



DRIVABLE HEALTH AND WELLNESS GETAWAYS

BY KAITLYN VITTOZZI

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Do you ever feel like you get away but then need a vacation from your vacation? Try one of these trips that will leave your body and mind feeling more replenished than exhausted. I love a trip to Europe or the Caribbean, but sometimes when you're feeling physically worn down – the last thing you want to do is hop on a plane. So here's a list of some of my favorite healthy getaways that are drivable from Rochester. These welcome all genders but could easily be turned into a girls' trip. Solo travelers will be totally comfortable in any of these. When I head out solo I usually just pre-download a favorite audiobook for the drive.

1. Inns of Aurora – Drive just 70 minutes from Rochester and take some deep breaths when you catch the view of Cayuga Lake. The Inns of Aurora is a sweet little village of its own. The main inn sits atop the 1833 Kitchen & Bar, the other inns available to stay in are setup like BMBs and a short walking distance to the main inn. All accommodations are exquisitely decorated in either historic or MacKenzie-Childs décor and feature lake views and premium teas. There is a market to purchase snacks, coffee and gifts and a bar and grill for lunch and dinner. Take daily classes in the gorgeous yoga studio or hop on a Peloton at the gym.

The crown jewel at Inns of Aurora is the Spa. Inn guests can book experiences months out while non-hotel spa only guests can book services 30 days in advance. Seated atop a hill you enter the spa and trade your cell phone in for a posh robe. The café provides unlimited nutritious foods – soups, salads, salmon, cookies just to name a few - the only thing you need to buy would be wine or

specialty coffees. Enjoy warm pools and cold plunge both indoors and outdoors. This location is ready for you in any season. My favorite spa treatment is the Abhyanga – a traditional Ayurvedic oil massage designed just for your dosha (imbalance). Cap it off with a sauna and steam room session after and some time in a lounge chair in your robe.

2. The Yoga Show Toronto – Book a hotel or AirBNB and treat yourself to a three-day urban yoga experience. At no charge you can check out the yoga expo which has great shopping for yoga accessories and props you didn't know you needed. Grab great deals on yoga athleisure built not just for style but the practicality yoga practitioners need. You'll get to sample sustainable snacks and body products. Every hour there are free yoga and movement classes in the yoga garden (think self-massage, meditation, asana and more). I would recommend bringing your own mat, but you can buy one there if you forget!

Enjoy the on-site multicultural foods in the food court or go explore everything Toronto has to offer like the St. Lawrence Market. If you really want to deepen your practice or just experience something more intimate than the busy show floor, you can pre-register for more intensive sessions for a small fee. I have been twice and never regretted anything I have studied here. The international teachers leading are top notch. Stay tuned for 2025 dates to be announced. Pro tip: this should only be about a 3.25-hour drive but watch the sports schedules. I tried to get to my hotel the same time the Blue Jays were in town, and it tacked a ton of time on. It was a good practice in staying relaxed during the drive!

3. Kripalu Center for Yoga & Health – In just under four hours you can be at one of the top yoga retreat centers in the world. Take the Thruway to the Berkshires, just over the Massachusetts border. Choose an R&R weekend where you can take three daily yoga classes and enjoy three delicious made from scratch meals – definitely don't skip the welcome bread. Breakfast is in silence which is the perfect way to start the day. Every week Kripalu attracts world class talent and offers programming in self-care, yoga, ayurveda mindfulness and outdoor excursions (tree-hugging anyone?). You still get to enjoy the R&R amenities on top of the courses you take. Depending on your profession you be able to receive CECs for going, so healthcare workers and teachers should check those out! Enjoy the sauna at no charge or book yourself a holistic facial or massage. There's really no need to leave Kripalu's grounds but if you are itching to explore Lenox and Great Barrington are very walkable.

4. Club Med Charlevoix – The views from anywhere you are at this resort, indoor or out are stunning. About 1.5 hours from Quebec City, this all-inclusive resort at Le Massif offers Skiing in the winter and turns those trails into hiking and mountain biking excursions during the warm weather months. Your stay includes lift passes you'll receive at check-in to take the chair lift or gondola to your preferred trail – or just use it to take a ride and enjoy the St. Lawrence Seaway.

This family friendly getaway offers kids clubs that little ones enjoy, so you can enjoy the mountain during the day stress free. There is a full exercise class

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sschedule with classes basically on the hour morning to early that evening including yoga, Pilates, aqua aerobics and strength training – there are options for all levels. Similarly, at 9:30 and 1:30 during the warmer months you can have a guide take you on a hike at a beginner, intermediate or advanced level. My favorite hike was the beginner level gourmet hike where you get to learn about native plants and enjoy samples of teas and snacks like maple cream in the woods.

The steam room, outdoor hot tub and

swimming pool are open to guests at no additional charge but in my opinion, the best place for a mid-day nap is at the spa. If you don't want a treatment (though the massage was wonderful) get a half day spa pass and enjoy a dry sauna as well. You have two options for the restaurants – the buffet and the chalet bar. The buffet includes plenty delicious options – this is not your average buffet food. Thai noodles, fresh breadsticks, tuna ceviche, bouillabaisse are just a few that come to mind from my stay. If you are staying for more

than a few days, mix it up and pay just \$45 Canadien for a served four course fondue dinner at Le Chalet (if Fondue isn't your thing, they do have local tasting boards each day to munch on at no upcharge). Depending on how traffic is in Montreal and Quebec City this could take anywhere from 8.5 to 10 hours from Rochester but is worth it.

What are your favorite getaways that I missed? Reach out at PenfieldYogaTherapy.Com and let me know!