



On the water during an Inca Trail Peru adventure with Body Roots.

BY DIANE DANIEL | GLOBE CORRESPONDENT

‘We don’t retreat, we do adventures,’ is the slogan of Spiritual Adrenaline Adventures, new active group trips for travelers in recovery from substance abuse and addiction. Three trips are on the calendar for 2019 — to Machu Picchu in Peru (April 6-14, \$3,545), Banff National Park in the Canadian Rockies (Aug. 29-Sept. 2, \$2,650), and the Azores, the islands off Portugal’s coast, next summer (details not yet available). The first two will be operated by Out Adventures and the third by BodyRoots, run by an Azorean-born New Yorker.

All trips will focus on adventure, sobriety, meditation, nutrition, fitness, and 12-step program components, with high-end lodging and healthy meals, said Tom Shanahan, founder of Spiritual Adrenaline, an active online community of people in recovery who are focused on healthy lifestyles. Shanahan said typical 12-step programs often include copious amounts of coffee, sweets, and cigarette smoking, which can run counter to becoming healthier.

“I’m seeing an emerging movement in the recovery community to integrate a healthy lifestyle into 12-step and other recovery methods,” said Shanahan, a practicing lawyer in New York City and a frequent visitor to Portland, Maine, where he said he “got sober” in 2011. He was living there while taking care of his brother, who had become paralyzed in a

skiing accident. “Portland has a great recovery community — I go back and forth all the time.”

The trips are an extension of the online community Shanahan started in 2016, which rethinks the unhealthy recovery lifestyle and offers wellness tips and support.

“I’ve seen many sober yoga retreats, but nobody was integrating adventure travel,” said Shanahan, a hiker who has climbed Mount Kilimanjaro with Out Adventures and plans to go to Nepal and Mount Everest base camp with the group in fall. “Every time I climb a mountain, I’m a step closer to being healthy and a step away from being an addict.”

Out Adventures creates trips for gay men and their friends and families, but Shanahan, who is gay, said that the Spiritual Adrenaline Adventures trips are for anyone in recovery, along with their families and allies and are not targeted to the gay community.

Not only are the debut destinations “stunning and spiritual places with connections to the earth and our roots,” he said, the added features that Out Adventures is putting together make them perfect for people in recovery.

“We’ll have 12-step meetings, integrated walking meditations, and yoga with positions geared toward different elements of the 12 steps,” he said. “Also, in Peru, the shaman culture is very interesting, but it often contains an element of using local plant-based drugs. We’ll be visiting with healers, but without the

use of drugs.”

Perhaps the biggest difference, said Shanahan, whose book “Spiritual Adrenaline: Nourish & Strengthen Your Recovery,” will be published in January, is that travelers will be able to “take the mask off. There’s a stigma, if you don’t drink, or, if you’re honest about it, people want to coddle you. Overall, it impacts the vibe. One of the critical things that makes recovery work for people across the board is building healthy, active communities. Those who do have a much higher rate of success.”

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Tom Shanahan, founder of Spiritual Adrenaline, above the clouds on Mount Rainier.



HERE

SCHOONERS PARADE INTO CAMDEN HARBOR

Tour a schooner, watch a lobster-hauling demonstration, listen to live music, and take part in a slippery fish race during the 25th annual Camden Windjammer Festival, Aug. 31-Sept. 1. More than a dozen schooners will parade into Camden starting at noon, Aug. 31. The day includes a silent auction for dinner aboard a Maine Windjammer Association vessel that night, radio-controlled boat races in the harbor, a downtown treasure hunt, the Nautical Dog Show, an outdoor concert and whimsical talent show (put on by windjammer guests and crews) 7-9 p.m., and fireworks. After a pancake breakfast at the Camden Rotary Club, watch the Lobster Crate Race, when competitors try to race across a line of crates and avoid falling into the harbor, and the First Fish Relay Race, when teams toss slippery fish into a relay race. Then take a rare tour of a windjammer *Sept. 1, 3-5 p.m.* www.camdensnowbowl.com/camden-windjammer-festival.

