

Trip Styler | GSA Publishing – Travel Magazine



by [Trish Friesen](#)

6 Healthy Winter Getaways

Unless you like to run in freezing rain or brave the slick roads to hit the pool at 5.30am, it's hard to keep active during the dark winter months. To top it off, then there's the typical winter getaway calorie-fest: baking on a beach for six hours, sipping multiple mojitos, plus an evening of indulgent cuisine.

This year, why not add a health component to your escape and do it a little differently with a mind, body and/or soul detox?

Here's some one-night, weekend and week-long trip styles to inspire a healthier you. Bon voyage!

Surf's Up – Learn to surf like pro rider [Kelly Slater](#), kinda.

Where/How – [Safari Surf School](#), Costa Rica or [Monty's Beach Lodge](#), Nicaragua.

Let It Snow – Escape to a winter wonderland of activity.

Where/How – [Whistler](#), Canada or [Portes du Soleil](#), a collection of 12 connected ski resorts in the French and Swiss Alps.

Digi-Fast – Go off the grid, where you can't be reached.

Where/How – [Wilson Island](#), Australia; [Yelapa Casa](#), Mexico; [Rolling Huts](#), Washington.

Voluntourism – Travel and do good.

Where/How – [Travelocity](#) has a section devoted to voluntourism, otherwise, check with your preferred charity for local and international opportunities.

Spa – Rebound from the winter blues with bliss.

Where/How – Scottsdale, Arizona at [Sanctuary Camelback Mountain Retreat and Spa](#), the [Fairmont Scottsdale](#) or the [Four Seasons Resort Scottsdale](#).



The 100-Mile Retreat – Go local and eat local within 100 miles {161km}.

Where/How – Search [airbnb](#), [VRBO](#) or [HomeAway](#) for a vacation rental with a kitchen to cook up a locally sourced feast.

About [Trish Friesen](#)

Trish Friesen is the definition of a jetsetter; she eats, sleeps and breathes travel, packing her bag every two weeks for a wild adventure or sun-drenched hotspot. Aruba, Curacao, Bonaire, New York, Palm Springs, Seattle, Los Angeles, San Francisco, Dallas and Whistler—and that's just this fall! In addition to her writing being published in [The Daily Meal](#) and The Vancouver Sun, Trish is also the editor-in-chief of [TripStyler.com](#), a Vancouver-based travel lifestyle website. Along with stable of globetrotting writers, Trip Styler dishes daily tips, tricks and technology that make traveling easier, faster, more fun and lighter on the wallet. Follow Trish on [Facebook](#), [Twitter](#) and [Instagram](#).

