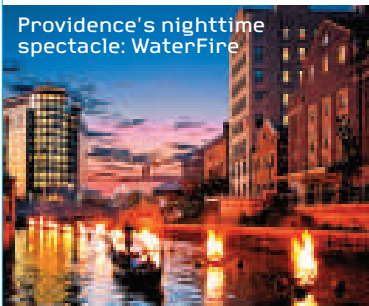




ROMANCING RHODE ISLAND

Writer **Luanne Rice** once spent her summers working as a maid for a fabulously wealthy family in Newport—just like the main character in her new romance novel, *What Matters Most*. Now a *New Yorker*, she takes us on a tour of the recently revived Providence and grand Newport, her old stamping grounds.

SIGHTS “There’s a spectacular three-and-a-half-mile path along the Newport shore called **Cliff Walk**. In the summer, you can go on free tours of the historic mansions that overlook the trail,



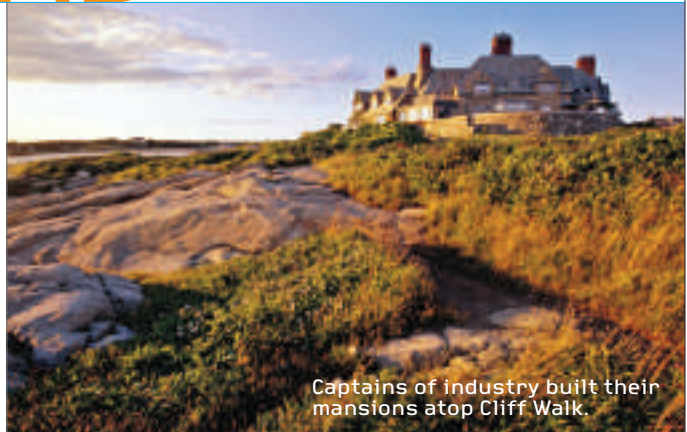
Providence's nighttime spectacle: WaterFire

including **Rosecliff**, where the 1974 version of *The Great Gatsby* was filmed. I have memories of my grandparents bringing me to the silvery strand nearby at **Easton’s Beach**. I also love **Brenton Point**, one of the wildest stretches of waterfront south of Maine and the site to catch the **Newport Regatta** in July.

“In Providence I usually visit the old maritime neighborhood of **Fox Point**. I like to walk along **Wickenden Street**, which is lined with antiques shops, galleries and candy-colored houses. The **Providence Athenaeum**, one of the oldest libraries in the country, has first editions by Louisa May Alcott and Walt Whitman. My other favorite is **WaterFire**: Throughout the summer, dozens of bonfires are set on the surface of the city’s three rivers—it’s dazzling.”

WHERE TO EAT “Newport is the best place in the state for seafood; I always go to the **Black Pearl**, on **Bannister’s Wharf**, for New England clam chowder; their famous mint burgers aren’t bad either. You can sit outside and watch the sailboats as you eat. For dessert, nothing beats the butterscotch sundae at **Newport Creamery** on Bellevue Avenue.

“I take trips to Providence just to eat at **Al Forno**. In the summer, it has a delicious square-shaped pizza made with sweet corn. And you can’t go wrong with the Portuguese-inspired clams al forno, a signature dish, with extra-spicy sausage and littleneck clams.”



Captains of industry built their mansions atop Cliff Walk.

WHERE TO SHOP “When I’m at **Bowen’s Wharf**, in Newport, I often stop at **Armchair Sailor**, a charming shop on Thames Street that sells nautical charts and books. I once bought a sextant to map out the stars there.

“In Providence the **Rhode Island School of Design** store sells work by students and alumni; I recently bought an oblong cobalt-blue vase that reminds me of a breaking wave.”

WHERE TO STAY “My favorite hotel in Providence has always been the **Biltmore** [rates start at \$199 per night; providencebiltmore.com], which opened at the height of the Roaring Twenties in the center of the city.

