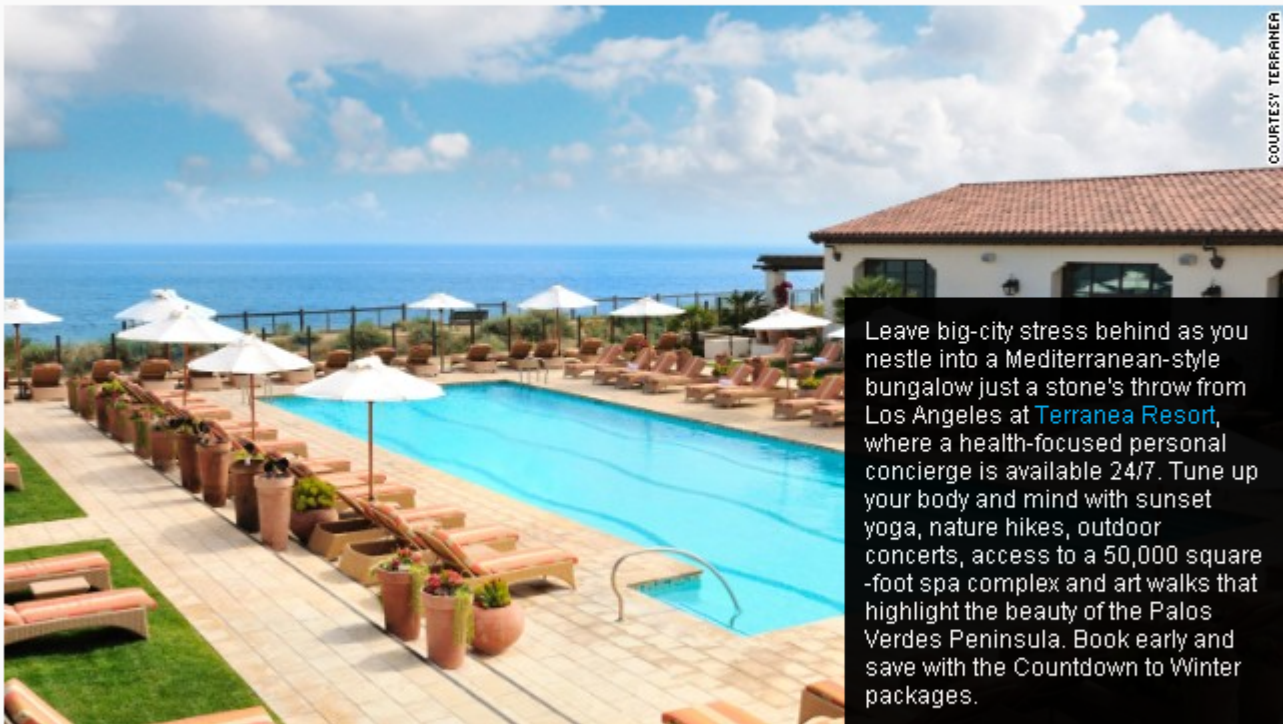




Freedom! 10 trips without the kids

By **Stephanie Oswald**, Special to CNN

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Leave big-city stress behind as you nestle into a Mediterranean-style bungalow just a stone's throw from Los Angeles at [Terranea Resort](#), where a health-focused personal concierge is available 24/7. Tune up your body and mind with sunset yoga, nature hikes, outdoor concerts, access to a 50,000 square-foot spa complex and art walks that highlight the beauty of the Palos Verdes Peninsula. Book early and save with the Countdown to Winter packages.

Kick up your feet in California HIDE CAPTION

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(CNN) -- It's time to consider a grown-up getaway.

We're not downplaying the joy of a successful family vacation or suggesting illicit escapes, but with kids back in school, recharging is in order.

There will be no planning activities around a three-year-old's nap schedule or worrying if the resort's restaurant menu will have anything to please a finicky teenager. And globetrotters who are already kid-free can delight in having the security lines and airplane cabins back to themselves after the summer family travel rush.

Now is an ideal time for adults to take advantage of sought-after destinations, since tour operators, airlines and even high-end resorts often run specials to encourage travel during the shoulder season between summer vacation and the winter holiday travel rush.

Some of these places welcome guests of all ages -- and perhaps merit a return visit with the entire family. However, if you're a traveler who has grown weary of some of the signs of summer travel, such as screaming kids on planes and endless lines of little ones at popular attractions, these destination ideas are for you. Splurge on yourself this fall.

http://www.cnn.com/2013/09/04/travel/adult-trips-without-kids/index.html?sr=sharebar_twitter