

# CL

CELEBRATED LIVING

Naomi  
Watts  
In Fine Form

SPRINGTIME IN EUROPE  
Where to Go Now

FRESH GREENS  
5 New Cold Courses to Try

CRUISING FOR ADVENTURE  
Small Ships, Big Thrills

MILD TO WILD  
20 Global Escapes

## The Sporting Life

FITNESS • SPORTS • TRAVEL • HEALTH • FASHION



As the saying goes, all work and no play makes Jack a dull boy. To help you avoid that predicament, we've combed the globe for **20 of the world's best adventures**, from mild to wild. Your one task: Get out there and find your fun.

← **Relax with a Little California Dreamin'**

You might describe **TERRANEA RESORT** as the ultimate infirmary for the weary and the stressed. Work out the kinks — while whale watching, no less — from a chaise overlooking the Pacific on the Palos Verdes Peninsula, just 20 miles south of LAX. Snag a luxe 1,100-square-foot Spa Bungalow Suite and stroll back and forth between what feels like your own personal spa and the Spa Café. A fitness center also overlooks the ocean, and miles of scenic blufftop trails allow for fine, rumination-filled hikes. [terranea.com](http://terranea.com)

est wilderness rivers. But for young ones, 74 miles of unspoiled river may not be entertainment enough. This year, WRR raises the fun quotient on their five-day/ four night "Salmon River Canyons Family Magic" rafting trip by toting along a River Jester who, among other feats, brings nature alive with games, activities, and campfire stories. The organization also oversees dinners prepared specifically for the kids. Nothing but s'mores, anyone? [westernriver.com](http://westernriver.com)



# wild

Blurring the lines between  
fun and fitness

BY KEN McALPINE