one of a few places in the world you can get up close and personal with humpbacks, which can grow up to 52 feet in length. The crew at Ocean Quest Adventures likens the whales' personalities to labs. They offer Close Encounters adventures that put snorkelers in the 50-degree or so water with the whales, respecting their space, of course. Ocean Quest also coordinates diving trips to view sea life and shipwrecks up close.

Another water feature in Newfoundland are the icebergs visible from shore. Whether from land, by boat or by kayak, you'll be awed by the 10,000-year-old glacial giants. To find the icebergs—May and early-June being the prime months—visit icebergfinder.com, a fun resource to explore Newfoundland's glacial peaks.

Coastal towns are always charming, and it's no different in Newfoundland. It's hard not to fall in love with Trinity, a quaint town on the east coast dotted with preserved 18th-century buildings, hiking trails and a lighthouse. Some of the best dining in all of Canada can be found at the Artisan Inn's Twine Loft, housed in a former fishing gear storage room.

Staying in Newfoundland can be adventurous too, or relaxing at incredible boutique hotels such as the Artisan Inn in Trinity, the Ryan Mansion in St. Johns, the oldest and easternmost city in North America or in any number of lighthouses along the coastline. newfoundlandlabrador.com

By Susan B. Barnes



*After a day of exploring the gardens
and grounds of Versailles, we
rested our weary feet along the Seine
and watched the Eiffel Tower twinkle
in the night sky.*

Romantic Escape

PARIS

When I first visited Paris 20 years ago, I was with a girlfriend on a stopover from Ireland. As we walked around the city, I vowed the next time I visited Paris I'd be with someone I love. Fast forward to 2012, and again I'm in Paris with girlfriends. I made that same vow, and in 2013 that vow became reality when I visited the City of Love with my husband.

There's just something amorous in the air in Paris. Whatever the season or weather, romance is palpable. Here are a few spots in the City of Lights to explore, hand-in-hand with your loved one.

Take the Metro to the 18th arrondissement on the Right Bank and spend a day weaving in and out of the boutiques, cafes and markets of Montmartre. Along the way, pick up a bottle of wine and a few nibbles to enjoy on the lawns surrounding the Basilica of Sacre-Coeur, which sits atop a hill overlooking the city. Take a walking tour with an organization such as Discover Walks to learn more about the area.

Sure, crowds flock to the Louvre to see the "Mona Lisa," but other, lesser-known and less-crowded options include Musée Rodin, featuring the works of sculptor Auguste Rodin, as well as Espace Dalí, dedicated to painter Salvador Dalí. Sainte-Chapelle, also on the Île de la Cité, is a cathedral that gives Notre Dame a run for its money.

Escape the city on a 45-minute train ride to the Palace of Versailles, once the palatial estate of Marie-Antoinette and Louis XVI. If timed right, a visit to Versailles can be fairly quiet, making you feel like you're the only people at the palace as you tour the galleries, gardens and grounds.

Not surprisingly, the iconic Eiffel Tower is the perfect place to end a day in Paris. After the sun sets, the tower sparkles like the jewels found in the shops along the Avenue des Champs-Élysées. Take a seat along the Seine and watch the show.

Rest your weary feet at one of the many five-star and boutique hotels in Paris's epicenter. Check out Buddha Bar Hotel Paris, Four Seasons Hotel George V Paris and Shangri-La Hotel Paris.

en.parisinfo.com

By Susan B. Barnes



Girl's Getaway

SAFARI IN TANZANIA

The largest free-standing mountain in the world, Mt. Kilimanjaro, and the Great Migration where millions of animals graze the Serengeti; these are just a couple reasons why travelers safari in Tanzania. Another motive: a girls' getaway to explore the Maasai culture from a female point of view.

The Women to Women Safari, created by Judi Wineland, co-founder of Thomson Safaris, is a 12-day immersive adventure combining Maasai village visits with wildlife hikes within the Serengeti Nature Refuge of Northern Tanzania. However, the special feature of this safari is weaving in the cultural realities of being a woman in the developing world.

