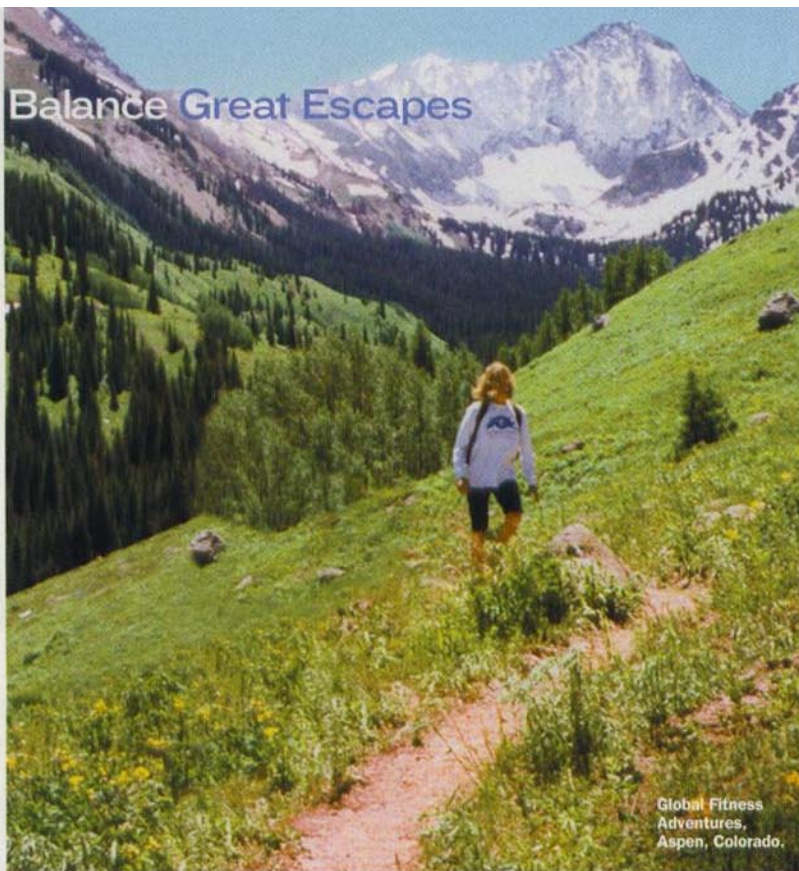


## Balance Great Escapes



Global Fitness Adventures, Aspen, Colorado.

# Walking Spa Trips

**SOMETIMES SPA VACATIONS FEEL A** little too indulgent. All of that relaxing and pampering can make an active girl restless. We've found the perfect solution: walking spas. Each spot has daily hikes that tone your lower body and blast calories as well as luxurious treatments to reward all your hard work.

### Green Valley Spa & Fitness Resort, St. George, Utah

The 45-room spa is situated on 30 acres of red-rock canyons. In the morning, on a guided outing, tackle one of the 40 hiking paths that wrap around the property. Horseback riding, mountain biking and self-guided treks are another way to explore the landscape. You can also hang out at one of the resort's five swimming pools or relax in the full-service spa. Can't sit still? Whack a ball on one of the 15 tennis courts, or tear out our *Get It Now* and try it in the weight room.

Rates start at \$450 a night and include accommodations, activities,

meals and a daily spa service. Go to [greenvalleyspa.com](http://greenvalleyspa.com).

**FITNESS exclusive: Mention FITNESS and receive the signature Natural Pedicure.**

### New Life Hiking Spa, Killington, Vermont

For a low-key spa and hiking adventure, check into this inn. On daily guided hikes, beginners follow paths over streams and farmlands. The intermediate and advanced treks traverse parts of the Appalachian and Long trails. Back at the resort, try Chi Kung, which combines stretching moves with breathing techniques. There's also an evening lecture program that includes nutrition counseling, drawing and a geology class.

Rates start at \$225 a night for the two- to four-day mini vacation package and include accom-

modations, activities, meals, classes, and a massage or facial. Go to [newlifehikingspa.com](http://newlifehikingspa.com).

### Mountain Trek Fitness Retreat & Health Spa, Ainsworth Hot Springs, British Columbia

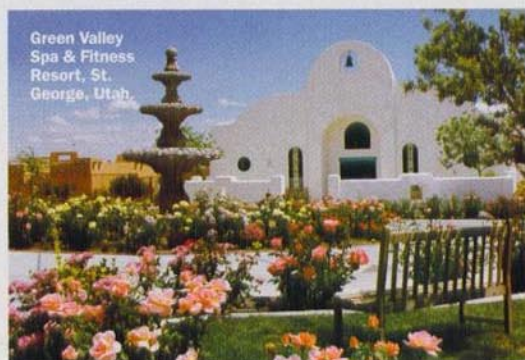
The 12-room boutique lodge offers more than 500 miles of pine- and redwood-lined trails. Mornings start with a yoga class followed by breakfast and a guided hike. Take the arrowhead trail of the Kutenai Indians and you'll walk past a lake and through the old-growth-forested area. Then rent a kayak, or bike to the muscle-soothing natural hot springs.

Rates start at \$1,195 for the three-night hiking package and include accommodations, activities, meals, two massages, airport transfers, clothing and laundry service. Go to [hiking.com](http://hiking.com).

### Global Fitness Adventures

Dubbed Spa-Faris, these multilevel walking trips include health and wellness seminars, meditation, plus cultural activities and organic meals. (Note: No sugar, caffeine or alcohol is served.) After spending the night at a ranch, country inn, villa or jungle lodge, you'll trek 5 to 10 miles over varying terrain. There are also yoga classes, massages and activities such as scuba diving and white-water rafting.

Rates start at \$3,000 for the seven-day Aspen package and include accommodations, activities, meals and some cultural outings. Choose from trips in Bali, Bhutan, Belize, Devonshire, Hawaii, Kenya, Lake Como, Moab, Santa Barbara, Sedona and South Africa. Go to [globalfitnessadventure.com](http://globalfitnessadventure.com). ■



Green Valley Spa & Fitness Resort, St. George, Utah.