

Outside THE MICROBIOME TRAVEL BUCKET LIST RYAN ZINKE OLYMPICS PREVIEW WINTER GEAR OUTSIDEONLINE.COM JANUARY/FEBRUARY 2018

+ WINTER GEAR

2018 OLYMPICS PREVIEW
Why Team USA Is Stronger than Ever

Outside

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EDITORS' PICKS

Our 2018 Travel Bucket List

Nutrition Special

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The Secret Inside the World's Greatest Athletes (and maybe you)

AMELIA BOONE
Has a Winning Microbiome

+ The True Cost of Adventure Addiction
BY MARK JENKINS

PUBLIC LANDS FOR SALE?
What Ryan Zinke Really Wants





**EXPERT: EDITOR AT LARGE
HAMPTON SIDES**

THE TRIP: LOUNGE ON LAKE POWELL

THE DRAW: It's true—it shouldn't be there, sparkling in the desert sun, a many-fingered sheen of blue against the orange sandstone. Yes, it's the *bête noire* of American environmentalism, a flooded cathedral, an abomination: Lake Foul. But I'd always wanted to experience the place. It turns out that a friend has a family houseboat there, an ugly-ass, 55-foot, aluminum-hulled monstrosity tricked out with a waterslide, a spiral staircase, a huge grill, a fully equipped kitchen, and—very important—a mighty stereo system. I read and loved Ed Abbey's screeds, and I have plenty of friends who I imagine would give me the evil eye for even entertaining this notion. But that was before I swam for a mile through

a deep-flooded slot canyon—its sinuous walls no wider than my shoulders—or sipped home-brewed ale on the houseboat deck, surrounded by opiates of ancient rock. If you do it right, at the right time of year, with the right kind of people, Powell is an unforgettable adventure. The lake won't be there forever. But while it is, I highly recommend giving it a concerted try. Best I recall, I had the time of my life.

HOW TO DO IT: Rent a 59-foot houseboat with a kitchen and full bar, two upstairs bedrooms, and a lower berth at Antelope Point Marina. From \$1,170; lakepowellhouseboating.com

**EXPERT: CONTRIBUTING EDITOR
STEPHANIE PEARSON**

THE TRIP: GET LOST IN THE WILD

THE DRAW: There may be no better way to sharpen your edge than to sign

up for an expedition where the destination is a complete surprise. That's the premise behind Black Tomato's new Get Lost trips: tell its experts your budget, guiding needs, and, if you have one, ecological preference—jungle, coast, desert, mountain, or polar—and they'll take it from there, right down to the clothes and gear you'll need. All you do is show up at the airport with an open mind. Past trips have been as far north as Iceland and as far south as Namibia's Skeleton Coast. Phone use is discouraged and likely impossible, anyway. (Black Tomato does, however, have a fine-tuned navigational system in place and provides a satellite phone in case of emergency.)

HOW TO DO IT: Black Tomato requires at least six months advance notice. Price depends on itinerary; blacktomato.com/get-lost

- + a. Lake Powell
- b. New York State
- c. Le Tour
- d. Iceland

ON MY LIST

I've wanted to follow the Tour de France since I watched Lance Armstrong win his first yellow jersey in 1999. Every year, the massive crowds and stunning scenery pull me in. To be honest, I'd settle for just one stage—so long as it's on Alpe d'Huez.
—DIGITAL EDITORIAL DIRECTOR SCOTT ROSENFIELD