

# SHAPE

**TONE  
YOUR  
THIGHS  
IN ONE MOVE**  
*(p. 180)*

SUMMER MAKEOVER SPECIAL

## BIKINI READY BY JUNE 1

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Get flat abs, a firm  
butt & lean all over

**CARBS OR  
CALORIES:**  
WHICH SHOULD  
YOU COUNT? THE  
ANSWER, FINALLY!

**O BIG, BAD BEAUTY  
O WOES - SOLVED**

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FREE  
CRUISE!**  
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May 2004



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# flower POWER WALKS

ventureout

**Boost your mood and break a sweat on these 10 wildflower hikes.** By Elaine Glusac

Feeling spring feverish? Recent studies reveal that spending time with plants is actually good for your health: It can reduce blood pressure and even increase brain activity that boosts your mood. Tap into some flower power this season with an energizing hike at one of the following destinations known for their colorful and fragrant wild blooms.

*(All room rates are based on double occupancy unless otherwise noted.)*

**Habitat** Jackson Hole, Wyo., jumping-off point for Grand Teton National Park (307-733-3316, [jacksonholechamber.com](http://jacksonholechamber.com))

**Trail mix** In May and June, sunny buttercups, bright pink shooting stars, yellowbell lilies, violets and other spring beauties decorate the rolling meadows and aspen groves on the eight-mile Grizzly Lake hike through the Gros Ventre Mountains led by biologist Cathy Shill, owner of the Hole Hiking Experience. The outfitter provides bottled water, snacks or lunch, binoculars, guidebooks, butterfly nets, back- or fanny packs and rain ponchos. Bring a camera and sturdy shoes (\$98 for six hours; 866-733-4453, [holehike.com](http://holehike.com)). Park rangers offer free two-mile wildflower walks daily in

June and July from the Taggart Lake trailhead; you'll likely spy spiky lupine, yellow mountain sunflowers and purple larkspur (307-739-3300, [nps.gov/grte](http://nps.gov/grte)).

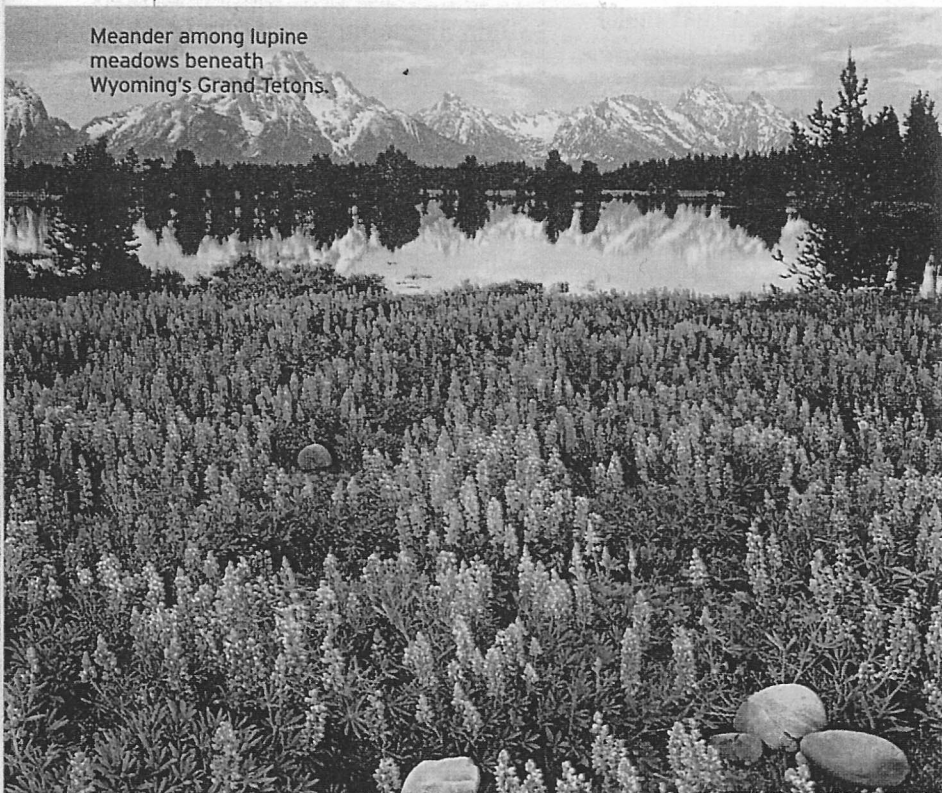
Flower beds Hunker down under a plump comforter at the cozy log-cabin-style Wildflower Inn, where each room is named for a local flower (\$200; 307-733-4710, [jacksonholewildflower.com](http://jacksonholewildflower.com)). The rates at

