

life stuff

Adult Spring Break Is a Thing and You Need It

Goodbye to you, breakfast tequila
and three to a queen-size hotel bed. Hello,
rejuvenating four-day trips that will
make you feel human again.

BY KRISTY ALPERT

The pink sands
and hidden grottos
of Bermuda's South
Shore are just an
OOO away.

JESS MEYRICK

IF YOU'RE THE BEACH READS AND "DO NOT DISTURB" SIGN TYPE...

Departing From the Midwest:

You'll be obsessed with **Placencia, Belize**, and its 16 miles of sandy beaches and Garifuna culture. Skip Secret Beach in favor of Placencia because, well, the secret's out, and get your seclusion fix at Naia Resort and Spa's private beach and wellness center.

Departing From the South:

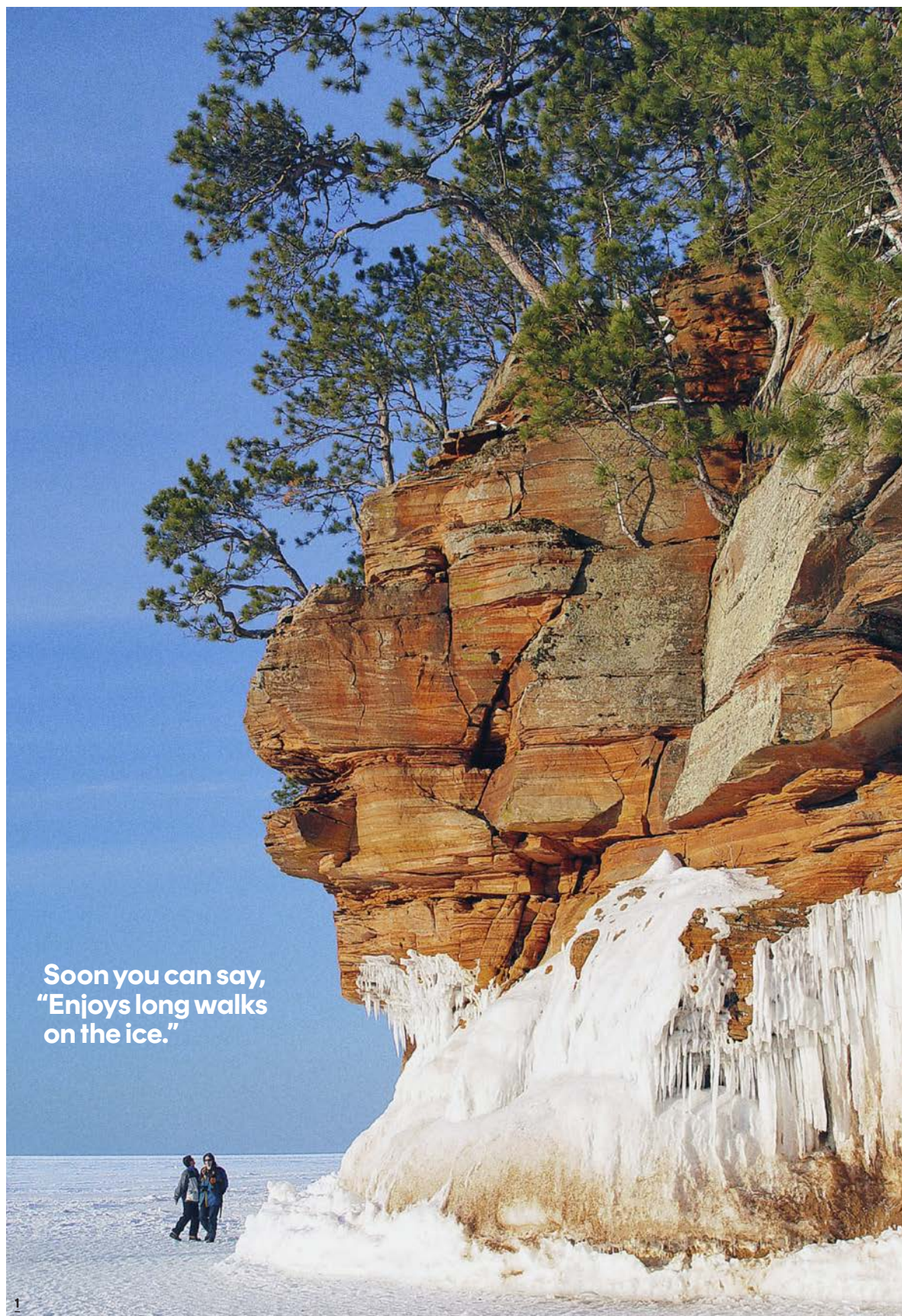
Head to **Panama City, Panama**, for some tropical beauty at the Santa Maria Hotel & Golf Resort's oasis pool, or bring your sexy page-turner on a day trip to the quiet white-sand beaches on the tiny island of **Isla Grande** for non-boring alone time.

