

SHAPE

SHAPE
YOUR
LIFE

WIN!
\$25,000
IN GIFTS

**WALK
OFF
WEIGHT
IN WINTER**

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**LOOK YOUR
SEXIEST
IN THE
BEDROOM
& OUT**

**KELLY
OSBOURNE**

"All my life I've been called fat—no more!"

**HOW SHE LOST
50 POUNDS
(AND KEEPS IT OFF)**

**THE
BARE
MINIMUM
WORKOUT**

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**EAT
STUFFING,
WEIGH
LESS!**

**CRAZY-GOOD
RECIPES,
CHOCOLATE
DESSERTS
& MORE!**



Working your core, legs, and butt (at once!) has never been this much fun



SATURDAY

Start your morning with breakfast at **Jamie's on Main** (Old Depot Building on Main Street; 802-253-0077). You've got an active day ahead of you, so skip the pastries and opt for a hearty dish like the veggie and cheese omelet with whole-wheat toast. With your belly full, you're ready to tackle that legendary powder.

Downhill may get all the glory, but Nordic (or cross-country) skiing burns more calories while letting you take in the scenery at your own pace. And the **Nordic Center at the Trapp Family Lodge** is one of the country's top places to make tracks (\$22 for a one-day pass; trappfamily.com). The 100-meter trail network has terrain for beginners and experts alike. If you're a newbie, start with a lesson (from \$20) to learn how to climb inclines, cruise through flats, and (most important!) stop. Then follow the trail markers for two miles from the ski center to the Slayton Pasture Cabin,

FRIDAY

Stretch out your travel kinks with a yoga class at **West Branch Yoga** (\$15; 2595 Mountain Road; westbranchyoga.com), then drive 12 miles south to Waterbury. This historic town (it was established in 1763) has shops, restaurants, and one of the area's few skating rinks. **The Ice Center** (546 River Road; icecenter.org) offers daily public skating (\$5) and rents skates (\$4) if you need them. Enjoy the cool workout, but don't push yourself—your legs have a challenging day tomorrow!

story fit in...
STOWE

From snowshoeing and skiing to yoga and fine dining, this Vermont town has everything you need for an active weekend getaway.

BY JEANINE DETZ

TALK ABOUT A WINTER WONDERLAND: An average of 333 inches of snow blankets Stowe each year, providing a powdery playground for every level of adventurer. On weekends, residents of Boston and New York City flock to this northern Vermont town to hit the slopes, but there's plenty to do off the mountains too. (Sleigh riding, anyone?) Pack some warm clothes and this weekend guide—and get ready for three action-packed days that will make you wish winter lasted all year long.



Bring a camera! You might see deer and moose on your ride

BRAND X PICTURES/GETTY IMAGES



The Nordic Center has a rental shop and ski school



Hills increase the challenge

a café (open from 10 a.m. to 3:30 p.m. daily) where you can refuel with snacks, soups, and sandwiches. Make your way back to the Nordic Center and hit the road for your next adventure.

Drive to the nearby **Topnotch Resort and Spa** (4000 Mountain Road) and book a **Gentle Giants sleigh ride** (from \$30 for a 25-minute ride; available daily from 11 a.m. to 5 p.m.; gentlegiantsrides.com). As you relax

under cozy blankets, one or two horses will pull your sleigh along a snowy trail.

You (and your muscles) have earned some downtime, so unwind at the

Stoweflake Resort and Spa (stoweflake.com).

Indulge in the Organic Roses All Over massage

(\$145 for 50 minutes) and you'll be covered in a moisturizing body mask (scented with rose, of course), and then massaged from head to toe. After your treatment, relax in the Aqua Solarium, where you can soak in a hot mineral pool while enjoying views of the nearby Mount Mansfield. (You'll get a much closer look at that mountain tomorrow!)

SUNDAY

This is your last day in town, so rise and shine early.

Grab breakfast at Solstice restaurant in the **Stowe Mountain Lodge** (7412 Mountain Road; stowemountainlodge.com). When you're done, simply walk out the building's back door and you'll be at the base of Vermont's highest mountain: the 4,395-foot Mount Mansfield. Buy a **Stowe Mountain Resort** Sunday morning lift ticket (\$73; valid from 7:30 a.m. to noon) and hit the slopes. With 485 skiable acres, the resort has trails for every level skier and rider.

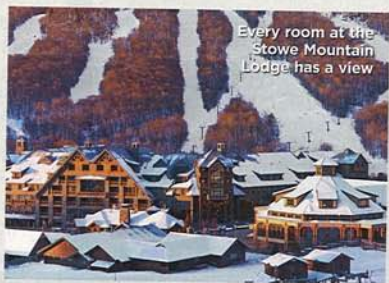
Après ski, you've got one place left to visit before you leave the green-mountain state: the **Ben & Jerry's ice cream factory** (1281 Waterbury-Stowe Road, Waterbury). Meet the **Umiak Outdoor Outfitters** rep at the factory's main entrance, where you'll depart for a 30-minute snowshoe trek

through the woodlands around the factory (\$15 including snowshoes; tours depart every hour on the hour from 11 a.m. to 4 p.m.; umiak.com). After working up a sweat, you'll get a tour of the factory and a free ice cream sample. Go ahead and treat yourself to a double scoop of your favorite flavor—you burned some serious calories this weekend!



Snowshoeing burns up to 600 calories an hour

SHAPE's fitness director JEANINE DETZ goes to Vermont every winter, and always brings home enough maple syrup to last her a year.



Every room at the Stowe Mountain Lodge has a view

Around town

✓ **WHERE TO STAY** The **Stowe Mountain Lodge** has 312 guest rooms and ski in/out access to the mountain (rooms from \$199; stowemountainlodge.com). Since 1950, the Trapp family (the inspiration for *The Sound of Music*) has been welcoming guests to its **Trapp Family Lodge** (rooms from \$235; trappfamily.com). The 2,400-acre property features 96 guest rooms in an Alpine building as well as 100 two-bedroom chalets and 21 three-bedroom villas.

✓ **WHERE TO EAT** In addition to the usual Mexican fare, **Frida's Taqueria and Grill** (128 Main Street, Stowe; fridastaueria.com) serves up healthy options like the chinampas taco, which is filled with yams, squash, and grilled cactus paddle (it tastes like asparagus). For an unforgettable New American meal—paired with a glass of vino from an award-winning wine list—try the **Blue Moon Café** (35 School Street; bluemoonstowe.com). Menus change monthly, depending on the available local ingredients.



Frida's guacamole is prepared at your table

Ben & Jerry's makes 46 flavors of ice cream