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GEOGRAPHIC

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FOOD & SARDINIA GUIDES

TRAVELLER

MARCH 2017 £6.99

UK EDITION: 1747470001TRAVELLER.CO.UK

CALIFORNIA

Dreaming

JOSHUA TREE, PALM SPRINGS, SAN DIEGO,
MENDOCINO — THE GOLDEN STATE BUT
NOT AS YOU KNOW IT...

Plus

VIETNAM

Ride the Reunification Express
from north to south

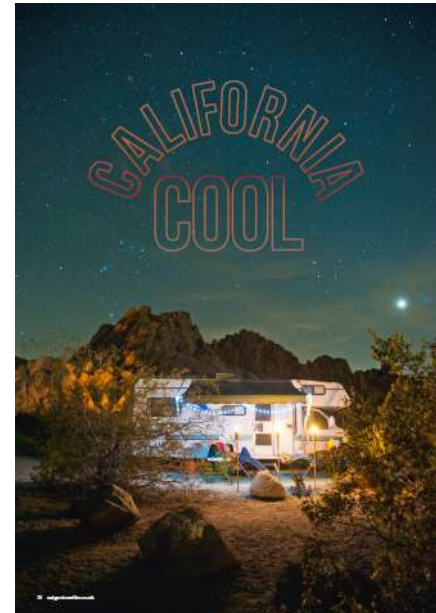
SVALBARD

Ghostly tales from an abandoned
Soviet mining town

VIENNA

The capital's creative side
beyond the Ringstrasse

Win
A 16-DAY
ADVENTURE TO
VIETNAM



CALIFORNIA'S REPUTATION AS AN OASIS OF SUN-KISSED SURFERS AND HOLLYWOOD BLING IS JUST FOR SHOW. HEAD OFF THE BEATEN TRACK AND DISCOVER THE REAL GOLDEN STATE: BOHO BEACH COMMUNITIES, ALTERNATIVE DESERT TOWNS, AND VAST, WILD LANDSCAPES OF REDWOOD FOREST, SNOW-CAPPED MOUNTAINS AND DORMANT VOLCANOES — IT'S FAR COOLER THAN YOU EVER IMAGINED.

WORDS
JULIA BUCKLEY
& SARAH BARRELL

BEYOND THE REDWOOD CURTAIN

UPSTATE IS A WORLD APART FROM CLASSIC CALIFORNIA. A BUCOLIC, FORESTED WILDERNESS, IT'S HOME TO SLEEPING VOLCANOES, GLASSY LAKES AND SULPHUR SPRINGS

"Everything tastes so hot these days," announces Julie, looking across the lake. "I wanted to find some where people could stop for a while."

We do our eyes on these canoes cutting a slim furrow across the mirror-blue upper lake, lone vessels dwarfed by steep and marauding rising-up shores from the trees, their peaks — some still snow-capped — spread sedately across the horizon.

It's summer, and hundreds of fish-topped, dead-like houseboat poplars shade the 175 miles of sharply undulating shoreline accommodating them in hidden bays. A huge dam — America's second tallest after the Hoover Dam, when it was completed in the early 1940s — sealed off part of the Sacramento River to form this tangle of a lake.

This corner of Northern California is where redwood trees warty rot wither people and the trappings of modern life melt away. Above the lake lies Tierra Bonita, owned and run by Julie and her partner, Scott. Its hillside log cabins are furnished with wrought-iron beds, patchwork quilts and pastel-coloured, mid-century kitchenware. "Generations of the same families have been coming to Tierra since it opened in the '60s," says Scott. "And while we've updated, we've strived to retain the spirit of the place."

Too, here children for 'gypies' California, with its forests and undulant, picket-fenced farmland. There's even a charm to the cheery, curvy 1940s fonts found on the welcome signs at trailer stations and state parks, which make up the bulk of its landscape.

"People think Northern California is San Francisco wine country, then the Oregon border. But there's so much in between," says Scott. And it's true. Despite covering a quarter of the landscape of a state almost twice as big as the UK, Northern California's population barely exceeds Peterborough's.

