

THE FITNESS & NUTRITION ISSUE

2005 NEW YEAR'S WELLNESS SPECIAL

Outside

JANUARY 2005
WWW.OUTSIDEONLINE.COM

BODYWORK REPORT:

HOME GYMS

The Best New High-Performance Equipment

PLUS: BREAKTHROUGH WORKOUTS

THE OUTSIDE GUIDE TO FOOD

Total Health Starts NOW

» What to Eat & When to Eat

» Smart Choices for Health & Adventure

MAXIMUM ENERGY AND FUEL FOR THE GOOD LIFE

+3

CLASSIC JOURNEYS

- » Madagascar's Hidden Paradise
- » Battling Buzzkill in Baja
- » Africa's Mountains of the Moon

\$4.95 US \$6.50 CAN

01>



WHY GUYS OBSESS ABOUT SIZE // TURBO SLEDDING: 80 MPH, FACE-FIRST // THE WILD FILE: DO SWIMMERS SWEAT? (PAGE 36)



Plentiful Puglia: a divine espresso stop in the shadow of Ostuni's cathedral; opposite, mozzarella, bruschetta, and other Italian staples

BRAZIL: ILHA-HOPPING

PACK IT ON: During this ten-day land-and-sea tour along the southeastern coast, your private chef, Luis Ricardo Rossi, will introduce you to regional culinary highlights like Brazilian barbecue (*churrasco*), featuring prime cuts of beef, and Bahian cooking's key ingredients: coconut milk, malagueta peppers, and palm oil. You'll also stop at a cachaça factory, where the most potent ingredient of the lethal caipirinha, Brazil's national drink, is distilled.

BURN IT OFF: Pit-stop at oceanside villas along the Angra dos Reis, a dreamy archipelago of 365 islands and 2,000 beaches, 90 miles southwest of Rio de Janeiro, where you'll swim, snorkel, boat to deserted stretches of sand, and explore a former pirate colony at the end of the only road on Ilha Grande.

BASE CAMP: A plush private residence, plus two nights at Rio's legendary Copacabana Palace.

WHEN TO GO: Year-round

PRICE: From \$4,000 per person

CONTACT: VIP Brazil; 800-772-9188, www.viptour-brazil.com

SPAIN: BARCELONA AND BEYOND

PACK IT ON: Having eclipsed France for innovation in

cuisine and toppled Italy in popularity, Spain leads every self-respecting gastronome's hot list. Begin this seven-day food fest in Barcelona, where young visionaries are pushing *nueva cocina* to surreal heights—cuttlefish ravioli, anyone? Then take a drive through the Catalan countryside, visiting medieval cities and taking classes with a local chef at the prestigious Aula Gastronómica de l'Empordá, in Palamós.

BURN IT OFF: Skin-dive in hidden coves or cycle along the bay of Tamariu.

BASE CAMP: Bed down at charming hotels like Begur's Mas Ses Vinyes, a rural, antique-filled hotel close to the Costa Brava.

WHEN TO GO: Year-round

PRICE: \$3,086–\$3,732 per person

CONTACT: Gourmet on Tour; 800-504-9842, www.gourmetontour.com

ITALY: SPOTLIGHT ON PUGLIA

PACK IT ON: Italy's scuffed, sun-drenched heel is the boot's culinary hot spot *del giorno*. For a crash course in Apulian cuisine—think seafood, fava beans, fennel, olives, and orecchiette (ear-shaped pasta)—join Rome-based cookbook author Diane Seed at the whitewashed Il Melograno farmhouse, near Monopoli, for a week. The busy agenda includes daily cooking lessons, a visit to the Olive Oil Museum, and dinners at local trattorias.

BURN IT OFF: Do laps in the pomegranate-tree-fringed swimming pool, practice your serve at the on-grounds tennis courts, or swim off a private beach on the nearby Adriatic.

BASE CAMP: A fortified 16th-century *masseria*, or farmhouse, in the midst of olive and fig trees.

WHEN TO GO: April, July, October, November

PRICE: \$3,000 per person

CONTACT: Il Melograno Cooking School; 011-39-080-690-9030, www.melograno.com

TURKEY: THE GULET WAY

PACK IT ON: During this 14- to 17-day voyage along the Turquoise Coast, the onboard chef will convert fresh local ingredients into regional specialties, like dolma. After a morning dip in the Mediterranean, hit the deck of your private yacht for sun and a midday feast of grilled levrek (a tasty whitefish), rice pilaf, fresh vegetables, and, for dessert, Turkish coffee and the sweetest peaches you'll ever eat.

BURN IT OFF: Afternoon activities include hiking to mountain villages, spotting loggerhead sea turtles, taking a dip at the mud baths of Dalyan, and snorkeling over sunken ruins.

BASE CAMP: The traditional Turkish yacht, a 65- to 75-foot teakwood *gulet*.

WHEN TO GO: May–June, September–October

PRICE: From \$3,150 per person

CONTACT: Idlewind Expeditions; 707-224-9710, www.idlewind.com

THAILAND: SPICE ISLAND

PACK IT ON: Koh Samui offers crowd-free sandy beaches and eight days of hands-on instruction in Thai cuisine at the tranquil Laem Set Inn, on the island's southern tip. Class is held in a shaded, outdoor kitchen—inspiration for perfecting your *kang kheaw wan kung* (green curry with prawns, eggplant, and sweet basil leaves).

BURN IT OFF: When you're not elbow-deep in *tom kha gai* (coconut chicken soup), there's diving, snorkeling, and swimming off a Thai fishing boat—or field trips to the colorful Nathon market.

BASE CAMP: Your own luxury bungalow, with a balcony overlooking the sea.

WHEN TO GO: March, September

PRICE: \$3,033 per person

CONTACT: Tasting Places; 877-695-2469, www.tasting-places.com