Planning Tanzanian treks for more than 30 years, Wineland and her partner Rick Thomson create authentic experiences for guests while developing relationships with the local people. Tanzania is a strong patriarchal society where women don't have the same opportunities as men, so the pair partner with Focus on Tanzanian Communities to support women's empowerment.

The Women to Women Safari offers female guests a chance to interact with local tribal women. "Throughout the trip, you are accompanied by a working Tanzanian woman who serves as translator and cultural liaison; she not only understands the struggles and achievements of Tanzanian women, but has lived them," says General Manager, Ina Steinhilber.

Guests spend their time in Northern Tanzania within the Eastern Serengeti Private Nature Reserve and Serengeti National Park where they spot giraffe, eland, zebra, ostrich, leopards and even

wild dogs. There is a chance to see remarkable wildlife with morning walks, drives and afternoon hikes. Wildlife sightings are common within the Ngorongoro Conservation Area, which is home to rhinoceros, lions, cheetahs, wildebeests, elephants and baboons. A few extra options include a night wildlife drive or hot air balloon excursion.

Travelers meet the Maasai people and visit remote villages, markets, a women's weaving co-op and the Enjipai Women's Group; the latter formed by a

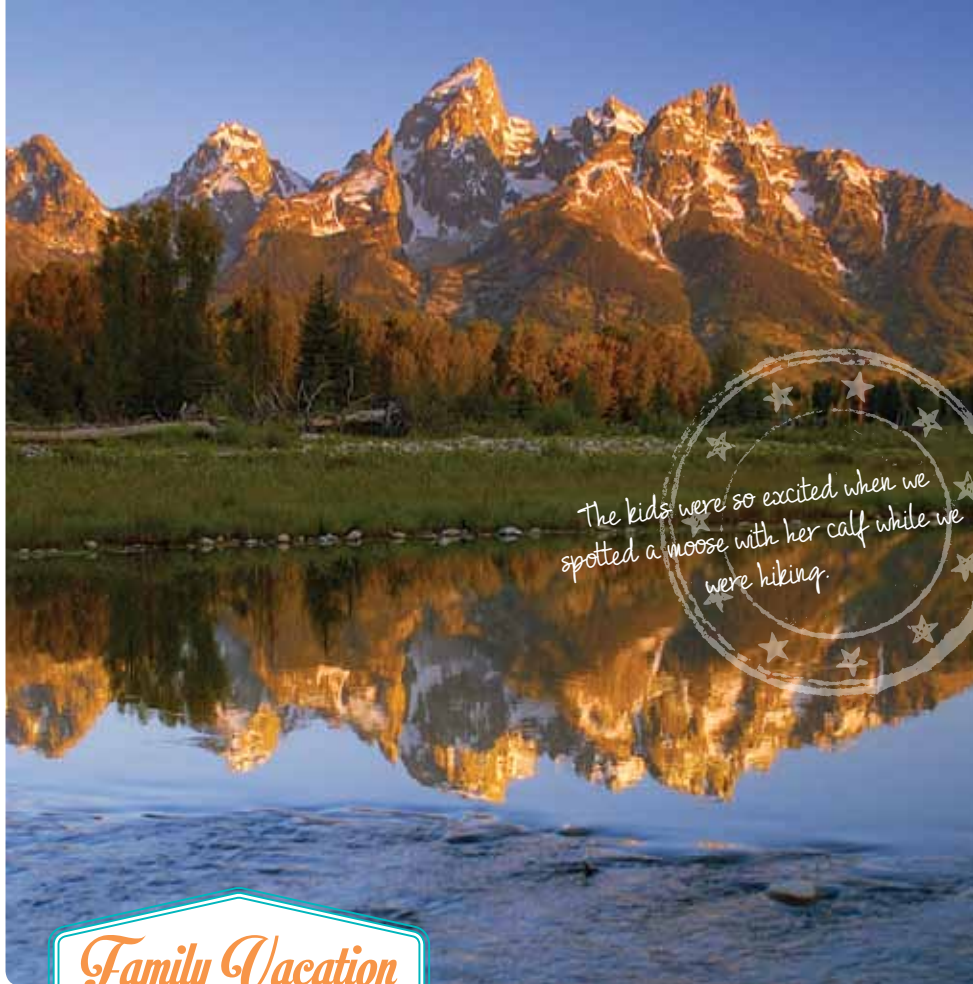
group of entrepreneurial Maasai women who use their skills as artisans and homemakers to improve their communities. Guests might have a chance to grind maize with the new milling machine, which helps local women who previously had to walk great distances to grind grain. There are storytelling sessions with a Maasai grandmother and an artist-in-residence program featuring illustrators, painters and sculpture carvers.