To get here, I'd taken four days before the balding wheat, wheat and olive grow way to

the wild zone, my car was bouncing through dense tangles of redwood and its up to many gallons whose sheets of dead-fungus themselves at the windscreen. The weather cleared as I entered Lassen Volcanic National Park, where the ground steamed, from both the volcanic cones and the sulphur springs, hissing fumaroles and boiling mud pots that perforate the ground, erupting up such hot liquid place names as Swamps Hell, Black Butte and the Devasted Area.

Lassen is a curiosity — a place made for short scenic drives, yet also somewhere you could get lost for weeks, hiking its hundreds of miles of trails, overnighting in wild campgrounds and tramping low fields and sleeping volcanoes.

"There was heavy snow overnight," says park official as I wait on the valley floor to drive up to a mountain trailhead that looks out at 8,000ft. "We're clearing it now, so you can get in there but I wouldn't hang around. Mire's coming." She has the no-conscious look someone used to shovelling snow in June. I combine my hike to a walk round the lake before heading a retreat into the nearby town.

Chatter's Main Street — pretty much the main town of 'town' — offers a handful of shops serving old-country fare. At Cravings Cafe, I decline the Settler's Breakfast (bacon, sausage gravy and eggs over easy with Applewood-rubbed bacon, but can't resist a moment — a tang that needs: Salt and risk). It's about as far from California's cloying self-help motivational maxims as you can get. But then again, upstate is a very different California. ■

WHERE TO STAY

Tierra Bonita, www.tierrabonita.com
 Paradise Point Resort, paradisepointresort.com

MORE INFO

www.visitca.com



INTERVIEW

THE REDWOOD CRAFTSMAN

Based in Potter Valley, Deb Cummings runs Social Harbor Boat Works, which has been making double-ended riggers canoes from redwood redwood for over 30 years

"A trip to Quetico Provincial Park in western Ontario in 1973 was the start of my interest in canoes. I learned they could be home-built from wood and fiberglass — something my wife and I already learned to do in California.

"We became very skilled at making and gluing difficult 'Canadian' canoes — we could not find anyone in every rough condition, but there was always that shock of cold water once you tipped in. Polymers and outriggers, which have one foot, looked like a solution to this problem, but, in fact, can't power themselves. So we built in a more classic outrigger, with a float on both sides and a foot-controlled rudder. An instant success: the rental companies we worked with loved them — they kept clients dry and happy. And we're still at it, 40 years later.

"Redwood is light, beautiful and easy to work with: perfect for making small craft with, as it can be shaped but is easy to repair. The real joy is to be in the boat with but the only source these days is discarded lumber — Jessica posts, water tanks, kitchen hobs and such. It's a real thrill to cut into a black and cracked old chunk and find gold. Fiberglass and epoxy complete the outrigger's construction." socialharborcanoes.com



Redwood National Park
 PART WITH FIBER FROM LEFT
 Double-ended riggers, like
 the one in the photo, were
 the first to be built from
 wood and fiberglass.
 BOAT: THE SHIPYARD



COURTESY FROM TOWER BRIDGE

Maplewood along Sacramento River
 Sacramento River Tower Bridge
 Sacramento River Tower Bridge
 Sacramento River Tower Bridge



COW TOWN NO LONGER

SETTING FOR THE COMING-OF-AGE MOVIE *LADY BIRD*, THE UNDERRATED STATE CAPITAL, SACRAMENTO, IS A CITY THROWING OFF ITS SMALL-TOWN SHACKLES

Tower Bridge is blinding in the midday sun: Its yellow gold-paint glazes so brightly it blinds around, as if craned from a cartoon lens. San Francisco may have the Golden Gate Bridge but Sacramento has the only genuinely golden bridge — if it's the dazzling colors of the skyline, and yet, like many other things in the state's capital, it's outshone by the sights of its starchy, coastal coasters. With Los Angeles and San Francisco adored by rock 'n' roll devotees, west loams, and cultured show-ops, 'Cow Town' Sacramento is in for humble coming stock.

Downriver from the bridge stands the Central Pacific Railroad's California Rosemary Building, once a hub for the steamships and trains transporting livestock, fruit and vegetables from the vast Sacramento corridor out to the Cold Coast counties. Today, its richly decorated exterior still dominates a river that's now used for local backwater boat races in the sort of lustrous plebeian attractions you find in other U.S. cities.

Anybody who talks about California's location has never spent a Christmas in Sacramento. This giddy, once a *NYC* *New York Times* article by Cow Town native, writer Jan Dillen, provides the opening shot for *Lady Bird*, a Oscar-nominated 2017 film based in the city directed by another local gal, Greta Gerwig.

