

SPA & BEAUTY *today*

15 TRAVEL
DESTINATIONS FOR
OUTDOOR FITNESS

LIZZY SHERMAN · JANUARY 11, 2021

Rush Creek Lodge — Yosemite, California

Workout: Hiking, Yoga, Boga



[Rush Creek Lodge](#) in Yosemite, California provides a relaxed yet sophisticated experience surrounded by a 20-acre wooded hillside setting. The lodge features a mix of 143 lodge rooms, suites, and hillside villas—all with private decks (most with sunset views). For some outdoor relaxation, guests can enjoy the heated salt water pool and hot tubs. The hotel also provides [guided tours](#) and free planning advice for exploring around Yosemite, in addition to [daily on-site activities](#) and [adventure gear rentals](#).

Seasonally, guests can enjoy yoga on the Sunset Deck and boga in/on the heated saltwater pool are guest favorites. (Boga is yoga performed on a boga board that is a cross between a paddleboard and a yoga mat, and it's tons of fun!) For more info, check out our [Rush Creek Lodge](#) spa profile.