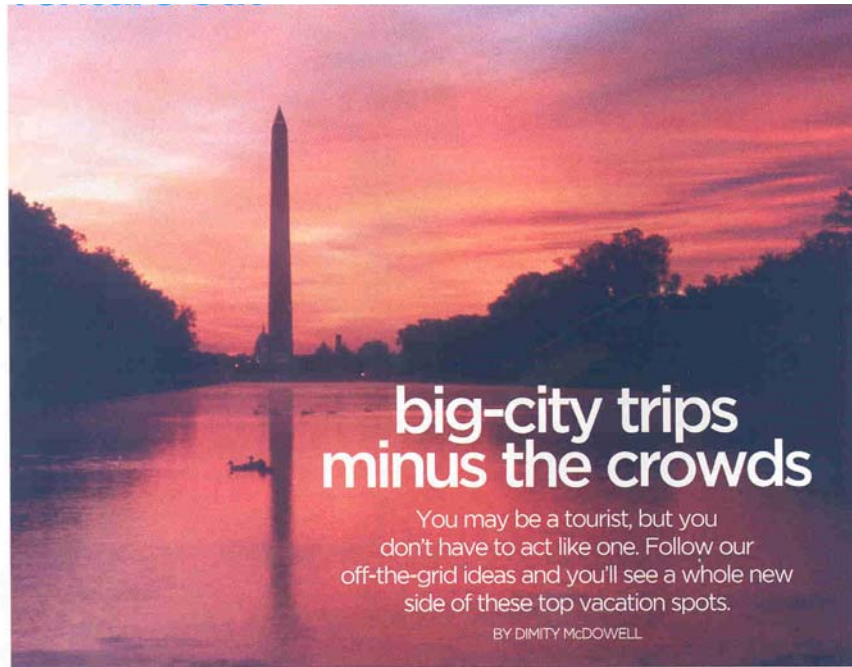




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When you plan a trip to a destination like Orlando, Las Vegas, or New York City, you kind of expect to be stuck in the middle of tourist throngs. Or maybe you just avoid these locations completely because you can't tolerate the crowds. But for every tourist trap in a large city you'll find dozens of undiscovered offerings—quirky neighborhoods, obscure museums, interesting eateries, and maybe even the chance to run, not drive, over one of the most famous bridges in the world—that will make your stay more than worthwhile. To get you started, we've scouted some hidden gems in five hot vacation spots and thrown in some sightseeing-oriented workout options. Not only will you enjoy a little adventure, at times you may feel as if you have the place practically to yourself. And that may make the idea of standing in line to have your picture taken with Mickey Mouse seem that much more tolerable later in your trip.

TOUR THE NEIGHBORHOODS

NEW YORK CITY

Your visit to the Big Apple can revolve around 42nd Street and the dozen or so blocks (and thousands of tourists) between the Empire State Building and Times Square—or you can explore the whole island and sample all the different cultures that make New York City so fantastic. But first, get a feel for the city by having a guide from NYC Run pick you up at your hotel and lead you (at your pace) through Central Park or SoHo, over the Brooklyn or Manhattan Bridge, or wherever you choose (\$60 per person for the first six miles; nycrun.com). To cover ground more quickly, strap on some in-line skates and a helmet and join the free weekly group outings that the Empire Skate Club organizes; you'll roll through the streets of Manhattan or into the outer boroughs (empireskate.org).

The New York City area is packed with dozens of ethnic enclaves, so once you have the lay of the land, start your world tour: Explore the markets and mazelike alleyways of Chinatown in search of bubble tea, a hipster drink of sweetened milk tea with tapioca pearls; then make your way to the Lower East

Side Tenement Museum, housed in a 144-year-old building. It gives a glimpse of what life must have been like for a newly arrived immigrant generations ago (tickets from \$13 to \$17; tenement.org). Hungry? Try kimchi or bulgogi, a beef dish, in Koreatown, or for an even wider assortment of cultures, take the 7 subway line (called the International Express) to the borough of Queens. There you'll find everything from Arabic to Maltese communities.

To rejuvenate your tired tootsies (one of the hazards of this walking-oriented city), stop in at the 30-minute Foot Fixers class at Erika Bloom's Pilates Plus studio, which helps you stretch, strengthen, and massage your feet (\$14; erikabloompilates.com). Then top off the pampering with a pedicure at the downtown spa Haven, where the Foot Renaissance treatment includes a honeysuckle-and-algae scrub, loofah exfoliation, shea-butter massage, and polish (\$70; havensoho.com).

The place to stay The Affinia Dumont is centrally located yet still quiet. The fitness concierge can set you up with maps of good walking routes, one of four free prepackaged fit kits—for yoga, strength training, walking or running, and overall wellness—or a personal-training session (rates from \$230; affinia.com).

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