

COVER STORY



THE RIGHT SPahhT



Courtesy photos

Clockwise from top left, the heated outdoor pool at Omni Mount Washington Resort, Bretton Woods, N.H., the spa pagoda at Omni Mount Washington Resort, the Roost pub at Topnotch Resort and Spa, Stowe, Vt., and the spa relaxation room at Wentworth by the Sea, New Castle, N.H.

Local off-season getaways to help you relax, decompress

By PEGGY NEWLAND
Correspondent

Robert Frost knows a good deal. When he traveled and wrote poetry, he took the road less traveled and it made all the difference. Follow his example. Instead of traveling with the masses for vacations “during the season,” grab a getaway when the quiet is yours and the luxury is discounted happiness. I found four off-season spa destinations that will delight your senses and not thin your wallet.

Wentworth by the Sea, New Castle, N.H.

Fort Stark is the perfect place for a winter stroll in howling winds. Or at least it sounded good while I looked at a map that Wentworth by the Sea gave me upon check-in.

“A quick walk,” the concierge tells me.

Ten minutes later, I find myself at an abandoned 10-acre former military installation overlooking the Atlantic Ocean. With the frozen Piscataqua River on one side and an iced Little Harbor on the other, I duck into a bunker with a view of lighthouses and Smuttynose Island. Built in honor of John Stark, the commander of New Hampshire forces at the Battle of Bennington in 1777, the ghosts of winter’s past howl against the earthen walls of my wind-blocked fortress. With frosted concrete stairways leading to towers and an underground prison complete with rusted iron doors, this is early March on a New England beach cove.

Deciding to hoof it back to the ritz of the Wentworth by the Sea (with a discounted New Hampshire Resident room rate), I end the day with a float in the well-heated atrium pool as a snow squall piles drifts outside. The tropical plants are lush and the lounge chairs are empty midweek.

Repeated storms and a forecast for sub-zero temperatures mean nothing here, as I wait in this tranquil sanctuary for my Seaside Renewal Treatment “designed to bring new life and rejuvenation to dull, dry, out of condition skin.” Soon I will be

IF YOU GO

WENTWORTH BY THE SEA: 588 Wentworth Road, New Castle, N.H. Ask for the New Hampshire Residents Rate in the winter. www.wentworth.com. 1-866-384-0709.

LANGHAM HOTEL BOSTON: 250 Franklin St., Boston, Mass. Ask for the Chocolate Bar Package. www.langhamhotels.com/Boston. 1-617-451-1900.

TOPNOTCH RESORT AND SPA: 4000 Mountain Road, Stowe, Vt. Ask for the Active Summer Special. www.topnotchresort.com. 1-802-760-6330.

OMNI MOUNT WASHINGTON RESORT: 310 Mount Washington Road, Bretton Woods, N.H. Ask for Build Your Own Fall Package. www.omnihotels.com. 1-800-843-6664.



SPA | PAGE D-2 The firepit at Omni Mount Washington Resort, Bretton Woods, N.H.

Liberty House veterans seek blankets, sleeping bags, boots



CHRIS GRAHAM
Chris' Mailbag

Liberty House in Manchester, a nonprofit organization, provides a supportive, safe, substance-free facility for veterans transitioning out of homelessness.

Liberty House, former family home of Pvt. Harold

Paczosa, was left to the VFW in his memory. Since 2004, the facility has helped more than 200 homeless veterans regain independence.

A friend of a recently deceased Nashua veteran is collecting blankets

and more to keep Liberty House veterans extra warm this winter.

Winter priority

“The late Alfred ‘Al’ Watkins, a veteran of both Korea and Vietnam, having also served as a diplomatic

courier, always went out of his way to help others, observant of circumstances, vigilant, and caring,” says his friend Debbie D., of Nashua (LTR 620). “To honor his memory of extreme giving and kindness toward others, I have been

in contact with Liberty House and have become aware of their need for blankets, sleeping bags and men’s winter boots, which I will collect and deliver.

“The transitional facility