

# New Life Hiking Spa

BY ROCHELLE LASH, SPECIAL TO THE GAZETTE    SEPTEMBER 7, 2010



The New Life Hiking Spa at Killington's Inn of the Six Mountains combines hiking and healthy eating with some R&R.

Editor's note: Some of the details might have changed since the original publication date. Please check with the establishment before heading out!

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Jimmy LeSage's devoted spa clients would follow him anywhere. Or at least to the top of a rugged mountain.

LeSage runs the New Life Hiking Spa in Killington, Vt., a lively fitness and weight loss getaway that re-opens for the season May 20. It combines exhilarating exercise, low-calorie cuisine, a splendid mountain setting and a touch of pampering. So, what's new? Many spas offer those features.

New Life offers all that at affordable rates. An all-inclusive visit costs about \$220 to \$250 a day, per person. The fee includes lodging, all meals, guided hikes, unlimited fitness classes and a spa treatment for every three-day stay. New Life also has attractive prices for singles – a great gesture for a spa getaway. Most clients come alone to this hiking haven. Some travel in girl groups. And about 15 per cent of New Life's spa-goers are men.

New Life's other elusive spa quality is fun. Guests are delighted to diet scrupulously, happy to sweat while hiking up hills and wild about killer boot-camp workouts. LeSage, an exuberant character with infectious style, has made the gruelling dual challenges of exercise and weight loss downright pleasurable. Let's say there are as many giggles as grunts and groans. And with communal dining at tables of eight, friendships are formed.

"I would have called it 'adult camp,'" said LeSage, who founded New Life as a fledgling hiking getaway more than 30 years ago. "But we sleep in a good hotel with televisions in every room, swimming pools

