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Travel

SEASONAL ESCAPES & ADVENTURES

SPRING TO LIFE

For an
alternative
vacation as the
weather gets warmer,
head to a domestic
destination — like Napa's
wine country — for
fewer crowds and
more relaxation.

Forget the beach. Forget the slopes.
These spots are real spring break havens

By PERRI ORMONT BLUMBERG

SURE, you could go for one last-ditch tryst to the mountains before ski resorts shutter for the season. Or you could load up your beach tote and head to just another oceanfront oasis. We'll save our bikinis for slimmer, warmer days ahead and our ski pants for Salvation Army.

Instead, we'll use those precious vacation days to visit these farther-from-the-radar locales.

► Miraval in Austin, Texas

Opened in February, Austin joins Tucson, Ariz., as the second all-inclusive resort in Miraval's portfolio. The Hill Country rendition overlooks Lake Travis in the Balcones Canyonlands Preserve. Shed your frazzled New York self with hiking, water sports, a challenge course, a zip line, fitness and yoga classes galore, hatchet throwing (!), forest bathing, cooking lessons and equine activities. You'll find this overtaxed Manhattanite at the 21,000-square-foot Life in Balance Spa cloaked in spirulina body clay, crystals, stones and zen, a fine rarity rumored only to exist outside the city's confines (from \$549; MiravalAustin.com). FYI: Miraval Berkshires debuts this summer.



Skip the tacos and live music in Austin, Texas, in favor of yoga at luxe new wellness resort Miraval.

▲ Napa Valley, Calif.

If Napa's on your list, now's the time to go. Cork dorks know Napa is tops with the blooming of yellow mustard flowers fluffing the vineyards into Monet-like vistas and the pre-summer lull in tourism. Accompany April's "mustard season" views with tastings at a revamped family-owned winery, Trinchero Napa Valley, in northern St. Helena. (The Trinchero family, who created white Zinfandel, first immigrated to America from Italy through Ellis Island in the 1920s.) Five minutes from the winery, stop by the Culinary Institute of America at Greystone for a class or cooking demo. Book a room at the nearby Harvest Inn, whose grounds look like they've been anointed by a woodland fairy with a serious green thumb (from \$250; HarvestInn.com).

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