

Neiman Marcus. It's also 20 minutes from downtown Chicago. All guestrooms include voice mail, dataports, individual climate control, irons, hair dryers and coffee makers. Lodge amenities include a full-service fitness facility, a 70-foot lap pool, three whirlpools, sauna and steam room. A massage therapist is available by appointment, and personal trainers are on hand to provide guests with customized workout programs. There are also step aerobic, water aerobic and sculpting classes. Guests can choose from two restaurants — Piazza, an Italian Cafe, and The Water's Edge Restaurant. The Hearth Lounge provides a lake-view location for cocktails. The lodge also offers assistance for people with physical disabilities, a multilingual staff, a currency exchange and an ATM machine. A typical rate is \$214. Call 800-233-1234 or access www.hyatt.com. Enter Oak Brook in the search bar to bring up specific information on the hotel.

Maine: The Inns of Poland Spring, Maine, located 30 miles north of Portland, only opens for the summer season. This year, through October 14, you can pay as little as \$50 per couple, per night, including two meals a day — breakfast and supper served buffet-style. Add \$20 for unlimited golf. This collection of four inns, a summer home and cottages (rooms, suites and full cottages are available) is unique. A brochure posted online fully describes how they operate. All prospective guests are asked to read it before booking. You're asked to bring your own soap and towels.



The Maine Inn, one of three inns and nine cottages, at the Inns of Poland Spring.



Yes, you can keep fit while on the road. It's easy at New York City's Rihga Royal Hotel.

Pets and children 17 and under are not allowed. There are no phones in the guestrooms. The inns have black and white televisions (they say "bad news looks more remote" in black and white). For more information, access www.polandspringinns.com. Call 207-998-4351 for reservations. If you go, visit the new Poland Spring Preservation Park (www.polandspring.com), centered by two renovated Victorian-era buildings that served as the Poland Spring Bottling Plant and Spring House at the turn of the century. Listed on the National Register of Historic Places, the buildings now serve as the Poland Spring Museum.

Manhattan: Midtown's all-suite Rihga Royal opened 15 suites designed for travelers who are serious about physical fitness. Each suite includes workout equipment centered with the Bowflex Ultimate, a strength training product from The Nautilus Group. Upon arrival at the hotel, guests are welcomed with a sampling of five smoothies. The fitness suite program includes health-conscious items in minibars and the dining menu. Among the featured menu items are Pyramid Frittata, made with egg whites; Grilled Tuna Capellini, and Combination Low-Fat Pizza. Calorie, protein, carbohydrate and fat content are provided for all health-conscious offerings. Other amenities include free weights, an exercise mat and step, high-energy CDs and videos covering Body Bar, Pilates and yoga. Each suite also has a variety of health and fitness magazines and a Bowflex Fitness Guide. In addition, option-

al exercise logs can be kept in the hotel's Pinnacle service office, for guests' future use and tracking of individual exercise programs. The 505-room Rihga Royal has consistently earned AAA's Four-Diamond Award since its opening in 1990. The hotel is steps away from Carnegie Hall, the Museum of Modern Art, Radio City Music Hall, Rockefeller Center, Broadway theaters and Fifth Avenue shopping. Rates start at about \$329. Bowflex rooms are available in executive suite and one-bedroom configuration with starting rates of about \$419, \$20 above the usual nightly rate. (www.rihgaroyalny.com)

Maui: Hotel Hana-Maui has been significantly upgraded and restored in a way that honors its Hawaiian heritage. Upgrades include refurbished interiors in all Sea Ranch cottages; a remodeled main dining room, lobby and Paniolo bar; a restored Hana Town Center and Hana Ranch Restaurant; a redesigned garden pool pavilion; and the addition of many new amenities and services. The 66-room resort is on 67 acres that stretch along the eastern shoreline of Maui. In addition to Hamoa Beach and other natural attributes of Hana, the resort offers a nature walk to nearby hidden beaches and horseback riding along the coast. Complimentary activities include daily yoga classes, aqua exercise classes, tennis, snorkeling, biking, a Wellness Center, use of two pools and a whirlpool spa. To celebrate the completion of the restoration, the hotel is offering a Hana Hideaway package. It includes breakfast and many complimentary activi-