SWIM FOR LIFE IN P-TOWN  The Provincetown Harbor Swim for Life and Paddle Follies takes the water on Sept. 8. Go for the 5-km, 1.4 miles from Long Point Light to the beach, or gather on the deck at the Rusty Rudder Restaurant on Commercial Street to enjoy the fun at the finish, including an after-party featuring local artists and musicians. Events are free. Swim and kayak pledge $100 minimum. www.swimforlifeinc.org

FOOD AND WINE AT NEWPORT MANSIONS  The Newport Mansions Wine & Food Festival celebrates its seventh in September with three days of seminars, Sept. 21-23, featuring wines from around the world, and celebrity chefs including Emeril Lagasse and Mario Batali, along with music by Yellowjackets and Claudia Pepin. The festival lakes down events at the Elms, Rosemarie, and Marble House, the Cliff Walk, and the Newport Opera House. Two-day Grand Tasting with over 200 wines, live music, and live and silent auctions. A Children's Wine Dinner. Tickets are available for the events at $95, $195, and $500, all-inclusive weekend packages, $450-1,025. 401-676-5200, www.newportwinefood.com

REASONS TO GO SPA-ING IN MONTREAL: Bota Bota Spa Sur L’eau  The Bota Bota Spa Sur L’eau, docked at Montreal’s Old Port on the St. Lawrence River, is a converted ferry boat with a gantry entrance.  ‘It feels like a secret society,’ says Stephanie Woodhouse of Montreal, who visited with her mom, Jana. “You really bond with the other guests and the staff, so it feels perfectly normal to walk around in your pajamas and eat popcorn at 8 p.m. But don’t be fooled: There are activities focused on fitness and committed to healthy living. Guests choose from among 15 fitness classes, along with the opportunity to hike and bike the countryside surrounding the Olympic Valley (83 miles north of central Los Angeles). As for treats, there are deals, like the Mother-Daughter (or Son) sessions in Sept, Jan, March, and May, when rates are discounted 40 percent. www.bota-bota.com

CORKS: MIRBEAU IN SPA  You’ll feel like you’ve stepped into an impressionist painting at Mirbeau, green the mount. Mist-inspired gardens and buildings that look like they were glued from a First World War postcard. It’s an anniversary special runs during fall foliage season; if you stay three or more nights between Sept. 3-30, you’ll save 15 percent on your rate. Doing the same deal for a three-night package between Jan. 1-30, you’ll save $1,271.50. And Canton Ranch offers a special deal for solo travelers, “Celebrate You” from Dec. 1-31. Stay in single and double accommodations at least two nights and receive a 20 percent spa treatment rate, a savings of up to 20 percent. Rates for a three-night stay start at $605 per person. www.mirbeau.com

Train outings west of t  "Travel for a day at the Spa Pilots on Hanover, N.V. no previous experience. Under the watchful eye of a professional guide, you’ll need to exercise air-to-air combat, including a 10-minute one-on-one fight with another aircraft. Bring a friend or fly against another instructor in a 300-horsepower Extra. Other flight packages include The Adrenaline Rush, The Family Fun Flight, and the Stress Relief Experience. If you don’t enjoy speed, take a leisurely one-hour helicopter flight over Las Vegas area in a 1944 Classsic monoplane. Packages include complimentary hotel transfer and a DVD of the flight. A complimentary use of the wet areas and fitness center is available for passengers. Rates start at $899-1,055, www.adrenalineflights.com

Take to the sky in Nevada  Fly as pilot for a day at the Spa Pilots on Hanover, N.V. no previous experience. Under the watchful eye of a professional guide, you’ll need to exercise air-to-air combat, including a 10-minute one-on-one fight with another aircraft. Bring a friend or fly against another instructor in a 300-horsepower Extra. Other flight packages include The Adrenaline Rush, The Family Fun Flight, and the Stress Relief Experience. If you don’t enjoy speed, take a leisurely one-hour helicopter flight over Las Vegas area in a 1944 Classsic monoplane. Packages include complimentary hotel transfer and a DVD of the flight. A complimentary use of the wet areas and fitness center is available for passengers. Rates start at $899-1,055, www.adrenalineflights.com

TRAIN OUTINGS WEST  "Travel for a day at the Spa Pilots on Hanover, N.V. no previous experience. Under the watchful eye of a professional guide, you’ll need to exercise air-to-air combat, including a 10-minute one-on-one fight with another aircraft. Bring a friend or fly against another instructor in a 300-horsepower Extra. Other flight packages include The Adrenaline Rush, The Family Fun Flight, and the Stress Relief Experience. If you don’t enjoy speed, take a leisurely one-hour helicopter flight over Las Vegas area in a 1944 Classsic monoplane. Packages include complimentary hotel transfer and a DVD of the flight. A complimentary use of the wet areas and fitness center is available for passengers. Rates start at $899-1,055, www.adrenalineflights.com

Military golf discounts at Marriott  "Fairways For FreeEden” provides active, reserve, and retired military personnel with military discount codes in the United States. Through Nov. 12 (Veteran’s Day), save up to 10% off and receive a "future-tour" discount code for round two to be used in advance. 800-228-2828, www.marriott.com/journal-and-play/ky5/ky5

Clip for better pricing  Clip allows budget-savvy travelers to keep track of special "clipable" rates without retreating the same websites in search of better pricing. First, you “clip” a travel-related link to a specific hotel, airport, or to your personal clipboard. Then, set the rate you want to pay. Clip automatically recognizes when you can clip a travel-related link. If the targeted price is reached, the Price Drop Alert feature notifies you that you have found a lower rate. Clipping is simple and fast. Hotel rates can be clipped with multiple users by means of syncboards makes it easy to coordinate travel plans on all one platform. Also available on Android and iOS devices. www.cheaptripz.com

Bottle returns gala  Destin and Pensacola are both trying to check their bags to limit their environmental impacts. Destin’s extra-wide bottle-returning events are an easy alternative. Sure, you might get stuck with a few empty bottles in your bag during the trip, but you’ll be happy you’re saving trees when you get home. www.destinflorida.com/travel

The Body/Mind/L bury at L urpét, D L urio Our totally hip, fully well- grounded Swiss friends turned us on to this hotel of health and fabulousness. The resort is home to Tao, one of the best restaurants anywhere, but you won’t get a table thanks to the army of fitness classes and outdoor activities offered at this all-inclusive getaway in the West Indies. You can pay more than $1,000 per person per night here, but if you go between Nov. 6 and Oct. 6 this year, $480 a day gets you a room (single or double) and all meals, activities, and a spa treatment of your choice. The same deal applies to a double occupancy room from Dec. 7-20 (a single is $975 then). www.tribalbodyspa.com

First, relax your calendars...