

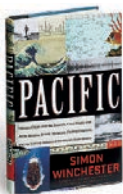


A Polynesian
voyaging canoe

BOOKSHELF

What to Read Now

New books sail us from Polynesia to Paris.



PACIFIC *By Simon Winchester* Mixing history, science, and personal anecdote, Winchester explores the body of water that covers one-third of the globe's surface, encompasses thousands of islands (including Oahu, above) and hundreds of cultures, and connects the world's two most influential powers.

BLACK DRAGON RIVER *By Dominic Ziegler* Ziegler recounts a rigorous journey along the rarely visited, 1,755-mile-long Amur River, which separates Russia's wild Far East from China's economically burgeoning northeast.

RECIPES FOR LOVE AND MURDER *By Sally Andrew* In this debut mystery novel (and cookbook), protagonist Tannie Maria is a cook turned recipe columnist whose innocent sleuthery uncovers a stew of passion and corruption in her rural South African hometown.

THE ONLY STREET IN PARIS *By Elaine Sciolino* From a hundred-year-old left-wing bookstore to a greengrocery owned by a Tunisian immigrant, former *New York Times* Paris bureau chief Sciolino celebrates her favorite street, the Rue des Martyrs. —DON GEORGE

■ FOR MORE BOOK REVIEWS, VISIT INTELLIGENTTRAVEL.NATIONALGEOGRAPHIC.COM.

Fitness: Airports on the Move

Flight delayed? Long layover? Instead of waiting at the gate, you can pump iron, swim laps, or downward dog on a yoga mat without leaving the airport.

Worldwide, airports are helping travelers integrate fitness and well-being into their schedules. With on-site gyms, luggage storage, and workout clothing rentals, there's no excuse for not exercising.

Yoga studios reduce the stress of air travel in San Francisco, Dallas-Fort Worth, and Burlington, Vermont. Fliers can compete in table tennis between connections at the Milwaukee airport, or mentally prep for the crying baby on board in the San Diego airport's new meditation room, designed to echo the tranquility of the ocean.

Some airports are flexing their muscles even more. Ice-skate indoors at Seoul's airport, or bike and in-line skate in the Zürich airport. Practice butterfly strokes in Dubai's or Munich's indoor pools, or unwind in the rooftop hot tub at Singapore's airport. New York's JFK also recently unveiled a rooftop park, 4,046 square feet of green space that includes a dog area and children's playground—all with a view of the Manhattan skyline.

Katrina Woznicki

