

# woodbury

the must-read magazine for Long Island

WINTER 2018

HOT SPOT DINING  
GOTHAM A-LIST

ASPEN & SNOWMASS  
SKI. PLAY. SLEEP.

HOW TO MEASURE  
YOUR FITNESS

BEST IN TECH  
GAMERS, PETS  
GROWN UPS AND KIDS

FASHION FORWARD  
SKI, RESORT &  
COCKTAIL COUTURE  
SCOLIOSIS SUPPORT  
CBD OIL & FOOD  
NUTRITION TRENDS

+

BOOK REVIEWS  
INTERIOR DESIGN  
WOMEN'S HEALTH  
AFTER HOURS

HOLIDAY GIFTS  
FOR EVERY LIST

+ THE HOTTEST TOYS OF THE SEASON!

travel

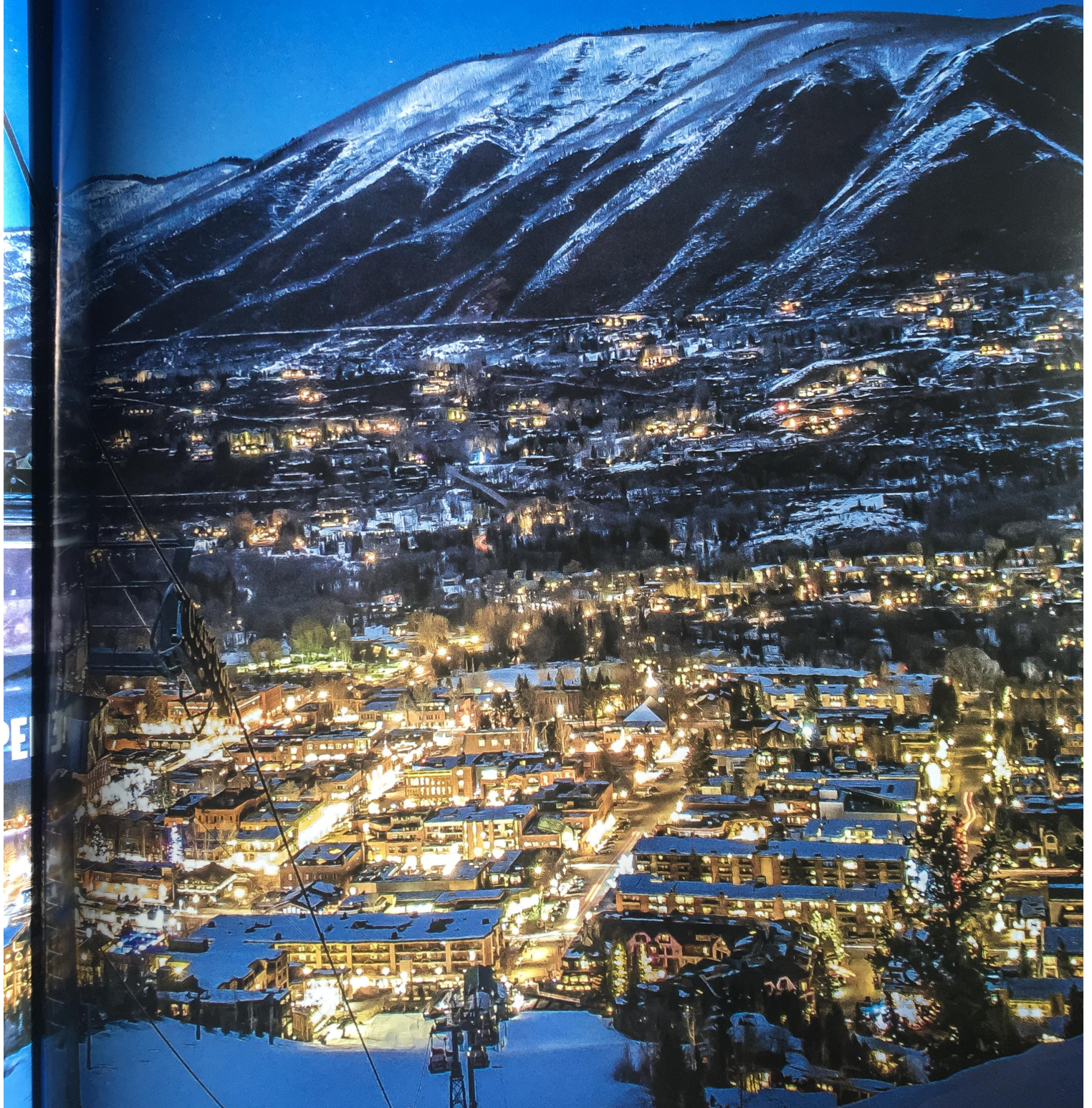
# ALL THAT *glitters*

by MCLEAN ROBBINS



Photo by Zach Mraziti

IT'S NO SECRET THAT JETSETTERS DECAMP ANNUALLY FOR ASPEN'S SNOWY MOUNTAINTOPS AND EQUALLY CHIC APRÈS-SKI ATTRACTIONS. BUT THIS YEAR, MORE THAN EVER, ASPEN AND SNOWMASS ARE SKI SEASON'S 2018/19 DARLINGS, THANKS TO MOUNTAIN IMPROVEMENTS, OF-THE-MOMENT COLLABORATIONS AND AMPLE ACTIVITIES FOR FAMILY TRAVELERS, ADRENALINE JUNKIES AND SCENE-SEEKERS ALIKE.





This page: The new Limelight Hotel boasts fireplaces in guest rooms, a spa, pool, quality dining and a kid-friendly environment.



LIGHTEN UP



The Viceroy Snowmass shines at sunrise;  
Deejay spins at Snowmass;  
Little Nell guest room and Wine Academy.



FOR LONGER STAYS, TRY A RENTAL VIA ONE OF THE LUXURY HOTELS, MOST OF WHICH BOAST SOME RESIDENTIAL COMPONENT, OR A SITE LIKE ONE FINE STAY OR LUXURY RETREATS.

also has some sumptuous options. The modern (and well-priced) 99-room **Limelight Hotel** joins its Aspen sister property at the base of the new mountain village and offers ski-in/ski-out access as well as “First Tracks” access for guests. The new property boasts complimentary breakfast for guests, an indoor climbing wall and a ski valet.

The newly-renovated **Viceroy Snowmass** is also popular. Enjoy full kitchens or kitchenettes in each room, new-for-the-season expanded and improved outdoor spa areas and a ski-in/ski-out bar. Guests love the quirky programming, too. Try the Barrel-Aged Cocktail Butler, where staffers work pre-stay with guests to design a signature cocktail. Upon arrival, the ingredients and accoutrements are delivered to your suite on a custom cocktail cart so you never miss your favorite drink during your stay. You can also try a “360 Omakase” experience, a play on the apapanese phrase meaning “I’ll leave it up to you.” From dining reservations to outdoor

experiences to spa treatments, each day, guests receive a curated itinerary with personalized surprises and amenities along the way.

For longer stays, try a rental via one of the luxury hotels, most of which boast some residential component, or a site like **One Fine Stay** or **Luxury Retreats**.

