

## Escape the Crowds with These 5 Outdoor Retreats in Bozeman, Montana

By Molly Harris | July 26, 2017 | 3:00pm

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**It's a Monday afternoon** in [Bozeman, Montana](#), where 30 minutes after arriving at [The LARK](#), my home base for the duration of the trip, I was out the door again and headed south toward the Spanish mountains. I passed a cyclist pedaling up hill before driving over the dam of the Hyalite reservoir where people canoed in front of snowcapped peaks. Once I reached the trailhead, I set off up the relatively flat one-mile walk to [Palisade Falls](#). What I saw at the top wasn't just the popular waterfall, but quite a range of locals taking advantage of the outdoors so close to home.

Though best known for being the landing point to ski destination Big Sky, Bozeman also hosts a number off-season outdoor sports. In a place like this, it isn't hard to find yourself compelled to be active. With a smattering of yoga studios and bike rental shops downtown, it is easy to get moving and stay active. Get outside with *Paste* Travel's top five outdoor retreats in Bozeman.

## Yoga



Photo courtesy of Big Sky Yoga Retreats

Spend a weekend perfecting form and studying photography in daily workshops with a Yogatography retreat at [Big Sky Yoga](#). Designed to strengthen yogis' connection to nature, the weekend retreat will also sharpen the photographer's eye. Get up close with horses to gain a new perspective and savor gourmet meals paired with local wines and brews in the evenings.

Margaret Burns Vap, the owner of Big Sky Yoga as well as an instructor for roughly 20 years, guides guests through their trip whether it's yoga or hiking. With tips on staying hydrated at elevation, yoga poses on hikes to beat soreness and deep breathing exercises, she helps visitors adjust to their surrounding while soaking in the scenery. Vap makes it a priority to highlight the best of her community with suggestions for downtown Bozeman and a gift of local products made by companies that give back to cancer patients, a cause close to her heart.

## Spa



Photo courtesy of Bozeman Ashiatsu

Relax and reconnect with your center in an urban space with [Bozeman Ashiatsu](#). Those looking for a lighter weekend closer to downtown can opt for single class drop-ins or purchase a five-class pass for more time on the mat. After pushing the body to its limits, indulge in a hot stone or Swedish massage. However, don't be afraid to try something new. Bozeman Ashiatsu owner, massage therapist and yoga instructor Lisa Laird brings the art and her love of ballet into the treatment room for a deep-tissue ashiatsu massage.

**Where to Fuel Up:** Start with a hearty breakfast at [Nova Café](#), and find snacks for the timeouts at [Bozeman Co-op](#).

**Where to Drink:** After a long day outside, get a brew at [Montana Ale Works](#). For something different, try [Plonk](#) for wine.

**Where to Sleep:** The LARK may look like a motel, but it's hotel services and community design take it over the top. From weather reports to finding another trail to take on, the [staff guides](#) maximize guests' time.