

AARP

The Magazine

Real Power

GUARDIANSHIP ABUSE

'Help! They're Holding Her Hostage!'

Page 64

DECODING FINANCIAL JARGON

Page 25



HEALTH SPECIAL

MEDICAL BREAKTHROUGHS

- > Beat Heart Disease
- > Fight Cancer
- > Slow Dementia
- > Ease Pain

Page 32

TV FOR GROWNUPS
12 BEST SHOWS OF THE NEW SEASON
Page 14

Hilary Swank

Bringing Their Own Life Experiences to a Caregiving Love Story

Page 44

Blythe Danner

DITCH THE CROWDS
Four Great Outdoor Getaways

Page 50

YOUR MONEY

How Much \$\$\$ Buys Happiness?

Answer on Page 58

AGE BIAS AT WORK

Page 8



4 GREAT



GETAWAYS



FOR



GROWNUPS

OUTDOOR VACATIONS THAT MAKE ADVENTURE EASY

By CRAI S/BOWER



1

AUTUMN

Exploring the Grand Canyon without crowds or heat



2

WINTER

Biking, skating, skiing or just relaxing in Quebec



3

SPRING

A comfortable grizzly bear safari in British Columbia



4

SUMMER

A catered, portered hike along the Appalachians

AUTUMN GRAND CANYON

COOL-AIR HIKES AND RIDES

I WONDER IF ANY first-time visitor is ever quite prepared to behold the rim of the Grand Canyon. Widen your gaze and the canyon seems to go on forever. Narrow it and you discover fascinating details in every rock face.

I wanted to explore this Arizona landmark in myriad ways, and at a time when the air is cooler and crowds smaller, so I signed up for a six-day group tour in October with Austin Adventures, a Montana-based outfitter.

The trip is intended for people of average fitness (that's me), which makes it ideal for intergenerational groups of grownups. I'm joined by two of them: older couples with their adult children.



Descending the canyon on South Kaibab Trail

We've all been busy with just-tough-enough adventures by the time we get to the canyon, including kayaking on the Salt River and biking an easy, relatively flat 11 miles on the Peavine and Iron King trails near Prescott.

The Grand Canyon portion of the trip begins at the South Rim, where we are greeted by two Austin Adventures guides and enjoy a picnic lunch at the Abyss—a lookout point offering incredible views. That's followed by a mellow two-hour walk along the Rim Trail as vertical clouds toss lightning and drape heavy sheets of rain in the distance.

After a restful night in the Kachina Lodge at the rim, we descend into the canyon along the South Kaibab Trail for a four-hour hike. On the way, I note the park's botanical diversity—hardy cottonwoods and willows, plus lacy maidenhair ferns and other delicate flora.

On our last day, headed back to Phoenix, we stop to see the cliff dwellings of Montezuma Castle National Monument. These lofty limestone structures, built more than six centuries ago, are a spectacular reminder of the land's long history. It's just one more inspiring way to explore this extraordinary region.



Fat-tire biking in Mont-Tremblant

WINTER QUEBEC

BIKES BUILT FOR SNOW

CANADA'S LAURENTIAN Mountains in Quebec—about an hour's drive north of Montreal—remain my favorite winter destination, offering a range of snowy fun.

Downhill skiers know of the region

because of Mont-Tremblant, a premier alpine resort. Less well known is Parc national du Mont-Tremblant, a 583-square-mile winter paradise boasting more than 400 lakes. As a novice cross-country skier, I love its well-marked and -groomed trails, ranked by difficulty. Plus, the park offers accommodations from cabins to inns.

Of course, the Quebecois approach to recreation (and life!) is more about the rich experience than simple energy exertion, so as I ski, I enjoy each warming hut along the 3.5-mile Le Poète Trail. This is my kind of exercising. →

But I also decide to try my hand at fat-tire biking—cycling that features bikes with bulbous wheels that allow pedaling over snow. I find that it takes more balance than a regular bike ride, especially on the downhills. Still, slipping through the paper birch sentries along the Diable River is a hoot. I ride for a bit, then return my two-wheeled steed to the shed and warm up by an outdoor fire with a hot toddy.

The area is a haven for ice-skating, too, thanks to its skating ribbons: meandering trails of smooth ice. You can lace up and glide into the forest at Parc régional Bois de Belle-Rivière, about an hour's drive from Mont-Tremblant. It's even better at night, when torches light the way for skaters.

Less active folks should know there are plenty of options for downtime here. Scandinave Spa in Mont-Tremblant has a campus of luscious hot pools, saunas and, yes, a napping room. Silence is encouraged, and with no Wi-Fi provided or cellphones allowed, you might feel transported back in time. →