At the end of each day, girlfriends toast with a sundowner drink while enjoying a magnificent African sunset. Guests overnight in walk-in-tents with cozy bedding, handcrafted furniture and in-suite bathrooms. In addition to camping in the bush, several nights are spent at the luxury inn at Gibb's Farm. Thomson Safaris specializes in custom trips. Travelers fly in and out of Kilimanjaro Airport in Arusha, Tanzania.

thomsonsafaris.com

By Gigi Ragland





Family Vacation

JACKSON HOLE

Jackson Hole is a playground of peaks, lakes, rivers and meadows. The toughest part is deciding what to do. For the active family, this mountain mecca is the ultimate getaway for every member from the big kids down to pint-sized tykes.

Two National Parks within an hour of each other and a town considered by many as the “last of the Old West” make Jackson Hole different than other Western destinations. During the summer, bison, bears and puffing geysers are the main attractions in Yellowstone National Park while Grand Teton National Park lures guests to its many trails and pristine lakes.

In the Old West of the 18th and 19th centuries, mountain men used the world ‘hole’ to describe valleys completely surrounded by mountains. Thus, the name “Jackson”

refers to the town and “Jackson Hole” refers to the region. Making the town of Jackson your base for activities will add Western culture to the itinerary with restaurants, entertainment, art galleries and museums.

The recently renovated Snow King Resort Hotel offers family-friendly activities and a variety of lodging. At the edge of the Bridger-Teton National Forest and the base of Snow King Mountain, it is only a few blocks from the historic downtown as well as the evening rodeo held Wednesday and Saturday evenings at the Teton County Fairgrounds. Consider renting bikes from the hotel activities center to pedal around town or pack a picnic and pedal along the bike path to Grand Teton National Park for beautiful views and wildlife sightings of moose, elk, antelope and more.

Since the resort is perched right on Snow King Mountain, take the gondola to see Grand Teton views followed by the Alpine Slide for a twisty ride down the slopes.

Get into the Western swing of things with a horseback ride. The hotel concierge can reserve a spot at the nearby stables. Evening brings a few options. The Jackson Rodeo is a fine place to watch the sunset over the Tetons. Or, families can take the Horse Drawn Covered Wagon Train into Cache Creek Canyon for cowboy grub and a heaping serving of western music with Bar T 5. And don't miss the legendary Jackson Hole Shootout in the Town Square at 6 p.m. snowking.com

By Gigi Ragland



Denver International Airport by Numbers

- 2** times the size of Manhattan
- 5th** busiest airport in the U.S.
- 15th** busiest airport in the world
- 20** year anniversary of DIA being celebrated this month
- 26** billion dollars generated for the state of Colorado annually
- 35** minutes estimated travel time from Union Station to DIA, once the East Light Rail is built (estimated opening in 2016)
- 40** miles of piping through the airport
- 519** rooms in the Westin Denver International Hotel, set to open in fall 2015
- 548** stairs from the FAA control tower's ground level to the top; one of the tallest in North America
- 7th** Ranked seventh as a top-10 airport for healthy food options, according to the Physicians Committee for Responsible Medicine

Wellness Retreat

MIRAVAL ARIZONA

Miraval Arizona is an upscale spa resort blending mind, body and spirit into its activities and amenities. Located about an hour from Tucson, it sits in a serene setting among the desert's mountains, and no one expects you to dress in anything more than workout clothes or a robe.

