

# eWellness magazine

## The World's Most Fitness Friendly Vacations

2015-07-03

---



The World's Most Fitness Friendly Vacations |Wellness magazine

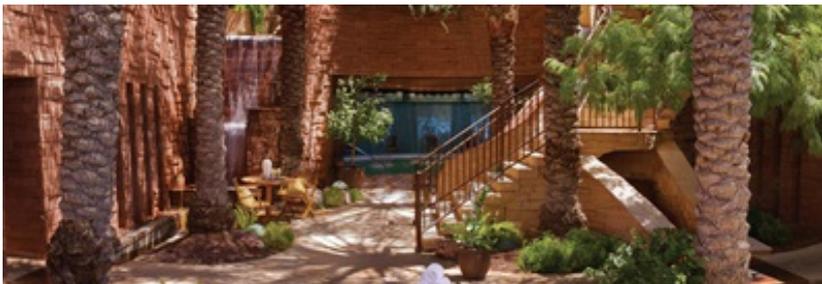
**Even fitness junkies sometimes find it difficult to follow their workout routine while traveling for business or pleasure. After all, exercising in a new environment can be a challenge.**

**Fortunately, a variety of vacation destinations worldwide are stepping up**

**efforts to accommodate health conscious travelers by offering distinct accommodations and programming to keep fitness guests on track even while away from home.**

Here are some of the world's most fitness friendly vacations.

**The Fairmont Scottsdale Princess, Arizona <http://www.fairmont.com/scottsdale/>**



**The Fairmont Scottsdale Princess offers an a la carte “Be Well, Play Well” program, featuring a private Bod Pod diagnostic test, a customized training plan consultation, Fit Mate Pro oxygen consumption assessment, integrated spa treatments and more.**

**Aria Hotel, Budapest <http://www.ariahotelbudapest.com/>**



**Music is the inspiration behind any great workout. The newly opened musically-themed boutique hotel Aria Hotel Budapest is taking advantage of this by offering guests access to their state-of-the-art fitness center, including equipment with hi-tech digital audio and visual music libraries. Guests can access and customize their own YouTube queues or choose from the hotel's music library directly on each machine.**

**The W Retreat & Spa, Vieques Island <http://www.wvieques.com/>**



**The strength and flexibility developed via yoga -- namely in the core, quads, hamstrings, and hip flexors--can help runners stay injury-free. The Energize yoga retreat by Tara Stiles eases muscles and includes access to a three or five day customized escape alongside a resident Strala yoga instructor and daily yoga sessions.**

**The Mirbeau Inn & Spa, Finger Lakes, New York <http://www.mirbeau.com/>**



**A beautiful retreat situated in the picturesque landscape of central New York, the Mirbeau Inn & Spa offers guests one-on-one nutritional consultations, personal training classes and private fitness classes upon request.**

**The Wyndham Grand Rio Mar Beach Resort & Spa, Puerto Rico <http://www.wyndhamriomar.com/>**



**For runners who enjoy training in the elements, the Wyndham Grand Rio Mar has all of the makings of a triathlon course. Nestled on 500 acres of lush land, the resort is situated between a mile-long section of golden beach and the El Yunque National Rainforest where guests can swim, hike, run and bike.**

**VBT Bicycling/Walking Vacations, Chile <http://www.vbt.com/tours/chile-biking/>**



**Blessed with sweeping coastlines, gently sloping Andean foothills, lush vineyards and inviting towns, Central Chile is a cyclist's paradise. The snow-capped Andes loom large as riders trace breathtaking Pacific byways and picturesque inland routes to quaint fishing villages and wineries. Explore the historic ports of Vina del Mar and Valparaiso. Pedal tree-lined country roads in Santa Rita and the Casablanca Valley, where viniculture thrives.**

About author :

Roger Sands is a former assistant editor turned freelance journalist who writes about travel, sports, and, of course, wellness issues. His articles have appeared in the New York Times, the Philadelphia Inquirer, SKI Magazine, the Pocono Record, and others. When not on the slopes or the courts, he enjoys afternoon tea, actually at all hours of the day.

Photos: Robert Sands