

# DEPARTURES

JANUARY / FEBRUARY 2015



**The  
Enlightened  
Traveler**

DAVOS,  
SWITZERLAND

LADAKH,  
INDIA

THE  
ARCTIC

CANCALE,  
FRANCE

MUSTANG  
MONUMENT,  
NEVADA

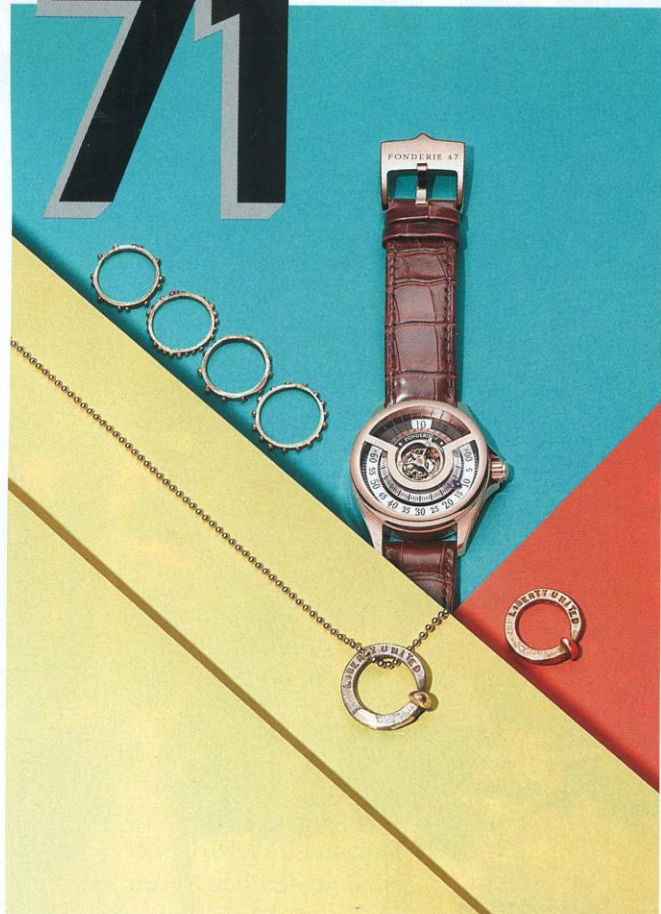
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**THE  
DEPARTURES  
100**

*People, Places and  
Things for 2015*



#71



## Disarming Charms

Since 2011 **Fonderie 47** ([fonderie47.com](http://fonderie47.com)) has been performing a kind of humanitarian alchemy, turning confiscated AK-47s from Eastern Congo into high-end jewelry, like this \$195,000 red-gold watch, and channeling a portion of profits to fund the destruction of guns in war-torn pockets of Africa. Last year founder Peter Thum turned to America, partnering with cities like Philadelphia and Chicago to turn guns and bullet casings into a more accessible line of jewelry called **Liberty United** ([libertyunited.com](http://libertyunited.com)), which includes these rings and pendants (from \$35).

A quarter of the proceeds goes to initiatives that address gun violence.



## #72 UP NEXT: BOGOTÁ

Colombia's capital is a destination for 2015 now that it has everything going for it: a new place to stay at the **W Bogota** (rooms, from \$220; Carrera 9 No. 115-30; 57-1/746-7111; [starwoodhotels.com](http://starwoodhotels.com)), which opened in December; a restaurant scene anchored by the world-class **Harry Sasson Restaurant** (Carrera 9 No. 75-70; 57-1/347-7155; [harrysasson.com](http://harrysasson.com)); a cultural energy enhanced by **ARTBO** ([artboonline.com](http://artboonline.com)), the most important art festival in Latin America; and outdoor adventure, like trekking in Chingaza and Sumapaz national parks. The tour operator to know is Hernán Acevedo from **Pure Colombia** (57-316/473-2849; [herman@pure-colombia.com](http://herman@pure-colombia.com)).

## #73

Beijing's **Hidden House** bar is hard as hell to find—in the glass store, flip the light switch and a bookcase opens—but worth it. Beijing is a city of secrets, making this just about the perfect bar. The Scotch helps, too. At 39 Xindong Rd.; 86-10/8418-5718.

#74

## Fitness Obsession

New York's **AKT InMotion** makes it addictively easy to get into the best shape of your life.

"You look like you're in a music video!" screams fitness trainer Anna Kaiser to a class of a dozen sweaty women of varying ages who are grapevining in sync to Michael Jackson's "Thriller." Kaiser is the spandex-clad Tinker Bell-meets-Mexican jumping bean proprietress of **AKT InMotion**, a boutique wellness studio (with a fetching flagship location on Manhattan's Upper East Side) for those looking to drop pounds, shrink inches and possibly be able to beat Kaiser's client Shakira in a dance-off.

AKT offers a unique roster of dance- and circuit-based classes that mix the holy trinity of exercise—cardio, strength and flexibility—into fun one-hour sessions. For example, the studio's signature dance class, Happy Hour (what Kaiser was teaching that "Thriller" night), might start off with a dance cardio warm-up, followed by planks, a first dance routine, arm strengthening (using hand weights, medicine balls or bands), a second dance routine, leg toning (done at the barre or on a mat) and ab work. A circuit class like 4Play involves interval training with no dancing. Amazingly AKT's results (six-pack abs, flab-be-gone arms, long and lean legs) somehow become a secondary accomplishment to nailing that sashay and jump-kick dance routine—or finally being able to do a darn push-up!

Monthly memberships (\$450) include unlimited classes, access to a nutritionist and massage and laundry services. AKT also offers an eight-week Transformation Program (\$2,000) for women and men that involves exercise, nutrition counseling and bodywork. Can't make it to the studio? A DVD is out in January. At 244 E. 84th St., 4th fl; [aktinmotion.com](http://aktinmotion.com).

