

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



Clockwise: K2's peak from base camp; Colorado's Ute Mountain Tribal Park; Posada, a new hotel in Arizona



COLORADO

Go with a Legend

Steve "Doom" Fassbinder is known for completing nearly impossible adventures, like biking and rafting 1,000 miles across Tajikistan. The guy has an uncanny ability to suffer—early in his career, he was a repeat 24-Hour mountain-bike-racing world champ. Since leaving the racing scene, Doom has made a name for himself by piecing together creative multi-day routes around the world that require mountain bikes, pack rafts, and the occasional llama. Now his distinctive style of adventure is available statewide with his new outfitter, Four Corners Guides, which takes clients through the deserts, canyons, and rivers of southwest Colorado. The customized tours launch from Fassbinder's 35-acre Scullbender Ranch, which has canvas glamping tents and its own mountain-bike trail system and pump track. One of the trips includes special access to nearby Ute Mountain Ute Tribal Park, 125,000 acres of protected lands adjacent to popular Mesa Verde National Park, with a fraction of the visitors. You'll bike-pack for three days through the park's dusty canyons, fording the Mancos River to meet Wolf, a Ute Mountain Ute guide who'll take you up wooden ladders into Native cliff dwellings. The tour finishes with a 40-mile gravel grind back to the ranch, hitting tiny downtown Mancos, where a craft beer at Mancos Brewing Company awaits. Because what's a bike ride without a post-ride beer? From \$895—G.A.

ARIZONA

A Cyclist's Dream

While its better-known California cousin Joshua Tree attracts three million visitors a year, Saguaro National Park, divided by Tucson, sees barely a million and is a biker's paradise. From downtown Tucson, the 131-mile Loop gets you within two miles of the park. In winter, when temperatures hover in the mid-sixties, this region is a training ground for professional bikers. At the park's eastern Rincon Mountain District, mountain bikers will find a section of singletrack that links to more than 800 miles of dirt riding along the Arizona Trail. Overnight at the RV-friendly, 130-site Gilbert Ray Campground (from \$10), or book a room at the Posada (from \$185), a new five-suite inn from the couple behind Instagram sensation Joshua Tree House. Better yet, book a trip with Backroads, which recently launched Tucson's Blue Sky and Saguaro National Park five-day tour (\$2,699). It showcases the best riding in Rincon, with the option to tackle Mount Lemmon, a bucket-list climb that ascends 5,500 feet over 20.8 miles.—*Jan Murphy*

PAKISTAN

A New Trek to K2

If the Lifetime Achievement Award of Adventure Travel were a thing, World Expeditions would be a strong contender. The Sydney-based outfit started in 1975 and quickly accrued a litany of world firsts—first commercial cycling trips in China, first commercial descent of Tasmania's Franklin River, first group treks in Mongolia. Along the way, it developed a knack for edgy destinations, among them Pakistan's Karakoram Range, where the highlight was the literally breathtaking ascent to K2's 16,500-foot base camp. Then sectarian violence rocked the country and tourism all but vanished. Now, nine years after pulling out, and with security vastly improved, World Expeditions is back with a 25-day itinerary to base camp (\$6,390). You'll be guided by Australian mountaineer Andrew Lock and camp under peaks like Masherbrum and Trango Tower. Also, in June, the company plans to introduce the 28-day Karakoram Explorer, a loop up the Nobande Sobande Glacier and the Braldu Glacier, with views of K2's west face (from \$7,990).—*Tim Neville*

CLOCKWISE FROM LEFT: PETER MATSON/ISTOCKPHOTO.COM AND BOOTS; SPINICER; J. HARRING; DEICH AND SABA; COMBES