“The best-kept secret in Newport is **Bannister’s Wharf Guest Rooms** [rates start at \$215 per night; banistersnewport.com

/bannroom.htm], located at the very end of the harbor. The rooms look like the inside of a ship, with mahogany woodwork and white wainscoting. Another magical place is the **Castle Hill Inn & Resort** [rates start at \$259; castlehillinn.com], a shingled mansion on a 40-acre peninsula.



Castle Hill Inn & Resort

I like to stay in one of the cottages on the half-moon-shape beach. Each night the beacons of the inn’s lighthouse sweep the surf.”

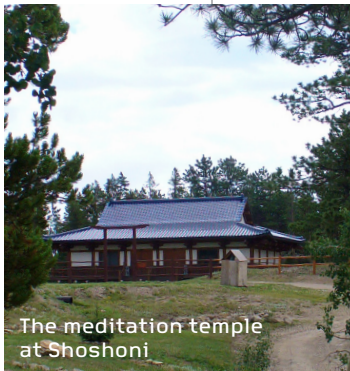
—AS TOLD TO DARA PETTINELLI

NO PLACE LIKE OM

If you're one of the 12 million women across the country who professes a passion for yoga, you know what it's like to hit a rut in your routine. Here, three yoga getaways where you can improve your downward dog during the dog days of summer.

KRIPALU Ashtanga, Iyengar, vinyasa. At Kripalu, located in Stockbridge, Massachusetts, in the Berkshires, you can spend just a weekend or an entire week taking classes in practically every yoga discipline with such gurus as kundalini expert Gurmukh Kaur Khalsa.

The center also offers courses in ayurveda and massage, as well as a Reawakening Yoga in Midlife retreat. Tuition is \$215 per person. Rooms start at \$177; kripalu.org.



The meditation temple at Shoshoni



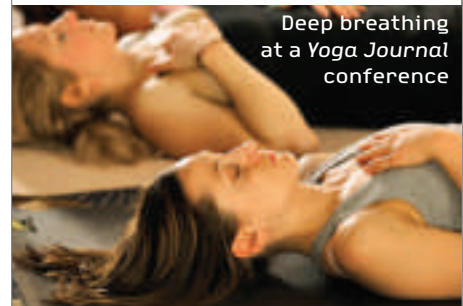
Kripalu's grounds in summer

SHOSHONI If the thought of spending each morning of your vacation in silence (read: no cell phone reception) seems like heaven, try an ashram. Shoshoni, a cluster of cabins surrounded by Ponderosa pines in Rollinsville, Colorado, was founded by master Sri Shambhavananda as a meditation center and hatha yoga retreat. You will eat vegetarian fare, but unlike most ashrams, Shoshoni offers creature comforts such as massages. Rates start at \$100 per day; shoshoni.org.

YOGA JOURNAL CONFERENCES You'll be spreading your mat in a

room full of as many as 200 people at this triannual event, but you'll also have the chance to take classes with over two dozen teachers, including ashtanga authority Richard Freeman and tantra expert Rod Stryker. The next conference (September 23 to 30) is in Estes Park, Colorado, and starts at \$495 per person. Beginners are welcome; yjevents.com.

—SUSAN CRANDELL



Deep breathing at a Yoga Journal conference



Judy Chicago, on display at MOCA in L.A.

ESCAPE WITH MORE Hot Art in the Summertime

Looking for a little more in the way of culture than summer movies and beach reads? Beginning in July, Millennium Hotels is offering readers of *More* special rates on its On View museum packages. At select hotels across the U.S., guests will receive a 15 percent room discount, private tours and tickets to participating institutions—such as the Museum of Contemporary Art in Los Angeles, showcasing feminist art this summer, or the Museum of Contemporary Art in Chicago, featuring the whimsical mobiles of Alexander Calder—and an exhibition catalog. Rates start at \$149 per night; mention code More. Go to millenniumhotels.com for more info.