

# Chenango County

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## Tough Winter?!

### Vacationing Well is the Best Revenge

BY STEVE CUTLER

*The good news is, winter is over. The better news is, some of the most fabulous vacation destinations are offering their best deals ever for this spring and summer season.*

**W**hether your goal is to fast yourself skinny for Fashion Week (no wonder the place is full of runway models early in February and September each year), jumpstart a serious health and fitness regime, recover from illness, or reward yourself with a world-class luxury spa vacation, one of America's top spas is just a couple of hours from New York City.

Surrounded by sprawling, spectacular natural wilderness preserves in New York's Catskill Mountains, Copperhood Retreat & Spa offers a host of wellness programs designed and presented by top doctors, naturopaths, fitness instructors, spa therapists, nutritionists and alternative health practitioners.

"We are not a hotel with a spa on the side," Copperhood's proprietress Elizabeth Winograd is quick to point out. "We are a Destination Spa" — committed to the high standards set by the elite, exclusive Destination Spa Group.

Copperhood offers several types of programs. Designed to detoxify the body as you lose weight and gain vitality and confidence, the Juice Fasting Program provides fresh raw fruit or vegetable juices that supply the body with all the easily absorbed nutrients it needs while cleansing and shedding pounds, plus juicing seminars and a full complement of spa activities and treatments.

Designed to put your fitness program on the fast track, the Rebuild Your Fitness Program includes daily exercise routines that put your metabolism in high gear throughout the day. The program includes brisk morning power walks, hikes and nature walks, daily yoga, swimming, aqua aerobic classes, weight workouts, boot camp, abs-focused exercise, dance classes and more.

The Classic Spa Plan is the quintessential luxury

spa lifestyle vacation, including decadent, yet healthful, multi-course meals, much of it grown in Copperhood's organic garden, complemented by an extensive selection of wines and beers, plus health and beauty treatments, classes, nature walks, meditation and more.

On the third weekend of every month, Copperhood presents the Spring Cleaning Community Detox, which includes a juice fast and a full day of activities. A boon for bargain hunters, the Detox Weekend is available as a day program for just \$159 daily.

Instead of staying overnight at a cost of about \$500 per night, Copperhood invites people to stay at a hotel in the area and come to the Spa in the morning for a day of wheatgrass juice, fruit juices, classes, yoga in the river view studio and full use of the facilities. The dinner juice is served at five o'clock — for taking out or eating in.

"It's a wonderful spa day without the huge expense," says Winograd.

For more information, visit [www.copperhood.com](http://www.copperhood.com)

**A**lso in Upstate New York, just two hours north of New York City, nestled between the Hudson River and the Catskill Mountains, Greene County offers a plethora of vacation destinations, from charming country inns and B&Bs in the historic villages along the banks of the Hudson river, such as Catskill, Athens, Coxsackie and New Baltimore, to the mountaintop retreats at Windham and Hunter, famous for skiing, hiking, biking and golfing.

"Vacationers have been coming here since the 1800s," says Nancy Petramale, marketing manager for Greene County Tourism. "We were known as America's first destination." Today, she adds, "we have over 20 all-inclusive family resorts, plus hotels, motels, B&Bs, cottages and 12 campgrounds."

While Greene County is a four-season vacation destination, it really takes off in spring and summer. In spring, fishermen flock to the many county waterways

CONTINUED ON PAGE 8

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