Tower Bridge looms large in the site, in the same way the Manhattan skyline does in fellow director Woody Allen's movies. It's been described as Gerwig's love letter to her home city, yet its local character dates Sacramento with the intent of grace, its teenage protagonist 'Lady Bird' Saoirse Ronan, no surprise, wants to see her "best" hometown for the cultured East Coast (only after she's let down she learns to appreciate Sacramento's quiet virtues).

Lately, the city itself has come of age, developing a consistent swagger that doesn't involve cowboy boots. Step away from the river's dusty old oaks into Midtown and Sacramento's arts-and-crafters begins to

shine. Mega music markets — setting to an any scale or suitable scale. They include works by UK street artist Phlegm — two giant tractors floating over a water-lens on its own Alley — and American Tera Dowick, whose geometric 3D wallpaper can be seen peeling on the side of the Sacramento Masonic Temple. Elsewhere, a tower of Marshall's Renaissance lies in the corner for Mother Earth, an aptly dubbed by How and More, a well-known graffiti artist from New York.

The soaring strata walls of the seventh-kinship Sawyer Hotel are yet to be built, but its pool and rooftop cocktail lounge are the poster boys for the revamped Downtown.

Especially, an indie spirit prevails. On the corner of K Street and Third Avenue, I bow at the slow drip, cold brew altar at Temple Coffee Roasters; its brass and glass beakers scolding a Victorian science lab. Nearby Midtown Farmers Market almost provides me with accompanying organic ginger biscuits, and I realize they're on sale. "Clap it very calmly," says the vendor, alluding to the canine puns expected at the treatment Fourth of July fireworks.

Other stunts, selling T-shirts pledging allegiance to local microbreweries, suggest hops and barley are also champion crops. The converted warehouse farm and food trucks lining the nearby B Street Corridor are dotted with up-to-date street food — pulled pork tacos, artichoke corn, avocado nachos — and craft beers like Crowsnest and Track (the latter named on the brewery's location by the old Western Pacific national). These are the very tracks *Lady Bird* uses being "the wrong side of" to Gerwig's movie — craving cultured sophistication over the coziness of her blue-collar town. But she will have no such worries these days — as Sacramento's artists, breweries and design holds sway, there's now a contemporary confidence to be found amid the silky Americans. **B**

BOONTLING

With its own main street, porch-fronted general stores and old-fashioned ice cream parlors, Boontling, in Mendocino County, looks pure pioneer-era, and it even has a local program to match. Spoken these days by fewer than 100 people, boontling is one of America's last surviving Victorian dialects. The only mile or Scottish-Gaelic, Irish, Pomo and Spanish was originally created as locals could grope freely about out-of-towners. These days, sadly, it tends to leave even the staunchest Boontlingers scratching their heads.

BLOOCH:

x. To chatter amiably.

BRINEY GLIMMER:

n. A coastal lighthouse.

KILOPETTY:

x. To kneel by horse-drawn vehicle or on horseback.

ROUT THE KIMMIE

IN THE BOAT:

To get a woman pregnant.

FENCE-JUMPHIN:

n. adultery.

where to eat

Empire Digger Food
www.empiredigger.com

where to stay

Hotel Sacramento
www.hotel-sacramento.com

SURF UP, & DROP TUNE IN & OUT

THE COASTAL CALIFORNIAN COMMUNITY OF MENDOCINO HAS MOVED FROM ITS HUMBLE FISHING ROOTS TO A COOL, CAREFREE OUTPOST THAT'S BRIMMING WITH WILDLIFE

"We Americans are so bad at relaxing. We don't know how to switch off," says Teresa Ruiz. Mendocino Grove, her recently opened ocean-front glamping, is a three-hour drive north of San Francisco, and its boated, safari-style tents attract stressed-out Silicon Valley types seeking refuge in the great outdoors.

"It's great to see people relax here and actually wind down," Teresa says. "I come from a family of therapists, and I feel like I've stepped into the same line of work, sometimes with the complete — nature can be so therapeutic, so charming."

