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# Outside

## TRIPS OF THE YEAR

27

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WHY YOUR  
BREATHING  
IS HOLDING  
YOU BACK

**FUEL**

THE ATHLETE'S  
GUIDE TO  
COLLAGEN

**ADVENTURE**

INSIDE A  
6,000-MILE  
ULTRA RUN

**HEALTH**

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**NEW  
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FOR  
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TRAVEL**

+

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APOLOGIA**

BY DAVID  
QUAMMEN

US \$6.99/CN \$7.99 MARCH/APRIL 2020



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The Blue Trail on the Ilulissat ice fjord in western Greenland



## GREENLAND

### The Great Wide Open

Greenlanders will proudly tell you that their 836,000-square-mile country is not for sale. They do, however, welcome visitors to their wild Arctic frontier, marked by 11,000-foot peaks, polar bears, and Jakobshavn, the planet's fastest-moving glacier. Roughly one-third of Greenland's 55,990 residents live in the western capital of Nuuk, which means there's a lot of empty space to explore. Big Mountain Bike Adventures launched a seven-day, 73-mile summer bikepacking trip on the Ilulissat ice fjord along the island's western edge (\$4,354). For a less strenuous trip, stay at the new Erfalik Lodge, south of the town of Sisimiut (three-day minimum; prices vary with activity). The Scandinavian-style property sits on the bank of the Erfalik River, one of the world's best Arctic char fisheries. Summer is for fishing; fall and winter are for hiking the tundra in search of caribou and the northern lights; and winter is for hell-skiing the surrounding peaks. —Stephanie Pearson

## PUERTO RICO

### Always Under the Sun

Between 2017's Hurricane Maria and January's earthquakes, parts of Puerto Rico are still recovering. But the capital of San Juan is up and running, and the north coast remains untouched and ready for exploration. Surfers usually head to the western town of Rincón, but the north coast is also packed with adventure. In Vega Baja, the hurricane cleared the vegetation covering once unnavigable mountain cliffs, allowing the outfitter 21 Climb and Tour to open the Roca Norte Outdoor Climbing Gym. In Arecibo, you can rappel 250 feet into Cueva del Arco and tube through 1,000 feet of cave systems along the Tanamá River. Nearby, 1,000-acre Cambalache State Forest has eight miles of hiking trails. The north coast is also home to spectacular beaches, especially Dorado, an emerging surfing hub. Splurge at the recently reopened Dorado Beach Ritz-Carlton Reserve (from \$1,299), or check out the Parador El Buen Café (from \$107), a family-owned property with 50 rustic rooms. —Kathleen Squires

## IN THE BAG

### **THE ADVENTURER**

Essentials for rugged travelers  
—Janna Irons

#### **Uncharted Supply triage kit, \$50**

Designed with input from more than 100 professional adventurers, this kit makes preparedness super portable. It has everything you need, including bandages, an emergency blanket, duct tape, and essential medications, all weighing in at less than four ounces.

#### **Pelican 1535 Air travel case, \$310**

Made to withstand underwater submersion, abuse from baggage handlers, and temperatures from 160 to minus 60, Pelican's new line blends legendary du-

rability with modern conveniences. This carry-on is crafted with the same lightweight material and watertight O-ring gaskets as the brand's classic cases, but with new features like quiet-rolling stainless-steel wheels, mesh organizational pockets, and packing cubes.

#### **LifeStraw Go water-filter bottle, \$40**

This 22-ounce, BPA-free bottle allows you to sip from virtually any stream or spigot, with a two-stage filter that removes bacteria, parasites, and microplastics, while reducing chlorine and other chemicals. Unlike iodine tabs or other purifiers, it's built to last through numerous uses: the filter is good for 1,000 gallons or up to five years.