

HOME
AND
AWAY

TAKE A
VACATION



LEARN TO STAND UP PADDLEBOARD

LEWISTON, IDAHO

O.A.R.S.' Idaho Stand Up Paddleboard Experience teaches students stand up paddleboarding (or SUP), a trendy, full-body alternative to kayaking. As you glide by the Lower Salmon River's beautiful canyons, you'll see some of the nation's best-kept natural secrets.

• **THE DETAILS** The program is open to both beginners and experienced paddlers, and the student-instructor ratio is four to one, so you'll get focused tutelage. Once you're at ease in the water, you'll advance to whitewater paddling (hello, adrenaline rush!). The Lower Salmon River is known for its beaches, wildlife (like river otters and bighorn sheep), gorges and incredible views. Surrounded by so much beauty, you'll forget how hard you're working. At nightfall, students camp by the river; O.A.R.S. provides the equipment, including tents, sleeping bags and all meals. (From \$1,034 for an all-inclusive three-night stay, oars.com/idaho/standup_paddleboard.html)

• **HOW TO GET THERE** Fly from Boise or Seattle to the Lewiston-Nez Perce County Regional Airport. From there, take the shuttle bus to meet at Lewiston's Red Lion Inn.

SUMMER SCHOOL

You'll bring home a valuable souvenir from these vacays: A skill to continue mastering long after you've returned.

YES, WE ADORE a beach vacation where our only physical exertion involves flagging down the pool boy. But allow us to make the case that now is the perfect time to sneak away and get your heart pumping while picking up a cool summertime sport (perhaps the one you're *aaalways* listing as a New Year's resolution). Research shows that learning new skills boosts your memory and provides other brain benefits—added incentives to challenge yourself. You'll gain a pastime you can enjoy now and for summers to come.

LEARN TO SURF

WRIGHTSVILLE BEACH, N.C.

WB Surf Camp offers a six-night retreat where you'll score pro-quality surfing lessons, practice yoga by the sea and make friends with your fellow participants. It's ladies-only, so prep for some major female bonding.

• **THE DETAILS** No worries if you arrive unable to stand up on a board: About 90 percent of attendees have never surfed before. Surrounded by fearless women like yourself, you'll be in a supportive environment when you fall—and hear cheers when you catch your first wave (and the next, and the next).

When you've had your fill of surfing, soothe your sore muscles with yoga by (and in) the water, or visit a local sea turtle hospital to learn about conservation efforts. You'll stay in the Atlantic at Shell Island Resort, and although most guests opt for roommates, you can upgrade to a single room for an additional fee. Breakfast and lunch are included, but the group often heads out for dinners (not included) at local restaurants.

(From \$2,295 for a six-night stay, wbsurfcamp.com)

• **HOW TO GET THERE** Take a shuttle bus from Wilmington International Airport.

LEARN TO PLAY TENNIS

AMELIA ISLAND, FLA.

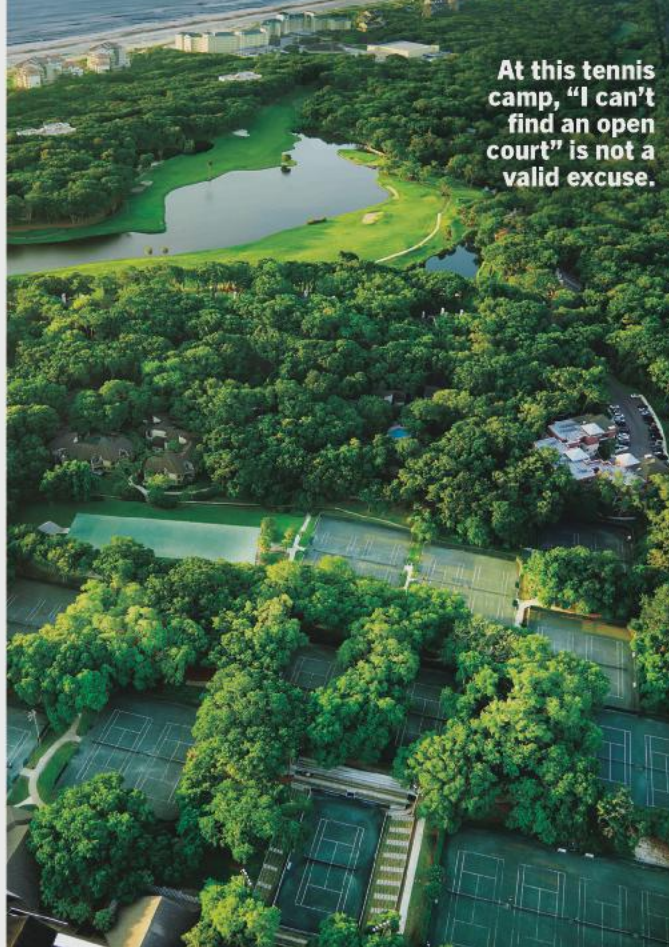
With Wimbledon fast approaching (along with your annual vow to finally pick up a racket), use your summer vacation to finesse your stroke on a barrier island off the Florida coast. **Cliff Drysdale Tennis program** at the Omni Amelia Island Plantation offers two personalized tennis packages that include hours of coaching and play each day.

• **THE DETAILS** Not only is tennis terrific exercise—you'll also feel your focus sharpening as you play, since preparing to return the ball is a form of active meditation. The program offers you plenty of opportunity to get into the zone: Three hours of instruction (two hours in a group, one hour as a

private lesson) every day, along with unlimited court time, which you can spend practicing with a ball machine or playing full-fledged games. When you feel ready to hang up your racket, take advantage of the property's 3 ½ miles of Atlantic beaches, enjoy an ecology hike at the nature center or submit to a massage at the resort's environmentally friendly spa. Meals are not included, but at night you'll retire to an ocean view room at the hotel. Gotta "love" that!

(From \$495 per person for a two-night stay, cliffdrysdale.com/locations/Amelia)

• **HOW TO GET THERE** The resort offers a shuttle service for the 29-mile drive from Jacksonville International Airport. ♦



At this tennis camp, "I can't find an open court" is not a valid excuse.



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