

hit the urban trail:

STAYING ACTIVE ON YOUR CITY VACATION

by Kate Bustillos





Going on a big-city vacation doesn't mean you have to forget about fitness. Active sightseeing can turn any asphalt jungle into your own personal jungle gym. Skip the crowded bus tours and explore at your own pace on foot or bicycle. Swap your golf cart for a push cart. Set a steps goal for museum visits and downtown shopping. If you're looking to stay fit on vacation, these four walkable cities are a perfect fit.

PORTLAND

Harness Pedal Power

» When it comes to bike-friendly cities in the U.S., Portland, Oregon, rolls out the red carpet — or rather the green carpet.

The city's bright green bike boxes and wide green bike lanes are dedicated to keeping the road accessible for cyclists. With 385 miles of scenic bikeways and the largest car-free bridge in America, it's easy to enjoy the sights while getting some exercise.

Portland's bike share program, **BIKETOWN**, has over 180 stations throughout downtown for convenient, pay-as-you-

go rentals. You can plan your route using Portland Bureau of Transportation's interactive [Portland Bike Map](#).

If you are looking for a challenge, you can enjoy a scenic, but fairly strenuous 3.5 mile ride to historic [Pittock Mansion](#). Be prepared for an uphill ride — 900 feet above sea level to be exact. If you would rather visit by car, you can still get in plenty of exercise touring the French Renaissance-style manor and its expansive grounds.

Bike racks and public bike repair stations are available in and around [Washington Park](#), home to the [Portland Japanese Garden](#) and the [Oregon Zoo](#). Another local favorite, [Forest Park](#), is one of America's largest urban forests. With 5,200 acres and over 80 miles of trails and forest roads, you can cycle or hike an enchanting emerald wilderness without leaving the city.



Since many Portlanders prefer bicycles to get around, bicycle tours are a great way to get an authentic experience of everything the city has to offer. At [Cycle Portland](#), you can book a brewery tour, foodie tour, or their signature city tour.



SEATTLE

Put the “Wander” in Wanderlust

» One of America’s most walkable cities, Seattle, Washington, is a pedestrian’s paradise. From waterfront strolls to underground expeditions, you can get in your steps while enjoying some of the city’s most popular sites and attractions.

Exercise while you explore on a guided walking tour. [Beneath the Streets](#) takes you on an educational and entertaining journey through Pioneer Square’s historic underground tunnels. [Eat Seattle](#) offers private and chef-guided food tours of Pike Place Market. Walk off the calories as you treat your taste buds to the local flavors of artisan vendors and learn the shopping secrets of some of Seattle’s top culinary masters.

Enhance your walking efforts with an efficient itinerary. [CityPASS](#) offers a convenient way to plan your walking route and manage your reservations all in one place. You can purchase discounted tickets to five of Seattle’s top attractions, including the iconic Space Needle and the Museum of Pop Culture, and visit them in any order you choose. Chart your course with an [interactive map](#) that lets you plug in your destinations and view the route — whether you’re traveling by foot, bicycle, car, or public transportation.

Staying active on vacation can be more exciting than a trip to the resort gym. Let your fitness goals be a part of your adventure.

WASHINGTON, D.C.

Walk on the Wild Side

» Get creative and spice up your itinerary with unique local attractions guaranteed to get you moving in Washington, D.C.



For self-guided tours of Seattle, check out the [GPSmyCity app](#). You can choose from 10 pre-designed tour routes like the [Seattle Architecture Walking Tour](#), [Fremont Neighborhood Walking Tour](#), and the [Downtown Shopping Tour](#). You can even create your own [Custom Walk](#) — just select your preferred attractions and set your starting location. Each itinerary can be printed out or saved to your phone for easy access on the go.

Capture travel memories like a pro with [Washington Photo Safari](#). An expert guide will lead you on a tour of the city’s most picturesque locations while teaching you how to take the most impressive photos on your camera or smartphone. From monuments and memorials to castles and cathedrals, you can choose from a selection of intimate group safaris or book a private expedition.

No trip to Washington, D.C. is complete without a visit to the [National Mall](#) — and you can get in a 4-mile walk if you circle the National Mall and the Tidal Basin loop. While a few of the sites, including the Washington Monument, are currently closed, you can still visit the [Lincoln Memorial](#), the [Jefferson Memorial](#), and many other famous landmarks.

AUSTIN

Embrace Active

» Austin, Texas, boasts an all-star lineup of outdoor recreation, from state parks and natural springs to cliff walks and ranchlands.

Just 30 minutes north of Austin, you can enjoy fresh air and fresh fruit at [Sweet Eats Fruit Farm](#). Pick your own produce, from strawberries and peaches to pumpkins and pecans, depending on the season. The farm also has fun family activities, including a petting zoo, pony rides, and tire slides.

Wellness is more than physical fitness, and health-conscious Austinites are all about practicing holistic self-care. Experience an all-inclusive wellness retreat at [Miraval](#), Austin’s premier natural sanctuary and spa. Pamper yourself with a [Miraval Day Package](#) for full access to the resort’s wellness experiences. Indulge in outdoor adventures, workshops, yoga and fitness classes, beekeeping and farming, and so much more.



Washington, D.C. The Washington Navy Yard has its very own trapeze school where you can take a swing at aerial acrobatics. Book a beginner's session on the flying trapeze at [Trapeze School NY](#). Be sure to check their website for updates on D.C.'s current travel restrictions and reservation guidelines.



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Austin Explore the city via one of its most beloved waterways, [Lady Bird Lake](#). You can book a kayaking tour with [Live Love Paddle](#) for a unique sightseeing experience and a great core workout. Glide beneath Austin's famous residents, the [Congress Avenue Bridge Bats](#), to witness one of the world's largest urban bat colonies. Or tour downtown Austin on an [Urban Kayak Tour](#) to see some of the city's most popular sites and learn local history.

