

SHAPE
YOUR
LIFE**WIN!**
A LUXURY
SPA
VACATION
FOR TWO
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GET FLAT ABS & A FIRM BUTT

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KELLY RIPA
WORKOUT**She shows us
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that got her
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THE HAPPY DIET

Lose weight,
not your sanity
with these 7 power foods**PLUS**

When trusting your gut can save your life, p. 150



Grab a buddy and try something new together

5 trips that will change your life

Take one part adventure, two parts adrenaline, and three parts Mother Nature and you've got a surefire recipe for your best getaway ever.

BY NANCY COULTER-PARKER

When you hear the word "vacation," do you always think of the same thing—a beach excursion, a cruise, a ski holiday—because you always *do* the same thing? If so, you're in a getaway rut. And who could blame you when, after months of non-

stop deadlines and demanding family schedules, all you want to do is escape, and the easier it is, the better. But stepping out—heck, *leaping* out—of your vacation box will pay off big when you get back to the real world. "Taking on a physical challenge on your vacation can

give you the confidence to explore new horizons at work or even in your relationship," says James Herrera, a cycling coach and founder of Performance Driven Coaching in Colorado Springs. To help you expand your leisure-time boundaries, we've tracked down five trips, suitable for all fitness levels, that will get your adrenaline surging and help you realize your potential. You may head into it thinking, "I can't do that," but we guarantee you'll come back saying, "If I can do that, I can do anything!"

THE CHALLENGE: RIVER KAYAKING

Otter Bar Lodge Kayak School

Forks of Salmon, California

Do it if the thought of navigating a tippy boat through rapids and around rocks gives you a rush.

Test your skills Sign up for a summer course at Otter Bar, one of the foremost kayaking schools in North America, and learn the white-water-paddling ropes on the Klamath River, surrounded by granite walls and lush forests. You'll spend about six hours a day on the water, negotiating anywhere from Class I rapids (barely a ripple) to Class IV (rip-roaringly intense). (If you want *white* white water, go in the springtime, when levels are often at their highest.) Although you'll learn how to control your boat with various strokes, braces, and maneuvers, such as the Eskimo roll (righting the boat—with you still in it—when it turns over), instructors really just want you to have a good time while gaining confidence on the river. Expect to get wet, but with a big smile nonetheless.

After hours Otter Bar's 62 acres in remote Northern California include hiking trails and three ponds. And then there's the food—many alums say that alone is worth the trip. Prepared by two on-site chefs, such dishes as baked-brie-and-raspberry crostini and blackened salmon with fresh mango sauce await you at the end of a soggy day. The spreads are served outside, at long dining tables under the stars.

ERICKA MCCONNELL

stretch class to warm up your legs and ease any remaining tightness from the previous day's hike, then fly off for another day of adventure.

Make it happen Three- to six-night trips range from \$2,200 (CAD) to \$4,800 (CAD) per person and include lodging, food, helicopter rides, guides, and stretch classes. Call 800-661-0252 or go to canadianmountainholidays.com for more information.



A helicopter gives you access to Canada's Bugaboo Provincial Park

THE CHALLENGE: ROCK CLIMBING

Exum Mountain Guides Jackson Hole, Wyoming

Do it if you harbor a secret fascination with Mt. Everest but can't get past the climbing wall at your gym.

Test your skills The Owen-Spalding/Exum Ridge route on Wyoming's Grand Teton, the U.S. equivalent of Switzerland's Matterhorn, will help you overcome your mental and physical climbing barriers. Although the climb is very technical—you'll be roped into a harness, which is attached to a guide, every step of the way—you'll sometimes feel as if you're simply ascending an incredibly steep and challenging hill. To ensure success on this two-day climb (on the way up you stay overnight in a rustic cabin mid-mountain), you'll need to learn the ropes, literally, in two one-day climbing clinics: Multi-pitch Mountaineering I and II. All the preparation is worth it, though. When you reach the summit, you'll

feel like you're on top of the world—and at 13,770 feet you practically will be.

After hours You're on your own after the clinics, so head into Jackson or Teton Village (half an hour from the Exum headquarters) for some shopping before dinner. In Jackson, the upscale, recently expanded boutique Katherine (307-734-6360) has a big-city vibe and stocks everything from designer jeans to perfumed soaps. For dinner try the Old Yellowstone Garage (307-734-6161) on Center Street in downtown Jackson. It may sound dingy, but this high-end eatery serves authentic Italian fare and features an impressive wine list.

Make it happen Four days of instruction and guiding is \$645 to \$805 per person and includes equipment, both clinics, guides, and lodging for one night during the climb. Pack light, since you'll carry all your gear and food. Call 307-733-2297 or go to exumguides.com. Sign up for the Scale the Grand package at the Teton Village Lodge and Spa, and from \$1,835 per person (double occupancy) you get all the above, plus a room for the three nights prior to the climb, an 80-minute sports massage, and a 30-minute arnica wrap (800-801-6615; tetonlodge.com).

THE CHALLENGE: MOUNTAIN BIKING

Alison Dunlap Adventure Camp Moab, Utah

Do it if those occasional bumps, jumps, and hills you hit on your regular

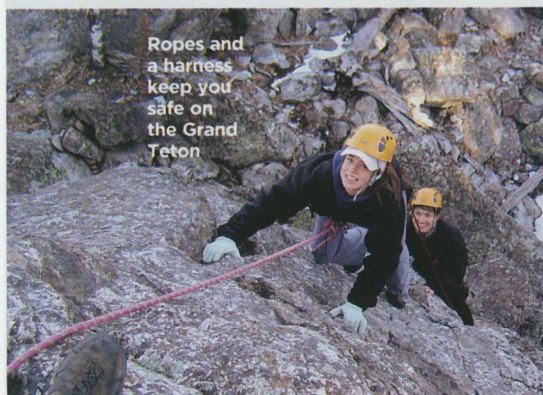
rides around your neighborhood scare you a little—but thrill you more.

Test your skills Spend some time building or polishing your mountain-biking skills with Alison Dunlap, a former world champion and Olympian, in the fat-tire mecca of Moab. At this camp you'll forget the fire roads back home and find yourself peppering your conversations with words like "slickrock" and "drops" as you learn all the ins and outs of riding the trails. The first day involves building your skills and confidence: You'll work on hopping off ledges, turning, and weight shifting in a park for a few hours before hitting the trails. You'll spend five or six hours riding on each of the final three days. A 3-to-1 student-to-guide ratio means someone's always available to answer your questions or show you what stump jumping *really* looks like.

After hours Out of the saddle, you can explore the local petroglyphs (rock carvings), hang out by the pool, or rejuvenate with a massage (you get one a day). Evenings bring clinics on nutrition, hydration, and bike maintenance, along with talks from local naturalists.

Make it happen Camp runs October 9 through 15 and is \$2,315 including food, lodging (at a condo), a daily massage, instruction, and all transportation to and from Moab. Bike rental is extra. Call 800-845-2453 or go to alisondunlap.com.

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Ropes and a harness keep you safe on the Grand Teton