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Life's more than a beach. Four mountain towns to visit this summer.

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Splashing in the waves. Picnicking on the sand. Afternoon strolls along the shoreline. For many, nothing says summer like a beach vacation.

Others prefer to spend the season at elevation — especially with record high temperatures in the forecast.

If you balk at the notion of abandoning surf and sand, consider this itinerary: awakening to humidity-free mountain vistas, hiking and biking through a wildlife-rich wilderness and tucking into a locally sourced lunch — complete with craft beer, of course. Then, after the day's workout, settling into an Adirondack chair to watch the sky move from pink to inky black, a backdrop for the nightly kaleidoscope of constellations. Sound appealing? We thought so.

Here are four U.S. destinations renowned for their hiking, biking, dining and bounty of mountain charm.

Jackson Hole , Wyo.

Come summer, Jackson Hole's famously steep terrain still delivers an adrenaline jolt. This verticality is heaven for daredevil bikers — think downhill trails with jump features and rough forest paths for cross-country. Road bikers can cruise the 65-mile paved system connecting the town of Jackson to Teton Village and Grand Teton National Park. Hikers have 3,000-plus acres at their disposal (which are in-town accessible) from relaxed wildflower-blanketed fields to switchback-filled terrain, some with alpine glacial lakes. You can also explore Grand Teton National Park, which shares a boundary with Jackson Hole Mountain Resort.

Jackson's food scene is a big draw: [Glorietta Trattoria](#) for pasta, [Bin 22](#) for Tuscan-esque small plates, [Teton Thai](#) for pad gar prow (basil beef) and zippy panang curry, and [Persephone Bakery](#) for a pre-hike power breakfast (bread pudding French toast, seeded avocado bowl).