

EDITOR'S PICK | 331 views | Jan 2, 2020, 01:00pm

24 Best Trips For The New Year (And The New You)



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ForbesWomen

Transformative Travel: I look at how travel can change lives.



What's your New Year's resolution? Booking.com wants to help with its new resolution retreat. ... [+]
PHOTO COURTESY OF BOOKING.COM

It's that time of year again—time to make a list of New Year's resolutions. Unfortunately, those goals tend to fall off the radar and, eventually, disappear. [According to research,](#)

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through. But here's the good news: Travel has the power to help make those resolutions come true. A recent study by Booking.com found that 51% of Americans agree that travel has helped them achieve their New Year's resolutions. And the statistics are even more powerful among younger Americans: Booking.com's survey says that 64% of Millennials say that travel has been a key factor in achieving their New Year's resolutions. So it's no wonder that 72% of Americans are interested in taking a trip in the new year to help kick start their resolutions.

With that in mind, here's a list of the top trips for 2020 that will help you follow through on all those New Year's resolutions you've set for yourself. It's going to be a very good year.



Become financially savvy at the new resolution retreat from Booking.com PHOTO COURTESY OF BOOKING.COM

Kick Start Your Resolutions with Booking.com

In order to help you succeed with just about any goal you can dream up, Booking.com i

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night for a two-night stay beginning January 17. The 20 different “Resolution Suites” will each feature a different resolution (exercise more, become more financially savvy, find your funny, learn to cook and so on). The spaces range from one-bedroom to two-bedroom apartments with full modern kitchens, and are equipped with all the tools needed to work toward each resolution—no more excuses. The suites will be bookable beginning on January 13 at noon, and there’s also a [chance to win a stay](#) by posting your most creative and inspiring resolution on Instagram or Twitter with the hashtags #BookMyResolution and #Contest, showcasing how travel can help you achieve your resolution.



Prioritize friendships with Wild Terrains, which runs women-only trips around the world. PHOTO COURTESY OF WILD TERRA

Today In: [Leadership](#)



Prioritize Friendships

Investing in relationships is a common resolution, and an important way to bond with people you care about is to take a trip together. For ladies looking for some quality time



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There are a plethora of creative itineraries for select dates throughout the year that support local, female-owned businesses. Book a mother-daughter trip or celebrate International Women’s Day or Spring Break with your leading ladies. The best part? The company takes care of accommodations, meals, transportation and activities, leaving you more time to focus on your friendships.

READ MORE: “Where To Go Next: 27 Best Places To Travel In 2020”



A poo villa at Thailand's Anantara Mai Khao Phuket Villas. PHOTO COURTESY OF ANANTARA

Quit Smoking and Other Bad Habits

Is 2020 the year you kick your worst habits? Thailand’s [Anantara Mai Khao Phuket Villas](#) has partnered with acupuncturist and traditional Chinese medicine practitioner, Dr. Rui Pedro Loureiro, to run wellness workshops at the property’s spa. Among these workshops is the 30-minute Quit Smoking for Life program, which leverages auricular therapy to minimize cravings and calm the nervous system. You can also develop other healthy lifestyle changes without sacrificing the indulgences of luxury travel. The spa is set in a perfectly serene location to prepare the mind and body for improved health.

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WOD on the Waves, a luxury fitness cruise. IMAGES BY LAW 2019

Get Fit

Resolutions about health and fitness—joining a gym, meal planning, getting enough sleep—are some of the most commonly made resolutions. If you're in that boat, jump on board [WOD on the Waves](#), a luxury fitness cruise with fun workouts for every skill level, healthy dining options and coaches to help you meet your goals. The cruise departs from Miami on April 16, 2020 for a five-day adventure at sea. It will give passengers the chance to learn, train and relax on the beautiful *Celebrity Infinity*. WOD on the Waves pairs the delight of cruising through the Caribbean with workouts led by U.S. Olympic athletes and CrossFit Games Champions. We can't think of a better way to work toward those fitness goals.



