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At-Home Medical Tests That Can Save Your Life

Easy, Delicious Low-Cal Dinners

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Great Getaways for Two
Vail, Colorado

About 100 miles west of Denver International Airport, Vail is well known as a winter getaway, with skiing options for everybody from bunny-slope beginners to experts. But visit at the start of spring, when the tender green shoots on the aspen trees first appear, or in the summer or fall, and you’ll see why it’s an inviting setting year-round.

In the warmer months, you can hike, bike, or stroll through the Bavarian-style village, stopping at cafes between bouts of serious boutique shopping. At the Black Mountain Ranch (800-967-2401, www.blackmrranch.com) in nearby McCoy, Colorado, you can explore the backcountry on horseback. No previous riding experience is necessary, and you can ask your host for a gentle mount if you haven’t been on a horse in a while.

Where to stay: The Lodge at Vail (800-331-5634, www.lodgeatvail.com) offers luxurious accommodations in rooms ranging from $105 upward, depending on the season. The service here is definitely designed to pamper you, but it’s also so easygoing that you’ll feel relaxed and comfortable.

Wining and dining: The lodge’s award-winning Wildflower restaurant is famous for such local favorites as panseared breast of pheasant.

St. Petersburg/Clearwater, Florida

If you love going to the beach, you can’t beat the Gulf Coast cities of St. Petersburg and Clearwater. And when you want to get out of the sun for a while, you’ll have plenty of options.

At the BayWalk entertainment and retail complex, you’ll find live bands in the open courtyard every weekend, 20 movies, and a wide range of foods, including local seafood. At a restaurant called Dish, you can pick your dinner’s ingredients and an accompanying sauce, and the staff whips up your culinary creation on a giant circular hot plate. There are also ample shopping opportunities, from clothing to original artwork.

How about dancing under the stars?

The Starlite Majesty Dining Yacht at the Clearwater Beach Marina (800-444-4814, www.starlitecruises.com) offers three hour dinner/dance cruises Tuesday through Sunday, and longer ones on Saturday.

You can also visit the self-proclaimed “sponge capital of the world” in Florida’s Little Greece, about 20 miles St. Petersburg, in historic Tarpon Springs. The village dates back to the 1880s and offers an authentic Greek cultural experience, as well as shops with Greek imports.