

Condé Nast Traveler

TRUTH IN TRAVEL // JUNE 2012

RESTORE, REVIVE, RELAX! TRIPS WITH (HEALTH) BENEFITS



24
QUICK
SUMMER
ESCAPES
TO:
HAWAII
FRANCE
MONTREAL
SCOTLAND
PUERTO RICO
ALASKA
COSTA RICA
MEXICO
INDIA
COLORADO
PANAMA
AND
MORE...

(Move It!)

CARIBBEAN WHERE TO BIKE, DIVE, SURF

(Feel It!)

THAILAND THE BEST MESSAGES ON EARTH

(Eat It!)

BUENOS AIRES GREAT MEALS, GREAT WALKS

... PLUS

270 TOP SPAS IN THE UNITED STATES, MEXICO, CARIBBEAN, CANADA, AND AT SEA

SPECIAL INVESTIGATION

HOW SAFE IS YOUR CRUISE SHIP?

(The answer might surprise you)

Toning, not tanning:
Surf's up at Bottom Bay
on Barbados.

CONDENASTTRAVELER.COM
YOUR DAILY TRAVEL INTELLIGENCE

broth loaded with shrimp and pork (check location at thepigandthelady.com; prix fixe, \$55).

SCENARIO 2

When You Don't Want to Get Wet (Or Near a Swimsuit)

3 sporty excursions for landlubbers and bikini-phobes

FOR THE BIKER

Crested Butte, Colorado

Tucked away at the end of a long valley and surrounded by more than a million acres of national forest, this village is a mountain-biking mecca. Hard-core cyclists have access to 300 miles of dirt trails that twist and turn onto U.S. Forest Service paths; for kids and those who aren't quite X Games-ready, there are countless stretches of flat, paved tracks. Base yourself at **The Ruby**, a six-room B&B in the center of town with gorgeous mountain views and trails less than a block away—bike storage is included, naturally (970-349-1338; doubles from \$169). Pre-ride, the best place to carbo-load is **Izzy's**, famous for its blueberry cornmeal pancakes and breakfast latkes (218 Maroon Ave., #A; 970-349-5630; entrées from \$9). There's also **Camp 4 Coffee**, where the locals get their caffeine fix (402½ Elk Ave.; 970-349-2500). Die-hard bikers should plan their trip to coincide with **Crested Butte Bike Week**, a festival featuring races, a gear expo, and expert clinics (ftbw.com; June 21-24). It's not all about gearheads, though: The **Crested Butte Arts Festival**—celebrating its fortieth anniversary this year—showcases the best local talent in 12 categories, including sculpture, photography, painting, and ceramics (970-349-1184; Aug. 3-5).

FOR THE CITY SLICKER

Montreal

Want the perfect European urban experience without having to pony up peak-season transatlantic airfare? Look to the north. Few cities are lovelier in summer than franco-phone Montreal, whose streets, cafés, and markets explode with life after months of winter's deep freeze. Take advantage of the popular **BIXI public bike program** and spend the entire day riding along Lachine Canal, from the historic Old Port to the St-Henri neighborhood (bixi.com; \$7 per day). Pedal to **Atwater Market**, an Art Deco behemoth that houses stalls of fresh fruits and vegetables,

butcher shops, *boulangeries*, and wine merchants. Grab a baguette and a jar of organic Quebecois strawberry preserves and enjoy the greenery along the water (138 Ave. Atwater). After the day's exertions, you'll want a supremely comfortable place to lay your head; luckily, the Ritz-Carlton has just reopened after a four-year, \$200 million renovation, with a new restaurant by Daniel Boulud (514-842-4212; doubles from \$425; Maison Boulud entrées from \$24). If the formality of the Ritz-Carlton feels too grand, head to Mile End, a neo-bohemian enclave, to sip artisanal bourbon cocktails at **Baldwin Barmacie** (115 Ave. Laurier Ouest).

