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HEALTHY LIVING ENLIGHTENED TRAVELER

Romantic road trips

Follow your bliss on this leisurely drivespout from Miami to Key West. Plus: Long-weekend retreats in Mexico, Lake Superior, and Colorado

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THE DRIVE FROM Miami to Key West takes only about three hours. But the route—one of the most scenic in America—is best enjoyed slowly, allowing time to enjoy the transition from Miami's glittery cityscape to the mangrove-fringed shores of Key West, as well as many stops between. As you follow Highway 1 on this itinerary, you'll cruise island to island via bridges that span expanses of serene turquoise water and matching sky. The trip provides a balmy getaway from the snow and cold endured by much of the rest of the country in December. (Be advised: You will not be the only one seeking escape—South Florida's high season is from November until March). Fortunately, we found quiet corners and secluded out-of-the-way spots for a sweet, romantic escape.



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ON THE WEB

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Day 1: Ease into vacation mode in Miami

After arriving in Miami, head to the stylish **Standard** hotel (from \$165; 305-673-1717, www.standardhotels.com/miami). Located on Belle Isle, one of a string of small islands separating Miami and Miami Beach, the hotel's seclusion belies its city setting and offers an intimate, tranquil alternative to the glitz

and crowds of nearby South Beach. After settling in, stop at the hotel's spa for a Turkish-style steam bath, or amble through the courtyard gardens to the broad infinity pool, bordered by azure Biscayne Bay.

Once you've spent a few hours decompressing, drive to Miami's Design District in late afternoon to browse the galleries and boutique furniture stores. One must-see is the **Steve Martin Gallery** (305-576-9221, www.stevemartinfineart.com), an engaging collection of work by the Louisiana-born artist and others whose paintings are crafted with such diverse materials as layers of wire, porcelain, gold leaf, and gauze.

Just down the block, you'll find **Michael's Genuine Food and Drink**

(305-573-5550, www.michaelsgenuine.com), recently hailed by *The New York Times* as one of the top 10 new restaurants in the country. Chef Michael Schwartz is known for local ingredients emboldened by Mediterranean flavors in such dishes as wood-roasted Vidalia onions stuffed with lamb and apricots. Desserts are generous and ideal for sharing, especially the banana split, an update on the classic with the sweetness of *dulce de leche* and vanilla ice cream contrasted with *fleur de sel*, topped with peanut brittle.