Forest Camping Mozirje in Slovenia. PHOTO COURTESY OF PITCHUP.COM

Go Green

Did you know that tourism accounts for at least 5% of global greenhouse gas emissions most of which come from transportation and traditional lodging? As travelers become more and more aware of their carbon footprint, many are determined to make more sustainable travel choices going forward. One way to make your jet-setting eco-friendlier? Camping. It's no longer just for outdoorsy types. Booking website [Pitchup.com](https://pitchup.com) makes it easy to reserve world-wide campsites that give people all the thrills of travel without compromising interesting accommodations or favorite amenities. Two campsites that we've got our eyes on? [Pencarnan Farm Caravan Camping Site](#) in Haverfordwest, Wales, and [Forest Camping Mozirje](#) in Slovenia.



In the Irie Baths at the S Hotel Jamaica. PHOTO COURTESY OF S HOTEL JAMAICA

Reset Your Health

If you're going to focus on your health in the new year, why not do so at a stunning Caribbean property with wellness experiences that support you on your journey? A holistic approach is the focus at Montego Bay's [S Hotel Jamaica](#) new Irie Baths—which are complete with three subterranean marble plunge pools, consisting of varying temperatures and offering kinetic energy therapy while aiding circulation. Spa product used in the therapies feature locally made, 100% pure cold-pressed, Jamaican coconut oil and essential and massage oils from a local Jamaican brand. Additional wellness offerings include scheduled yoga classes by the pool, a fitness center with state-of-the-art equipment from elliptical machines, treadmills, free weights and more.



Set in the Scottish Highlands, Dunalastair Hotel Suites is the place to breathe in fresh air. PHOTO COURTESY OF DUNALASTAIR HOTEL SUITES

Take a Breather

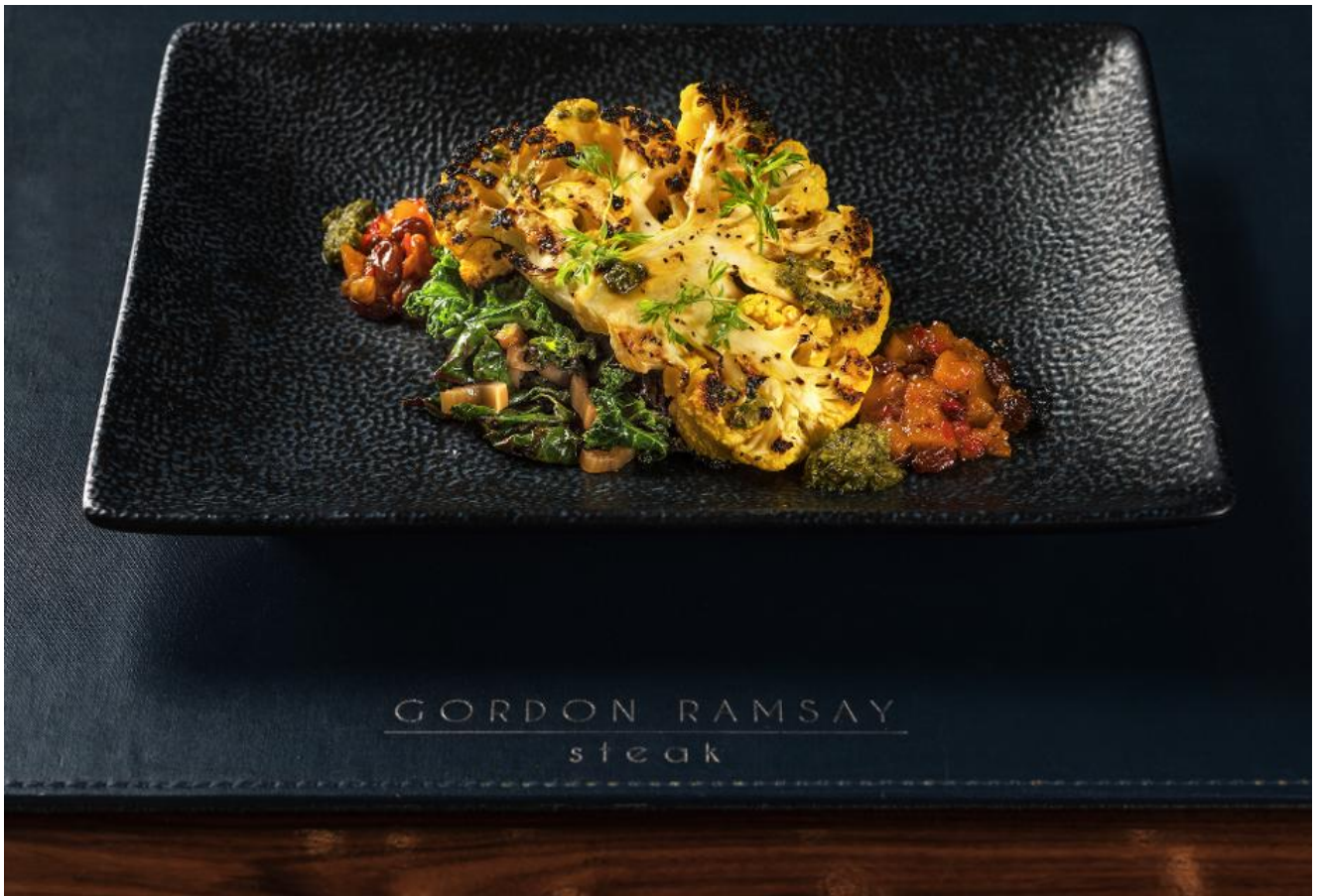
Fresh air does far more than lower stress levels. It can aid your digestive system, lower your blood pressure, increase levels of serotonin (the happiness hormone), strengthen your immune system and give you energy. Set in the heart of the Scottish Highlands, [Dunalastair Hotel Suites](#) is a luxury hotel that is hundreds of miles away from any big city and will allow you to breathe the freshest air in 2020. It sits on the edge of Loch Rannoch overlooking a waterfall, affording guests an opportunity to enjoy some wide-open spaces and connect with nature. Sometimes fresh air is just the prescription our bodies need.



