

NATASHA LYONNE TRUTH SEEKER Slow 2023

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For the love of God, just stop. This year, say goodbye to bucket lists, #travelgoals and FOMO. If 2022 was all about checking off those experiences we were missing during lockdown, 2023 is all about achieving absolutely nothing. Here's how to travel without purpose this year

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Pedal (leisurely) around Seattle

Love the outdoorsy, pioneering notion of "hitting the trail", but don't especially fancy leaving the comfort and convenience of a major metropolitan area? You're in luck. The Sammamish River Trail runs for about 18km, north to south, out in the eastern suburbs of Seattle. Is it mountainous? Nope, flat as a pancake and smoothly paved. For best results hire an easy-peasy e-bike and coast alongside the river – less wild than it used to be after a vigorous 1960s swamp-draining programme – admiring ever-prettier scenery

looking south towards the picturesque Cascade foothills and shimmering Mount Rainier beyond. There's decently spaced bathroom stops, picnic benches and an astonishing profusion of wildlife – everything from painted turtles to bald eagles, bunnies to beavers. You can, if you must, go sightseeing at historic Bothell Landing, or try paddle boarding. Or just saddle up on an e-bike from local firm Edge & Spoke, and go with the flow.

edgeandspoke.com
Fly to Seattle



Trundle across the USA

The all-American road trip may be a vaunted institution, but sometimes it pays to go against the grain. Things may be a bit slow-moving on the California Zephyr – an Amtrak-operated train that runs between San Francisco and Chicago – but the views outside your carriage window on the 51-hour journey are worth it. On the way, you'll snake through Nebraska's golden plains, climb the snowy Sierra Nevadas and cross the wide-open Midwest, all making up a beautiful cross-section of America's rightly admired natural landscape.

amtrak.com/
california-zephyr-train
Fly to San Francisco





DO NOTHING AT A VERMONT INN

Picture this: you're sat at the edge of a pond deep in the forested Vermont countryside; you can see the undulating Green Mountains in the distance. There's nowhere to go, nothing to do – unless, of course, you want to take advantage of the hotel's private ski hill or spa. This is Twin Farms, a country estate set over 120 remote, blissful hectares. Formerly owned by author Sinclair Lewis, the palatial inn reeks of creaky, old-world New England charm. The main house features four guest rooms, each one a snapshot from bygone eras in the home's long history. But for nextlevel peace and quiet, you're going to want to book into the standalone log cabin, a 19th-century Appalachian home that has been transported to the farm and refitted to 21st-century tastes.

twinfarms.com
Fly to Boston