

Hot this month The Catskills, pho ice cream, Queer Eye, volcano yoga

American Airlines 

American Way

JUNE 2018

American Revolution

UPDATING BALTIMORE'S MOUNT VERNON

Hot Springs Eternal

ICELAND'S LOVE AFFAIR WITH WATER

QUEEN *of the* GREEN

Lexi Thompson aims for golf's crown

Thick as Thieves

SARAH PAULSON DISHES ON OCEAN'S 8





Villagers revere the bridge as a sign of good fortune

2

Peru ties one on

A festival celebrates—and rebuilds—the country’s last Incan rope bridge

THE NETWORK OF INCAN ROADS IN PERU IS famous, but it wouldn’t have been passable without the many rope suspension bridges that spanned rivers throughout the Andes. Now only one remains, near the village of Quehue, about 100 miles from Cusco.

Each June, hundreds of families from nearby villages rebuild the 100-foot-long bridge, which hangs more than 60 feet above the Apurimac River, during a four-day festival (June 7-10) called Q’eswachaka, which means “braided bridge” in the Quechua language.

“The bridge represents them as a culture,” says Carmen Arróspide Poblete, president of the Machu Picchu culture board at Peru’s Ministry of Culture. “Q’eswachaka is a legacy that was transmitted from generation to generation.”

During the first day of the festival, the old bridge is cut down and dropped into the river. Over the next two days, fueled by coca leaves and *chicha* (fermented corn beer), women pound and twist grass, while men construct the new bridge’s floors and handrails.

By the end of the third day, the bridge is complete and community leaders cross—followed by anyone with enough nerve to get on the swaying structure. The fourth day is devoted to celebrating with costumed dancers and local dishes, including *cuy* (guinea pig) and alpaca. —KAREN CATCHPOLE

3

Namaste goes in new directions

A mat, it turns out, isn’t the only place to practice yoga

International Yoga Day falls on June 21 every year—the same day as the summer solstice. If the thought of spending the longest day of the year on a yoga mat makes you want to reach for a bottle or hit a wall, you might be in good company, as the following new and unusual yoga sessions demonstrate.

ROCK OUT

Downward dog hits new heights in Hawaii—specifically, 24 feet, the height of the climbing wall at the Four Seasons Hualalai, the venue for an on-the-wall yoga class. fourseasons.com/hualalai

BEER ME

Inside Charlotte’s eclectic Blue Blaze Brewing, yoga mats line the brew room for twice-weekly hoppy yoga class accompanied by a pint after *savasana*—aka the part where you lie down at the end. blueblazebrewing.com

HOT STUFF

An exclusive yoga experience at Nicaragua’s Mukul resort focuses on developing the balance and stamina required for an ash-boarding ride down one of the country’s steep volcanoes. mukul.aubergeresorts.com