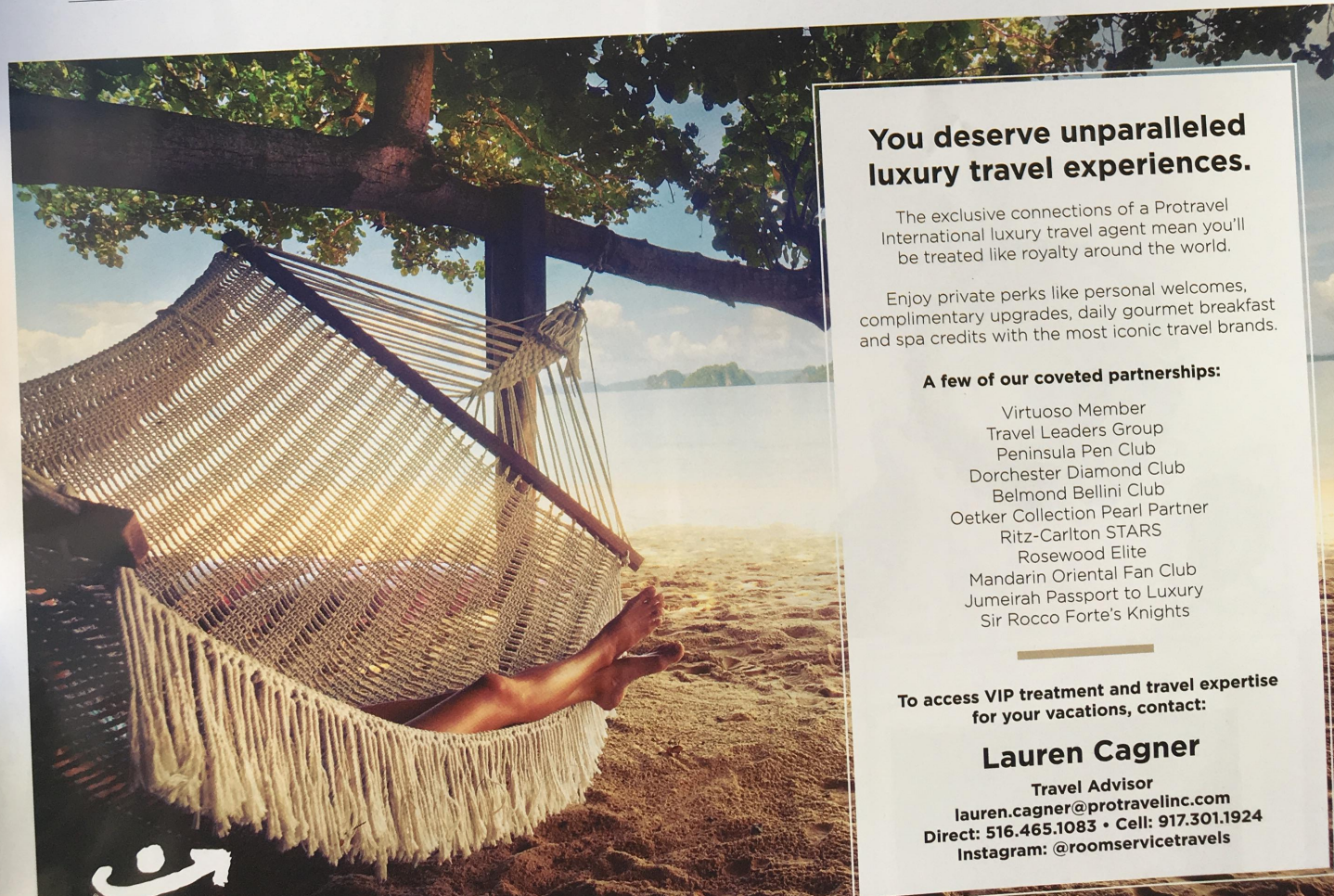
**GETTING HERE**

You can easily hop a nonstop (American or United) into **Eagle Vail Airport**, but it’s about a two-hour drive from there to the mountain, so we’d suggest a car if you opt for this route. While we always prefer direct, in this case, suffer (just a little) and book the one-stop via Denver or Salt Lake City and head right into **Aspen/Pitkin County**, where most area hotels will offer complimentary shuttle service or pickup. You can get by without a car as Uber and Lyft both offer easy around-town transport and an option for cars large enough to accommodate your gear as well. ■

Snowmass’ new winter base village; The St. Regis.



DJ photo by Hai Williams Photography. Little Nell Wine Academy photo by John Cain Photography.



