

FALL 2018

woodbury

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NEAR AND FAR
WEEKEND ESCAPES

INSTAGRAM
FITNESS STARS

RANCH HOME
RENOVATION

CLICK TO SIP
WONDROUS WINES

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GYM BAG BEAUTY

REALITY CHECK
E-CIGARETTES
& VAPING

BOOK REVIEWS
EATING PATTERNS
WOMEN'S HEALTH
AFTER HOURS

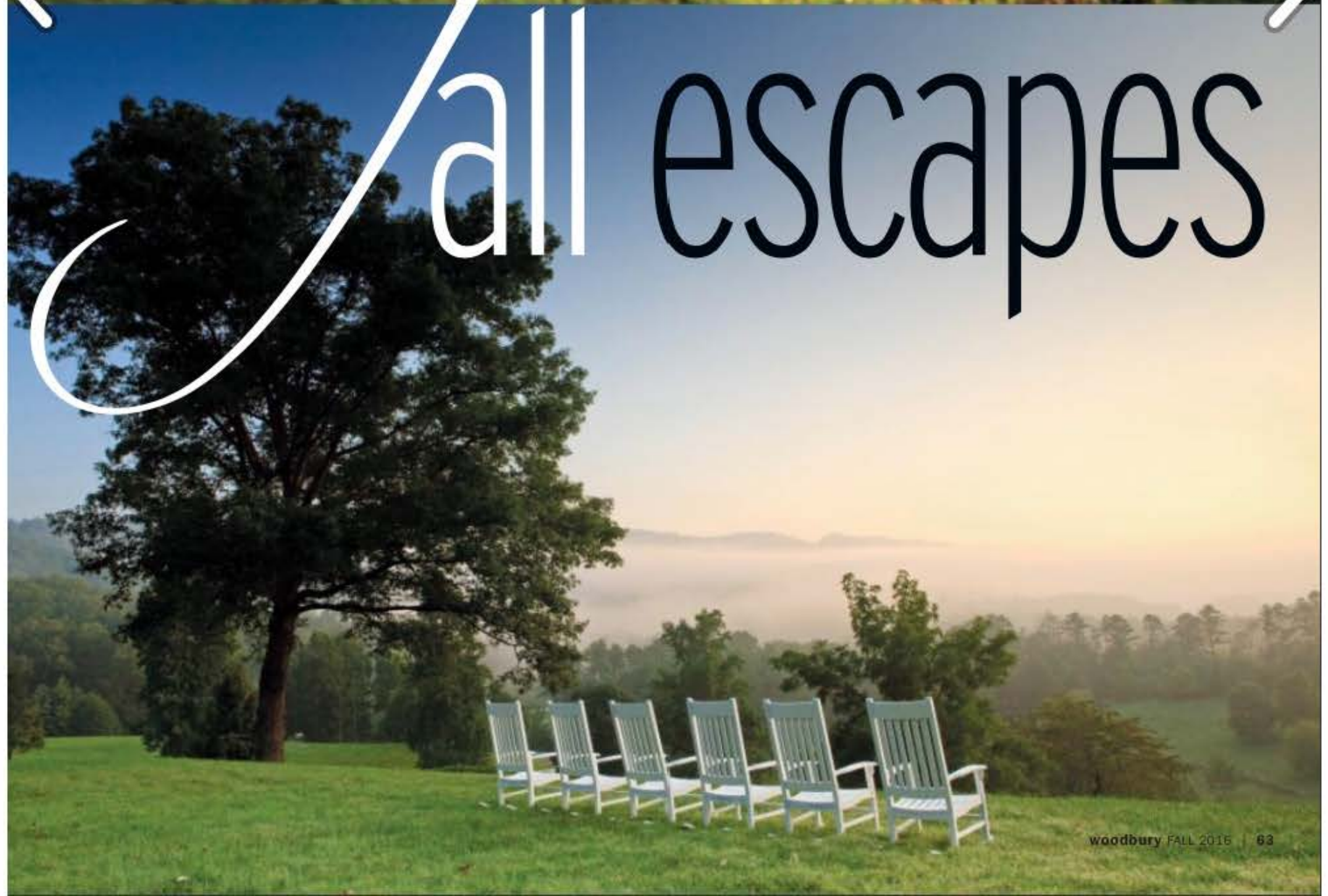
FALL FASHION
AT ITS FINEST
+ OVER 100 ACCESSORIES!

