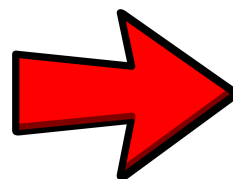




Sightseeing the fitness-friendly way.

MAKE A RUN FOR IT

BECAUSE ALL THE COOL KIDS ARE PACKING THEIR SNEAKERS.



WHILE MANY TRAVELERS cite Michelin-starred tasting menus and poolside margaritas as vacation priorities, for some, keeping up with a fitness routine appears high on the list. “More travelers are asking me to make sure there’s a gym at their hotel,” says New York City-based Virtuoso travel advisor Tania Swasbrook. “I even arranged for a hotel in Nairobi to deliver weights to my client’s room.” (Further proof: A 2016 study found that 48 percent of millennials factor fitness perks into their hotel-booking decisions.) Swasbrook, a triathlete, shares her tips for keeping up with your regimen on vacation.

RUNNING = SIGHTSEEING. “Running is a phenomenal way to see a city,” Swasbrook says. “The concierge can point out excellent, safe, and scenic routes around your hotel. Some will even lend you gear or have a staff member join you for a jog.”

USE YOUR APPS. Swasbrook’s favorite is Runkeeper, which lets users map out routes, sync playlists, and track personal goals. Another pick: MapMyRun, a database of routes and running clubs around the world.

KEEP IT LOW PRESSURE. “Don’t be so hard on yourself and stress out about running every day,” says

“MORE TRAVELERS ARE ASKING ME TO MAKE SURE THERE’S A GYM AT THEIR HOTEL.”

Swasbrook. “You are on vacation.” If weather conditions aren’t great outdoors (say you’re on a ski trip in Aspen), hit the treadmill or take Swasbrook’s advice: “Visit a local spin studio or sign up for a boot-camp class.”

TRAINING DAY

Jog, run, or sprint your way around the world.

 **Micato Safaris** ten-day Kenya tour includes all the brand’s staples – immersive game drives, ultra-luxe accommodations, pro guides – as well as guided runs and lunches with Kenyan Olympic runners and visits to the country’s premier high-altitude marathon training centers. *Departs: Any day through 2018; from \$7,850.*