ENJOY THE CAPE’S EXPANDED RAIL TRAIL

Grab your bike or rent one and head for the Cape Cod Rail Trail, a 22-mile car-free route that runs from Dennis to Wellfleet, connects six towns, and passes through some of the peninsula’s most stunning scenery. A new 165-foot-long bridge in Dennis will soon fill a gap in the rail trail and is part of a larger project to extend the iconic path. The bridge will connect North



Main Street and the Bass River when it opens this fall. Two bridges were added last year in South Dennis and South Yarmouth, and Yarmouth is working to add another 3.7 miles of paved pathway this year. The eventual goal of these expansion projects: to connect all Cape Cod towns by rail trail so that bikers and pedestrians can access town centers without a car, and to make the trail more accessible to locals and visitors. Your best bet for up-to-date rail trail news, trail maps, and bike rentals: the fifth-generation family-run Little Capistrano Bike Shop in Eastham and Wellfleet. *Rentals start at \$20 for four hours. 508-255-6515, www.littlecapistranobikeshop.com.*

THERE

BUCKET LIST TRIPS FOR LESS

Looking for an affordable way to travel the world on a twentysomething budget? Cambridge-based EF Ultimate Break offers reasonably priced trips geared to 18- to 29-year-olds that in-

clude a set itinerary, accommodations, flights, and all the nitty-gritty details so you can focus on the destination instead of the trip-planning logistics. The company offers payment plans, too, so you can chip away at the trip fee before you take off. The new 35-day European Summer adventure departs Boston and other major cities on five dates between May and July, and includes a chance to explore hilltop castles in Lisbon, enjoy tapas and flamenco dancing in Spain, explore ancient Rome, and climb up to Athens’s famous Acropolis. Rates start at \$6,118 and include roundtrip flights, accommodations, multilingual guides, daily breakfast, entrance fees, private motorcoach, and internal flights, trains, and ferries. Most add-on excursions priced below \$75 each. Check out the new African Safari trip out of Boston, too. *800-766-2645, www.efultimatebreak.com.*

NEW HOTEL IN DOWNTOWN CHICAGO

The new 38-story St. Jane hotel just

opened in the 1929 Art Deco Carbine and Carbon building on Michigan Avenue in Chicago, offering sweeping views of Lake Michigan and the city skyline. The hotel, named after the first American woman to win the Nobel Peace Prize, Chicagoan Jane Addams, includes a main building with 332 rooms and The Tower at St. Jane, which offers 33 premium rooms and suites, an indoor/outdoor lounge on the 24th floor, and a contemporary American brasserie led by Michelin-starred chef Aaron Lirette. Rooms include free Wi-Fi, pet amenities, 24-hour in-room dining, and *24-hour access to the fitness center. Rates start at \$269 per night, double occupancy; special rate of \$159 per night through August. 855-278-5263, www.stjanehotel.com.*

EVERYWHERE

SNUGGLE UP WITH THIS BLANKET

The super-soft and cozy PediPocket blanket keeps you warm and comfortable on trips, whether you’re relaxing in your car, camp chair, or airline seat. The fleece blanket measures about 6 feet long, but tapers at one end where it has a 20-inch “pocket” that you can tuck your feet into, giving you a little extra comfort and warmth and also keeping the blanket from slipping during use. The machine-washable, wrinkle-free blanket packs down to approximately 10-by-13 inches, small enough tuck into a carry-on bag. It comes in 10 different colors. *\$55.99. www.pedipocketblanket.com.*

KEEP YOUR VALUABLES SAFE

It’s hard to relax at the beach, by the

pool, and even on a long-haul train or plane ride if you’re worried about losing your valuables. The ingenious SafeGo portable safe can offer peace of mind by letting you lock up smaller valuables while you travel — even in your car or hotel room. The durable plastic safe, which measures 7.1 x 4.2 x 7.5 inches, can hold cash, credit cards, jewelry, a camera, a cellphone, and other small items. After putting in your valuables, lock the safe to a beach chair, table leg, or tree, for instance, using the adjustable 18-inch-long flexible cord. Unlock the safe using one of two included keys or dialing in your personal three-digit combination. Attach a key to the included flexible wristband so you can free up your hands. Water resistant, but not waterproof. *\$39.95. www.safego.us*



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