

**SPRING GEAR!**  
THE FASTEST ROAD BIKES  
AND RUNNING SHOES

LIVE BRAVELY

# Outside

## TRIPS OF THE YEAR

27

**FITNESS**

WHY YOUR  
BREATHING  
IS HOLDING  
YOU BACK

**FUEL**

THE ATHLETE'S  
GUIDE TO  
COLLAGEN

**ADVENTURE**

INSIDE A  
6,000-MILE  
ULTRA RUN

**HEALTH**

DO MEN NEED  
WILDERNESS  
THERAPY?

NEW  
IDEAS  
FOR  
EPIC  
TRAVEL



**GOLF, AN  
APOLOGIA**

BY DAVID  
QUAMMEN



# Ready. Set. Go.

WE MADE IT  
EASY FOR YOU.  
WE ASKED OUR  
TRAVEL EXPERTS  
WHERE THEY  
WANT TO GO  
IN 2020. THEIR  
ANSWERS WILL  
SURPRISE AND  
INSPIRE YOU.  
PRESENTING 27  
ADVENTURES  
TO GET YOU OUT  
IN THE WORLD  
THIS YEAR.

Lagoa do Fogo,  
on the island of  
São Miguel in  
the Azores



## CALIFORNIA

### **A New Preserve on the Central Coast**

It's no secret that San Luis Obispo is blessed with mountains and Pacific Ocean access. But things just got even better on California's central coast with the opening of the Pismo Preserve, just off Highway 101. Closed to the public for decades as a private ranch, the 880-acre nature preserve has 11 miles of quality multi-use singletrack that traverses woodlands and coastal ridgelines, allowing the adventure hungry to spread out into new terrain. Stay in downtown SLO at the industrial-style Hotel Cerro (from \$285) or at Hotel San Luis Obispo (from \$300), which has a rooftop bar. —Kathryn Romeyn