

# 2009 FALL FLINGS

brought to you by **vital juice**

NYC, we love you but you can't contain us. We're stepping out on our fair city with these guilt-free getaways.

**FOR DAY TRIPPERS:** Satisfy your urge for adventure, and still be home by dinner.



**Take a hike at Mohonk Mountain,** less than two hours from the city. Choose between a leisurely stroll or taking on steeper terrain—High Peters Kill, anyone? \$10 entrance fee, [mohonkpreserve.org](http://mohonkpreserve.org)

**Getting there:** Adirondack Trailways to New Paltz, NY from Port Authority

**Revisit the Garden State.** Discover another side of Jersey at the **Ramapo Mountain State Forest.** You'll be rewarded with must-see views of the NYC skyline. [nynjtc.org](http://nynjtc.org)

**Getting there:** NJ Transit Bus 194 and 197 to Pompton Lakes, NJ

**Don't miss the boat!** Learn to kayak with **Manhattan Kayak Company.** Beginners can start with an hour tour and build up to a 50-mile paddle to the Northern Palisades. \$30-\$225, [manhattankayak.com](http://manhattankayak.com)

**Getting there:** Pier 66

**Toast to your health** with **The Classic Wine Country Bicycle Tour.** Pedal 15 to 20 miles through the North Fork while stopping for sips. (Slosh and spit—safety first!) October 25, \$130 plus \$15 for bike rental, [gorideabike.com](http://gorideabike.com)

**Getting there:** LIRR (exact starting locations TBA)



**Try it "on the rocks."** Sign up for **Outdoor Bound's Gunks Hike and Whiskey Tasting** and tipple after finishing your 5-mile trek. Who needs happy hour? October 24, \$74, [outdoorbound.com](http://outdoorbound.com)

**Getting there:** Transportation provided

**Get outta town** (in less than an hour) and tackle the **Breakneck Ridge Trail.** Warning: The name says it all. Slippery rocks and steep climbs make this 3-mile hike a serious challenge. [nynjtc.org](http://nynjtc.org)

**Getting there:** Metro-North to Suffern, NY

**FOR WEEKEND WARRIORS:** Pack your bags – and your nerve.

**Earn your wings.** Daredevils can soar to new heights with **Urban Escapes' Super Quadfecta Overnight** that includes hiking, a brewery tour, campfires, and...hang-gliding. \$349, October 17- October 18, [urbanescapesnyc.com](http://urbanescapesnyc.com)

**Getting there:** Transportation provided

**Berry good news:** Check out the **Annual Cranberry Fest** (October 17-October 18) in Chatsworth and explore nearby **Wharton State Forest.** Halloween bonus: The town's cemetery may be haunted. Boo!

**Where to stay:** Cabins for \$45 per night, [njparksandforests.org](http://njparksandforests.org)

**Getting there:** Approximately 2 hours by car to Chatsworth, NJ

**Something's brewing in Bear Mountain.** Through October 25, take part in the town's Oktoberfest after winding your way through Bear Mountain State Park's many trails.

**Where to stay:** Bear Mountain Inn, [visitbearmountain.com](http://visitbearmountain.com)

**Getting there:** Metro-North to Peekskill, NY

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### FOR WEEKEND WARRIORS: (continued)



**Be a Pretty Woman in Mystic**—the seaside town Julia Roberts helped put on the map. You'll experience some serious ups and downs along the strenuous 25-mile **Vineyard Loop**. (Stop by Mystic Cycle Centre to rent two-wheels.)

**Where to stay:** B&Bs galore, [mystic.org](http://mystic.org)

**Getting there:** Amtrak to Mystic, CT

**Blast off.** Stay tuned for **extreme rocket sledding** season in **Warren**. Until then, take in the lush fall foliage with a 15-mile bike ride along the East Warren Loop.

**Where to stay:** Pitcher Inn, [pitcherinn.com](http://pitcherinn.com)

**Getting there:** Amtrak to Waterbury, VT

### FOR ZEN-SEEKERS: Stretch things out with an overnight excursion.

**Turn over a new leaf.** Visit Vermont for **Good Commons Fall Foliage Weekend**, which includes three yoga classes and meals. The eco-friendly outing transports you via a vegetable oil-powered bus. \$475, October 22 – October 25, [goodcommons.com/staceybryn.html](http://goodcommons.com/staceybryn.html)

**Getting there:** Transportation provided

**Make yourself at om.** Book a weekend at the **Sivananda Ashram Yoga Ranch** for an authentic yogi experience in the Catskills. Meditation starts at 6AM and is followed by three yoga classes plus all organic meals. Rooms from \$60 per night, [sivananda.org/ranch](http://sivananda.org/ranch)

**Getting there:** Short Line bus to Woodbourne, NY from Port Authority

**Go with the flow.** VJ fave **Kula Yoga** is traveling to **Lenox** for the weekend. Founder Schuyler Grant will lead you through her heart-warming vinyasa at the Kripalu Center for Yoga and Health. October 16 - October 18, \$392-\$912 (meals included), [kula yoga.com](http://kula yoga.com) and [kripalu.org](http://kripalu.org)

**Getting there:** Metro-North to Wassaic, NY plus \$70 shuttle to Kripalu in Lenox, MA

**Spring for it.** Big spenders (or big savers waiting for a special occasion), splurge on this: A weekend at **Canyon Ranch** includes gourmet meals, over 40 fitness classes to try out, access to luxe spa facilities, and more. From \$1,690 for three nights, [canyonranchlenox.com](http://canyonranchlenox.com)

**Getting there:** Amtrak to Albany, NY plus complimentary transportation from station

**Charym'd, I'm sure.** Refresh and recharge at **Charym**, a wellness wonderland just outside of Litchfield, CT. The spa offers a one-night deal with two yoga classes, a healthy lunch and cozy accommodations at a nearby B&B. from \$500, [charym.com](http://charym.com) and [abeldarling.com](http://abeldarling.com)

**Getting there:** Approximately 2 hours by car to Litchfield, CT