Guests return year after year to reboot. Miraval used to only be popular with the ladies (i.e. Oprah and Gayle King), but with its couples retreat offerings, it's now a his-and-hers wellness retreat as well. Here are a few Miraval offerings guaranteed to return you to the real world completely refreshed.

The Equine Experience offers you an opportunity to practice living life in the moment using specially-trained horses and expert facilitators.

Miraval's signature Mindful Meditation focuses on the

practice of bringing awareness to our experiences. This practice of letting go leaves you with a deep sense of peace.

In Miraval's intense 45-minute spin class, the instructor incorporates inspirational songs from his carefully developed soundtrack. Songs like "It's My Life" by Bon Jovi will push you through an uphill climb.

Try a Duet Relaxation Massage at the spa in the evening, wrapping up in the soft confines of a spa robe, and then heading to your quiet room via the dim resort pathway.

In the Anti-Inflammatory Kitchen workshop, Miraval's registered dietitian leads a workshop that helps you create and maintain your own healthy home. Participants walk away with tangible tools to create positive change in the kitchen, and therefore, in life.

Led by Native American Tony Redhouse, the Group Drumming Circle helps you channel your "primitive spir-



Just a few days at Miraval has cleansed my body and mind and renewed my love for yoga.

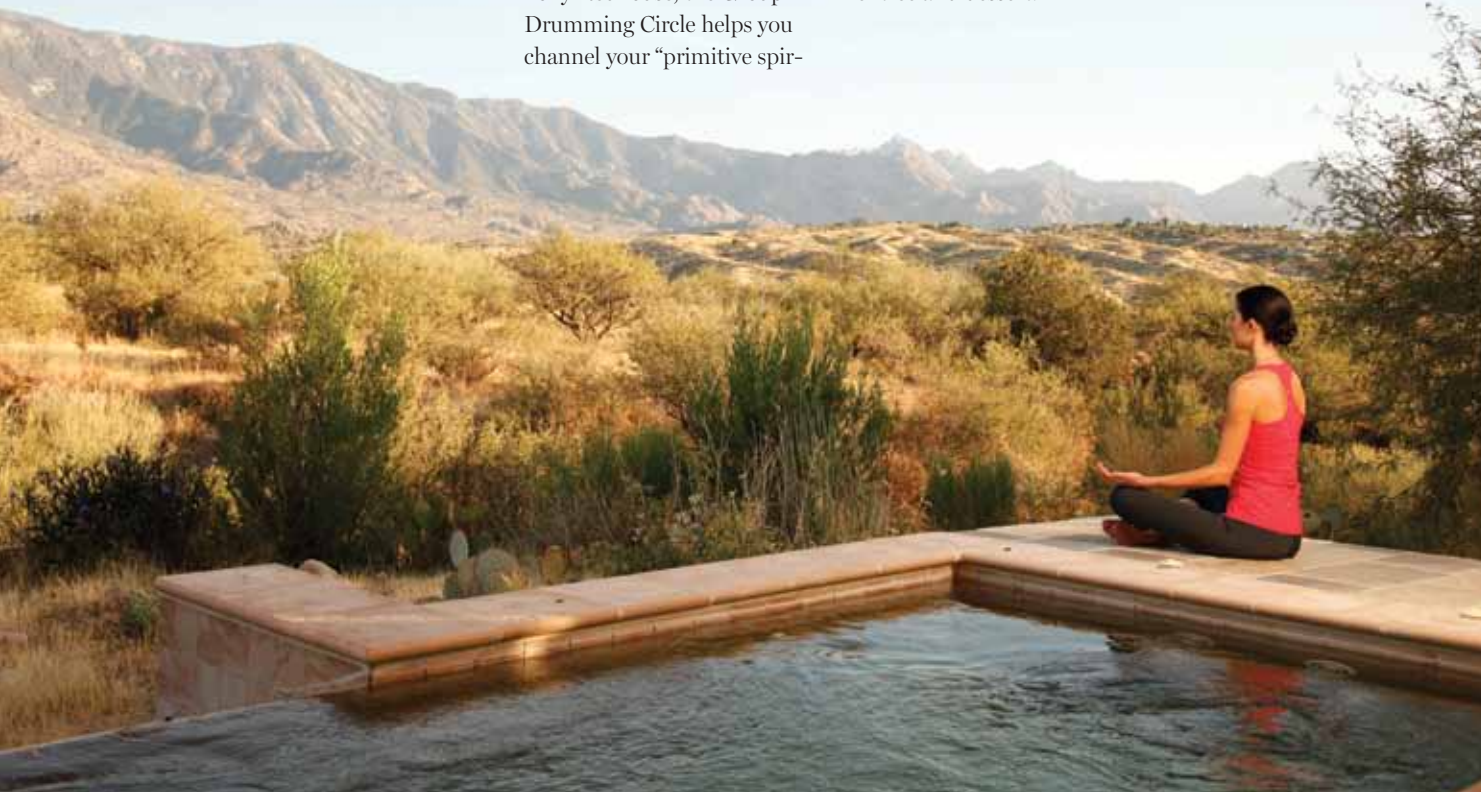
it" using a variety of drums. Tony explains how his culture views feminine and masculine drumming patterns.

