

travel a perfect weekend in ...

The view from Amangani resort's outdoor pool is a majestic backdrop for year-round relaxation.

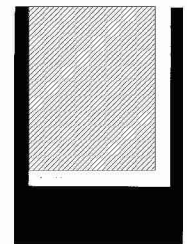
Jackson Hole, Wyoming

A rugged wilderness escape reveals its soft side. BY MICHAEL NASSAR

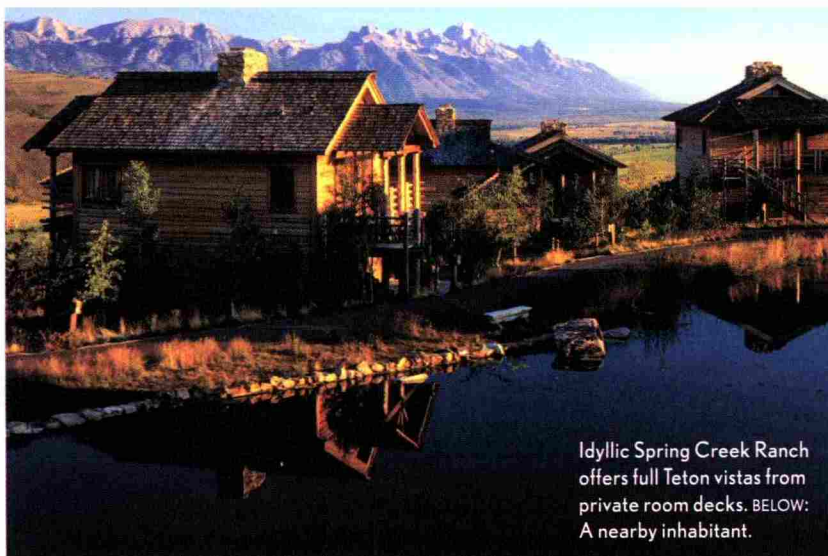
Jackson Hole is that rare place where nature meets nurture. Encircled by the Teton Range and dotted with visual reminders of its frontier past, the region is also home to modern LEED-certified spas, elegant organic restaurants, and eco-chic resorts that blend seamlessly into the landscape. With two of America's greatest national parks (Grand Teton and Yellowstone) within easy reach, as well as the Rockies' most notoriously heart-thumping ski trails, the Jackson Hole Valley is a four-season slice of Wyoming heaven where ample food for the soul and an abundance of pampering for the body make for a perfect weekend in the wild.

FRIDAY AFTERNOON Check into **Spring Creek Ranch**, which sits high on a butte overlooking

the town of Jackson, sharing the hillside with ultra-chic **Amangani** resort. Amangani has the photo shoot-worthy outdoor pool, but Spring Creek's rooms make the most of the Teton view. Head for Spring Creek's Wilderness Adventure Spa, where local mesquite tree powder, sagebrush, and red clay mud, used in the High Desert Hydration Body Treatment (\$175, 80 minutes), will slough off the day's travel and seal in moisture. Afterward, replenish at Spring Creek's The Granary with a late lunch of what has been called "upscale mountain-man" cuisine, including options such as wild-game chili. Don't forget to drink plenty of water, too — altitude sickness can strike above 4,000 feet if you're not properly hydrated, and Jackson Hole Valley measures in at over 6,500. >>



Page 1 of 3



Idyllic Spring Creek Ranch offers full Teton vistas from private room decks. BELOW: A nearby inhabitant.

Book a guided sunset hike with Kurt Johnson, the resident naturalist at Spring Creek Ranch, to view the wildlife that has made the Tetons famous. It's a short but invigorating hike to the top of the butte, and the full-valley view is a breathtaking reward — the National Elk Refuge, a protected range for some 7,000 elk, lies just below.



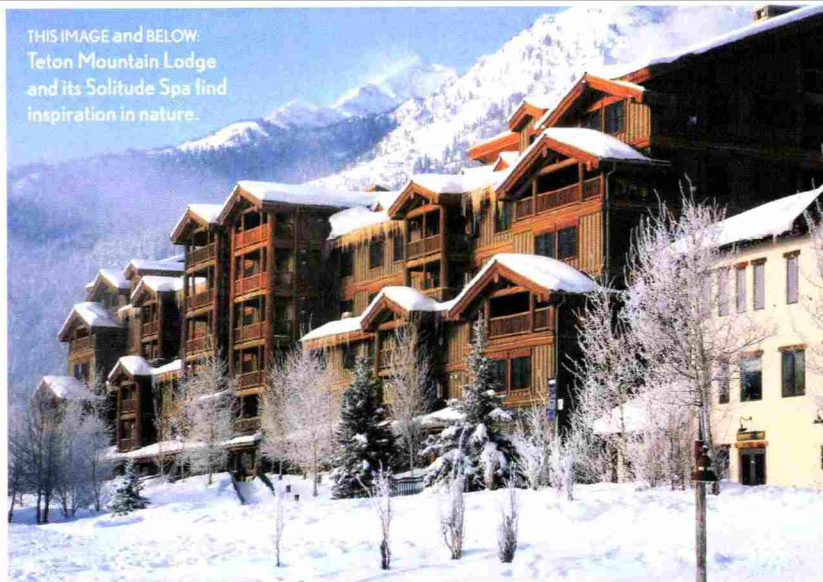
SATURDAY Start the day with a private yoga or Pilates session (\$100, 75 minutes) on your deck before exploring the town in pioneer fashion.

