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DEPARTURES

The Perfect US Winter Escape for Every Travel Palette

From the outdoor adventure crowd to the snowboarders to the winter wellness enthusiasts, these are the best cold-weather vacations to book this year.

Maya Kachroo-Levine | November 25, 2020

<https://www.departures.com/travel/luxury-guide-to-winter-outdoor-adventure-and-apres-ski>

Winter Wellness

The Berkshires, Massachusetts

The Berkshires is experiencing a wellness renaissance over the last few years. While cold-weather resorts in Maine and New Hampshire are vying for the New England wellness prize, The Berkshires has come up from behind, recently debuting two new luxury wellness properties: [Miraval Berkshires](#) and [Canyon Ranch Lenox](#), both of which are [American Express Fine Hotels & Resorts](#) properties. Miraval is known for their Ayurvedic practices at Life in Balance Spa and offers farm-to-table dining at Harvest Moon Restaurant, with ingredients sourced from their on-property farm, while all-inclusive Canyon Ranch connects guests with nutrition and fitness experts for a holistic wellness experience.