Miraval's Cactus Flower restaurant serves healthy yet delicious meals with reasonable portions. Breakfast and lunch are buffet-style. Dinner, by reservation, includes a menu of small-portion appetizers (you can order up to four), an entrée and dessert.

Miraval offers guests a respite, away from our technology-filled lives, so we can be reminded of the importance of health. We all need opportunities to recharge our batteries. Miraval Arizona is the desert escape you are looking for.

miravalresorts.com

By Marika Flatt



MIRAVAL 2014



Culinary Journey

SANTA FE

On my last morning in Santa Fe, at Café Pasqual's, I quizzed my communal table of tourists from Texas, Alabama and Colorado. "What brings you to Santa Fe?" The unanimous answer was food. Over plates of smoked trout hash, papas fritas and pancakes, everyone recounted their favorites. By the end of the meal, we were typing recommendations in our cell phones. After spending three days, six meals and four small tastings in Santa Fe, I thought I knew where to eat, but I had only scratched the surface.

If you need an excuse to head south, Santa Fe restaurant week is coming up, February 22 to March 1. Café Pasqual's, named after the folk saint of Mexican and New Mexican kitchens, is a good place to start your culinary journey with breakfast. The restaurant's house-made red and green chile sauces pack the heat and blanket the burritos, huevos barbacoa and grilled polenta. The dish that speaks to the city's multicultural soup is huevos motulenos, with black beans, tortillas, sautéed bananas, feta, peas, roasted tomato salsa and red or green chile.

Head up Museum Hill to stroll through the museums and lunch at the café. A sweet corn custard with poblano cream sauce is an art form in itself for its modern bent on a classic recipe. The café staff works closely

with the neighboring museums to come up with menus that pair with exhibits.

Santa Fe's food culture isn't solely Mexican—there is a strong Spanish influence. James Campbell Caruso, chef and owner of La Boca, captures the essence of Spain that lingers in Santa Fe. Caruso's flat iron steak with sea salt and caramel is like nothing I've ever tasted.

Check out Santa Fe Spirits' tasting room for happy hour. Founder Colin Keegan turned what he called a "goofy hobby" of making apple brandy from local apples into a business. His Wheeler's gin is designed to taste like Santa Fe after a rainstorm, with hints of cholla cactus, wild sage, osha and juniper.

If Santa Fe's food choices are too bountiful, I recommend a tasting tour. With Food Tour New Mexico, you'll get a history lesson and small tastes at local restaurants. A tour highlight was Kakawa Chocolates, which makes drinking chocolates from Mayan, Aztec and colonial Mexican and American chocolate.

Fairmont Heritage Place, El Corazon de Santa Fe is located a few blocks off the plaza. Guests can stay in apartments with full kitchens, two bedrooms and a living room with a kiva fireplace. You may decide you like Santa Fe enough to look into their residence club ownership.

santafe.org

By Kimberly Lord Stewart



I savored a burrito smothered in green chile and washed it down with an agave margarita

For the full list of each destination's contact information and resources, visit denverlifemagazine.com