

New Ways to Stay In Shape When You Travel

Move aside, tiny hotel gym. There are more exciting ways to get in a workout on the road.



By MIRIAM CROSS, Staff Writer

Forget about lounging in your hotel room with the TV remote when you travel. Hotels are giving guests plenty of ways to stay active in body and mind.

Hit the road. At Residence Inn, Radisson Blu and other chains, you can grab a trail map or follow an app to navigate custom running or bike routes. Some places also lend gear, such as the free bikes and helmets at Element Hotels. Westin's "run concierges" will lead guests on a run—and in some cities, on hiking, biking or surfing excursions.

Grab a mat. Rooftop or poolside yoga, high-intensity interval training, and even personal training are available at many hotels. At the Hilton Chicago O'Hare Airport, for example, you can schedule a trainer and a workout at the hotel gym via an app.

Slow it down. A new focus on mental wellness may include guided meditation or art therapy. At a few Marriott hotels, Stay Well guest rooms feature a dawn-simulating wake-up, with gradually increasing light and sound, optional aromatherapy, and mood lighting.

Rejuvenate in your room. Find free yoga mats in Kimpton rooms. Or hop on the treadmill, elliptical or stationary bike in Fitness rooms at Tryp by Wyndham—workout wear included.