El San Juan Hotel Well & Being. PHOTO COURTESY OF THE EL SAN JUAN HOTEL

Live Well

Torn between a vacation and meeting health goals in the new year? You don't have to choose. [El San Juan Hotel](#) helps you stick to your wellness resolutions *while* vacationing with Well & Being, a [unique new spa retreat](#) and evidence-based approach to wellness, nutrition and exercise. Some features that will help include FloatFIT, a high impact interval training class done on paddleboards, Vertical Wall Yoga to truly challenge and engage yogis and a Live It Well Juice Bar featuring a variety of nutritious options to help you top off your workout at the new fitness center. The best part: You can stay on track to your resolutions with a Puerto Rican paradise as your backdrop.



Roasted Cauliflower at Gordon Ramsay Steak at Paris Las Vegas PHOTO COURTESY OF ANTHONY MAIR

Eat Healthier

Las Vegas isn't exactly the health capital of the world, but [Caesars Entertainment Las Vegas Resorts](#) is aiming to change that in 2020 by helping guests unwind and revive for the new year ahead with healthy dishes specialized for new dietary goals. Look for lots of mocktails, as well as meatless and plant-based options. At Caesars Palace hotel, [Gordon Ramsay's Hell's Kitchen](#) serves several vegan offerings, including Pan-Seared Tofu "Scallops" made with sautéed celery root, pickled apples and lemon vinaigrette, as well as an array of fun, faux cocktails, including Agua Fresca, made with watermelon, agave nectar and lime juice. Other restaurants offering up healthy alternatives include [Gordon Ramsay Steak](#) at Paris Las Vegas and even [Guy Fieri's Vegas Kitchen & Bar](#) at The Linq Hotel + Experience, which substitutes Fieri's typically indulgent dishes with the Vegas Vegan Burrito, Morgan's Veggie Burger and more.



