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CELEBRATED LIVING
THE LUXURY MAGAZINE FOR AMERICAN AIRLINES + AMERICAN EAGLE PREMIUM CLASS PASSENGERS | SPRING 2014
Biking, green spaces, and healthy eating? Meet the new New York.

**STAY:** Cycling seems to be having a moment in the Big Apple, and hotels are catching on. The Gramercy Park Hotel (gramercyparkhotel.com), known for its Renaissance-style look by Julian Schnabel and its art collection, now lends guests white-and-red Lorenzo Martone-designed bicycles. The James, Mark, and Bowery hotels all offer cruisers to guests too.

**PAMPER:** Stunning views of Central Park and a neutral cream-and-gold palette set the tone for relaxation at the Spa at The Mandarin Oriental, New York (mandarinoriental.com/new york), on the 35th floor of the Columbus Circle hotel. Start with a soak in the oxygen-rich Vitality pool. Next, move on to the steam room, complete with an oversized amethyst crystal, a stone known for tranquility. Finish with the 110-minute Oriental Harmony treatment, featuring a body scrub and massage by two synchronized therapists (read: four hands).

**PLAY:** The city's bike sharing program, Citi Bike (citibikenyc.com), launched last May, has been embraced with incredible enthusiasm and even inspired a New Yorker magazine cover illustration. Explore Brooklyn, which has become the global epicenter of cool, with a guided tour on wheels by Get Up and Ride (getupandride.com). Walk the borough's often-overlooked 52-acre Brooklyn Botanic Garden (bbg.org), which has expanded and added several new gardens in recent years. While there's nothing like Central Park, the green space of late that's stolen the show is the mile-long High Line (thehighline.org), a fairly new public park (it's three years old) built along a former elevated rail line on the city's West Side.
DINE: From The Butcher’s Daughter (thebutchersdaughter.com), a juice bar and café in Nolita, to Foragers City Table (foragerscitygrocer.com), new natural and veggie-friendly eateries seem to sprout practically overnight here. And old favorites such as veggie-inflected ABC Kitchen (abckitchenyc.com), helmed by Jean-Georges Vongerichten, and Pure Food and Wine (oneluckyduck.com), which was one of the first to give raw food the fine-dining treatment, still thrive. Order the latter’s signature zucchini and heirloom-tomato lasagna, made with basil-pistachio pesto. Consider a hidden gem such as Hangawi (hangawires- taurant.com), an elegant Korean vegetarian eatery tucked away on busy 32nd Street, where you dig into leek pancakes and avocado bibimbap while sitting on tatami mats on the floor. Wash it all down with some plum wine or chrysanthemum green tea.

EXTRA: Just beyond the city limits, in the Hudson Valley, Emerson resort and spa (emersonresort.com), an elegant mountain-style lodge, makes for an incredibly serene weekend getaway. (In fact, Ralph Waldo Emerson’s essay entitled “Nature” was inspired by the area’s beauty and later led to the creation of the Catskill Forest Preserve.) After settling in, stroll Woodstock’s charming downtown and dine at Cucina (cucinawoodstock.com), a modern Italian restaurant where everything from the Tuscan kale salad to mushroom pizza is scrumptious. — T.C.