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 ($10 per vehicle; 370/586-1206) 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 (435/259-2000) 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; asmp.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.