As you walk through Jackson's central square, you'll see plenty of evidence of the town's Wild West history, from hitching posts to the rowdy **Million Dollar Cowboy Bar**. But you'll also find **Davies Reid**, a former drugstore and soda fountain that now specializes in handmade rugs and Indian and American antiques.

Stop for lunch at **Earth & Vine**, a sublime organic bistro where the elk tenderloin is *like buttah*, and pick up wild huckleberry jam to take home. A pit stop at **Jackson Hole Roasters** is another must for the freshest single-cup java you'll ever taste. Sufficiently sated, make

tracks to two delightfully low-profile lodges: **Hotel Terra** and **Teton Mountain Lodge & Spa**. The stylish new LEED-certified Chill Spa at Hotel Terra offers organic body treatments (from \$135, 60 minutes) that incorporate blueberry, chocolate, and local arnica, while Solitude Spa at Teton Mountain Lodge finds inspiration in nearby glacial lakes for its tingly mint Skin Indulgence Glacier Body Wrap (\$225, 105 minutes).

Work up an appetite for dinner with a ride up the mountain on **Jackson Hole Mountain Resort's** Bridger Gondola. Rising 2,800 feet, you'll see deer, moose, and playful marmots. Midmountain, opt for a gentle hike along marked trails, or try *via ferrata*, an Italian form of rock climbing that even novices can enjoy. Secured in a harness, climbers traverse the mountain aided by iron >>



rungs. Either way, you'll burn enough calories to enjoy a meal at **Couloir**, the restaurant at 9,095 feet. Though not exactly a bargain, it's worth it for the expansive views as you wine and dine on the chef's market specials — not to mention the romantic moonlit gondola ride down the mountain.

SUNDAY Enjoy breakfast in bed as you gaze out at the mountains. It's a great way to frame your last day before delving into the spiritual side of life with **Carol Mann**, a reader of souls who takes your spa experience to a new level. Her hour-long Soul Reading (\$250) is an eye-opening revelation of your life's purpose and an unraveling of past-life behaviors that cross over to today. The session is recorded onto a CD so you can digest it later.

En route to the airport, stop at the **National Museum of Wildlife Art**, which blends into the landscape overlooking the elk refuge and showcases over 4,000 works including Bart Walter's bronze sculptures. It's a timely reminder of the inspiration one can draw from rugged American frontier life. But then by this time, you'll already know how inspiring Jackson Hole can be.



AMANGANI, 1535 N.E. BUTTE ROAD, JACKSON, (877) 734-7333, AMANRESORTS.COM; FROM \$565 PER NIGHT

CAROL MANN, (307) 690-8930, YOURCOSMICCAFE.COM

COULOIR AT JACKSON HOLE MOUNTAIN RESORT, 3200 W. MCCOLLISTER DRIVE, TETON VILLAGE, (307) 739-2675, JACKSONHOLE.COM

DAVIES REID, 15 E. DELONEY AVENUE, JACKSON, (307) 739-1009, DAVIESREID.COM

EARTH & VINE, 155 CENTER STREET, JACKSON, (307) 734-5033

HOTEL TERRA, CHILL SPA, 3335 W. VILLAGE ROAD, TETON VILLAGE, (800) 631-6281, HOTELTERRAJACKSONHOLE.COM; FROM \$169 PER NIGHT

JACKSON HOLE MOUNTAIN RESORT, 3200 W. MCCOLLISTER DRIVE, TETON VILLAGE, (888) 333-7766, JACKSONHOLE.COM

JACKSON HOLE ROASTERS, 165 E. BROADWAY, JACKSON, (307) 699-3984, JACKSONHOLEROASTERS.COM

MILLION DOLLAR COWBOY BAR, 25 N. CACHE DRIVE, JACKSON, (307) 733-2207, MILLIONDOLLARCOWBOYBAR.COM

NATIONAL MUSEUM OF WILDLIFE ART, 2820 RUNGILUS ROAD, JACKSON HOLE, (800) 313-9553, WILDLIFEART.ORG

SPRING CREEK RANCH, WILDERNESS ADVENTURE SPA, 1800 SPIRIT DANCE ROAD, JACKSON, (800) 443-6139, SPRINGCREEKRANCH.COM; FROM \$170 PER NIGHT

TETON MOUNTAIN LODGE & SPA, SOLITUDE SPA, 3385 CODY LANE, TETON VILLAGE, (800) 631-6271, TETONLODGE.COM; FROM \$175 PER NIGHT