

PLUS: 34 SPAS FOR EVERY NEED—FROM ITALY TO INDIA

# Condé Nast Traveler

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A \$25,000  
DREAM  
TRIP  
Page 20

TRUTH IN TRAVEL

JULY 2009

SPECIAL

## ISLANDS ON SALE!

WORLDWIDE GUIDE TO **14** GREATEST DEALS EVER

Greece, Thailand, Jamaica, Maldives, Fiji, Iceland, Seychelles, and more

**CARIBBEAN**  
BARBADOS'S  
EURO CHARMS

**JAPAN'S**  
WINTER  
WONDERLAND

**INSIDER'S  
HAWAII**

WHERE TO STAY,  
SWIM, EAT, PLAY

**AFRICA'S**  
MAGIC ISLES

EXTRA  
**AMERICAN  
BEAUTIES**  
OUR LAST  
WILD PLACES  
(AND HOW TO SEE THEM)





# The Foodie

Take a road trip from Italy's mountainous north down to the heel and you'll experience the country's most picturesque regions, fantastic food, and superlative spas

START

DAY 1

DAY 2

DAY 3

DAY 5

**Il Pellicano, Porto Ercole**

**The spa:** The Pellicub offers everything from toning body treatments to personalized "Beauty Days." The heated saltwater pool and Roman-style steam bath are added draws (39-0564-858-111; pellicanohotel.com; doubles, \$769-\$1,127). **The scarf:** Steal off for lunch on nearby La Pinta's terrace, and eat healthy grilled fish just brought in on one of the local fishing boats (24 Lungomare A. Doria; 39-0564-835-164; entrées, \$19-\$27).

DAY 6

**Exedra, Rome**

**The spa:** The 45-minute reflexology session is just the ticket for tired, pavement-pounding feet. Don't miss the beautiful Turkish bath, and lounge by the rooftop pool with its Eternal City views (39-06-489-381; boscolohotels.com; doubles, \$385-\$451). **The scarf:** Nosh on spaghetti with squid and amberjack fillet at the new Philosophy restaurant on the garden terrace (entrées, \$20-\$40).

DAY 7

**Romeo, Naples**

**The spa:** The new Daniela Steiner spa specializes in custom massages and facials. One body treatment uses fruit oil taken from groves in the Bay of Naples (39-081-0175-111; romeohotel.it; doubles, \$427-\$630). **The scarf:** You'll eat more than your share of pasta and carbs on this trip, so go light at Zero Contemporary Food, a sushi resto run by 35-year-old marvel Hidekazu Shinohara (sushi, \$4-\$6).

DAY 8

**Palazzo Sasso, Ravello**

**The spa:** Anti-aging treatments are the attraction at this Carita outpost above the dramatic Amalfi Coast. The Perfect Firmness facial combats wrinkles wrought by the Italian sun (39-089-818-181; palazzosasso.com; doubles, \$427-\$862). **The scarf:** At Rossellinis, resident chef Pino Lavarra focuses on seafood-centric dishes like crispy John Dory with wild fennel seed and bottarga (entrées, \$36-\$49).

DAY 1

**Vigilius Mountain Resort, Lana**

**The spa:** Mixing sleek northern Italian design with an Alpine emphasis on healthy beauty, this mountain aerie offers out-doors delights like a massage followed by a soak in a hot tub that's half outside, looking into a forest of pines (39-0473-556-600; vigilius.it; doubles, \$451-\$498). **The scarf:** You're a captive audience since you can get here only by cable car, but the food is good. Choose South Tyrolean fare at ParLOUR Ida or Mediterranean at Restaurant 1,500 (entrées, \$32-\$40).

DAY 3

**L'Albereta Locanda, Franciacorta**

**The spa:** This no-nonsense establishment mixes Chinese medicine and Western techniques to tackle everything from hypertension to insomnia. Sophia Loren and Elle Macpherson are fans (39-030-776-0550; albereta.it; doubles, \$417-\$578). **The scarf:** Healthy eating's not bland at Gualtiero Marchesi's eponymous Michelin-awarded resto. Try his glazed veal loin with wine from the resort's vineyard (entrées, \$43-\$80).

DAY 4

**Castel Monastero, Tuscany**

**The spa:** Specializing in detoxifying and rebalancing programs, this spa is tucked into an eleventh-century hamlet reimagined as a luxury resort (39-070-921-8222; castelmonastero.com; doubles, \$520-\$846; opens Aug.). **The scarf:** In the dining room, bad-boy Gordon Ramsay taps Tuscan fare in delectable dishes like squid ink gnocchi with mushrooms and walnuts (entrées, \$40-\$80).

FINISH

DAY 9

DAY 9

**Masseria Torre Coccato, Puglia**

**The spa:** In a beautifully restored masseria (fortified farmhouse) hotel, this Aveda spa offers treatments that use local ingredients such as wild capers and fresh fava beans. The seaside massages at the hotel's private beach club are also a highlight (39-080-482-9310; masseriatorrecoccato.com; doubles, \$419-\$638). **The scarf:** At Restaurant Egnathia, sample Pugliese specialties like orecchiette with broccoli rabe and agnello con lampascioni (lamb with wild sweet onion), plus plenty of veggies from the resort's kitchen garden (entrées, \$25-\$32).