**Each room at Jackson Hole's Wildflower Inn is named for a Wyoming flower.**

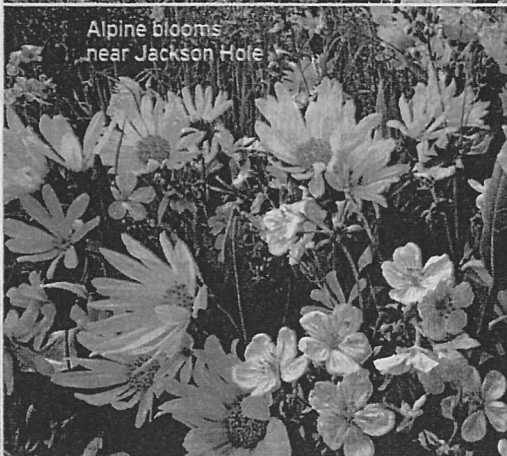
this rustic mountain hideaway include breakfast (try the oatmeal pancakes or veggie frittata), or if you're starting your hike early, ask the inn to pack you a picnic breakfast. Grab delicious trail-ready sandwiches from the unassuming Choice Meats deli, a local favorite (\$5; 307-739-1599). **Feed & water** Follow up your park hike with a stop at Dornan's, a family-owned resort in Moose, Wyo., featuring roof-deck panoramas of the Grand Tetons and the Snake River. Dornan's Pizza, Pasta Co.'s gourmet salads (and yes, pizza and pasta) start at \$6. Back in town visit the Rendezvous Bistro for grilled ahi-tuna salade niçoise or rotisserie chicken (\$13-\$20; 307-739-1100).

**Habitat** Great Smoky Mountains National Park, four hours east of Nashville in Gatlinburg, Tenn. (865-436-1200, [nps.gov/grsm](http://nps.gov/grsm)) **Trail mix** Book a reservation now to witness June's explosion of blazing orange

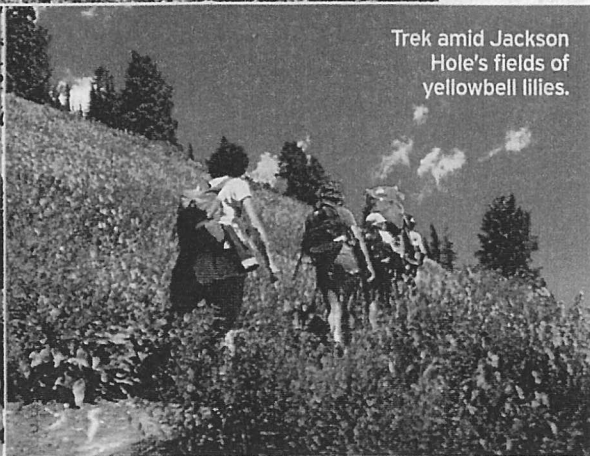
Meander among lupine meadows beneath Wyoming's Grand Tetons.



Alpine blooms near Jackson Hole



Trek amid Jackson Hole's fields of yellowbell lilies.





Flowering trees shade Smoky Mountain trails.

azaleas that decorate higher elevations of the 800 miles of hiking trails throughout the Smokies. The Porter's Creek Trail is an easy-to-moderate four-mile walk that meanders among the white and pink mountain laurel, red trillium and rosebay rhododendron blossoms. Husband-and-wife naturalist team Erik and Vesna Plakanis, owners of A Walk in the Woods, serve as guides on this half-day trip, which includes a packed lunch of deli sandwiches, cookies and plenty of trail mix for snacking along the way. Bring your own water and be sure to dress in layers (\$28; 865-436-8283, [awalkinthewoods.com](http://awalkinthewoods.com)). Flower beds Just a mile outside of the park, the 1938 Buckhorn Inn maintains its



The Smokies offer 800 miles of hiking.