FOR THE GOLFER

St. Andrews, Scotland

A pilgrimage to Scotland's Kingdom of Fife, where fairways line the landscape and the game's been played since the fifteenth century, is on any serious golfer's bucket list. Start your golf-centric vacation off right at the **Old Course Hotel**, with views of the shimmering North Sea. Its 144 rooms, including 35 suites renovated by French design star Jacques Garcia, are just a stone's throw from the Road Hole, the legendary seven-teenth hole of, yes, the Old Course. After the physical and psychological challenges of eighteen notoriously difficult holes, head to the hotel's **Kohler Waters Spa** and relax with a "Golfer's Massage," which focuses

on the forearms, wrists, hips, and shoulders (44-1334-474-371; doubles from \$475; 50-minute massage, \$140). Insider tip: To get solid tee times, book through travel specialist **Gordon Dalgleish**.



Montreal
Marc Telio, Entrée
Destinations
Yes, he gets
Montreal, but he's
also up for
planning polar
bear expeditions
in Manitoba
(604-408-1099;
marc@entree-destinations.com).

SCENARIO 3

When You Want to See "The Next Great Place" ... Before Everyone Else Does

3 trips that will earn you real bragging rights

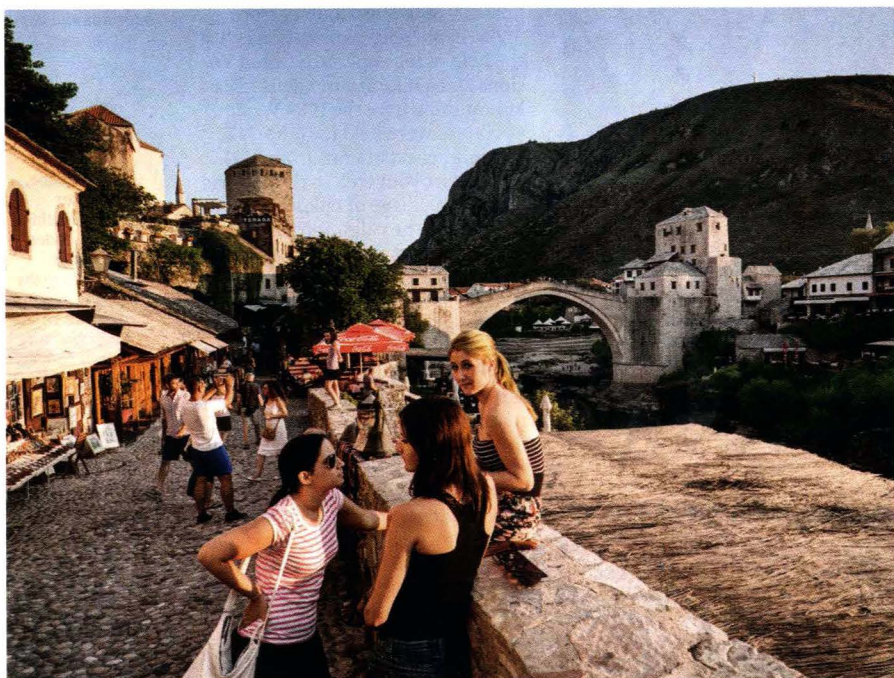
THE NEW CITY DESTINATION

Bogotá, Colombia

We're fans of BA (see "The 'Grande Bouffe' of Buenos Aires," in this issue), but lovers of art, history, and nightlife looking for a great value and fewer tourist crowds should consider Bogotá. Be near most of the sights in the historic **Hotel de la Opera**, in the city's south (571-336-2066; doubles from \$187), or stay close to the dining and nightlife scenes in the north, at the **JW Marriott** (571-481-6000; doubles from \$379). Begin at the **Museo del Oro**, a beautiful modern building that has the world's largest collection of pre-Hispanic gold artifacts: 55,000 glimmering pieces, 6,000 of which are on display (571-343-2222). At the nearby **Museo Botero**, you'll see the artist's famously ro-



Golf in Scotland
Gordon Dalgleish,
PerryGolf
A native
Scotsman, he has
the secret to
navigating the
random lottery
system for tee
times at St.
Andrews's Old
Course (800-
344-5257,
ext. 222; gordon.dalgleish@perrygolf.com).



BRIDGE OVER TROUBLED WATER In the Bosnian city of Mostar, the Old Bridge, destroyed during the war, was rebuilt in 2004; today, Mostar is becoming known for excellent white-water rafting.