Departing From the West:

You'll love the hippie-chic vibes of **Todos Santos in Baja California Sur, Mexico**. Spend one day in a mud hut with a 90-min traditional shaman-led temazcal ceremony at the Paradero Todos Santos hotel and the next ordering spicy margs from your VIP setup on Las Palmas beach.

Departing From the East:

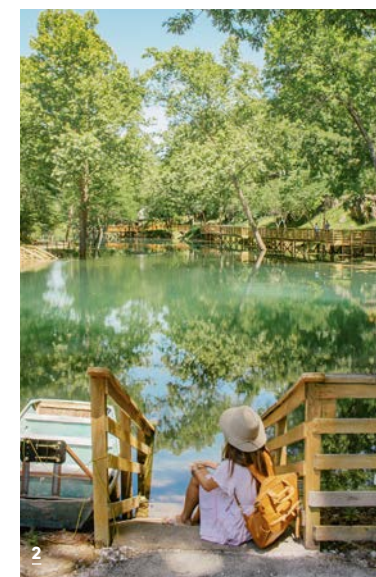
You'll be in your element on **Bermuda's South Shore** with its pink, nearly empty beaches (yes, even in peak season). That said, for jaw-dropping shoreline views, bask on the private sandy terraces overlooking the water at Azura, the South Shore's swanky cliff-top boutique hotel.



Soon you can say, "Enjoys long walks on the ice."

1. Bayfield, Wisconsin
2. Eureka Springs, Arkansas
3. Todos Santos, Mexico
4. Heber Valley, Utah

LEFT: WISCONSIN TRAVEL; RIGHT, FROM TOP: ANNIE JIANG, JACKIE LEE, KARABOU



IF YOU'RE MOST LIKELY TO BE LABELED "OUTDOORSY"...

Departing From the Midwest:

Bundle up for an icy adventure in **Bayfield, Wisconsin**. This lakeside town sparkles in the spring, when it's often still frozen solid. Walk the ice of Lake Superior to the Apostle Islands National Lakeshore's ice caves to explore frozen waterfalls and icicle-draped chambers. Imagine the content!

Departing From the South:

Get your sporty self to **Eureka Springs, Arkansas**, for a hike along the towering staircases and hilly sidewalks of the quirky Victorian town before trekking the Lake Leatherwood Loop for a forest bath in the Ozark woods.

Departing From the West:

If you'd be into skiing or ziplining down the slopes at Sundance Mountain Resort, hiking or biking the Olympic biathlon trails at Soldier Hollow, and paddleboarding inside a geothermal crater in the same day, **Heber Valley, Utah**, is for you. Although you could spread it out if you wanted.

Departing From the East:

Venture through covered bridges in **New Hampshire's White Mountains** for an all-encompassing outdoor-everything experience. Get in on canopy tours, Nordic skiing, fat biking, snowshoeing, or downhill skiing at the Omni Mount Washington Resort.

IF YOU ALWAYS PICK THE RESTAURANT...

Departing From the Midwest:

Feast your way through **Indianapolis, Indiana**. In case you missed it, Naptown is buzzing with more than just steakhouses and breweries. Along with meals at Bluebeard, Amelia's, and Kan-Kan Cinema and Brasserie, brunch at Milktooth is necessary. But so is Lick Ice Cream's locally loved rose-water pistachio brittle.

Departing From the South:

Burritos, eggs, and burgers are drenched in chili sauce in **Santa Fe, New Mexico**. (Order yours "Christmas style" if you can't decide between the red and the green.) And breakfast can last until 3 p.m., including at the legendary Cafe Pasqual's. Also, be sure to make a reservation ASAP for the exciting Mexican tasting menu at Sazón.

Departing From the West:

Truffle hunting is a real pastime in the vineyard-studded hills of **Newberg, Oregon**. But you could also just stock up on local white truffle oil at Chapters Books and Coffee before getting your pinot on with hazelnut-finished salami at Alexana Winery. Pro tip: The Painted Lady's seasonal tasting menu is worth it.

Departing From the East:

In **Montreal, Canada**, be prepared to pick a side between rivals St-Viateur Bagel and Fairmount Bagel. Then plan to grab late-night poutine at Paulo & Suzanne or La Banquise. Oh, and call now for a reservation at Au Pied de Cochon or Maison Boulud or you'll regret it forever, probably.