Tennessee trillium

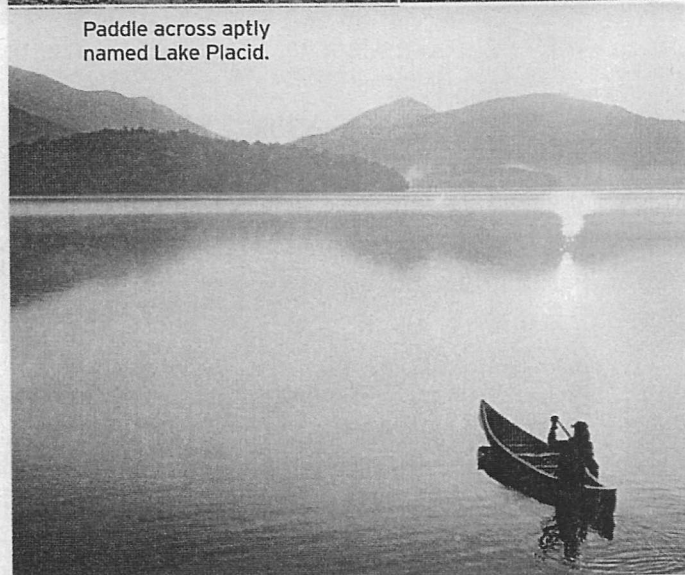


Black-eyed Susans spring up near Adirondack trails.

own garden of about 40 varieties of wildflowers, including the pink and white mayflower, purple ironweed, bright-red cardinal flower, pale-blue lobelia and yellow Saint Johnswort; a 60-foot meditation labyrinth laid out in local fieldstone; and a moderately difficult 1.75-mile hiking path shaded by white flowering dogwoods (\$115; 865-436-4668, [buckhorninn.com](http://buckhorninn.com)). Feed & water A night's stay at the Buckhorn offers a complimentary hearty breakfast; entree options include Brie-stuffed French toast with banana-walnut-maple sauce and eggs cooked to order. You'll enjoy views of flower-carpeted mead-

## Tennessee's Buckhorn Inn maintains a garden of 40 wildflower varieties and a 60-foot meditation labyrinth.

ows beneath the Smokies while you eat. Then, pick up one of the inn's bagged lunches before hitting the trails (\$8). For a taste of Tennessee cooking, reserve a table at the nearby Wears Valley Foothills Milling Co. and feast on such specialties as Bienville-Stuffed Rainbow Trout, Andouille & Goat Cheese Salad and Foothills Cedar-Planked Salmon (\$5-\$27; 865-428-2272, [foothillsmillingcompany.com](http://foothillsmillingcompany.com)).



Paddle across aptly named Lake Placid.

**Habitat Lake Placid, N.Y., in Adirondack Park**, a 6-million-acre stretch of mountains, lakes, waterfalls and wildlife about two hours north of Albany International Airport (518-327-3000, [www.northnet.org/adirondackvic](http://www.northnet.org/adirondackvic))

**Trail mix** The nonprofit Adirondack Mountain Club maintains the trails throughout the park and owns the Heart Lake Property, which is eight miles outside of Lake Placid and serves as the gateway to the High Peaks Wilderness. From there, it's an easy 2.5-mile hike down the Indian Trail Pass past white starflowers, yellow trout lilies and red trillium to Rocky Falls, where you can cool off in a swimming hole (518-523-3441, [adk.org](http://adk.org)). Adirondack Foothills Guide Service co-owner and wildflower specialist Sheila Young guides hikers on the moderately easy 4.5-mile Raquette River Trail, returning by canoe to view spring bog plants (\$150 for up to four people; daylong trip includes a healthful bagged lunch and beverages; 518-359-8194, [adkfoothills.com](http://adkfoothills.com)).

**Flower beds** In the town of Lake Placid, check into the homey Mount Van Hoevenberg Cabins, set amid a wildflower