



HOLIDAY SOCIETY SECRETS! **TOWN & COUNTRY**

DECEMBER 2017/JANUARY 2018

JESSICA
CHASTAIN
HOW TO
WIN IT ALL

THE WORST
DADS OF 2017

HOW RICH IS
TOO RICH?

FIVE STAR
DETOX
THE ULTIMATE
FITNESS
ESCAPES

134
PERFECT
GIFTS FOR
IMPOSSIBLE
PEOPLE

CORONADO
MANSION
MURDER
MYSTERY

DOES YOUR
HOUSEKEEPER
SECRETLY
HATE YOU?

FITNESS ITINERARIES

T&C TRAVEL CRUISE AWARDS

Enjoy the buffet, and then work it all off. The best ships for the best of both worlds.

By Carolyn Spencer Brown



WATER'S FINE
The Paul Gauguin combines aquatic sports with a dreamy South Seas setting.

Odysseus had to strap himself to the mast to resist the sirens' call. The big news on cruise ships is that you no longer have to. Overindulged? No problem. There are now gyms at sea as well equipped and staffed as anything on land. There are spa menus of every persuasion. There are excursions, on water and on solid ground, guaranteed to not just burn calories but to get those endorphins going. We have sailed and inspected countless lines and ships, and the ones listed in the following pages will have you both seeing the world and getting well and fit. Consider it the T&C guarantee. (That mast? So pretty to look at during cocktail hour.)

BEST SPORTS MARINAS

Think of them as cruise ships' playrooms—these have the best toys and the most ways to get you in the water.



Up close to the action with Lindblad in Antarctica.

former banana exporting town of Quepos (where you can hike in the rainforest, raft on the river, or go sportfishing) and Panama's Isla Parida, part of a 50-island nature preserve with a long white sand beach where you can kayak, sail, or trek. **SHIPS** Windstar's Star Breeze, a yacht, and Wind Star, a sailing vessel. WINDSTARCUISES.COM

SEABOURN CRUISES

The luxe line renowned for butlers, unlimited room service caviar, and Thomas Keller cuisine has gone rugged on its Alaska itineraries, with Ventures by Seabourn kayak excursions to some seriously offbeat corners: Cross Sound in the Inian Islands, a way station for migrating humpback whales; and Misty Fjords, where you paddle into a bay surrounded by 3,000-foot cliffs. **SHIP** Seabourn Sojourn. SEABOURN.COM

VIKING OCEAN CRUISES

The terrain of Arctic Norway features Europe's best range of coastal peaks, valleys, and fjords, and Viking Ocean takes superb advantage of all the fitness potential: You can kayak in the fjords, cycle up a 1,500-foot mountain in Geiranger, and hike, either gently (to the Mardalsfossen Waterfall) or strenuously (to the 1,100-foot summit of Vendsalsjord). **SHIPS** Viking Star, Sea, and Sky. VIKINGCRUISES.COM



A Windstar marina is partly a private swimming hole.

PAUL GAUGUIN

It is not the usual water toys (kayaks, windsurfboards, paddleboards, snorkeling and scuba gear) that distinguish this ship's sports marina—it's the South Pacific settings in which you get to do all that, the most beautiful of any cruise itinerary. (Think mossy mountain peaks, blue velvet skies, sugar-white beaches, and seas in every shade of blue.) This vessel named for an artist imbues the water workout with an unmatched aesthetic dimension. **SHIP** There's only the one. PGCRUISES.COM

CRYSTAL ESPRIT

For a ship that sleeps just 62 passengers, the Esprit hits the water sports ball out of the park. In addition to kayaks, wakeboards, and paddleboards, there are jet skis (most other ships with sports platforms don't have them), an inflatable float for swimming to and lounging upon (ditto), and (for now) the cruise industry's only "submarine," a two-

person C-Explorer 3 with a clear acrylic hull. It won't help you work your core, but the silence down there (the submersible can descend to 1,000 feet) and the 360-degree underwater views (it's like diving without getting wet) will make the world fall therapeutically away. **SHIP** Crystal Esprit. CRYSTALCRUISES.COM

WINDSTAR

For a cruise line with a largely adult clientele (children under eight are not allowed), Windstar places a big emphasis on fun: The water sports equipment is diverse and of high quality (including a combination water trampoline/diving platform), and, most important, the sports marinas can be used more often than on other lines' cruises: While port rules often prohibit the deployment of these platforms, Windstar creates itineraries where such restrictions come into play less often. **SHIPS** Windstar's Wind Star, Wind Spirit, Wind Surf, Star Pride, Star Breeze, Star Legend. WINDSTARCUISES.COM

THE PIONEER AWARD

Because it launched the luxury adventure craze.

SILVERSEA CRUISES

Ten years ago, with its Explorer, Silversea set a new standard for cruising to remote locales. Out went compact cabins, bunk beds, and group dining on a fixed schedule; in came suites with queensize beds, butlers, dining options, and spa treatments. Which ignited travelers' interest and led to the current crop of other expedition ships and the adventures they're offering. But Silversea Expeditions is not resting on its icebergs. In October it debuted its first series of wellness-themed expedition voyages on Silver Discoverer. SILVERSEACRUISES.COM