

Wild West wrangling

CRAWFORD, COLORADO

For adventurers looking for an authentic western experience, Smith Fork Ranch in Colorado is the ideal luxurious getaway. Nestled in the Rocky Mountains, the ranch is an extraordinary escape from your everyday life.

The ranch has access to 1.7 million acres of the Gunnison National Forest and West Elk Wilderness areas, and it offers horseback riding through the Rockies using old Indian trails that wind along ridges, peaks and valleys, through aspen groves and mountain streams. The ambitious rider can also try cattle and team penning.

Dining is complemented by glorious views, and in keeping with the authentic western experience, there's a campfire breakfast, barbecue, trailside picnics and gourmet farm-to-table cuisine.

Price \$110,000 for entire ranch buyout per week

Contact Marley Hodgson, ranch owner, reservations@smithforkranch.com, +1970 921 3454, smithforkranch.com



Mountain biking

AL JABAL AL AKHDAR, OMAN

Perched nearly 9,850ft above sea level, on the curving rim of a great canyon, the five-star Anantara Al Jabal Al Akhdar Resort is the highest resort in the Middle East and the second highest in the world.

The soaring mountains are perfect for exploring, and a mountain-bike ride through Oman's epic scenery is the best way to experience the cultural and historical points of interest, especially since you'll have your own private guide to show you authentic local spots and share their unmatched knowledge of the area.

The terrain is ideal for explorers, who can discover the labyrinth of narrow roads and visit the historic fortress Bahla Fort, situated at the base of the Jebel Akhdar highlands, or head to the pottery souk in a Unesco World Heritage Site.

Located on the eponymous "green mountain" (*al Jabal al Akhdar* in Arabic), the resort is a secluded haven with luxury villas overlooking the vast canyon or tucked away in an exotic garden. The villas are furnished with authentic traditional Omani designs but equipped with state-of-the-art technologies.

Price from \$4,649 for Royal Mountain Villa per night

Contact Abdou Ibrahim, reservations manager, reservations.aaja@anantara.com, +968 2521 8000, jabal-akhdar.anantara.com





Muay Thai

PHUKET, THAILAND

An invigorating way to let off steam, Muay Thai, or Thai boxing, is Thailand's full-contact combat sport and an excellent release from daily pressures. The Anantara Layan Phuket Resort has its own Muay Thai ring, where guests can partake in grueling sessions with expert instructors who offer classes to suit all ages and abilities.

After a sparring session, rest your well-worked muscles in the resort's newly designed two-story residences, surrounded by lush greenery and idyllic lotus ponds. The exclusive accommodations have been designed to give guests the space, freedom and privacy to fully indulge in the island lifestyle, and they include media entertainment and spa rooms, as well as elegantly furnished master bedrooms, lounges and dining rooms that open onto the outdoor decks. A 21ft infinity pool offers exceptional panoramic views across the serene Andaman Sea. Each residence has a live-in butler to cater to your every need.

Price from \$3,150 per night during low season

Contact Frederic Varnier, managing director, fvarnier@anantara.com, +66 76 317 200, phuket-layan.anantara.com



Art of the ninja

TOKYO TO KYOTO, JAPAN

The art of the ninja is one of Japan's most intriguing ancient disciplines. A ninja's role began as a secret agent or mercenary in feudal Japan. Over time, their specialized skills became the stuff of legend – walking on water, invisibility and controlling natural elements.

While you might not be able to stop the rain from falling, you'll learn extraordinary skills with a martial arts lesson from one of Japan's most legendary sensei. This master has a karate dojo in Tokyo's smartest neighborhood, where influential fashion designer Yohji Yamamoto and other martial arts legends train. You'll study and handle a variety of ninja weapons, including throwing stars and blowguns, and practice ninja techniques like stealth steps, hardened hands and the so-called inner eye.

This 10-night trip from Tokyo to Kyoto also explores Japan's sensational landscapes and fascinating culture, including sumo wrestling, meditation and the Kyushu tradition of being buried up to your neck in warm, volcanic sand.

Price \$11,100 per person

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