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TRAVEL

A Visit To Carmel-by-the-Sea Leaves Travelers Healthier, Recharged, and Inspired

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The best way to discover beautiful Carmel-by-the-Sea has always been on foot—and it just got better, especially for today’s fitness-minded traveler.

Long known for its charm, the one-of-a-kind European-style village started as an artist colony and has no street addresses, mailboxes, streetlights, or parking meters. With more than 60 restaurants in one square mile, more than a dozen wine-tasting rooms, 80-plus art galleries, and hundreds of unique boutiques, Carmel is perfect for wandering.

And it’s always been a runner’s paradise, thanks to temperate year-round weather, optimal trail conditions, and a breathtaking variety of scenery. Case in point: Carmel has long served as the finish line for the world-famous Big Sur International Marathon, held each April.

Now, Carmel-by-the-Sea invites visitors to discover its many scenic nooks and crannies—and get fitter as they sightsee.

Local Carmelites selected more than 23 scenic strolls and trails and gathered them in an easy-to-navigate handbook, *The Locals’ Guide to Scenic Runs, Hikes & Walks In & Around Carmel-by-the-Sea*, available for guests at Carmel-by-the-Sea hotels and visitor center.

Options include everything from a quick jog to an 18-mile recreational trail along Monterey Bay, plus scenic hikes and walks that overlook the stunning coastline and take you high into the mountains for panoramic views.

Furthermore, “America’s Coach” and *Runner’s World* columnist Jeff Galloway just held the first in a series of fitness and nutrition retreats in Carmel-by-the-Sea—in conjunction with registered dietitian and television host Carissa Bealert—with five upcoming retreats on the calendar (visit www.carmelcalifornia.com/exclusive-retreats for details):

- November 16-19, 2017
- December 7-10, 2017
- January 18-21, 2018
- March 15-18, 2018
- April 5-8, 2018

“I started coming to Carmel-by-the-Sea in 1969 and have returned at least once a year since then, usually twice,” says Galloway, who has conducted hundreds of retreats all over the world for more than 40 years. “Between the weather and the many beautiful paths, trails, and running routes along the coast and through forestland, Carmel is better than just about any other place I’ve ever been for running, hiking, and walking.”

While high-mileage runners can expect to get an edge on their training, Galloway says many retreat attendees are beginners looking to jump-start a healthy new routine.

“People want to come to Carmel to experience all it has to offer, and that includes knowing exactly where to exercise while they’re here. But they also want to improve their fitness long-term and reach the goals they’ve set for themselves, and a weekend retreat allows them to recharge their exercise batteries, soak up the energy of other like-minded people, and leave with a renewed sense of commitment to their health.”

The retreat is perfect for visitors looking for a structured itinerary with plenty of free time built in. But for those wanting to set their own schedule, a typical day might start with a stroll along Carmel Beach, cup of fresh-roasted coffee in hand, watching local surfers catch waves and dogs frolic off-leash.

While some getaways can feel so indulgent, you’re ready to detox the second you get home—or so exhausting, you feel like you need a vacation just to recuperate—a trip to Carmel-by-the-Sea is an opportunity to unplug, recharge, and reset in a premier scenic fitness destination like no other in the world.

Visit website: www.carmelcalifornia.com

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