

SUMMER 2013

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Getaway

5 Water Destinations that will keep you refreshed, relaxed and rejuvenated

By Elizabeth J. Musgrave

Since the adult body is more than 50 percent water, perhaps it isn't surprising how many people are drawn to water, in varying forms, for vacation destinations. Whether splashing about, skimming over or absorbing, the key to a great getaway can be as simple as water. Below is a compilation of five destinations to rejuvenate your inner energy, peace and balance with earth's natural refresher.



GULF SHORES, ALABAMA

If frolicking in the water is your style, then head south. There you will find Alabama's beach town Gulf Shores. Sand dunes, sugar white sand beaches and cuisine fresh from the Gulf are all waiting.

Sandcastles, giant beach umbrellas and a fun-in-the-sun attitude make this a playful water destination for singles, couples and families. Condominiums, beach houses and hotels give visitors plenty of options for being near, in or on the blue water.

Where this is fresh water, it only stands to reason there will be fresh seafood, and the Gulf is full of tasty tidbits from the water. Royal Red Shrimp, oysters, shrimp and more are available at a number of casual and upscale beach restaurants.

If observing dolphins in their natural habitat brings you closer to your inner calm, then a nature-watch adventure is the perfect choice. Whether kayaking or hopping aboard a guided cruise, the Gulf offers an up-close and personal view of the playful creatures.

- Must-do water fun: Swimming, sandcastles, dining on fresh seafood
- Websites: GulfShores.com; cetaceancruises.com; tintoprestaurant.com; lulubuffett.com

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OSTHOFF LAKE RESORT, WISCONSIN

If seeking inner peace, look no further than Aspira Spa, located within Elkhart Lake, Wisconsin's Osthoff Lake Resort. Defined as "Infused with spirit," Aspira was created for harmony, peace and tranquility of the mind, body and spirit, through such treatments as Chakra Alignment, Reiki and Ancient Cedar. The spa dedicates itself to the healing of the entire body using water from a lake considered sacred by Native Americans.

The Sacred Waters Experience assists in restoring balance and regulating bodily fluids through a therapeutic aromatherapy bath, an Envelopment of the Sea Massage and its Sacred Waters Massage to release the energy of your seven chakras and promote inner balance.

After a spa treatment rejuvenates your energy and soul with ancient Native American waters, sip freshly squeezed juices or dine on healthy salads and seafood at Aspira Spa Café.

- Must-do water fun: Sacred Waters Experience, walk around the sacred waters lake, SpaSuite for privacy
- Websites: osthoffresort.com; apsiraspa.com





LAKE MICHIGAN, MILWAUKEE, WISCONSIN

Tiki huts lining the beach, a museum with sails overlooking the water and a marina all bring the fun side to this water destination. Milwaukee, better known for beer, is now the go-to location for the toniest of Chicagoans and Midwesterners in the know, as this once-kept secret is being leaked.

Sailing — into the sunset, toward the breaking sunrise or at full noon — provides a slice of serenity only available aboard a boat. Bring your own picnic and beverages for a full experience.

If sailing on the water isn't enough for your nautical needs, the city's art museum is designed as a boat with sails opening each morning and closing each evening. Overlooking the Great Lake, the exterior and interior both play off the ship theme.

Riverwalk brings visitors to the water's edge along Milwaukee River. Water taxis, a continuous pedestrian walkway and eateries and pubs create more reasons to visit this top-notch water locale.

- Must-do water fun: Sailing, museums, dining along the river
- Websites: visitmilwaukee.org; seadogsailingmilwaukee.com; MAM.org; mkedcd.org/downtownmilwaukee/riverwalk

ROSEMARY BEACH, FLORIDA

More of a get-out-and-do-something person? Physical activity is not only encouraged in this beach town, it's practically impossible to not want to be more active. With a beach for swimming and walking, bicycles for roaming the town and water activities, such as Hobiecats and kayaking, even the most sedentary person will feel inclined to be out in the sun and surf.

Want to be near water, but not in it? Tennis pros are available for personal instruction or reserve a court for a game of love, set, match. Walking and bike trails surround and connect the seaside villages for easy access to the gourmet food, boutique shops and parks.

Since exercise increases appetite, eateries are abundant, including sushi, drunken shrimp tacos and chocolate. For a nighttime pleasure, wine, beer and cocktails are available at most locations.

- Must-do water fun: Kayaking, running at sunset, Frisbee along shore
- Websites: rosemarybeach.com; restaurantparadis.com; cowgirlkitchen.com; lacrematapas.com; patchoulis.com

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