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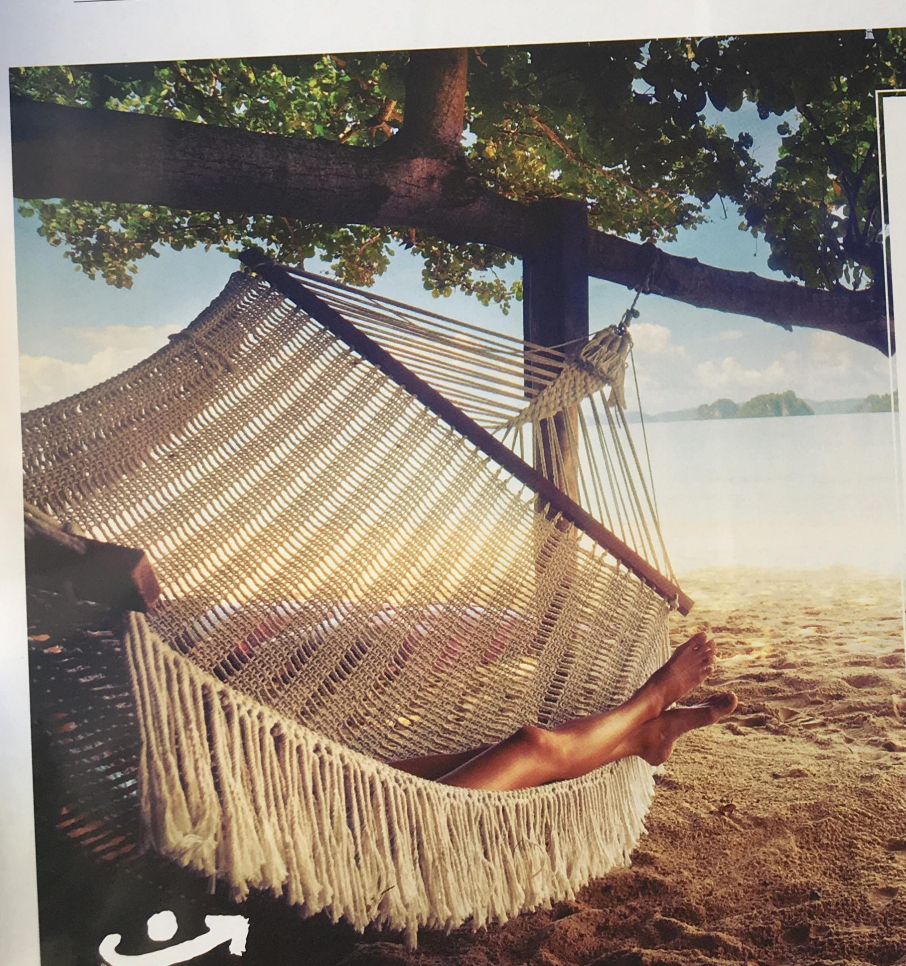
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## travel

Extreme sports enthusiast Hadley Hammer takes a leap in Aspen; fireworks over Aspen; a renovated suite living room at Hotel Jerome.

### WHY NOW?

This season, the Aspen-Snowmass area feels buzzy than ever thanks to \$600 million in mountain improvements and a brand new **Snowmass Base Village** debuting this season. More than 15 years in the making, construction started in 2004 and the massive phase one has just wrapped. Opening December 15th, expect a chic new **Limelight Hotel**, complete with a five-story glass-enclosed indoor climbing wall, family-friendly skating rink with fire pits and gratis daily s'mores, plus new shops and restaurants opening throughout the season. While Snowmass has long drawn more than half of the total skiing to the area's four mountains, it's always felt a bit left out compared to its glittering sister, Aspen. Now it's finally in the spotlight.

Much like Deer Valley and Park City, it's easy to ski all four mountains – **Aspen (Ajax), Aspen Highlands, Buttermilk** and **Snowmass** – on a single visit and ticket. Snowmass is the biggest, and boasts the widest variety of terrain, while Aspen and Highlands are best left to diamond lovers. Buttermilk is perfect for beginners as well as boarders, thanks to its notoriety as host of the Winter X Games and Red Bull Double Pipe events. The destination is also on the coveted **Ikon Pass**, allowing riders and skiers access to 75,000 acres of terrain at 36 mountains.

Not a super athlete? No problem. Many visitors have taken to **uphill skiing**, sort of an intense uphill version of cross country that involves (yes, you guessed it) going uphill on special skis – it burns way more calories than SoulCycle. It's available all day at Snowmass. The **Alpine Coaster** (an elevated track coaster that runs 28 miles per hour through the wilderness year-round) also offers something for adrenaline junkies. Visiting with little ones? Don't miss the **Ice Age Discovery Center**, a family-friendly tubing area that showcases a massive mammoth uncovered back in 2010, plus other interactive exhibits, as well as the **Kids Mountain Explorers** program, offering dedicated learn-to-ski camps in January, February and March.

### WHEN TO VISIT

Aspen and Snowmass boast a fairly long ski season. While the mountains start getting snow as early as the first week in October, ski season officially opens just before Thanksgiving in Aspen and lasts through April 21st in both Aspen and Snowmass. Highlands and

Buttermilk close a smidge earlier.

Aside from peak weeks (think holidays and spring breaks), the annual "Wintersköl"™ from January 10th – 13th is Aspen's family-friendly winter festival and marks a fun time to visit.

