

SHAPE

FIT GETAWAYS | Mar 09, 2015

Healthy Travel Guide: Jackson Hole, Wyoming

It's not the end of ski season yet! Get your snowboarding, extreme sports, and outdoor adventure fix well into April

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If you're a hardcore ski bum or boarder, Jackson Hole is likely on your to-do list. Boasting some of the best mountains and, often times, the highest snowfall averages in the country, "the last of the Old West" is a powder-lovers paradise. But even if you don't hit the slopes, Jackson Hole is a dream-come-true getaway for the body and the soul.

Surrounded on all sides by mountain ranges, including the majestic Grand Tetons, JH's scenery alone will make you want to break a sweat in the

great outdoors—every day, no matter the season. With healthy eating options available for your après ski and daily meals, this destination is a no-brainer. History buffs, outdoor adventurers, weekend warriors, and extreme-sports enthusiasts alike will all find something to love out in "the Hole." Here's the health-conscious scoop.

Fuel your trip



Craving someone delicious but portion controlled? Check out [Bin 22](#) (pictured above, left) in downtown Jackson Hole. This cozy yet sophisticated spot serves up tapas treats that will tickle your taste buds yet won't push you over the edge.