venture out

do if you don't know a putter from a driver. Start your morning with a jog on the two-mile paved trail through the village's lush botanical gardens. In the afternoon, head to the nearby River Wildlife, a 500-acre nature preserve, where you can canoe on the Sheboygan River or hike/horseback on 25 miles of trails.

Rainy-day options The hotel's sprawling 85,000-square-foot gym houses a pool, tennis courts and state-of-the-art exercise equipment. Take one of the 10-plus classes a day (\$16.50 each), like Treading (a group treadmill class) or power yoga. The spa specializes in water treatments, such as the Riverbath (\$95), a 50-minute mineral-infused soak followed by a shoulder massage with pulsating water.

Details Getting a last-minute room during the summer isn't hard; getting a golf reservation is (nonguests can reserve tee times too). If you have to golf, plan a few months in advance. Otherwise, calling early in the week for the upcoming weekend is fine. From \$293 a night (800-344-2838, destinationkobler.com).

ESCAPE FROM ATLANTA

Beechwood Inn THE BLUE RIDGE MOUNTAINS NEAR CLAYTON, GA., 110 MILES NORTHEAST

Wildflower gardens blanket the grounds of this rustic seven-room inn — built around a 19th-century log cabin — in the middle of Georgia's wine country.

Get outside Once you've peeled yourself out of impossibly soft 600-threadcount sateen sheets, it's time to multi-

task, outdoor style: Three state parks, five lakes and three major rivers lie within a short drive. Start with a four-mile round-trip hike to the top of 4,696foot Rabun Bald, in the Chattahoochee National Forest, where fresh blueberries line the trail. Next, get wet. Grab a paddle and raft through Class V rapids on the Chattooga River, or turn the adrenaline down a notch and float the calmer sections in an inner tube.

Rainy-day options Catch up on your reading and enjoy a glass of wine from the inn's extensive wine cellar while lounging in a rocking chair on the grand covered front porch. Afterward, hit the antique shops and folk-art galleries in the nearby town of Clayton. Either way, plan on a decadent five-course meal on Saturday night at the Inn, which typically has a culinary theme, like "Evening in Provence," with a variety of French wines to accompany the courses. Don't worry — you'll burn off those calories on tomorrow's hike!

Details Because of the popularity of the Saturday night meals, it's best to book your getaway at least a month in advance. But sometimes a last-minute call on Thursday can net a room for the weekend. Rates start at \$159 a night (706-782-5485, beechwoodinn.ws).

ESCAPE FROM NEW YORK CITY

The Copperhood Inn & Spa SHANDAKEN, N.Y., 135 MILES NORTH

Trade in the rush and noise of the Big Apple for the laid-back feel of the Catskills in this 15-room inn with a European feel.

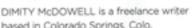
Get outside With miles of mountain trails just steps away, daily hikes are always on the menu. ("It's cooler than the city and there aren't any bugs," says Elizabeth Winograd, the owner, who notes that Basha and Kasha, the Inn's two pet goats, often like to tag along.) Choose from a challenging two-hour uphill climb or a leisurely foraging walk, where a guide teaches you how to identify wild edibles, like mushrooms, then helps you prepare them for dinner. The hotel also provides complimentary road and mountain bikes as well as tennis rackets (the courts are located on a private island adjacent to the hotel).

Rainy-day options Choose from one of 30 spa choices: More adventurous types can try the Scotch Hose (\$115), a one-hour circulation-boosting treatment during which you're massaged with jets of alternating hot and cold water. But more traditional options, like a hot stone massage (\$160) or herbal wrap (\$115), are also available. Later, meditate in the sunlit yoga studio, do laps in the 60-foot indoor pool or take a free hour-long class, like African dance or tai chi. The gym also features a 15-station weight circuit. And if you hate to be away from e-mail, don't worry; there's wireless Internet access in each room.

Details Fall foliage season, especially Columbus Day weekend, is always



Rainy-day options There are two main indoor attractions in Austin: live music and Tex-Mex dining. Pick up a copy of the weekly Austin Chronicle to scope out shows at the 150-plus livemusic venues; maybe you'll stumble



banana cake without an ounce of guilt!

Details Summer weekends are usually

open, but the fall is much more popu-

lar, thanks to University of Texas home

football games, Lance Armstrong's

Livestrong Challenge (Oct. 8) and the

Austin Film Festival (Oct. 19-26).

Rates start at \$225 per night (800-252-



packed, so book at least a month in advance at this time of year. But a lastminute reservation is usually doable during the off-season (November and December, or February through May). Rates start at \$299 per person and include all meals, daily hikes, classes and a \$45 daily spa credit (845-688-2460, copperbood.com).

ESCAPE FROM DALLAS

Driskill Hotel **AUSTIN, TEXAS, 200 MILES** SOUTHWEST

The relaxed urban vibe in Austin is decidedly different, and more restful, than fast-paced Dallas. The upscale 188-room hotel features a few classic Texas-style touches, like cowhide sofas and cattle horns, amid the otherwise elegant decor. Get outside Centrally located downtown, the Driskill is five blocks from Town Lake, where

you can do a loop or two on the 10-mile dirt jogging and biking path. After your workout, head over to the Lady Bird Johnson Wildflower Center, where you hike past 650 species of native wildflowers. At the end of the day, cool off with a dip in the Barton Springs Pool, a three-acre, spring-fed natural pool with chilly 68-degree water.

based in Colorado Springs, Colo.

9367, driskillbotel.com). O

PACK LIGHT

Yes, you can bring just one bag for the entire weekend! The trick? Finding pieces that are comfortable and fashionable, so you can hike, shop and dine in them. Four of our favorites:



Twist Top (\$46; pranacom) from Prana offers support during yoga class and complements a skirt for dinner



Designed for everything from beachcombing to biking to sightseeing, the Mary Jane-style Malibu (\$90; keenfootwearcom) from Keen is made of quick-drying mesh.



Horny Toad spruced up its Yolo Capris (\$58; hornytoad.com) with four large pockets for stashing essentials. The feminine fit makes them perfect. for an outdoor concert too.



Toss everything into Timbuk2's large tote (\$70; timbuk2.com), a massive, zippered bag with interior pockets that's made of waterproof vinyl.