

# THE STYLE + DESIGN ISSUE

# MEN'S JOURNAL

DOES  
CBD REALLY  
WORK?  
P. 81

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## RUSSELL WILSON

THE \$140 MILLION QB  
IS WORTH EVERY PENNY

+  
**15**  
BOLD  
PREDICTIONS  
FOR THE NEW  
NFL SEASON  
P. 48

—  
THE  
FRUIT  
THAT  
SPEEDS  
RECOVERY

THE ULTIMATE GUIDE  
TO PUSHUPS

—  
**EPIC**  
WEEKEND  
GETAWAYS

+  
**BEST  
TACOS  
EVER**

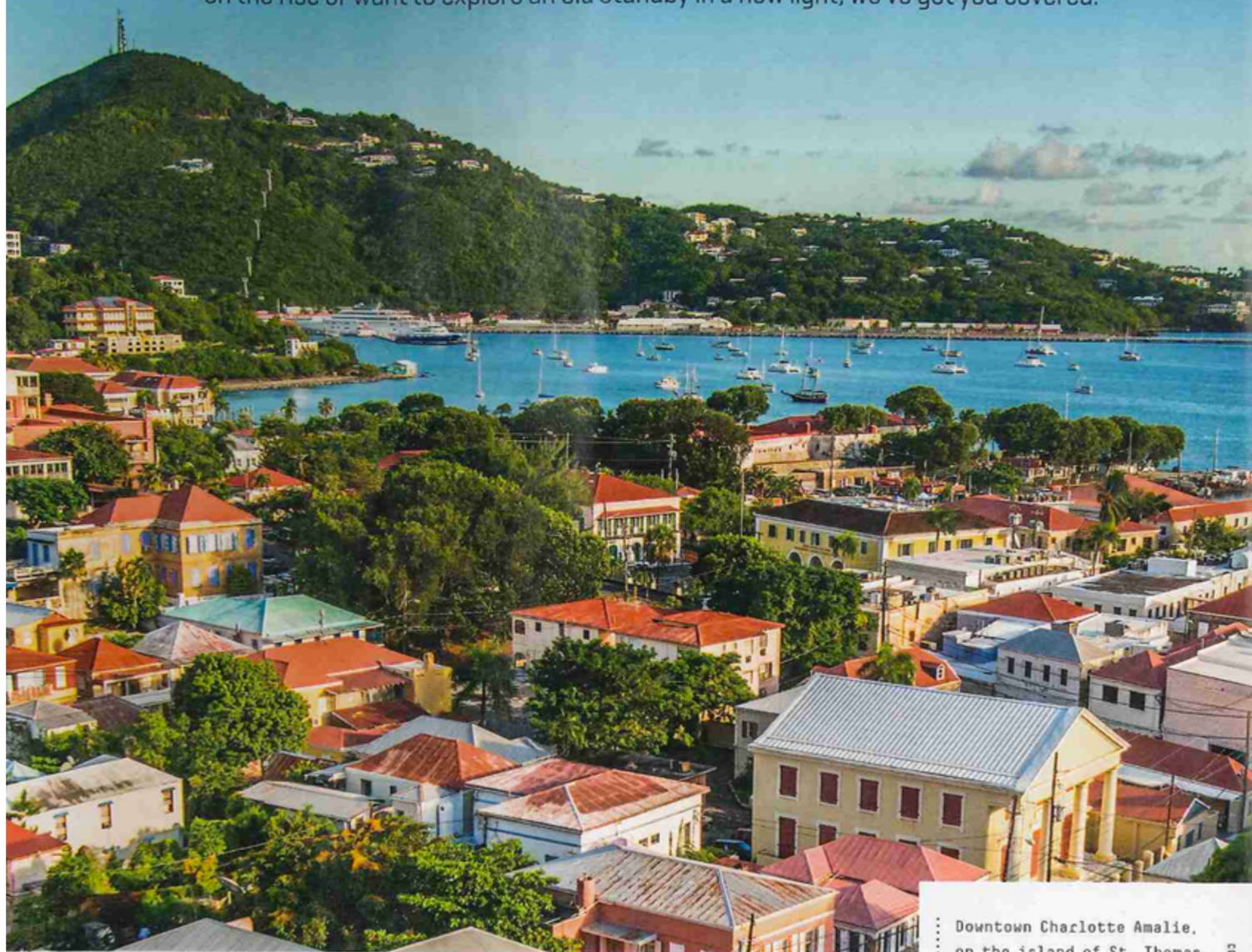




FOUR-DAY WEEKENDS

# New Fall Favorites

There's no better time for a quick escape, and whether you're looking for an undiscovered spot on the rise or want to explore an old standby in a new light, we've got you covered.



