

ONE LAST LONG WEEKEND

Whether you missed your summer vacation or can't yet bear the September hunker-down, these seven spots will recharge you in just a few days. By Sandra Ramani

Aventura, Fla.

Hidden away on 300 tropical acres between Miami and Fort Lauderdale, **Turnberry Isle** is a Mediterranean-style resort where you reap all the benefits of a traditional wellness getaway in less than a week. The 408 spacious, serene rooms look out over the resort's two championship golf courses (from \$199 per night; turnberryislemiami.com).

OD on relaxation: Designed by two South Florida physicians, the personalized Optimal Wellness spa helps guests with issues such as weight management, stress relief, and heart health (from \$6,500 for a five-day program).

Not into Florida? Try these...

Los Cabos, Mexico

This beloved Baja getaway is three destinations in one: historic San Juan del Cabo, drunken Cabo San Lucas, and a strip of beachside resorts known as the Corridor. Get close to the action without having to be part of it at **Cabo San Lucas's Resort at Pedregal**. Rooms have private plunge pools and indoor fireplaces (from \$775 per night; www.theresortatpedregal.com).

Hit the sea: Boat out to Land's End arch, a majestic rock formation that begs to be photographed (\$85 per adult; cabo-adventures.com).

Baltimore

From a thriving craft-brew community to the arrival of numerous award-winning chefs, Charm City's food scene is in full swing. Start at one of the **Ivy Hotel's** 18 cozy rooms, which come with afternoon tea, car service, and a complimentary minibar stocking house-made cookies (from \$425 per night; theyivybaltimore.com).

Gorge on shellfish: Reserve a table at Woodberry Kitchen, where James Beard Award-winning chef Spike Gjerde uses regional ingredients in \$17 blue crab flatbreads and other dishes (woodberrykitchen.com).

Quebec City

A 90-minute flight from New York airports, it's got a Euro vibe—plus similar architecture and French cuisine—without crossing the pond. Following a \$75 million renovation, the iconic **Fairmont Le Château Frontenac** recently introduced less chintzy rooms, a new spa, and three critic-baiting restaurants (from \$135 per night; fairmont.com/frontenac-quebec). **Sightsee, lazily:** Take in the city—one of the oldest European settlements in North America—by air with a private helicopter ride (\$98 per person; complexcapitale.helicoptere.com).

Mustique

R&R is par for the course in the Caribbean, but this idyllic island takes it a step further with almost total privacy. **Villa Collection** rentals come with domestic staff and a golf cart—affectionately known as a mule—for use around the hilly terrain (from \$5,250 per week for a one-bedroom villa; mustique-island.com/the-villa-collection). **Get cleaned up:** The nearby Cotton House Spa partnered with organic beauty line Ila to create the \$290 "Mustique immersion" scrub and massage using home-grown jasmine and virgin coconut oil (cottonhouse.net/the-spa).

San Juan Islands, Wash.

Early fall is often Indian summer here, making it ideal for being outside. Just a 45-minute hop on a \$127.50 seaplane from Seattle, the archipelago is a respite from city life. Center yourself at **Orcas Island's Inn at Ship Bay**, built around an 1860s farmhouse and tucked between heirloom pear orchards (from \$125 per night; innatshipbay.com). **Shop locally:** Ferry to main San Juan Island, and stroll through Friday Harbor's Brickworks—a year-round food, farm, and crafts market (fbrickworks.com).

Liverpool, England

An hour's drive from Manchester's airport, the port town is perfect for pubbing, with hip bars and friendly locals. Hang out in the lobby of the **Aloft Liverpool**, where you can enjoy live music under the vaulted ceiling of the landmarked building. Upstairs, bright rooms have great skyline views (from \$151 per night; aloftliverpool.com). **Catch up on culture:** Go to the revived Albert Dock area for modern art at the Tate (free; tate.org.uk). Then take in top-notch photos at the Open Eye Gallery's waterfront home (free; openeye.org.uk).