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getaway

The New Road Trip

It's the best and safest way to travel right now, and the possibilities for exploration are endless. Here's your route to a fun and rejuvenating vacation. *By Pam O'Brien*

After months in lockdown mode, Americans are ready to hit the road like never before. Seventy-three percent of people say they are likely to travel by car this fall, and 38 percent are willing to drive at least 300 miles each way for vacation, according to the latest results of an ongoing tracking survey by MMGY Travel Intelligence.

"Getting in a car and having the freedom to go somewhere else is so appealing right now," says Katie Briscoe, the president of MMGY Global, a marketing agency specializing in travel and tourism. "Road trips give us flexibility and control and allow us to embrace the kinds of travel experiences that are so personally enriching."

Locations with natural attractions like mountains, lakes, and forests are

the perfect places to head to, with their invigorating opportunities to hike, bike, climb, and kayak. It's no wonder why, as Briscoe says, destinations that are rich in outdoor activities are moving to the top of the list of today's popular getaway spots.

To help you plan the best fall trip, we found three spectacular places across the country. Turn the page to find your route. *(Continued on page 66)*

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Nakoma Resort

THE LOST SIERRA, CALIFORNIA

Located an hour from Lake Tahoe in the peaks of the Lost Sierra, this resort is your home base for exploring the area's national forests and alpine lakes. Hike along the Pacific Crest Trail, go horseback riding, or try fly-fishing. Later, head to Nakoma's recreation center for a swim in the pool, followed by dinner at the Frank Lloyd Wright-designed Clubhouse restaurant. (The Fall Foliage Package, available until November 25, includes a 1- or 2-night stay at the lodge and dinner for 2, from \$289 a night, nakomaresort.com)

Kiawah Island Golf Resort

KIAWAH ISLAND, SOUTH CAROLINA

If you're looking for an island escape you can motor to, Kiawah has 10 miles of beautiful beaches and is just 25 minutes from Charleston. The resort offers every activity you could ask for: Swim, kayak, or surf; do yoga or boot camp on the beach; or play tennis or golf at one of five championship courses. Your kids will even get an education—the property is offering “field trips” that let them explore and learn about the area's waterways, marine life, and wildlife. (Rooms at the resort's Sanctuary hotel start at \$240 a night; packages are also available, kiawahresort.com)

Brenton Hotel

NEWPORT, RHODE ISLAND

By day, you can beachcomb, sightsee along Newport's Cliff Walk, and bike to wineries and farms. In the evening, relax at this luxury boutique hotel on the waterfront, where the floor-to-ceiling windows in your room offer panoramic views, or take a sunset tour on the hotel's picnic boat, available for private charter. And bring your dog—Brenton offers pet-friendly accommodations for no additional fee. (The B&B Brenton Style package, available until the end of November, includes breakfast and late checkout from \$349 a night, brentonhotel.com/special-offers) ■



FUEL UP FOR YOUR DRIVE

“When you bring your own snacks, you can keep things healthier and more exciting,” says New York dietitian Vanessa Rissetto, R.D. “Aim for options that give you energy and keep you satisfied.” Here's your packing checklist:

INDULGE YOUR CRAVINGS

Want crunchy and creamy? Bring hummus with crudités, cheese sticks with crackers, or plain Greek yogurt mixed with a little peanut butter and a sprinkle of granola, Rissetto says.

PACK GLUTEN- FREE OPTIONS

Turkey and cheese roll-ups provide protein and some fat—a combo that helps you stay satiated, Rissetto says. Or munch on gluten-free bars or some popcorn.

TRY A MINIMEAL

Have some chicken with a little avocado, Rissetto says. Or a fiber-cracker “pizza” with marinara and mozzarella on top.

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