

SPRING 2018

**THE  
INSPIRATION  
ISSUE**

# The Knot

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TRAVEL

→ *for*  
**ADVENTURERS**



*for*  
**ART  
AFICIONADOS**





↓  
for  
**FOODIES**

for  
**ROMANTICS** ←

FROM EXOTIC EXPEDITIONS TO RELAXING JAUNTS,  
DISCOVER THE BEST TRIP FOR YOUR  
TRAVEL STYLE AND COUPLE PERSONALITY. BY JEN MURPHY

YOUR PERFECT  
**ESCAPE**

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**IF YOU'RE ANIMAL LOVERS**  
try **ZIMBABWE**

Zimbabwe has long been considered the go-to for a safari in Southern Africa, and after a few decades of political unrest, the country is making a comeback—

largely on the heels of conservation efforts. Wildlife is thriving and parks like Hwange are teeming with elephants. Deeper Africa can arrange safaris that combine wildlife and cultural experiences and provide a glimpse of how tourism benefits both nature and the local communities. (DeeperAfrica.com)

**WHEN TO GO** Dry season, between June and October, offers especially great weather for game viewing.

**WHERE TO STAY** At Somalisa Camp's location on the banks of a watering hole in Hwange National Park, you can view elephants from one of its seven tents as you take a relaxing soak in a copper bathtub. Run by conservation pioneer African Bush Camps, Somalisa can arrange village visits as well as couples activities, such as a romantic bush dinner for two under the stars. (From \$990, all-inclusive; AfricanBushCamps.com)

**WHAT TO DO** Go on a game drive and stop at one of the watering holes for a G&T at sundown, then scan the bush for nocturnal critters on a night drive back to camp.

**GIVE BACK** Head to one of African Bush Camps' community projects such as Thandanani, a micro-finance sewing collective of 10 women who sew and sell robes and bags.

**IF YOU'RE HISTORY GEEKS**  
try **JORDAN**

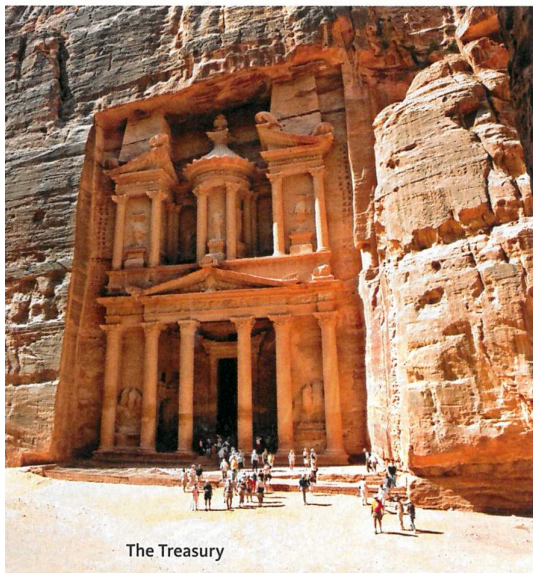
The news these days doesn't always paint the most attractive picture of the Middle East, but in fair-minded Jordan, that just means you won't have to battle crowds to view ancient treasures. The country's historical landmarks tell the story of centuries-old civilizations. Outfitter Experience Jordan offers excursions ranging from a day trip to visit the narrow gorges of Wadi Rum to a seven-day hike from Dana Biosphere Reserve to the ancient city of Petra. (ExperienceJordan.com)

**WHEN TO GO** Spring and fall—avoid the scorching heat of summer.

**WHERE TO STAY** Set along the Dana to Petra trail, Feynan Ecolodge runs off solar power and is staffed by local Bedouins, who invite guests into their community for coffee and bread-baking demonstrations. The hotel is alcohol free and vegetarian, but serves the best falafel in all of Jordan. (From \$225, all-inclusive; EcoHotels.me)

**WHAT TO DO** From Feynan Ecolodge, you can explore well-preserved Roman ruins, remnants of an early Byzantine monastery and the remains of a Neolithic settlement on a four-hour guided Archeological Treasures hike.

**SITES TO SNAP** The Treasury is one of the most elaborate temples in the area and Petra's most photographed edifice. If you enter Petra via the back route, you can capture shots of the awe-inspiring monastery too.