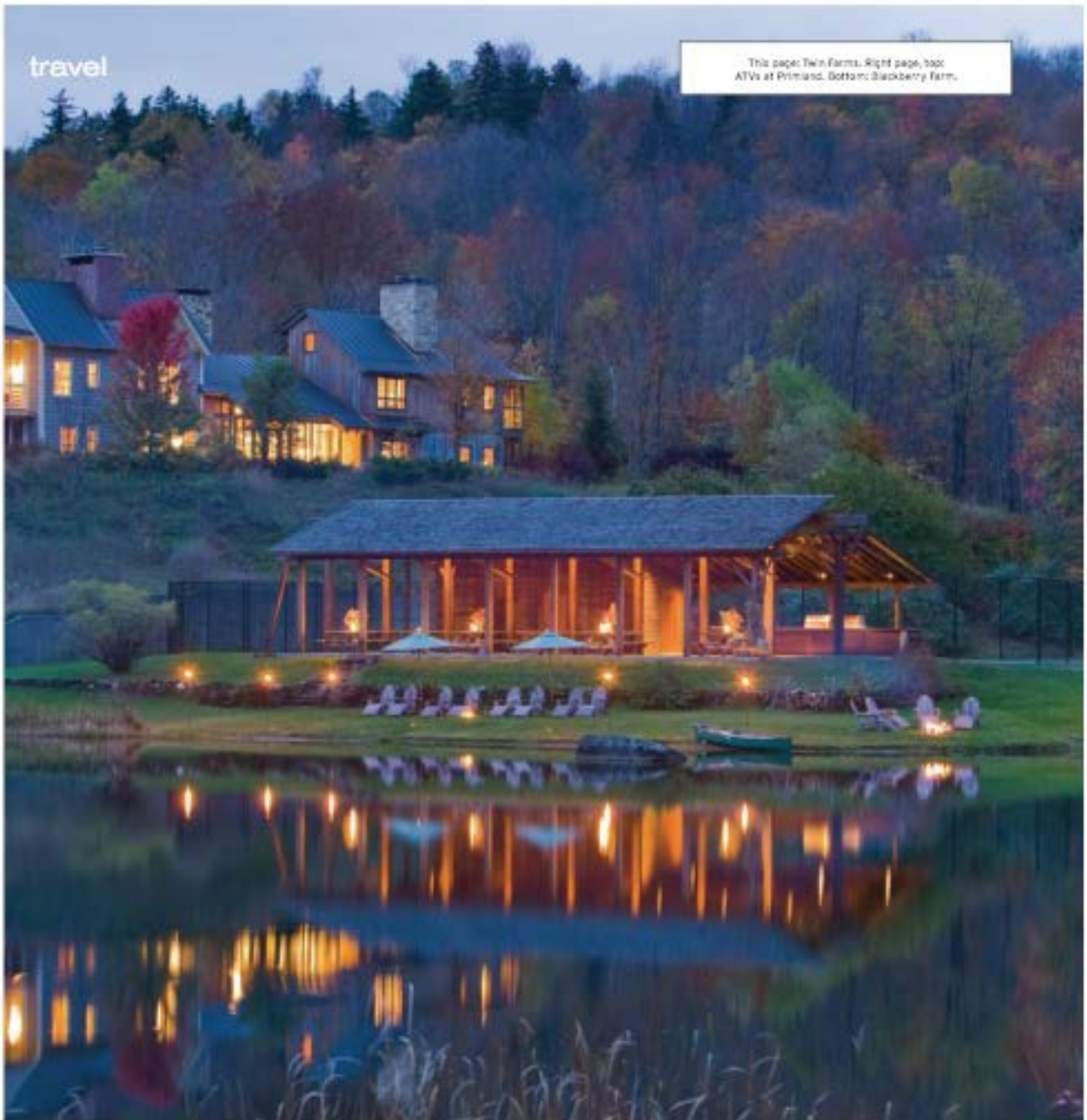




← HAVE WEEKEND, WILL TRAVEL →

Fall escapes





IT'S EASY TO GET LOST IN THE RUSH OF FALL. FROM LABOR DAY TO THANKSGIVING, THERE ARE JUST 80 SHORT DAYS, ALL OF WHICH CAN PASS BY FASTER THAN THE LEAVES FROM THE TREES IF YOU'RE NOT CAREFUL. WHAT BETTER WAY TO SAVER THE MOMENT THAN TO PRE-RESERVE A LITTLE DOWN TIME IN THE FORM OF A WEEKEND GETAWAY? WE'VE ROUNDED UP EIGHT OF OUR FAVORITES, FROM BUZZY NEW RESORTS AND FUN FOODIE DESTINATIONS TO SEXY COUPLE'S ESCAPES, ALL AN EASY FLIGHT OR DRIVE, NO PASSPORT REQUIRED. WHILE WE LOVE BIG CITIES, WE'VE BYPASSED THOSE DESTINATIONS FULL OF HUSTLE AND BUSTLE, FOCUSING INSTEAD ON LESS-TRAVELED DESTINATIONS WHERE YOU CAN TRULY GET AWAY FROM IT ALL AND RELAX. BRING THE KIDS – OR NOT – AND PLAN FOR A LITTLE "ME" TIME THIS FALL.

by MCLEAN ROBBINS

From the top: Fresh-from-the-garden dishes at Twin Farms, Palmetto Bluff's destination bridge and newly-renovated suite interiors at Blantyre.



