

prevue

Destination experiences for meetings + incentives

Incentive Bound

Expectations for self-defining experiences are deepening the well of group options

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Above: The Westin La Paloma Arizona Deck

those unique to shinrin-yoku are steadily coming to light.

"Ground-breaking studies have proven numerous psychological and physiological benefits of spending time in the forest," says Amanda Anderson, director of wellness. "Currently, Japan leads research efforts with some of the most significant studies measuring the benefits of shinrin-yoku."

Anderson refers to the work of Tokyo-based researcher Qing Li, MD, whose 2009 study found a link between phytoncides, the chemicals emitted by trees and plants, and an increase in the

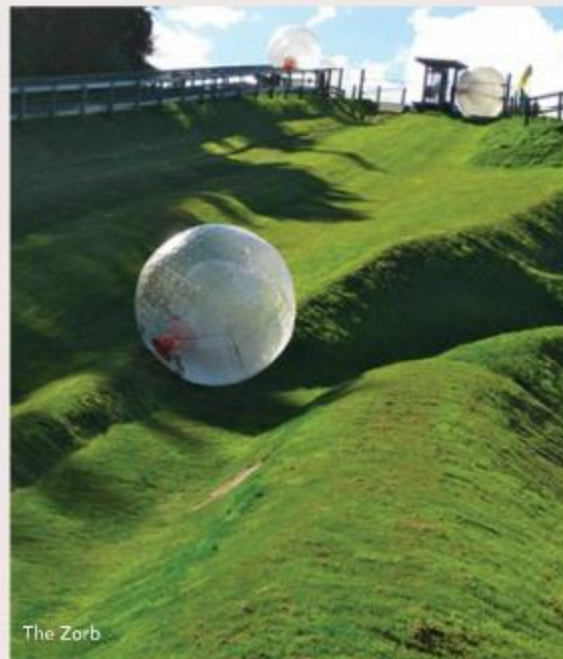
production of cancer fighting cells in those who breathe them in. Other proven health benefits of shinrin-yoku include a boost to the immunity system, accelerated recovery from illness and decreases in the stress hormones cortisol and adrenaline.

For a luxury estate accommodating 116 guests, Blackberry Farm takes a down-to-earth approach to wellness, with a creative repertoire of nature-infused activities—from pillaging the forest with Lagotto Romagnolos dogs, an Italian breed trained to hunt truffles, to guided mountain discoveries where attendees forage their way

New Zealand Thrills

The Kiwis were the brains behind two of the most popular activities in New Zealand—the Zorb and the Shweeb. A giant ball that spins down hills at lightning speed, the Zorb was created when two brothers, David and Andrew Akers, attempted to walk on water. Brave participants are strapped into the hollow plastic ball, surrounded by an air cushion, and sent downhill at the pace of a speeding car.

The Shweeb is an altogether different kind of thrill, a human-powered monorail racetrack circuit with enclosed pods that hang below the track. Each pod seats one rider and they can be linked together or race each other. The speed, plus the centrifugal force, make for quite a ride. Shweeb inventor Geoff Barnett originally conceived the idea as a bicycle monorail to avoid the congestion when living in Tokyo. Locations for both adventures can be found in Rotorua, about three hours by shuttle from Auckland.



The Zorb