The Treasury



**IF YOU'RE ART AFICIONADOS**  
try **CAPE TOWN, SOUTH AFRICA**

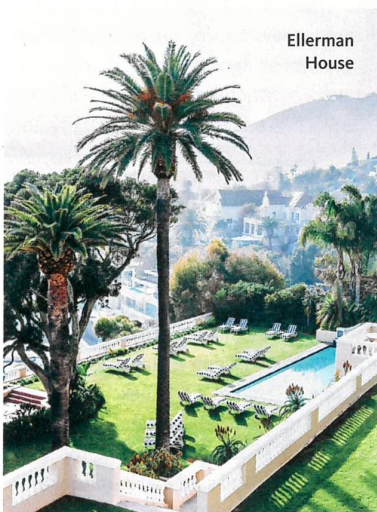
Safaris aren't the only draw in South Africa. The country's dynamic art scene is luring visitors to cities like Cape Town. Collectors gravitate to smaller venues, like Gallery MOMO, that showcase the work of emerging South African artists including Angus Taylor, Phillemon Hlungwani and Louis Maqhubela.

**WHEN TO GO** March to May and October to November have fewer crowds.

**WHERE TO STAY** Ellerman House, a hotel in the seaside Bantry Bay neighborhood, offers breathtaking ocean views and an extensive South African art collection with works from talents such as John Meyer, Deborah Bell and William Kentridge. The hotel's wine gallery could also double as a work of art, with stellar local bottles of Pinotage stacked like a three-dimensional sculpture. (From \$675; Ellerman.co.za)

**WHAT TO DO** Ellerman House's resident art guide can take you on a behind-the-scenes tour of some of Cape Town's best galleries, including Whatiftheworld and Everard Read.

**MUSEUM TO VISIT** In 2017, Africa's largest modern art museum, the Zeitz Museum of Contemporary Art Africa, opened in Cape Town. It's housed within a converted grain silo on the Victoria and Alfred waterfront, and has already been hailed as South Africa's answer to the Tate Modern. (ZeitzMoCAA.museum)



Ellerman House



Courmayeur, Italy

**IF YOU'RE ATHLETES**  
try **COURMAYEUR, ITALY**

No matter the season, Courmayeur, located on the border of France, can scratch your itch for action. This utterly charming, relatively small town sits at the foot of majestic Mont Blanc. The ski area is small with limited, but well-groomed, trails and plenty of fantastic on-mountain dining options. When the snow melts, the area is an outdoor playground. Hike, bike, climb, raft or paraglide, then reward your efforts with homemade pasta and Italian vino.

**WHEN TO GO** Hiking trails are empty June through August, when most Italians vacation by the sea. Skiers should book between February and early April.

**WHERE TO STAY** Auberge de la Maison is the epitome of alpine romance. The wood and stone hotel oozes European charm and the spa boasts panoramas of Mont Blanc and unique alpine therapies such as a hay bio-sauna. You can't go wrong with homemade ravioli and seasonal desserts like hot chestnuts. (From \$165; AubergeMaison.it)

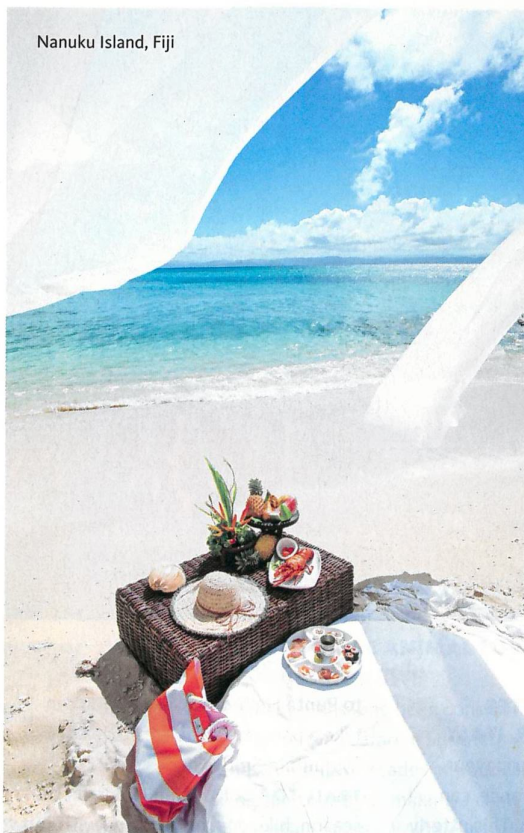
**WHAT TO DO** Channel your inner mountaineer and hike across a glacier. Descend an exposed snow ridge from Aiguille du Midi then navigate crevasses and snow bridges of Glacier de Geant as you cross the French-Italian border

to Punta Helbronner, where you can take a panoramic cable car back down. (Mountain-Spirit-Guides.com)