FIT FOR FOODIES

If Michelin stars and James Beard Awards make your heart go pitter patter, look no further than these luxe escapes that make food a focal point.

**TWIN FARMS
Barnard, Vermont**

Once the private retreat of Nobel Prize-winning author Sinclair Lewis, Twin Farms today offers a discreet private playground for those wanting a dose of nature with their luxury vacation. Adults only and just 20 rooms, take your pick among picturesque cottages tucked into hillsides of flowering meadows or expansive suites, each offering unique décor. We love the Scandinavian-inspired barn cottage with a wood-burning fireplace and screened-in porch, or the Aviary, which offers a private stone hot tub. Begin each day with a lavish, multi-course breakfast—signature soufflé pancakes are a must — before spending your days hiking, biking or fly fishing with onsite Orvis guides. But whatever you do be sure to save room for lunch and dinner, designed as custom multi-course tasting menus where Chef Nathan Rich discreetly and seamlessly adjusts seasonal and local fare to your dietary and palate preferences. Over a recent weekend, we enjoyed everything from soba noodles and seared tuna to local rabbit and decadent Bolognese pasta. Wines, cocktails and yes, even gratuities, are included, so you'll easily find yourself saying "yes please" to another. We won't judge if you miss your planned morning hike and hit the well-appointed spa instead.

Fly or Drive? It's a relatively easy — and scenic — five hour drive. We'd suggest having a car while on property, but if you prefer to come by air, fly to Manchester, Burlington or Boston. The resort can also accommodate helicopter and private arrivals.

Pro Tip: If the weather doesn't cooperate, cozy up in Twigg's Pub and call for a cocktail — the Maple Manhattan is our beverage of choice — or try your hand at one of the resort's many Stave jigsaw puzzles. If you're hooked, you can visit the nearby factory as well as tour the Simon Pearce glass workshop or Shackleton Thomas furniture store, all about 30 minutes away.

**BLACKBERRY FARM
Walland, Tennessee**

Nestled in the foothills of Tennessee's Great Smoky Mountains, Blackberry Farm is the kind of place that makes you want to leave the city forever. Owned by the same family that

founded the property nearly four decades ago, the 4,200-acre estate and 62-room hotel practically invented the boutique farm-to-table trend. Spend time with the resort's impressive collection of food-focused artisans, from cheese maker to master gardener to jam lady, each of whom know how to create a symphony of unique flavors and experiences. Did we mention there were puppies? The resort also raises Lagotto Romagnolo dogs, specifically bred to hunt for Italian truffles. But no trip is complete without a night at The Barn, the James Beard-winning house restaurant that serves up signature Foothills Cuisine. If you can, make the visit for signature event weekends, which bring everything from A-list musical acts (usually of the country variety) to food or wellness escapes. In September, Delicious Hospitality Group, the team behind SoHo's Charlie Bird, Pasquale Jones and Legacy Records restaurants will host a food-filled weekend, and in October, you can embark on a three-day wellness retreat filled with spa fare, fall foliage hikes and, of course, massages.

Fly or Drive? Fly to Knoxville.

Pro Tip: Later this year, the property will open Blackberry Mountain, an expansion about 20 minutes from the original, featuring new cabins, cottages, two new restaurants and wellness-focused programming.

**THE INN AT DOS BRISAS
Washington, Texas**

Just one hour outside of Houston, the Inn at Dos Brisas is a nine room oasis, a working ranch turned luxury guest retreat that promises both ample privacy and top-notch culinary delights. In fact, it boasts the only Forbes Five-Star restaurant in the state of Texas. Spend your days outdoors on horseback, taking shooting lessons or indulging in class with a master gardener. You'll work up an appetite for the homemade cookies left in-room at turnaround, or a thirst for one of the cellar's 7,000 bottles. Rooms are spacious — casitas, the original accommodations, start at 800 square feet and newer haciendas extend to nearly 3,000 square feet of indoor-outdoor space. Both offer an upscale Western vibe. That is, if cowboys used 1,200 thread count linens and relaxed with in-room fireplaces. Given the intimate size, even when the property is full, you'll feel as if you're the only guests there.

Fly or Drive? Fly to Houston.

Pro Tip: Trade in your car for a golf cart; it's the easiest way to get around the property.

ADULTS ONLY AND JUST 20 ROOMS, TAKE YOUR PICK AMONG PICTURESQUE COTTAGES TUCKED INTO HILLSIDES OR EXPANSIVE SUITES, EACH OFFERING UNIQUE DÉCOR AT TWIN FARMS.