

FOR HIKERS AND BIKERS

LEARN THE BASICS AT...

White Rim Tour

CANYONLANDS
NATIONAL PARK, UTAH

Capped at 12 riders (and for women only), this four-day camp is good for everyone from group cycling-class devotees to trail riders. "This is a spectacular chance to log miles, tweak your biking technique, make new fitness-minded friends, and work at your own pace with experts who are ready to answer all your questions," says founder and guide Leslie Ross.

During breaks (at least three a day), guides provide bike-maintenance and technique lectures, like how to shift gears and descend wide trails along the flat plateaus of the Colorado River. They also whip up deluxe meals three times a day and set up your tent. All you have to do is pedal.

Book it The White Rim Tour is offered every April and October and costs \$775, which includes all meals and permits. Equipment rental (sleeping bag, tent, bike, helmet, etc.) is extra; babesinthebackcountry.com.

PUSH YOUR LIMITS AT...

A Coast-to-Coast Adventure

CENTRAL COAST OF COSTA RICA

This intrepid camp is not for the faint of heart—or butt. You'll do 15 days of pulse-pounding mountain biking and



Cyclists in Costa Rica take the plunge during a rafting side trip

hiking, zigzagging your way across the Talamanca and Central Mountain ranges. It's open to 12 experienced cyclists who want to hone their mountain biking technique and increase their mileage. Participants should be able to hike and bike for up to eight hours (i.e., if you're just getting into exercise, this isn't the option for you).

You'll greet the dawn on a rigorous hike—up to 10 miles—or bike ride. Expect to cover about 20 miles each day by bike, often on hilly, single-track trails. Then, just when you think you can't go another foot, you'll round a corner and see the support staff setting up showers and preparing a dinner of spicy rice and beans, fresh trout, and fruit smoothies.

Book it The trip is offered 10 times a year; rates start at \$2,600 (double occupancy), including bikes, rafts, camping gear, airport transfers, lodging, most meals, and airfare from San José; bikebike.com.

FOR YOGA FANS

LEARN THE BASICS AT...

Sewall House Yoga Retreat

ISLAND FALLS, MAINE

This quaint inn, built around 1865, sits on an acre near two lakes and practically oozes serenity, making it an ideal

place to try your hand at yoga. Co-owner Donna Davidge teaches a 90-minute morning class—a vigorous hatha style where you flow through standing series to seated postures. The afternoon class (also 90 minutes) is geared toward kundalini instruction, deep breathing, and chanting.

Davidge and her partner welcome all fitness levels and introduce dozens of poses with grace and humor. But they are quick to remind you that floating on a warm lake in the middle of a summer afternoon is a fine break from all those oms—guests always have the option of ditching yoga sessions to swim or hike nearby Baxter State Park.

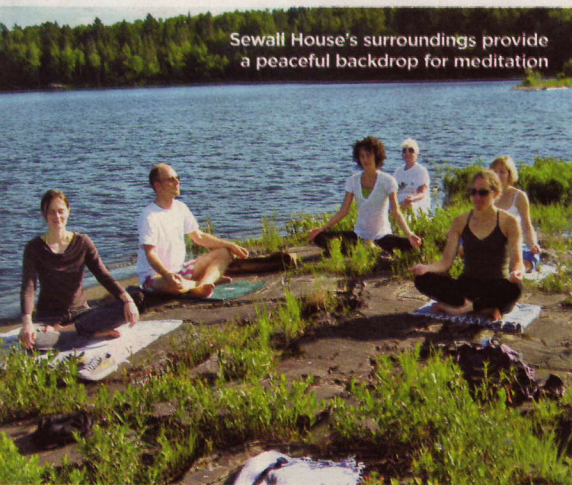
Book it Small group (two to eight people) retreats are available from June through October. From \$900, including three meals a day and lodging for five nights; sewallhouse.com.

PUSH YOUR LIMITS AT...

Personal Revolution Bootcamp

TULUM, MEXICO

Perfect your one-arm plank pose and learn advanced asanas in marathon yoga sessions with Baron Baptiste. Known for his encouraging, down-to-earth approach and athletic teaching style, Baptiste leads seven-day camps along the white sand beaches of the Yucatán Peninsula. Up to 100 people



Sewall House's surroundings provide a peaceful backdrop for meditation