

SUMMER DOUBLE ISSUE



NATIONAL GEOGRAPHIC

ROAD-TRIPPING RUSSIA

6,000 MILES OF SMALL CARS,  
BAD ROADS & BIG MONEY

# ADVENTURE

[nationalgeographic.com/adventure](http://nationalgeographic.com/adventure)

DREAM IT. PLAN IT. DO IT.

## BEST OF THE GREAT PARKS

# 35

AMAZING PLACES

YELLOWSTONE

ACADIA

YOSEMITE

GRAND CANYON >>

BRYCE

EVERGLADES

DEATH VALLEY

DENALI

GRAND TETON

THE EVERYMAN  
ADVENTURE

PARKS  
BONUS  
FIND THE MOST  
BEAUTIFUL SPOTS  
(GPS coordinates  
inside!)

### FORBIDDEN EVEREST

WHY CHINA SHUT THE  
MOUNTAIN DOWN

### SKY-TREKKING THE SOUTHWEST

IN THE ULTIMATE  
FLYING MACHINE

DEEP SURVIVAL  
(YOUR BRAIN  
ON VACATION)

JUNE / JULY 2008

\$4.95US \$6.95CAN



### SUMMER GEAR '08

NEW SUNGLASSES,  
WATCHES, CAMERAS

Starting at just \$4,000,  
THERE'S AN RV FOR  
EVERYONE.



FOLDING CAMPING TRAILER



TRUCK CAMPER



TRAVEL TRAILER



"EXPANDABLE" TRAVEL TRAILER



FIFTH-WHEEL TRAVEL TRAILER



SPORT UTILITY RV



TYPE B MOTORHOME



TYPE C MOTORHOME



TYPE A MOTORHOME

FREE DVD or CD-ROM



GoRVing.com or 1-888-GoRVing

Go RVing.

## PERFORMANCE

### SUMMER FORECAST

#### 3 STORM SURGE

Any surfer worth his salt knows that storms bring on the best wave conditions, but hard rains can also sweep debris and sewage into the ocean. The resulting pathogens can linger for up to three days; water safety tests can take that long just to reach the public. And looks are deceiving: The H<sub>2</sub>O might seem clear and enticing even if it's dangerously polluted.

**ACTION PLAN:** They may be convenient, but urban beaches are, shall we say, less than pristine. Head to rural stretches of sand whenever possible. If city-center waves are your only choice, then try to "avoid going three days after a hard rain," says Ryan Dwight, Ph.D., director of the Coastal Water Research Project. While you're waiting for the tide to clear, pitch in at a beach cleanup with Surfrider Foundation ([surfrider.org](http://surfrider.org)).

#### 4 BLANKET ENDORSEMENT

Go ahead and get some sand between your toes, but take your rest breaks on a towel. Beach closures are typically determined solely by water quality tests, but new research suggests the sand may be suspect too. A 2007 Nova Southeastern University study of Florida beaches turned up higher amounts of bacteria in the sand than in the water, which could lead to stomach trouble for visitors.

**ACTION PLAN:** "I love the beach; nothing's going to stop me from going," says Tonya D. Bonilla, one of the 2007 study's authors. Still, rinse off in a beachside shower after swimming, if you can, and avoid sitting in wet sand or the surf for extended periods of time.

#### 5 TIDE CHANGE

Rip currents are responsible for 80 percent of beach rescues and some hundred deaths a year. "No matter how competent you are, panic can set in," says United States Lifesaving Association President B. Chris Brewster. "If you try to swim against the current, you can get tired pretty fast."

**ACTION PLAN:** Rips are hard to spot, but try to avoid areas with their telltale signs: floating debris and extremely foamy water. If you do get caught up, stay calm and signal for rescue—or swim parallel to the shore.



#### 6 THE NEW WAVE

Looking for new surf spots? Then head to the Midwest: With 11,530 miles of shoreline (more than the Atlantic and Pacific coasts combined), the Great Lakes are the country's new boarding epicenter. Get started at Michigan's Third Coast Surf Shop ([thirdcoastsurfshop.com](http://thirdcoastsurfshop.com)). Another landlocked option: Find a fresh stoke at one of the U.S.'s rideable rivers ([2imagine.net](http://2imagine.net)). Otherwise, jump on the ever growing stand-up paddle surfing bandwagon ([paddlesurfhawaii.com](http://paddlesurfhawaii.com)): "I started shaping four paddleboards a month in 2006," says big-wave rider Blane Chambers. "Now I'm up to a hundred a month. I'm sending boards all over the world."

### {THE GREENSCREEN}

#### SAVING YOUR SKIN—AND THE REEFS

Sunscreen may spare your skin, but when it inevitably rinses off in the waves, it's an eco-nightmare. Up to 6,000 tons of the goop end up in oceans every year, according to a 2007 Italian university study, and the chemicals are bleaching coral reefs at an alarming rate. Two Mexican marine parks have banned traditional sunscreens, and more are sure to follow suit. Aubrey Organics Natural Sun is a bit pricey (and smells like a White Russian) but delivers where it counts: It protects your skin from rays as well as other screens—and saves reefs from a total wipeout.

