

How to plan an active vacation

By Shivani Vora, New York Times

Forget the standard hangout by the beach or sightseeing through a city vacation. Hiking, walking and biking are less common ways to explore a destination, according to Susan Sparks, a travel adviser at Points of Interest Travel in Aspen, Colo., who specializes in customized active trips.

“When you take an active trip, you’re out in nature and get a perspective on a place that most travelers don’t. Plus, you’re moving a lot and burn plenty of calories to balance out all the eating and drinking that are typical on vacations,” she said.

But she cautions that all active getaways aren’t created equal and offers tips on planning one that’s best for you.

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