Non-skiers may prefer summer or fall, when it's possible to hike **Maroon Bells**, one of Aspen's signature sites, open only between May and November. The signature maroon colored and (you guessed it) bell-shaped peaks rise to 14,000 feet and just might be the area's most iconic site. For optimal viewing, go at sunrise and try to capture the perfect shot. For something a bit more see-and-be-seen, indulge your inner epicurean at the annual **Food & Wine Classic**, a three-day festival of the industry's top chefs, winemakers, restaurateurs and celebrity guests, held each June. Fourth of July, with its kitschy hometown parade, is also an offbeat alternative to the Hamptons. For the intellectually inclined, the **Aspen Ideas Festival** is also a popular summer gathering. Just be careful before visiting in April or May, known affectionately as "mud season" -- some resorts close then, and again briefly in October, for updates or a brief between-seasons pause. As one might expect, off-season offers the opportunity for fewer crowds and slightly lower rates, but, with the exception of skiing, no real lack of activity.

### ASPEN, OFF MOUNTAIN

Aspen hasn't been a sleepy mountain village for some time, and, particularly in peak season, it's not unusual to spot boldfaced, or shall we say, bold-walleted, names around town. (Recognizable or not, you'll see them or at least their private jets, lining the ASE airstrip.)

Mingle like a regular. Shop of-the-moment names like L'Agence, Ulla Johnson and Rag & Bone at family-owned Pitkin Country Dry Goods or European-inspired womenswear at Maison Ullens, plus your standard array of luxe names with stand-alone shops – **Moncler**, **Louis Vuitton**, **Gucci**, and **Prada**, to name a few. Other faves, like beauty haven **Cos Bar** and **The Boutique at The Little Nell** are also worth a stop. Our tip? **Little Bird** offers some of the city's best consignment, it's not unusual to find items with original tags still attached. Leave the iPad at home? Local favorite Explore Booksellers

WHILE THE MOUNTAINS START GETTING SNOW AS EARLY AS THE FIRST WEEK IN OCTOBER, SKI SEASON OFFICIALLY OPENS JUST BEFORE THANKSGIVING IN ASPEN AND LASTS THROUGH APRIL 21ST IN BOTH ASPEN AND SNOWMASS.

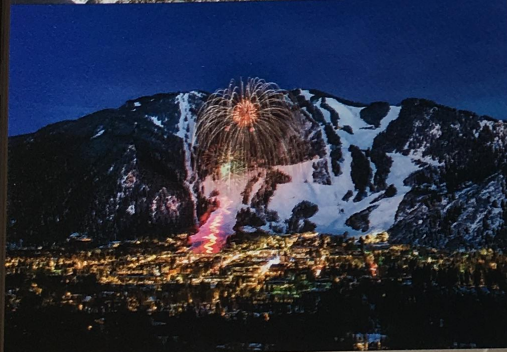
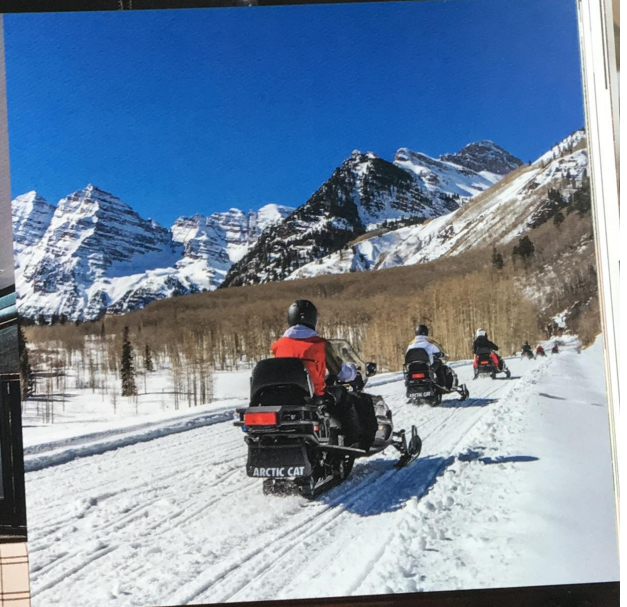


Photo: amr Maroon Bells, previous by Cz Photography.





Hotel Jerome's new Bad Harriet cocktail bar and renovated living room. Right: Aspen's famed Maroon Bells.



Snowmass' Mardi Gras, Alpine Coaster and s'mores truck are favorites of all ages.



