

## Hot and Healthy: B&Bs That Get Your Heart Racing

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— Kaleidoscope Inn & Gardens in Nipomo CA.

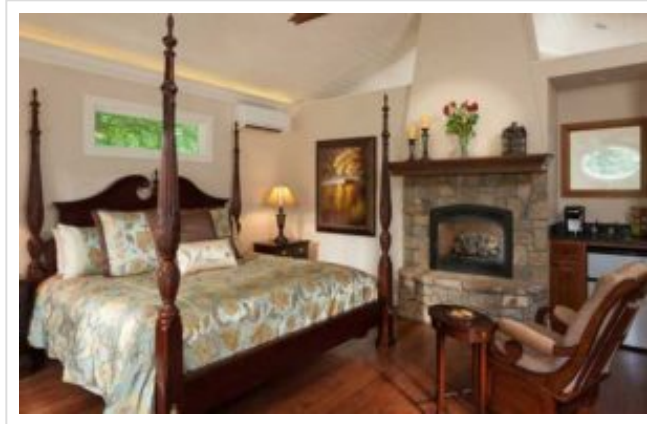
Love is in the air! The demand for long-stemmed roses has skyrocketed, jewelry purchases have tripled, and boxes of chocolates are flying off of the shelves. More important, Valentine's Day getaways are being booked in a flurry of anticipation by couples craving romance. But romance and relaxation aren't the only things you and your sweetheart can take advantage of on a special getaway. Deep breaths of fresh air as you work up a sweat, will get your heart racing even faster for your true love. Active couples looking for fun exercises to keep their heart healthy need look no further than a skiing, yoga, or

hiking package at a B&B. Your beloved and your heart will thank you for a passionate and pumped up Valentine's Day vacation.



Spend quality time with your love in the great outdoors at **Heavenly Valley Lodge** in **South Lake Tahoe, CA**. The refreshing, crisp air will do wonders for your mind, body, and soul. Spend the day skiing or snowboarding as you take in the beautiful scenery of crystal clear lakes and snow-peaked mountains. After, visit a hot spa to restore and relax your aching muscles. At night, enjoy a lovely dinner in one of the many world-class restaurants, before you dance off some of those calories at a nightclub or casino entertainment venue. End your night in a cabin style suite in front of a river rock fireplace with a glass of wine. This rural and rustic California retreat is the ideal lovers getaway. Daily rates include up to \$80 of free

amenities: hot home-cooked breakfast, Happy Hour, free movies, Wi-Fi, bottled water, and other extras.



An active and amorous getaway awaits you and your true love at **The Andon-Reid Inn** in **Waynesville, North Carolina**. Whether you're enjoying winter hiking and biking in the Smoky Mountains and Blue Ridge Parkway, or using the high-end fitness equipment, you will work up a sweat, before you relax with your sweetheart at this turn-of-the-century home. The two person whirlpool tubs, King size 4-poster bed, and wraparound veranda porches invite couples to cuddle up in each other's arms as they enjoy the spectacular mountain views. Gazing out of the large windows of this historic property, in front of a welcoming fireplace, sets the right mood for love.



Don't let the cold New England weather stop you from heating things up this Valentine's Day! **Nobnocket Boutique Inn**, in **Vineyard Haven** on beautiful **Martha's Vineyard, MA**, is the respite you need to reconnect as Cupid intended. Bundle up and take a romantic walk into town and explore the island or hike the many trails that lead to spectacular, hidden beaches. This seclusion offers ample opportunities for surprise proposals or heartfelt declarations of love. Enjoy the beautiful vistas on your leisurely stroll back to the inn. This lovely oasis offers guests luxurious beds and complimentary gourmet breakfasts of chocolate French toast and fresh fruit, as well as stunning views from your room or the outside patio. You and your Valentine will experience care, comfort, and charm at Nobnocket, Boston Magazine's

choice for Best Martha's Vineyard Inn, Best of Boston 2017.



Love is an exciting adventure. While you are on this wild ride with your partner, why not embrace the fun “ups” & “downs” of love at the **Kaleidoscope Inn & Gardens** in **Nipomo CA**. This beautifully restored Victorian Inn has a selection of packages that will fill your weekend with new experiences galore! Accept the challenge of their adventure package for breathtaking hikes along the gorgeous coast and sea kayaking along ocean cliffs and caves. Customize your own package to include yoga with your stay, thrilling ATVs across the dunes, horseback riding on the beach, zip lining through the trees or explore the area to enjoy rock climbing, intense mountain biking trails or your new favorite mountain top view. Couples

who prefer more laid back activities can find their “om” with the yoga package. With Thai Yoga Therapy Massage for two after your chosen class and a detoxifying session in an Infrared Sauna, will be just what the love doctor ordered. Return to the Kaleidoscope and find your favorite corner of the flower filled gardens to enjoy a glass of wine or complimentary hot tea; then unwind by the fire or retire to your romantic and comfortable room, where the innkeepers enjoy showing couples why they deserve to be spoiled on Valentine’s Day (their Valentines special offers free wine and flowers or chocolates with each room) and every other day of the year.



The spectacular mountain views in **North Conway**, nestled in the White Mountains of New Hampshire, are beautiful to behold and battle as you whip yourself into

shape cross-country skiing. Recently designated as one of the “Best Ski Towns”, your romantic stay at **1785 Inn** will not disappoint. Known for its breathtaking views, skiers will be beckoned by the trails groomed by the Mount Washington Valley Ski Touring & Snowshoeing Foundation. Guests looking for romance and recreation, can enjoy a delicious breakfast of blueberry pancakes, then go from the Inn onto the trails with the complimentary trail passes, \$30 in savings per couple. Cardio-vascular exercise in a beautiful setting is the ultimate romantic escape you need to make your Valentine’s Day hot and healthy!

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