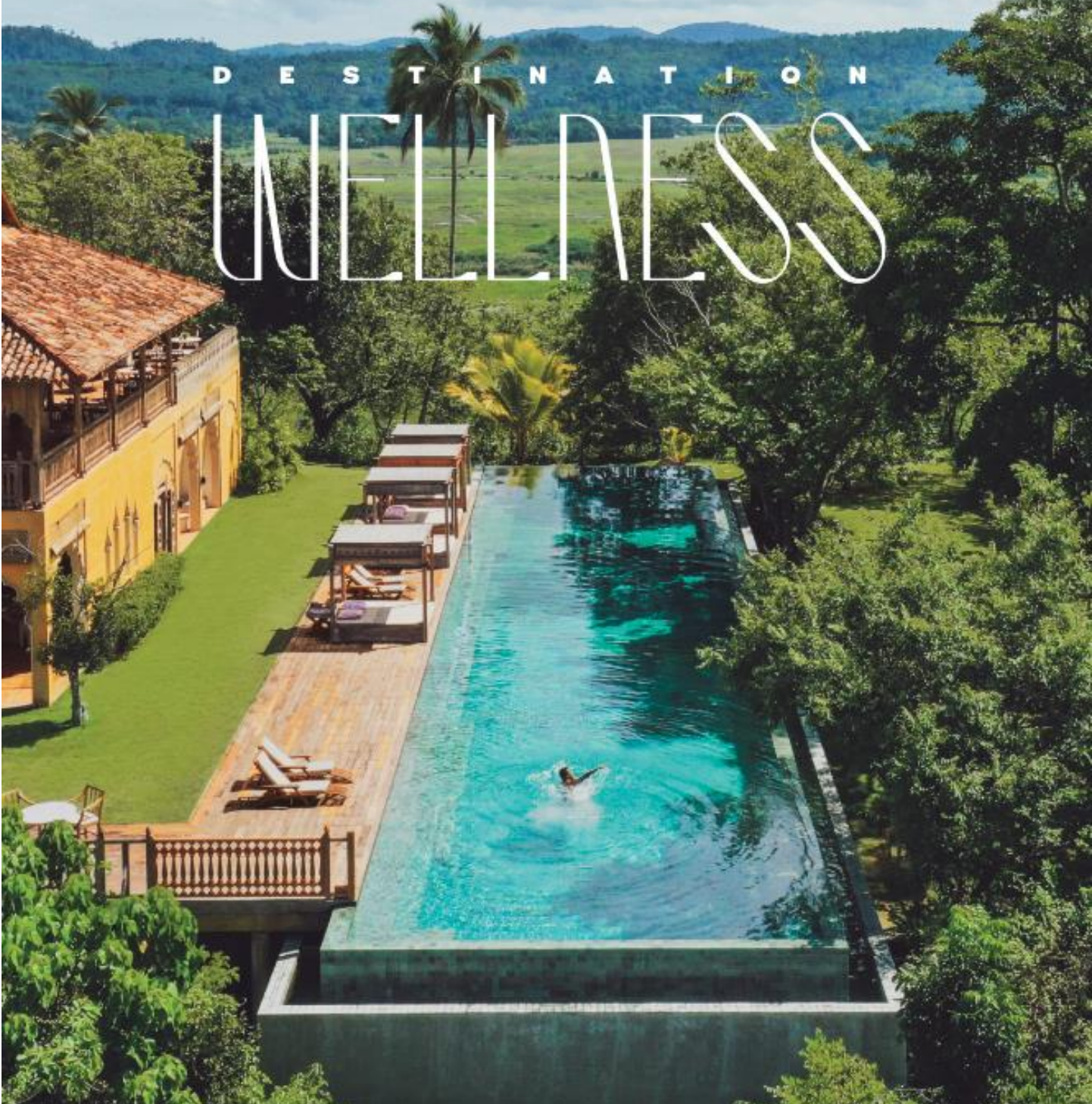


TRAVEL + LEISURE

D E S T I N A T I O N

WELLNESS



Strength in Numbers

BIKING IS A BALM for me, a way to quiet my mind. But my love for the sport went next-level when I signed up for a group mountain-biking camp last fall. Within hours, I was feeling the rush of shared success, as my new friends and I high-fived at the end of our first trail ride. Turns out, there's real power in working out together, particularly in a new environment. "Travel is a great way to explore new ways of movement," says Susan Gelinas, an executive at Lululemon. "And the people who report feeling a higher well-being are the ones turning to their communities." Outfitters are responding with trips, including these, that help exercise those social dynamics. —NINA KOKOTAS HAHN

SWEAT IT OUT IN CONNECTICUT



All the rage in Amsterdam and London, the soulful, high-intensity group workout brand **Sanctum** (rates not available at press time) has landed in the U.S. Its core offering is a mash-up of HIIT and silent disco, blending elements of yoga, martial arts, and breath work, with a soundtrack piped into your own headphones. The company's occasional retreats, in partnership with Auberge Resorts Collection, take the class concept further, with a weekend-long reset scheduled for May 2025 at the Mayflower Inn & Spa.

BIKE THE WILDS IN UTAH



EvoTrip (from \$1,295 per person) hosts seasonal women-only camps in Park City, which has 500 miles of mountain-bike trails. The company also organizes just-for-beginners instructional trips with coaches from Momentum Mountain Biking. Farther south, and near the state's best-known national parks, **Backroads** (above; from \$3,199 per person) has a new Bryce & Zion Glamping Multi-Adventure Tour, a five-day road-bike trip that also includes hiking amid the hoodoos and glamping at Under Canvas properties.

DRIVE THE FJORDS IN NORWAY



The winding roads of the Sunnmøre Alps are the setting for a new itinerary created by **62°Nord** (from \$9,854 per person), a Norwegian outfitter and travel-planning company. Drive the Fjords puts travelers behind the wheel of an electric Porsche Taycan Cross Turismo for a six-day tour on iconic routes, including the serpentine Atlantic Road. The customizable journey for up to six people, in three cars, can also include stops for hiking, e-biking, and kayaking, with stays at plush hotels, including Union Øye.

4 MORE GROUP ADVENTURES



RIDE 'EM IN COLORADO

Old-school Western vibes are part of the draw at the 8,500-acre **C Lazy U Ranch** (doubles from \$605 per person, all-inclusive), about two hours northwest of Denver. So are its horsemanship clinics for adults and age-specific kids' camps, with daily trail rides.



GLIDE THE WAVES IN MEXICO

Baja California Sur is one of the world's best places for wing foiling, a sport that's a blend of surfing, windsurfing, and kite boarding. If, like most people, you're a novice, the place to learn is **Nomad Kitesurf School** (two-day courses from \$773), in the village of El Sargento.



GO WILD IN ARGENTINA

For a physically demanding, logistically complex, go-for-broke challenge, **Black Tomato** (\$62,500 for a group of eight) can organize a hike, sail, and horseback expedition to the rarely visited Mitre Peninsula of Tierra del Fuego, all supported by specialist guides.



LEARN TO SURF IN COSTA RICA

New in 2024, **Silvestre Nosara Hotel & Residences** (doubles from \$761), on the Pacific coast, is a go-to spot for group surfing lessons, with easy access to consistent waves and a variety of breaks for both beginners and more advanced riders.