**TRAIL TO TACKLE** Depending on the season, hike or skin (climbing with snow skis) up to Walter Bonatti Refuge. The over-four-hour trek provides a great workout and excellent panoramic views. (Rifugiobonatti.it) >>







Nanuku Island, Fiji

**IF YOU'RE ROMANTICS**try **FIJI**

Honeymooners have hundreds of islands to choose from in Fiji—and many of them private. Plus, lodging options span from cozy eco tree houses to break-the-bank luxury resorts. You and your partner can explore waterfall-dotted jungles and blue lagoons, where you can take a dip in complete and total privacy.

**WHEN TO GO** Fiji has a tropical climate year-round, but there's less rainfall May through October.

**WHERE TO STAY** Nestled on the coast of Viti Levu, Nanuku Auberge Resort is set on a postcard-worthy two-mile stretch of white-sand beach. The property combines the best of culture and comforts—think Fijian Bobo massages and local cuisine, such as *kokoda* (ceviche). (From \$540; [Nanuku.AubergeResorts.com](http://Nanuku.AubergeResorts.com))

**WHAT TO DO** Lounging poolside is a perfectly fine way to spend a day, but if you're feeling more active, try white-water rafting or snorkeling at Nanuku Reef to check out marine life. Or opt for a tour of the village and drink kava with local tribal elders.

**ROMANTIC MOMENT** The new Ki Na Kalokalo (Pathway to the Stars) experience at Nanuku allows couples to stay overnight on their very own private island. Tents are available, but most guests prefer to fall asleep under the stars in hammocks. In the morning, a chef magically appears to brew coffee and cook breakfast.

**IF YOU'RE CULTURAL EXPLORERS**try **RAJASTHAN, INDIA**

India's cultural heart is impossibly romantic. The northwestern state unfolds itself like an ancient tapestry of forts, *havelis* (mansions) and opulent palaces. Most travelers make a circuit and head to Jaipur (the capital) then jump to Jodhpur, Jaisalmer and finally the fairy-tale-like lake city of Udaipur. To truly travel back to the time of the Raj, spend a few days relaxing in the rural heartlands, where life feels like it hasn't changed in centuries.

**WHEN TO GO** July to September is monsoon season—but it also brings cooler temperatures and fewer crowds. Winter, October to March, boasts colorful festivals. Try to avoid the summer heat of April through June.

**WHERE TO STAY** Escape the city and spend a few nights living like a maharaja at Shahpura Bagh, a rural estate set on 45 acres of gardens midway between Jaipur and Udaipur. The former summer residence of the ruling dynasty is still family owned. Bird-watch from the property, take an excursion to the nearby orchard farm or lounge like true royalty beside one of the largest temperature-controlled pools in Rajasthan. Nine suites are furnished with family heirlooms and the restaurant serves authentic Rajasthani meals prepared over a wood fire, including recipes passed down through several generations. (From \$315; [ShahpuraBagh.com](http://ShahpuraBagh.com))

