

SPORTY TRIPS:
Because feeling the burn breeds togetherness.



HOW TO RIDE WITH A
 DUKE IN **ENGLAND**

Whether your kids are aspiring Olympians or just mastering the trot, there are few places as glorious for polishing equestrian skills—and getting family bonding time—as the English countryside. The UK-based **Stately Rides** has two- to five-day trips in the Cotswolds and Wales that include about five hours in the saddle (mostly on Irish Hunters) each day, a mix of walking, trotting, and cantering, through landscapes straight out of Austen or Brontë. In keeping with the theme, you'll be staying at normally inaccessible grand country houses. Stately Rides founders Zara Colchester and Charlotte Sainsbury-Plaice have personal connections that open doors and grant small groups (no more than eight) access to the owners. Their new itinerary to **Blenheim Palace**, home of the Duke of Marlborough, is hosted by the duke's sister, Lady Henrietta Spencer Churchill. You'll stay in a private wing of the palace, have your meals prepared by the duke's French chef, and ride on the grounds, which play host to the annual Blenheim Palace Horse Trials. Before and after: The historic **Langham London** has spacious new "family rooms" and a children's version of afternoon tea. It's also close to prime shopping. **TO BOOK** CHARLOTTESP@ME.COM *J.M.*

GETTING SPORTY
 Blenheim Palace is a rather nice place to crash after a day on horseback.

HOW TO ROLL
 LIKE A MOGUL IN
NEW MEXICO

Ted Turner is the second-largest landowner in the USA, and **Vermejo Park Ranch**, the biggest slice of his empire, has just been reinvented as a family-friendly retreat. Bison, elk, and black bear roam the 565,000 acres, so you'll feel as if you have a national park at your disposal. There's a nature tourism program, and you can create any active, outdoorsy itinerary you desire. The younger set can ride horses to one of the 17 lakes (others can go by truck), and you can fly-fish after a picnic lunch, or go on a guided hike. You can stay in the opulent, seven-bedroom Casa Grande (Turner's former house) or Costilla Lodge, an eight-bedroom log home on a hill that has an enormous central fireplace. **TO BOOK** RESERVATIONS@VERMEJO.COM *J.M.*

HOW TO GO
 MULTISPORT MAD
 IN **ITALY**

The Dolomites are known for skiing, but summer is when the region truly becomes an outdoor playground. Multisport itineraries from outfitter **Dolomite Mountains** have a choose-your-own-adventure philosophy ideal for families: short, medium, or long hikes; mellow or quad-burning bike rides; and protected climbing routes for both new and experienced mountaineers. Hardcore cyclists can tackle the switchbacks of the Stelvio Pass, while casual riders can cruise gentle trails on an e-bike. There are five-star places to stay, like **Rosa Alpina**, with its Michelin-starred restaurant, or, for a single base, book the four-bedroom **San Lorenzo Mountain Lodge**, stylishly restored by two former fashion execs. **TO BOOK** MONIKA@DOLOMITEMOUNTAINS.COM *J.M.*

PAUL MELLING/ALAMY (BLEMHEIM PALACE)

ALSO RECOMMENDED

Caldera House in Jackson Hole, for its chic suites right next to the lift.

CITY TRIPS:

Because where else to mix fun with high culture?

HOW TO INSTAGRAM YOUR WAY AROUND JAPAN

With the Summer Olympics coming to Tokyo next year and the World Expo to Osaka in 2025, Japan, already a long-time favorite, is on the cusp of a travel boom. The government is on board, too, putting tourism at the top of its priorities and investing in resources to make the country a little easier to navigate (more English signage, for example). For families, especially those with adolescents and young adults, Japan ticks all the right

boxes: good food, lots of history, and plenty of culture. In Tokyo you can skip all the Michelin-starred restaurants and hop from one tiny hole-in-the-wall to another, places where the chefs speak only Japanese and specialize in only one thing, be it tempura, udon, or yakitori—that's how they do it here. Then recover from your food coma at the stunning **Aman**. In Kyoto, the **Ritz-Carlton** is a beautiful base for exploring all of the

former capital's treasures: the imperial palace, the Sagano bamboo forest, the Fushimi Inari shrine. A night or two in a traditional ryokan at one of Japan's many onsens will be a good break before heading to the Seto Inland Sea's artsy isles, which are dotted with giant Yayoi Kusama pumpkins and Tadao Ando buildings. For teenagers it's an Instagram goldmine. **TO BOOK** JAPAN QUEST JOURNEYS, SCOTT@JAPANQUESTJOURNEYS.COM L.K.

HOW TO SLEEP LIKE A POPE IN **ROME**

You can thank the scandalous secret life of Pope Innocent X for the **Holy Deer San Lorenzo City Lodge**, a spectacular place to stay in the Eternal City guaranteed to induce serious FOMO in all of your teenager's friends. During his 17th-century papacy the pope had an affair with his sister-in-law, Olimpia Maidalchini, and put her up in this sumptuous two-bedroom pad overlooking Piazza Navona. With the original Verona marble door frames and Baroque frescoes still intact, it's like sleeping in a museum. Plus, it's good inspiration ahead of your private tour of the Sistine Chapel. For a more classic choice, the **Hotel Eden** is a fantastically located gem just a stone's throw from the Spanish Steps. **TO BOOK** ALTOUR, MARTIN.RAPP@ALTOUR.COM L.K.

HOW TO FLOAT LIKE A BUTTERFLY IN **MEXICO CITY**

You could spend weeks exploring Mexico's layered, gastronomically supercharged capital (now recovered from the 2017 earthquake), or you can carve out a short but rich family trip. With the **Four Seasons** as base (courtyard, excellent pool, and other family-friendly touches), go on guided excursions to Teotihuacan (where you can ride a balloon over the Pyramid of the Sun), to the National Museum of Anthropology (a visual feast for kids of all ages), and to the ancient canals of Xochimilco (where you can spend a bucolic afternoon boating). **TO BOOK** ZACH@JOURNEY MEXICO.COM K.G.



ALAMY (KUSAMA PUMPKIN)

HAVE A BALL
A Yayoi Kusama
work on Naoshima.

ALSO RECOMMENDED Charleston's Bennett Hotel, for its prime perch on Marion Square.