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Sports Authorities

resort's 18-hole Pete Dye-designed course. -NIKKI PRANGE

Three relaxing retreats get physical with new athletic programs.

fireplaces, swinging loungers, and deep soaking tubs; heated floors and handmade lavender soap offer creature comforts inside. Guests who choose to descend from their treetop retreat for an afternoon of activity can hike, go horseback riding, practice yoga, or golf at the



LEG UP For the new muay Thai programs at the **Four Seasons Resort Koh Samui** (fourseasons.com), the 60-villa property enlisted the architect Bill Bensley to create a state-of-the-art aerial training ring (shown above). Packages—which launched in May and are priced from about \$365 per person—include sessions with the resort's resident champion boxer and tickets to a local match.

ON WITH THE WIND At Peter Island Resort & Spa (peterisland.com), a new experience from the Rob Swain Sailing School takes advantage of the calm sea conditions surrounding the British Virgin Islands resort. Launched in August, the five-night program is priced from \$4,843 per couple and includes classroom and hands-on instruction, culminating in an official keelboat-sailing certification exam.

RIGHT ON TRACK • In December, Colorado's Dunton Hot Springs (duntonhotsprings.com) added Nordic ski training to its extensive list of winter sports offerings with a new 6-mile cross-country skiing track developed by the two-time Olympian Wendy Wagner. Guests can navigate the new trail solo or enlist one of the resort's instructors for lessons and guided treks. —JENNIFER ASHTON RYAN

BURMESE BEAUTY

For passengers aboard the new Sanctuary Ananda (sanctuary retreats.com), Myanmar's Irrawaddy River is an unfurling scroll of ancient temples, vibrant villages. and primordial jungles. The 48-passenger ship-which journeys between Bhamo and Yangon on three- to 12-night itinerariesmade its debut in November with 21



suites outfitted with handwoven fabrics and local artifacts. Days begin with sunrise yoga and mohinga (Burmese fish noodle soup), followed by visits to such fabled destinations as Bagan (a golden city filled with more than 2,000 ancient pagodas) and Mandalay (the former royal capital). After excursions by ox-drawn cart or cycle rickshaw, guests return to Ananda to observe the Irrawaddy's passing scenery from the ship's swimming pool. observation decks, and alfresco restaurant. -J.C.