The change of the Mendocino Grove occupies an area home to a campground or abalone divers — a Northern California tradition that's been slowly dying out. The risks of its tradition's hearts falling under 50ft or crowded ocean, getting tangled in kelp or kept or attacked by great white sharks isn't the cause, but rather the current law by California's Fish and Game Commission to try and boost numbers of these prized gastropods.

Preservation of nature in Mendocino's marine. Set between pristine redwood forest and the pounding Pacific, it's a wild spot — in every sense. Decades before California legalized marijuana, this northern coastal town cultivated annual a pot-stuffed surfing and surfing lifestyle. Its density of land is not and land shops matched only by the east coast's Woodstock. Its determinedly independent, teen and pop-culture suggests Mendocino doesn't bow to the man, and yet its pretty local prices' cheapboard houses with picket fences, flower-filled gardens looks more or less like gentile conformity.

Yet, here's the in Mendocino's seemingly wild unspoiled sea. I spent a sunny morning paddling a sea kayak inland along Big River Estuary, my canoe filled by great blue herons and double-crested cormorants.

The thickly wooded banks of this old logging route are still caulked with wooden blockades once used to gather lumber before it was floated out to the coast. Today they provide homes for three otters and, as I navigate a narrow stretch, a trio of plump harbor seals that blow dust and no plastic as I pass. And well they might. Nature has intruded here, since the river was closed over logging by the Mendocino Land Trust, which, with some community support, managed to raise \$2.7m in 2016 to purchase the area and hand it over to California State Parks for preservation.

These are trees worth preserving, ones whose majesty and magic refuses to be captured on canvas. It's not just their scale, which won't even begin to fit in a frame, but their spongy textures, waxy hearts, damp earthy smell that their sheer presence. It's the way they swooshes an eye to catch, to long over. The way they make you sigh with wonder and awe as you bend backward to take in their mighty range from trunk to canopy, I stand inside hollows like cathedral domes, following Mendocino's Russian Dutch soil. It takes me more to bend inward to coastal stickleweeds where the ocean opens meadows or wildflowers and grasses, releasing the smoky or camomile and, inexplicably, coconut.

Such a wild abundance is perhaps why the town has become something of a romantic retreat. It modest number of people populated by couples gazing into each other's eyes. And despite the recent agitation of recreational marijuana, its privilege few new businesses have sprung up to capitalize on it. Although that's sure to change soon. **A**

More to see
mendocinogrove.com

More to see
wildlifewatchers.com

BEST OF THE BEACHES

CARLSBAD

Sitting below the picture-perfect 19th-century village of the same name, Carlsbad Beach is a never-ending parade of thick, creamy sand, with pretty cottages on the headland.

TORREY PINES

This charming state reserve near La Jolla gets a crescent-shaped beach with a pine-topped, crumpling cliff edge.

LEO CARRILLO STATE PARK

At the upper, less-visited end of Malibu, this beach springs from ancient oak canyon to a wild, craggy patch in the otherwise manicured coastline.

MCCLURES BEACH

On the Marin headland, north of San Francisco, a windswept stretch of sand is backed by crumpling grass-covered hillside.

MOONSTONE BEACH

Often overlooked on the north to Big Sur, this dark sand beach near Hearst Castle offers views of otters, dolphins and whales.

CORONADO BEACH

The most spectacular of all the beaches. Sitting on the coast of San Diego, there's no island view to be long past, with old-fashioned waves being the constant.



PHOTO: GETTY IMAGES; COURTESY, MENDOCINO GROVE

CLOCKWISE FROM TOP LEFT: Setting of a sunset, Mendocino Grove, Redwood State Park; camping at Mendocino Grove; sunset over the ocean, Mendocino Grove





CALIFORNIA

WILD WINERIES

Wine over Kapa and Sonoma, the state vineyards in the Mendocino County Anderson Valley (aka the Wine Road) are the new destination for savvy viticulturists. Sample the region's legendary Pinot Noir (along with Pinot Gris, Chardonnay, viçosa varietals and even Riesling) in vineyards set against a backdrop of rolling blond pastures and red ranches. Tastings, too, stand wine pairings are a local must-places. Don't miss Perry Royal Farm, in Geeseville, where the organic vines are grazed by miniature sheep. There's a goat hall of fame for the beasts who create the cheese that's paired with everything from the estate's sparkling rose to its award-winning Pinot Noir. perryroyalfarm.com winet.net

PHOTO: GETTY IMAGES



INTERVIEW THE REHAB NURSE

David Dorn began his own rehab center in Los Angeles, and his therapy sessions with his wife, Deborah Williams, did not work. So he came back to Hollywood to get a good

"People with it have a hot mess and we patch them up and send them on their way happier." Dorn is a former actor, with blond hair, blue eyes and a tan that says he's in the sun. He's wearing a red shirt and a black jacket. He's sitting at a table with a laptop, and he's looking at the camera. He's smiling a bit.

