

Wish you were here?
Luscious vino awaits you at
this Umbrian winery.



HEALTHY ESCAPES

Feel-good getaway

Great food, great wine—and a great workout.

Here's how to indulge on vacation without the guilt: Sign up for one of Zephyr Adventure's new active wine adventures. You'll travel to a top wine region like Oregon or Spain, and hike, bike, canoe, horseback ride, and/or raft your way from winery to winery. Plan for this one: Hike through medieval towns in Italy's Tuscany region and bike down country paths in Umbria between samplings of Italy's best wine. The trip runs September 26 through October 3, and the \$2,700 fee covers wine tastings, delicious meals, top-notch hotel stays, and exercise you'll actually enjoy. (Airfare and bike rental not included.) Details: www.zephyradventures.com.