





Outside

NATURE RX

AFGHAN CLIMBERS

NIKKI SMITH

FAREWELL TO A HORSE

HYDRATION TECH

OUTSIDEONLINE.COM MAY 2019

BEER  
The Best Brews  
for Workout  
Recovery

EXPEDITIONS  
An Afghan  
Woman's  
Historic Climb

TRAVEL  
Stress-Free  
Family Vacation  
Guide

GEAR  
Surf, SUP,  
and Saltwater  
Essentials

LIVE BRAVELY

# Outside

SPECIAL REPORT: THE NATURE CURE

## SCIENCE'S NEWEST MIRACLE DRUG IS FREE

OPEN HERE FOR COMPLIMENTARY DOSE

















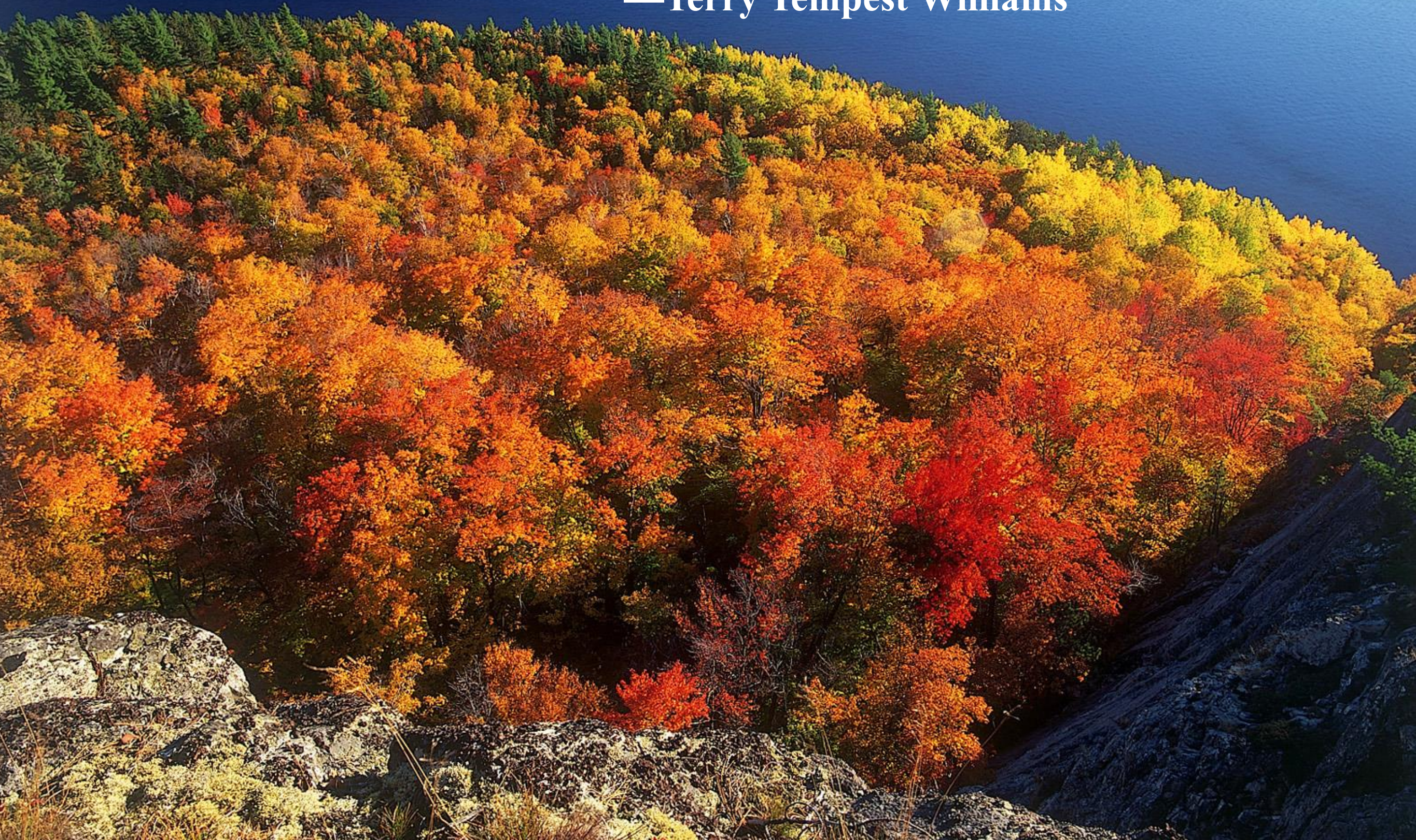
**Thousands of tired, nerve-shaken, over-civilized people are  
beginning to find out that going to the mountains is going home...**

**—John Muir**





Wilderness is a place of humility.  
Humility is a place of wilderness.  
—Terry Tempest Williams















I wish to speak a  
word for Nature, for  
absolute Freedom  
and Wildness...

—Henry David Thoreau







Mary Oliver:

“For something is there”















In a rhythm of reciprocity, beauty enhances  
life and life reaches toward beauty.

—Sandra Lubarsky