In L.A., all treatment is equal, it seems, from actor to rapper to politician (where your head is attracted, pins are separated and then massaged into holes in your face made by IV micro-needles), to wrestling and the TV vitamin infomercial. He's currently recording.

"All basic maintenance in L.A.," says Dorn. "People need to be checked and good here, and the entertainment industry here is the candle at both ends. I can help with that."

His reputation for fixing the screwed-up kids set up Rehab Wellness with his business partner, doctor Sabine Spear, starting in the increasing number of A-listers seeking his services, along with national governing bodies for rehab recovery from events like Coachella and Burning Man.

"Hospitals can't reach and place," he says, returning to his own IV vitamin IV. "I prefer to do something aesthetic, to help people improve and be happy." rehabwellness.com vtrivitamin.com

March 28, 2014



CALIFORNIA

WAD FOR MEZCAL

San Francisco has one of the best places to try agave spirits in the local scene outside their native Mexico.

WOSTO

The Mission District agave spirits bar stocks over 500 types of mezcal, tequila and rum, and serves small plates, including toques (spicy meatballs) and chicken tostitos. wosto.com

MEZCALITO

Order Casaca-inspired food washed down by agave cocktails like Casaca Dead (mezcal, grapefruit, mint, prickly pear shrub, Camp). mezcalito.com

A GAVE UP TO YOU

Oakland's best mezcal bar serves traditional shots topped with a wedge of orange, and adorns its agave with agave worms. agaveup.com



INTERVIEW

THE POT PIONEER



California's Emerald Triangle is the largest cannabis-growing region in America. Once legal only in January 2014, growers are already being pushed for "approval" of right to grow for their product. David Dorn is heading up the California branch of Leafly, the world's largest internet cannabis marketplace.

"Legislation has revolutionized the marijuana market. There are predictions that the industry will become dominated by big business, but — as in the case with alcohol — a high-and-craft market is more to emerge."

"Emerald Triangle marijuana is unique, generations of traditional knowledge, along with rare genetic and local adaptation, have combined to produce a plant that's high in THC (psychoactive chemical) and terpenes (an essential oil that enhances the high) and has an attractive flavor. It is building application destinations would benefit growers just like the Champagne labeling laws help consumers in Chateau of France. California's marijuana market is varied. Our bulk crop grows, for example, goes out of state to Chicago, Atlanta, New York, and elsewhere, while the demand for marijuana, as traditional edibles is on the rise in the state. And we're seeing more and more highly manufactured products." leafly.com

ESSENTIALS

America's drinking water, California is big — an entire glass 500 miles from the Oregon border in the north to the Mexican border south of San Diego. On average, it's 300 miles of water per acre 1,000 miles of coastline.

outing town

There are no more wild west towns in San Francisco, Los Angeles, San Diego, San Jose, and Sacramento. For L.A. locations, there's the city and San Francisco, Los Angeles and San Diego, with about 100 miles of the West Coast. For San Jose, there's the city and San Jose. For Sacramento, there's the city and Sacramento. www.sacramento.gov www.sfdph.org www.sandiego.gov

outing town

Flights to a good place to go for a week — there are no more wild west towns in San Francisco, Los Angeles, San Diego, San Jose, and Sacramento. For L.A. locations, there's the city and San Francisco, Los Angeles and San Diego, with about 100 miles of the West Coast. For San Jose, there's the city and San Jose. For Sacramento, there's the city and Sacramento. www.sacramento.gov www.sfdph.org www.sandiego.gov

www to go to

www.sacramento.gov www.sfdph.org www.sandiego.gov

There is a lot of information about California's water supply, including information about the state's water supply, including information about the state's water supply.

more info

www.sacramento.gov www.sfdph.org www.sandiego.gov

THE LIFE of David Dorn is a mix of acting and music.

PHOTO: GETTY IMAGES

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