THE ST. REGIS HAS ALWAYS BOASTED BUTLER SERVICE, BUT NEW THIS SEASON IS A SPECIALIZED KID'S BUTLER, WHO CAN CUSTOMIZE MILK AND COOKIE PLATES OR PROCURE A GLASS OF SPARKLING CIDER DURING THE DAILY AFTERNOON CHAMPAGNE SABERING.

will refresh your reading material.

If you want to get your Western on, pop on over to Galena Street, Aspen's main drag just off the Silver Queen gondola and drop into **Kemo Sabe** for a custom-molded cowboy hat or take in a show at **Belly Up**, where everyone from Steve Aoki to The Chainsmokers has headlined.

Get zen for a night out in one of two fabulous ways — a facial and lash extensions or Pilates at spa-studio-boutique **O2 Aspen**, or a little legal buzz from the area's Hermes of high, **Silverpeak Cannabis**, where a "budtender" will customize your goodies. Want the relaxation but not the munchies later? Opt instead for a CBD-oil rubdown at **Remède**, the posh spa at the **St. Regis Aspen Resort**.

Or, get cultural. This year marks **bauhaus100: aspen**, with celebrations throughout the season which commemorate how the Bauhaus has influenced and inspired the city's artists, architects and more. For examples of the discipline, look to the chic **Hotel Jerome** or the **Wheeler Opera House**. You can also see what's happening at the **Aspen Institute** or the Shigeru Ban-designed **Aspen Art Museum**, a haven for contemporary works.

#### WINE & DINE

Like any ski town worth its salt, Aspen offers indulgent fare for those fresh-from-the-slopes hunger pains. Don't miss the legendary afternoon dance parties in the ski-in/ski-out **Cloud Nine Alpine Bistro**, where the cheese fondue is as delicious as the signature champagne spray (yes, you read that correctly). The Little Nell's **Ajax Tavern** is similarly a must-visit. Get the truffle fries (trust us) and a glass of wine from the hotel's \$2 million, 22,000 bottle collection.

In town, hit up **J-Bar** at Hotel Jerome, where Hunter S. Thompson once imbibed, or toss back a tequila at **Jimmy's Bodega**, from the same team as Jimmy's original **American Restaurant**, also a local institution. **Meat and Cheese** on "Restaurant Row" is great for a charcuterie plate or market takeout, but the restaurant also offers globally-inspired cuisine with locally-sourced ingredients that shine. They don't take reservations, so go early. For date night, we also love the intimately candlelit **Wild Fig Tavern**, which dishes out Mediterranean fare from

Italy, as well as the homemade pasta at **Casa Tua**. It's cool, you earned those carbs.

By night, see and be seen at collabs with familiar names rumored to be headed to town this season, like **The Surf Lodge** (at **The Grey Lady**) or **EMP Winter House** at the St. Regis. Yes, we're having Hamptons flashbacks too.

#### STAY HERE

Like Goldilocks, it's easy to find a hotel that's just right for your needs in Aspen or nearby Snowmass. For couples, we're partial to the intimate **The Little Nell**, a 92-room jewel box and the city's only ski-in/ski-out hotel. We personally like the Paepcke Suite, a 2,500-square-foot one-bedroom suite which boasts a kitchen, living area and oversized balcony. It was named after Walter Paepcke, the industrialist who founded Aspen Skiing Company, the Aspen Institute and more.

Guests of the hotel enjoy perks like "First Tracks" (early access to Aspen Mountain) and a ski concierge, and any outdoor program you can desire — the resort even has a skiing trip organized each winter. Visiting on the holidays? Don't miss New Year's at the Little Nell, where the hotel hosts its annual Pérignon Party, a signature social event with bottomless bubbly, bands and more.

We also love the newly-updated **Hotel Jerome**, part of the Auberge brand, in town. Grab a cocktail at the sexy new **Bad Harriet** cocktail bar named after the wife of the hotel's original developer and owner, unwind in oversized Old West-chic suites (pick one of the airy residences for a longer stay) or hit up the signature J-Bar for a burger.

For families, we love the 179-room **St. Regis**, nestled between the mountain's two ski lifts. The hotel has always boasted butler service, but new this season is a specialized kid's butler, who can customize that milk and cookie plate or procure a glass of sparkling cider for the little ones during the resort's daily afternoon champagne sabering. Be sure to request a room with a fireplace, and a meet and greet with the hotel's new pup, a Bernese mountain dog named Kitty. Think the name is a bit odd? It's a nod to St. Regis founder John Jacob Astor, who also had a pup of the same name.