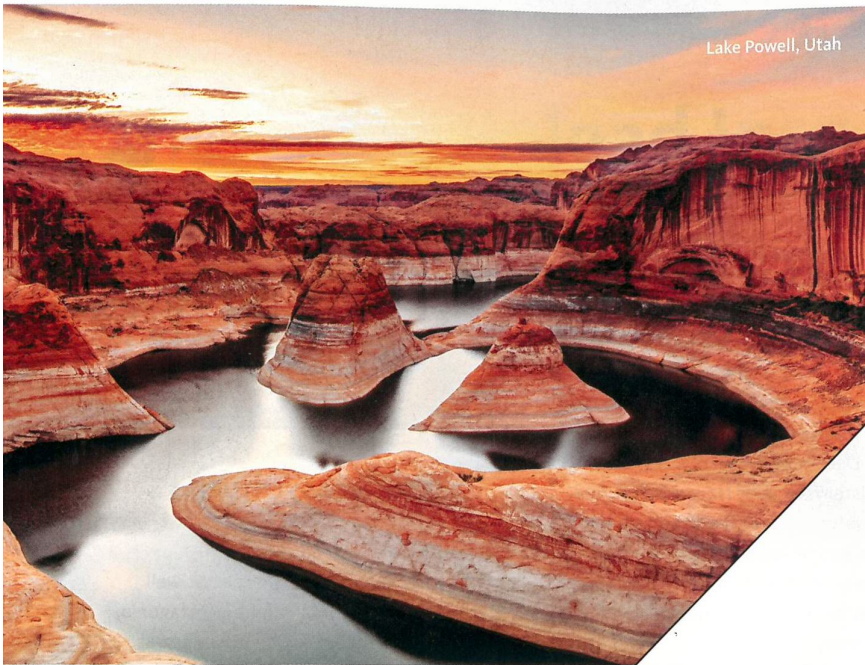


Rajasthan, India

**WHAT TO DO** Palace hopping is an absolute must. UNESCO-listed Amber Palace, just outside of Jaipur, is made entirely of red sandstone and white marble, and Salim Singh ki Haveli in Jaisalmer has 38 balconies and a roof that resembles a peacock.

**ARTISAN STOP** Owned by ninth-generation jewelers, the city's oldest jewelry store, Jaipur's Gem Palace, allows visitors to observe craftsmen as they polish, cut and solder absurdly large, and beautiful, rubies and emeralds. ([GemPalace.com](http://GemPalace.com))





**IF YOU'RE BUCKET LISTERS**  
try **UTAH**

Utah is home to five of America's national parks, plus other equally stunning wilderness areas like Lake Powell and Monument Valley. Check off your park bucket list on a road trip in an RV or choose a base and adventure hop. Hike the Grand Canyon, climb a via ferrata (a route of ladder rungs and fixed cable), explore slot canyons and dig for fossils around Grand Staircase-Escalante. Have your camera at the ready, as Instagram-worthy photo ops of hoodoos (tall spires of rock) and red-rock arches are around every corner.

**WHEN TO GO** May through September, but remember, summer months can be hot and temps vary based on elevation.

**WHERE TO STAY** If camping and cabins aren't your thing, Amangiri is well worth the hefty price tag. Set on 600 acres, the luxe lodge is at the heart of the Grand Circle, making it the ideal stay to explore Utah's riches. Each of the 34 suites has a private terrace with mesa or dune views. After a day outdoors revive sore muscles with a spa treatment inspired by Navajo traditions. (From \$1,400; Aman.com)

**WHAT TO DO** Take in the slot canyons and mesas that surround Lake Powell's 2,000 miles of shoreline by kayak.

**MOST INSTAGRAMABLE SITE** Amangiri can arrange an early morning hot-air balloon flight where you'll take in aerial views of Lake Powell, the Vermillion Cliffs, Navajo Mountain and Grand Staircase-Escalante.



**IF YOU'RE FOODIES**  
try **NAPA, CALIFORNIA**

America's iconic wine region has emerged as a serious food destination. Chef Thomas Keller set the bar high in 1994 when he opened The French Laundry in Yountville. If you can't score a reservation (akin to winning the lottery) don't fret, the Valley now has 10 other Michelin-worthy restaurants to splurge on. Napa has loosened up over the years, which means some of the region's most delicious bites include Michelin-chef prepared fried chicken paired with sparkling wine.

**WHEN TO GO** The vineyards are abuzz during harvest season, from August through October. You're more likely to find winemakers in their tasting rooms and fewer crowds March through May.