The main pool at the Haven Riviera Cancun, where you'll stay during the “New Year, Do You” Package ... [+] PHOTO COURTESY OF HAVEN RIVIERA CANCUN

Ditch the Pressure

Too much pressure when it comes to New Year’s resolutions? [CheapCaribbean](#) gets it. The booking site has come up with a more realistic package to promote self-improvement while still having a good time. The “New Year, Do You Retreat” will be offered at [Haven Riviera Cancun Resort & Spa](#), in partnership with certified astrologer Eli Walker, with a curated itinerary to kickstart the new year on a fun note. You’ll enjoy Drunk Yoga classes (sipping and stretching with cocktails in hand), one-on-one birth chart readings, Eli’s signature Divine Your Story™ character-development workshops to gain self-insight for the year ahead and more. Eager to ditch the pressure that comes with a new year? Book now through January 15 for travel February 20-23, 2020.



A sunset view of the pool at The Retreat in Costa Rica. PHOTO COURTESY OF THE RETREAT

Practice Gratitude

Practicing gratitude is known to improve psychological, emotional and even physical health. Up your gratitude game in 2020 at [The Retreat Costa Rica](#), which has just debuted a new luxury spa on its rainforest-surrounded property overlooking the Pacific Ocean. Central to the new facility is a dedicated Gratitude Lounge with plush couches to reflect, relax or read. The Gratitude Lounge Café and Tea Bar offers a plant-based menu of snacks, smoothies, light lunches and sunset platters with organic wines while the Meditation Deck provides a peaceful spot to be one with nature. The Quiet Pool is the perfect place to take in ocean views while remembering all the things you're thankful for.



The Broadmoor in Colorado, which is offering women's wellness programming in 2020. PHOTO COURTESY OF THE BROADMOOR

Pursue Wellness with Other Women

While [wellness tourism is on the rise](#), [The Broadmoor](#)—an historic Rocky Mountain retreat in Colorado—has been offering guests wellness experiences for over a century. In 2020, ladies can explore all elements of healthy living (mind, body and boots) at the resort's annual women-only retreats. On March 12-15 in celebration of International Women's Month, The Broadmoor will host its ninth annual [Women's Weekend of Wellness](#), focusing on some of the trending topics women face in the new decade such as the importance of sleep, hormone therapy, realistic eating habits for a busy lifestyle, plus a discussion on plastic surgery. For women in search of personal fulfillment, new experiences, self-improvement or adventure in the new decade, the resort will host its third annual "[These Boots Are Made for Wading](#)" experience, a women-only immersion into the sport of fly fishing for every level, from the total beginner through the most experienced angler.



Woman watching the glacier in Antarctica from the boat GETTY

Tap Your Inner Adrenaline Junkie

New year, new you? Perhaps you're ready to take your adventures to the next level and explore more in 2020. A trip to Antarctica usually involves a lengthy expedition on a cruise. But now you can cross the elusive continent off your bucket list in a single day with [Naya Traveler](#). In ultimate style (think: private jet, gourmet food and incredible scenery), you'll depart from Cape Town, South Africa, and spend four hours at the South Pole. Choose from unforgettable experiences once you land, such as ice treks, 4x4 explorations or a gourmet aperitif on the ice. Naya Traveler will be offering exclusive day trips to Antarctica in January and February, as well as longer journeys to the white continent.



Beach biking at Hilton Head Health, where you can lose weight and get in shape. PHOTO COURTESY OF HILTON HEAD HEALTH

Lose Weight

Whether you're ready to vigorously attack your health goals or are simply seeking a chance to reset in the new year, [Hilton Head Health](#) provides a transformative experience for all who stay at the resort—and just minutes from the beach on South Carolina's Hilton Head Island. Take advantage of year-round warm weather and engage in activities such as kayaking, stand-up paddle boarding, beach yoga, cardio fitness classes, circuit training and outdoor pool workouts. When it comes to incorporating food into your goals, Hilton Head Health offers lifestyle lectures on healthy-eating topics and hands-on cooking classes in the Mediterranean-inspired restaurant. Whether you stay for three days or four weeks, the resort helps you achieve results and put healthy habits in place that will carry you through the rest of the year.