## A FRESH START IN THE CARIBBEAN

U.S. VIRGIN ISLANDS

**▶** WHEN AN ISLAND gets mowed down by back-to-back Category 5 hurricanes, you can forgive the locals for taking some R&R. Not U.S. Virgin Islanders, who steadfastly refused to let those dark clouds dampen their peren-

nial sunshine. Before the 2017 storms, there were just three craft breweries on this series of small islands 50 miles east of Puerto Rico. Now there are five, including **Leatherback Brewing Co.**, on St. Croix, where you can play cornhole while downing a saison inspired by local bush teas. There's also a new vodka distillery, **Arc Vodka**, from a pair of St. Thomians fed up with all

the rum-guzzling pirate stereotypes. Over in Frederiksted, chef Digby Stridiron recently opened the West Indian kitchen **Braata**, which is a short stroll to the equally buoyant boutique hotel **The Fred**. Oh, and the beaches? The mile-long crescent of sand at **Magens Bay** is still bone white, the waters at **Maho Bay** are the same cotton candy blue, and the coral surrounding **Wa-**

Downtown Charlotte Amalie, on the island of St. Thomas.

**terlemon Cay** remains ripe for Nemo-like adventures—all without the tourist crush now, too.

**DON'T LEAVE WITHOUT** Paddleboarding across St. John's **Hansen Bay** to the new floating taqueria **Lime Out**, where you can tie up, grab an underwater seat at the [above water] bar, nosh on tuna tacos, and down craft cocktails. —Mark Johanson

COURTESY OF U.S. VIRGIN ISLANDS PRESS ROOM/GARY FELTON



## NAPA'S NEW OUTDOORSY SIDE

NAPA VALLEY, CALIFORNIA

▶ **TRIPS** TO this region are too often synonymous with overindulgence. But these days, California's wine capital is adding legitimate outdoor adventures, like hiking and mountain biking, to its slate of cabernet tastings and Michelin-starred meals. The green hills are suddenly in vogue, and a perfect way to truly earn your wine flight is to head to **Clif Family Winery**, in St. Helena. You can head out on a group road ride

High above Napa Valley.



right from the winery, then enjoy a post-tour zinfandel on the back patio, complete with a food truck. Meanwhile, the still-under-construction **Napa Valley Vine Trail**, with nearly 13 completed miles between Napa and Yountville, is a great option for a run. Stay in Calistoga or St. Helena and you'll have easy access to the Mayacama Mountains, full of hiking trails, as well as indulgent amenities at posh properties like the 157-acre **Calistoga Ranch** or the five-room **Francis House**, a new hotel set in a mansion from the 1880s.

### DON'T LEAVE WITHOUT

Checking out the classic car collection while wine tasting at **Far Niente**, a winery with a stone carriage house full of Bentleys, Porsches, and other vintage autos that are as memorable as the wine. —B.B.



Appetizers at Tofino Resort and Marina.

## CANADA'S REFINED ADVENTURE HUB

TOFINO, BRITISH COLUMBIA

▶ **TOFINO**, A TINY town on the western flank of Vancouver Island, earned the nickname Tuff City for its genesis as a fishing and forestry port. It's also a hub for outdoorsy types jonesing for world-class surf breaks and rain forest hikes, but it's become increasingly popular for more sedate adventures, too: riding in town on a beach cruiser, strolling along the sand at sunset, or settling in for afternoon beers at **Tofino Brewing Co.** Today it's easy to score an adrenaline rush and some

downtime, and the perfect base camp for both is **Tofino Resort and Marina**, a waterfront, timber-and-glass lodge with two restaurants and its own adventure center, offering everything from bear-watching excursions to tours of natural hot springs.

When you're antsy, explore the town's impressive selection of First Nations art or head to the inspired restaurant **Wolf in the Fog**, whose fish-and-forage menu has put Tofino firmly on the foodie scene. Indeed, the only thing tough about Tofino these days is leaving.

### DON'T LEAVE WITHOUT

Queueing up with the locals for Baja-style tacos at the original **Tacofino**, a beloved food truck that now has several B.C. outposts. —Blane Bachelor

## A CLASSIER JERSEY SHORE

ASBURY PARK, NEW JERSEY

▶ **THIS HISTORIC** beach town, 90 minutes from Manhattan, has become an edgy alternative to the Hamptons, thanks to a renaissance in the past five years. Bars, restaurants, and music venues now line the boardwalk and a revitalized downtown is full of artisanal coffee shops and art galleries. **The Asbury Hotel**, with a rooftop cinema and a pool, is ground zero for the burgeoning scene,

but the new oceanfront **Asbury Ocean Club**, with a garden terrace and spa, is a more sedate alternative. Wherever you crash, grab a pork roll egg and cheese from **Frank's Deli**, then rent an SUP at **Deal Lake Dock Co.** If you're still jazzed when the sun sets, catch a show at one of the legendary venues like **The Saint** or **The Stone Pony**. Springsteen's old stomping ground.

### DON'T LEAVE WITHOUT

Grabbing sunset beers on the rooftop at **Asbury Festhalle & Biergarten**. —Jen Murphy

The bar at Asbury Festhalle & Biergarten.



CLOCKWISE FROM TOP: COURTESY OF TOFINO RESORT/MARINA; KNOX; COURTESY OF VISIT NAPA VALLEY/BOB MCCLENNAN; BRYAN ASHLEY/REXUS