**WHERE TO STAY** Book a vineyard view room at Las Alcobas, a year-old resort in St. Helena with a gorgeous spa and yoga studio, and a stellar restaurant from star chef Chris Cosentino. Beringer Winery is just next door and offers guests exclusive tastings of its six grape varietals. (From \$695; LasAlcobasNapaValley.com)

**WHAT TO DO** Go on a locavore food crawl through downtown Napa's Oxbow Public Market and sample artisanal ice cream, charcuterie, craft beer and wine. (OxbowPublicMarket.com)

**BEST RESERVATION TO SCORE** The Restaurant at Meadowood, often called the new French Laundry, has three Michelin stars to prove its culinary prowess. Its laid-back sister restaurant, The Charter Oak, opened last year and serves wood-fired dishes like grilled chicken with dried grape leaves and a rib eye for two with maitake mushrooms. (TheRestaurantatMeadowood.com; TheCharterOak.com) >>





**IF YOU'RE NATURE LOVERS**  
 try **ARENAL VOLCANO NATIONAL PARK, COSTA RICA**

While Costa Rica may be a small island, it contains nearly 6 percent of the world's biodiversity. The rain forests of Arenal Volcano National Park are home to many creatures, including three-toed sloths, exotic

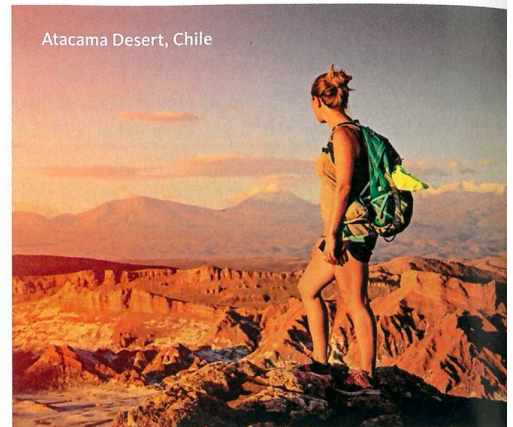
butterflies and chirping tree frogs. Bird lovers can spot tropical species like toucans and parrots on foot or horseback here too. Or take a safari float adventure down the Rio Frio to snap photos of caimans, turtles and playful monkeys.

**WHEN TO GO** Go during the dry season, from mid-December to April.

**WHERE TO STAY** Nayara Springs, the adults-only sister retreat to Nayara Hotel, Spa & Gardens, has a prime setting in Arenal Volcanic National Park. The 35 villas have their own plunge pools, fed by mineral-rich thermal springs, and come with a personal host to arrange activities such as zip-line tours through the treetops and visits to a wildlife rescue center. Book an open-air treatment for a volcanic mud wrap with a view of the rain forest. (From \$850; NayaraSprings.com)

**WHAT TO DO** Accompany Juan Pablo, the resident wildlife expert, on a night forest walk in search of nocturnal critters such as bats, neon-colored frogs and wildcats.

**ANIMAL ENCOUNTER** If you're lucky, you'll spot a sloth in the wild. If the slow-moving mammal eludes you, you're sure to see one at Nayara's new sloth sanctuary shelter, home to more than 15 sloths. Take a complimentary walking tour and spot other wildlife too—the area has the highest number of bird species in Costa Rica.



Atacama Desert, Chile

**IF YOU'RE ADVENTURERS**  
 try **SAN PEDRO DE ATACAMA, CHILE**

The Atacama Desert may not be as well known as its southern neighbor Patagonia, but Chile's northern region offers just as many opportunities for adventure. One of the world's driest places, the Atacama is home to lunar-like landscapes, expansive salt flats, gushing geysers and exotic wildlife including the culpeo fox and the protected vicuña. When darkness falls, the sky turns into one beautifully mind-boggling star field.

**WHEN TO GO** As one of the driest areas in the world, the weather rarely changes, but June and July nights are chilly.

**WHERE TO STAY** Tierra Atacama is a perfect pick for couples who want to combine activities with relaxation. Its 32 rooms feature volcano and mountain views, private terraces and outdoor showers. The rate includes one full day or two half-day guided excursions, and its spa pairs therapies (reiki and a crystal massage) to excursions (a hike up Valley of the Moon). (From \$1,550, all-inclusive; TierraHotels.com)

**WHAT TO DO** Explore the seven distinct zones that make up Los Flamencos National Reserve, including Salar de Atacama—Chile's largest salt flat. Have a pisco sour in hand to watch the sunset at the Valley of the Moon and marvel as the otherworldly landscape turns from pink to red.

**BADASS EXCURSION** The summit of Láscar, Chile's most active volcano, is 18,300 feet, and while the trek to the top is just over two miles, it involves a steep ascent of 1,900 feet.



Nayara Springs

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