An aerial view of Castle Hot Springs' main lodge. PHOTO COURTESY OF CASTLE HOT SPRINGS

Have a Digital Detox

Established in 1896, the 34-room [Castle Hot Springs](#)—built around natural thermal hot springs—was Arizona’s first-ever luxury resort. It was founded on the idea of the digital detox, well before the idea of disconnecting became a trend. For decades, visitors went off-the-grid by trekking to the retreat to find solace in nature. The renovated adults-only property, which reopened its doors in October, still helps guests unplug from the stresses of daily life and recharge with massage treatments in outdoor cabanas, soaking in the thermal hot springs, meditation sessions, star gazing, hiking in the Sonoran desert, foraging with the resident “flavor farmers” and more.



The pool at YO1 Wellness Resort and Spa Catskills. PHOTO COURTESY OF YO1 WELLNESS RESORT AND SPA CATSKILLS

Live Your Best Life

Rather than provide temporary fixes or short-term solutions, guests at [YO1 Wellness Resort and Spa](#)—set in the tranquil Catskills Mountains in Monticello, New York—are provided with an immersive and authentic experience focused on practicing a more natural lifestyle and achieving lasting wellness. YO1 is guided by the mission to empower individuals to live their best life. YO1 is short for “Yovan” in Sanskrit, which means youthful and represents the human quest of attaining eternal youth through a complete rejuvenation of mind, body and spirit. Guests are also given the opportunity to learn the constitution of the human body and explore how Ayurveda, naturopathy, yoga and acupuncture can be incorporated into their wellness journey for longevity and wellness beyond their stay.



The lobby in the Hotel Murano in Tacoma, Washington. PHOTO COURTESY OF HOTEL MURANO

Learn a New Skill

Committing to learning something new is a fun way to take on self-improvement in 2020. Feeling artsy? Head to [Hotel Murano](#) in Tacoma, Washington, the art glass capit of the Pacific Northwest and David Chihuly's hometown. Give glassblowing a whirl with the "Hey there, Hot Shop" workshop. You'll create your own pieces of art during a two-hour private glassblowing lesson for two. Follow it up with seasonal drinks by the Hote Murano's cozy fireplace. This package is available all year long.



New Life Hiking Spa in Killington, Vermont. PHOTO COURTESY OF NEW LIFE HIKING SPA

Take a Hike

[New Life Hiking Spa](#) has been offering wellness vacations in the Green Mountains of Vermont for over four decades with a mission to “provide affordable, all-inclusive retreats using hiking and nature as the focal point of the program.” From mid-May through early fall, step off the treadmill and get back to nature. Professionally guided hikes—for all ability levels—are offered daily. The resort also provides three meals a day prepared fresh by a team of chefs who specialize in whole foods and take into account origin, seasonality, availability and freshness. This “summer camp” retreat is a great way to get back on track when your resolutions fall by the wayside mid-year.



Switzerland's Waldhotel. PHOTO COURTESY OF WALDHOTEL

Be Well

If wellness is top of mind for you in 2020, you can kickstart your New Year's resolution and head to one of the most beautiful places in the world. [Waldhotel Health & Medical Excellence](#) at the Bürgenstock Resort Lake Lucerne has three new packages this season—the [Yoga Detox Pro](#) package, the [Mindfulness You](#) package and the [Elements](#) package—that feature a wide range of health-promoting therapeutic services. Each package includes relaxing massage treatments, a balanced diet and a mix of physical activities to ensure you leave the Swiss alpine scenery feeling revitalized and refreshed.



