

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-thread-count sateen sheets, it's time to multitask, 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 4,696-foot 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 cool-

er 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



Bring your goggles and cross-trainers and hit The American Club's pool (here) and fitness studio (inset).



The Copperhood Inn boasts hiking in its backyard.



The Blue Ridge Mountains are an outdoor enthusiast's dream.

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.

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 live-music venues; maybe you'll stumble across the next Shawn Colvin or Dixie Chicks, who got their start in Austin. Before the show, indulge in Tex-Mex — Güero's Taco Bar is a favorite of locals and celebrities alike — or head to the hotel's much-lauded Driskill Grill to dine on dishes like wild striped bass with an artichoke-potato ragout. Fortunately, the hotel's 24-hour fitness center, which includes treadmills, bikes and elliptical trainers, machine and free weights, two steam rooms, and massage services, will be waiting for you the next morning. So go ahead, order the caramelized banana cake without an ounce of guilt!

Details Summer weekends are usually open, but the fall is much more popular, 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 (800-252-9367, driskillhotel.com). ☎

DIMITY McDOWELL is a freelance writer based in Colorado Springs, Colo.

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:



Made of a wicking blend of nylon and Lycra, the **Twist Top** (\$46; prana.com) 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; keenfootwear.com) 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.