

## FIND YOUR HAPPY PLACE

By Susan Breslow

### **#1: Mirror Lake Inn Resort and Spa**

Lake Placid, NY

You may never feel closer to your significant other than when you're holding on to him or her for life as you round the corners of the bobsled run on Mt. Van Hoevenberg at the Olympic Sports Complex in Lake Placid.

This half-mile thrill ride — where couples are bracketed by a driver in front and brakeman behind — reaches speeds up to 55 mph on the same track where the Olympic winter athletes competed in 1980.

It's five miles from Mirror Lake Inn, where you can warm up with side-by-side massages in the spa or quaff a local craft beer in The Cottage. Or find blissful seclusion in a Mirror Lake Suite's huge tub-for-two, big comfy bed, fireplace and balcony overlooking the lake across from the inn. When you're ready for more adventure, skate, snowshoe or cross-country ski on the frozen lake.

**Good to Know:** Parking is free and the driveway is heated and kept ice free. Fee for Wi-Fi. 77 Mirror Lake Drive, 518-523-2544, [www.mirrorlakeinn.com](http://www.mirrorlakeinn.com).

### **#2: Naples Bay Resort**

Naples, FL

Sail away to an uninhabited barrier island on your winter getaway. A flotilla of pleasure boats is moored at the resort's lagoon. The smaller ones, equipped with a radio, map and GPS, can be rented and captained by the two of you alone.

The hotel's harbormaster will help you set your course for Keewaydin Island in the Gulf of Mexico. Bring a picnic lunch along or feast from food boats that flock there (one even specializes in Margaritas).

Swim, sun and go shelling on the beach until it's time to sail back to the resort. In your room, you'll appreciate the oversize shower and bathtub.

Don't miss the view from your private balcony facing the water. Naples sunsets are the best show in town.

Although most units feature a full-size kitchen, you may prefer dining at 1500 South, where chef Art Smith (formerly of Oprah's kitchen) serves southern cuisine with an Italian flair.

**Good to Know:** \$20 daily resort fee includes Wi-Fi and newspaper. 1500 Fifth Avenue South, 239-530-5400, [www.naplesbayresort.com](http://www.naplesbayresort.com).

### **#3: Sundara Inn & Spa**

Wisconsin Dells, WI

Three hours northwest of Chicago, Wisconsin Dells is known as a family-friendly destination, which makes adults-only Sundara a true refuge for couples. There's no shortage of soothing activities in spa suites designed for two that include a private bath or shower with chromatherapy lights and set beside a fireplace.

Sundara isn't afraid of the long winters here; nor should you be. Set next to a fire, the heated outdoor pool is open year-round, as is the Meditation Trail that winds through a pine forest to a clearing where double hammocks await.

When you're ready to switch from horizontal to vertical, try something daring: hike or snowshoe trek to the zipline course that soars a hundred feet above the pines and over frozen waters. Still exhilarated after that adventure? Consider candlelight cross-country skiing in nearby Mirror Lake State Park.

**Good to Know:** Sundara's serious about serenity: There's a no-electronics policy (including Kindles) in common areas and a no-talking policy enforced in specified areas. 920 Canyon Road, 888-735-8181, [www.sundaraspa.com](http://www.sundaraspa.com).

### **#4: Two Bunch Palms**

Desert Hot Springs, CA

Escape winter's chill and immerse yourselves in the hot, healing, lithium-rich waters of this Palm Springs oasis some 100 miles east of Los Angeles. Swim in its boulder-edged grotto fed by a waterfall. And pack lightly; you can go anywhere on the property wearing the supplied bathrobe and slippers, even Essence restaurant.

Find plenty of activities couples can participate in together: More than 40 different movement and enrichment classes offered every week. In the coed spa, you can indulge in side-by-side, mineral-rich mud baths, up to your necks in gooey goodness.

The two of you can have a private session in the yoga dome. For the most fun, channel your inner artists at the spa resort's Vino and Van Gogh, a combo painting session and wine tasting. Then bang the drum slowly at the spiritual drumming class led by its resident shaman.

**Good to Know:** Thanks to its solar field, Two Bunch Palms is North America's first carbon-neutral resort. 67425 Two Bunch Palms Trail, 800-472-4334, [www.twobunchpalms.com](http://www.twobunchpalms.com).

### **#5: Hotel Sacacomie**

Saint-Alexis-des-Monts, Quebec

Cross the border to reach this winter wonderland 90 minutes from Montreal. If you start to hear dogs barking, you're getting close. With a kennel ten minutes away, this is the place for dogsledding; just decide beforehand who gets to be the driver and who sits swaddled in warm blankets as you mush through snowy wilderness.

If that doesn't get your hearts racing, borrow snowshoes or cross-country skiing equipment and follow the marked trails.

There are more pine trees than people around Hotel Sacacomie, which borders a wildlife reserve. That's why this reasonably priced, log-built hotel and spa provides all-inclusive meal plans featuring Quebecois fare. Think pancakes with real maple syrup tapped on the premises, locally caught trout, raclette and even poutine.

Junior suites with a real wood-burning fireplace and balcony overlooking Sacacomie Lake are the best places for l'amour in this French-accented hideaway.

**Good to Know:** U.S dollars will go further in Canada, thanks to the advantageous exchange rate. Passport or passport card required. 4000 Yvon-Plante Road, 888-265-4414, [www.sacacomie.com/hotel-sacacomie-quebec-welcome-to-sacacomie-en.html](http://www.sacacomie.com/hotel-sacacomie-quebec-welcome-to-sacacomie-en.html).