TRIPS OF THE YEAR

27 NEW IDEAS FOR EPIC TRAVEL

FITNESS
WHY YOUR BREATHING IS HOLDING YOU BACK

FUEL
THE ATHLETE’S GUIDE TO COLLAGEN

ADVENTURE
INSIDE A 6,500-MILE ULTRA RUN

HEALTH
DO MEN NEED WILDERNESS THERAPY?

GOLF, AN APOLOGIA
BY DAVID QUAMMEN

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COMMUNICATIONS

OUTSIDE
MARCH/APRIL 2020
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 37 adventures to get you out in the world this year.
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