The Hotel Saugatuck in Michigan. PHOTO COURTESY OF CHRISTIAN GIANNELLI PHOTOGRAPHY

Feel Restored

If the hustle of the holidays has left you with burn-out, candles, yoga and mindfulness might be the cure as you welcome in the new year. [The Hotel Saugatuck](#) in Michigan is teaming up with [Satya Yoga](#) to help guests find inner peace and restoration. Satya Yoga a short drive from the historic property, will be hosting a series of events including a special Candlelight Restorative and Yoga Nidra workshop (a relaxation process that leads to a deep state of meditation) on January 3 paired with Sankalpa, or intention setting, to help guests set themselves up for success in 2020. And look for additional inspirational programming throughout the year.



Seeing Switzerland by train. PHOTO COURTESY OF VACATIONS BY RAIL

Slow Down

Savvy travelers are turning to rail journeys as a preferred travel choice, taking the “slow approach to seeing a destination. It is a pleasurable and relaxing way take in the landscapes that pass by the train windows, from cities and towns to mountains and countrysides. It’s also a way to embrace the journey and not think so much about the stresses of life, fully encapsulating the scenery around while taking time for yourself in the process. [Vacations By Rail](#) provides a wide variety of once-in-a-lifetime experience to travelers around the world including the [Grand Canyon Railway Rails to the Rim Adventure](#), which will allow you to see the Grand Canyon in one of the most unique ways possible—while emulating the pioneers who rode the great railways of the Southwest over 100 years ago before the advent of roadways. Other epic journeys include the [Grand Train Tour of Switzerland](#) (the ultimate way to experience the beauty of Switzerland) and [Fjords Cruise & Historic Cities of Norway](#) (which will have you feeling like you are on the set of *Frozen*).



Casa Delphine in San Miguel de Allende. PHOTO COURTESY OF CASA DELPHINE

Meditate (and More)

In the heart of San Miguel de Allende, boutique [Casa Delphine](#) is hosting a series of wellness retreats in 2020. The Meditation Retreat (January 23-28) will focus on deep meditation and looking inwardly to re-program your minds and breath to help individuals slow down and learn to live in the present more fully. Other retreats include 28Soulful Design Retreat (March 9-25) focusing on inspiration, professional expansion and wellness with workshops offered by Instagram powerhouses. The Wellness and Fermentation Retreat (April 16-20) features an array of cooking courses that will teach people how to better balance their gut health using plant-based cooking techniques and fermentation of vegetables and homemade nut milks.



Learn balance at the Shou Sugi Ban House Spa in the Hamptons. PHOTO COURTESY OF SHOU SUGI BAN HOUSE SPA

Learn Balance

At the new [Shou Sugi Ban House Spa](#), you can slip into the more idyllic side of life where the focus is on nature and everyone's connection to it. Shou Sugi Ban House is a 13-room destination spa and retreat located 90 miles outside of Manhattan in the Hamptons. The property offers a comprehensive wellness program with hydrotherapy, holistic living, meditation and more. Couples can continue their exploration at the [Parrish Art Museum](#) only a few feet away. Focusing on contemporary art, the museum presents 15 temporary exhibitions every year and offers a year-round schedule of inspiring classes and workshops.



A room at the Kimpton Gray. PHOTO COURTESY OF LAURE JOLIET

Pursue Your Goals

Chicago's luxurious [Kimpton Gray Hotel](#) in the Loop wants to help you meet your new year's resolutions with a wellness retreat in collaboration with online publication [A Sweat Life](#). The [#SweatworkingSummit](#) (January 25-26, 2020) is goals-themed and features keynote speakers, a master yoga trainer and health-centric culinary events, such as smoothie stations to help attendees set their intentions and learn tips for staying on track with their personal goals. You're sure to meet a community of like-minded people that will encourage you toward your fitness goals.

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- [“17 Best Places To See The Northern Lights In 2020”](#)

- [“Where To Go Next: 27 Best Places To Travel In 2020”](#)

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I'm a travel and lifestyle authority and a content strategist who works with brands to create powerful storytelling. In this column, "Transformative Travel," I look at ... **Read More**