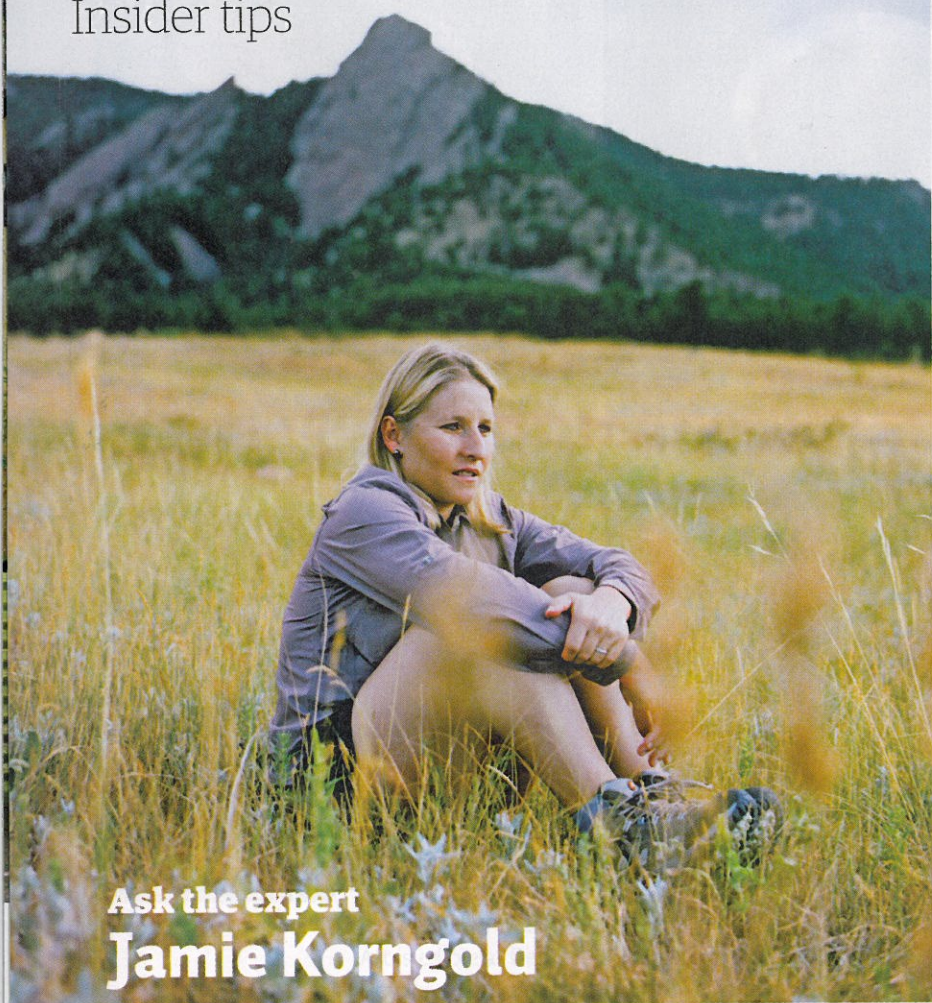


Mountain Insider tips



Ask the expert Jamie Korngold

The Adventure Rabbi makes the mountains her temple and shares her top hikes in **Boulder, Vail**, and beyond

Where do you like to connect with nature in November? One of my favorite spots for a winter snowshoe hike is about an hour from Boulder. It begins at Bear Lake in Rocky Mountain National Park (\$20 per vehicle; 970/586-1206) and goes to Emerald Lake. The 1.8-mile trail is moderate—perfect for talking with friends or family. Also the hike to Corona Arch (435/259-2100) west of Moab, Utah, is an easy 1.5 miles, and the red rock with a dusting of white snow is ethereal.

What is the most spiritual place in the outdoors around Boulder? I like to hike on the Shanahan Ridge Trail (moderate 1.5 miles one way; osmp.org), which is the north fork up to the Mesa Trail. Surrounded by the sound of wind and the smell of sun on soil, I find myself able to leave behind the frenetic demands of my life and become fully present.

Any favorite places to holiday-shop for outdoor enthusiasts? This is a great time of year to practice conscious consumption. That's why my favorite place to shop for gear gifts is Craigslist—you can find great deals on lightly used items.

What's your Thanksgiving tradition? My family and I celebrate up at Copper Mountain Resort (coppercolorado.com), near Vail, with a small gathering of friends. We like to eat dinner early and then go out and make some turns. Nothing beats the empty slopes of Thanksgiving afternoon when everyone is inside watching the game.

INFO Go to adventurerabbi.org for a list of Rabbi Korngold's spiritual retreats, including Shabbat ski days and wilderness weddings. Her new book is *God in the Wilderness: Rediscovering the Spirituality of the Great Outdoors with the Adventure Rabbi* (Doubleday, 2008; \$12). —CHERYL MEYERS

Editor's picks

Boulder

On our radar: Caffeinated knitting

What we think: Take a beginners' class, like sock making with Ann Budd, at a cafe-meets-knitting-studio, Purl Knit Cafe. Order coffee or a "purl" tea with tapioca balls, then settle into an armchair and knit like there's no tomorrow. The walls are lined with upscale skeins of bamboo-soy yarn, Blue Sky alpaca yarn, and Debbie Bliss baby cashmerino. *Classes from \$35; lunch \$; 303/443-9596.* —ELISA BOSLEY

Bozeman, MT

On our radar: Skiing with Fido

What we think: Dogs rarely get to see cross-country ski action, but here at the newly opened Snowfill Recreation Area, they can. The 37 acres of Bridger Mountain foothills have 3 miles of groomed cross-country trails and a near-perfect sledding hill—and dogs can run off-leash. Should Mother Nature be late with snow, hike Hedvig Flowers Memorial Trail, a 1.25-mile loop. *Free; gvl.org* —DINA MISHEV

Denver

On our radar: New ways with turkey

What we think: Bland is boring, so the best way to add kick to your holiday table is a stop at Spice Boys of the Rockies, a feast-for-the-senses shop selling spices, teas, and chocolates. For zip on your turkey, try the Rocky Mountain Heat Seasoning, with jalapeño, wasabi, and cayenne pepper. *From \$4.50 for 2.5 ounces; 303/595-0551.* —C.M.

Salt Lake City

On our radar: Gifting cowboys (and girls)

What we think: A.A. Callister is our favorite outpost for real-deal western wear. There's a kickin' selection of cowboy boots, Wrangler jeans, and Stetson hats. If you have a cowboy on your gift list, shop for the turquoise-studded, black-suede Nocona belts, the fancy Lucchese boots, or the sassy western shirts with snaps and yokes. 877/784-6773. —VIRGINIA RAINEY

 FOR A HANDY LIST OF KORNGOLD'S TIPS, GO TO sunset.com/weekend