

# great ESCAPES»

## Fitness goes to Miami

This southern city has some of the hottest bodies in the world. Here's how they stay that way. **by Lisa Arcella**

**M**iami may be famous for its sun, sand and Latin influences, but it's also a fitness lover's paradise. Whether you go for a jog on the beach or bike through the historic art deco district, you'll never lack for things to do. Plus, with temperatures in the seventies even during the so-called winter months and a slew of new spas, hotels and restaurants opening their doors, there's no better time to visit. What are you waiting for?

### WHAT TO DO

#### Enjoy yoga on the beach

Can you think of a better place for a sun salutation than Miami Beach? Many hotels, including the Roney Palace and the Ritz-Carlton, offer yoga classes, as does the David Barton Gym at the Delano hotel (day passes are \$20 for nonguests). Call 305-538-7881 for more information.

#### Row a boat

Pull some friends together and go on an eight-hour guided kayak tour (\$70 for up to 10 people) of Everglades National Park, where you'll explore mangrove forests that cover 300,000 acres. Call Urban Trails Kayak Company at 305-934-7516 or visit [urbantrails.com](http://urbantrails.com).

#### Go snorkeling or diving

The shallow waters of Biscayne National Underwater Park are home to one of the most spectacular living coral reefs in North America. Certified divers can sign up for a "wall" tour (\$45 per person) to get an up-close look at a 110-foot sheer vertical reef. Call 305-230-1100 for more information.

#### Rent a bike

What better way to cruise the strip of Miami Beach—and get a great leg and butt workout—than on a two-wheeler? Sign up for a private group tour (\$200 for a two-hour ride plus \$20 per person bike rental) of the art deco district—a potpourri of confetti-colored buildings built in the 1930s. Call Miami Beach Bicycle Center at 305-674-0150 for more information.

#### Hit the beach

Soaking up rays (wearing sunscreen) is fine, but if you prefer to be active, join an impromptu volleyball game, go for a jog on the beach, or take a dip in the ocean. We suggest Key Biscayne's Crandon Park Beach, where there's a two-mile bayside path and a long sandbar that's great for swimming.

#### Pound the pavement

There are plenty of biking and in-line-skating paths where you can work up a sweat outdoors. A 25-block boardwalk starts on Twenty-first Street in Miami Beach and is flanked by the ocean on one side and a string of cafés on the other. To take in some of the local culture, opt for the seven-mile walk through Little Havana. Start on the corner of Thirty-sixth Avenue and Eighth Street and head east; you'll pass Cuban cafés and a cigar factory. Call the visitors' bureau at 800-933-8448 for maps.

### WHERE TO EAT

"Floribbean" food—a fusion of American, Caribbean and Latin American flavors—is the latest culinary trend. There is also a myriad of healthy inter-

national options to suit every palate. Here are some of the best:

#### Artichoke's Natural Cuisine

Locals love this healthy hot spot. Favorites include broiled whole artichoke with a zesty dipping sauce and the spa-cuisine seafood dishes. Entrées start at \$9.95; 305-945-7576.

#### Norman's

The place for Floribbean food. Our fave: the rum-and-pepper grouper with mango habanero sauce. Entrées start at \$23; 305-446-6767.

#### Pacific Time

This healthy Pan-Asian restaurant is a hit with locals. Try the barbecued sal-

## Start your day with a tai chi class at sunrise.

mon or rosemary chicken. Entrées start at \$19; 305-534-5979.

#### Wish

One of the city's best for fresh local seafood as well as haute cuisine, this restaurant is tucked into The Hotel on Miami Beach. Entrées start at \$22; 305-531-2222.

### WHERE TO STAY

#### Dezerland Beach Resort and Spa

Catering to families and anyone who loves all things retro, the Dezerland's lobby features ten 1950s vintage cars—the rooms are even named after them. In addition to the usual beach activities, the hotel's new Nirvana spa features Russian and Turkish steam rooms, a cold plunge pool and

**F.Y.I.**

Miami resident and personal trainer Dominique Adam (305-409-7954) works out with fitness-minded vacationers outdoors or in their hotel room. A one-hour session (one-day notice) is \$85.

a "mud-slide" treatment that includes a body mask and wrap in botanical extracts. Room rates start at \$89. For more information, call 305-865-6661 or go to [dezerlandbeachresort.com](http://dezerlandbeachresort.com).

#### **Mandarin Oriental**

This chic waterfront outpost on the more secluded Brickell Key near downtown offers views of the Miami skyline—particularly from the hotel's enormous pool. The new spa features treatments such as the "detoxifying sea of senses," which combines skin brushing with an algae wrap. Rooms start at \$159. For more information, call 866-888-6780 or go to [mandarinoriental.com](http://mandarinoriental.com).

#### **Ocean Point Resort and Club**

Start your day at the Ocean Point with a sunrise tai chi class, then cool off under the pool's 25-foot waterfall. Afternoons are for parasailing and beachside barbecues. Head to the spa for a rain-forest body scrub, which includes a sea-salt sponge treatment. Rates start at \$240. For more information, call 866-623-2676 or go to [oceanpointresort.com](http://oceanpointresort.com).

#### **Sonesta Beach Resort**

Tucked away in Key Biscayne, a small island minutes from South Beach, the Sonesta boasts an Olympic-size pool and nine tennis courts and has everything from wave runners to paddleboats on hand for guests. The resort's new spa specializes in Kur mineral therapy, featuring body wraps of thermal mineral water, algae, mud and essential oils and herbs. Rooms start at \$195. Call 800-766-3782 for more information or go to [sonesta.com](http://sonesta.com).

#### **The Townhouse**

This is one of the most affordable fitness- and family-friendly hotels in town. The property is sans pool, but where else can you find workout stations with treadmills and stationary bikes in the hallways of every floor? Free breakfast and discount passes to Crunch gym make this funky new hotel a real find. Rooms start at \$79. For more information, call 305-534-3800 or go to [townhousehotel.com](http://townhousehotel.com). ■

