

LETTER FROM THE EDITOR

Happy New Year — 2023 is here! The year stretches before us like a clean slate, a white piece of paper, a blank computer screen. What shall we write? What goals will we set for the year ahead? Of course, we all want to live healthy, happy lives. So, in this issue, I profile Stacy and Tom McCarthy, a Rancho Santa Fe couple who have been at the forefront of health and wellness for decades. I visit them at their expansive estate where exercise (pickleball, anyone?), yoga, meditation, and a healthy diet are built into their daily routines. Stacy, a well-regarded yoga teacher who holds classes in person and around the world via Zoom, and Tom, a motivational/peak performance coach who works with CEOs and top athletes, practice what they preach and share their thoughts on living our best lives.

We have heard much about sustainability over the years. According to the Environmental Protection Agency, "Sustainability is based on a simple principle: Everything that we need for our survival and well-being depends, either directly or indirectly, on our natural environment. To pursue sustainability is to create and maintain the conditions under which humans and nature can exist in productive harmony to support present and future generations." Managing Editor Deanna Murphy meets with a handful of people — growers, purveyors, and brewers — who are in the trenches, addressing sustainability as it applies to our food supply: Ultimately, as they all agree, it's important to know our sources, where and how we get our food, and to buy organically and locally wherever possible. The result is a healthier world and a healthier *you*.

On the subject of sustainability, more and more automakers are giving Tesla a run for its money, leading to a far broader selection and making electric vehicles more widely available. Automotive expert Brian Douglas



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takes us for a spin in Volvo's Polestar, which has just opened a showroom at Westfield UTC.

Travel Editor Elizabeth Hansen explores Ecuador's storied Galápagos Islands, a national park and marine reserve, during an intimate Ecoventura cruise staffed with two naturalists for its 20 guests. Whether snorkeling, hiking, or kayaking, Hansen offers a close-up look at an area teeming with wildlife from manta rays to her favorite blue footed boobies, and rediscovers her appreciation for the natural world. Stateside, I travel to Arizona, the setting for the Super Bowl and other big sporting events, and learn this desert paradise has much more to offer, including health and wellness activities, art exhibitions, and festivals galore.

From all of us at *Ranch & Coast*, we wish you a happy, healthy, and *sustainable* year ahead!

Andrea

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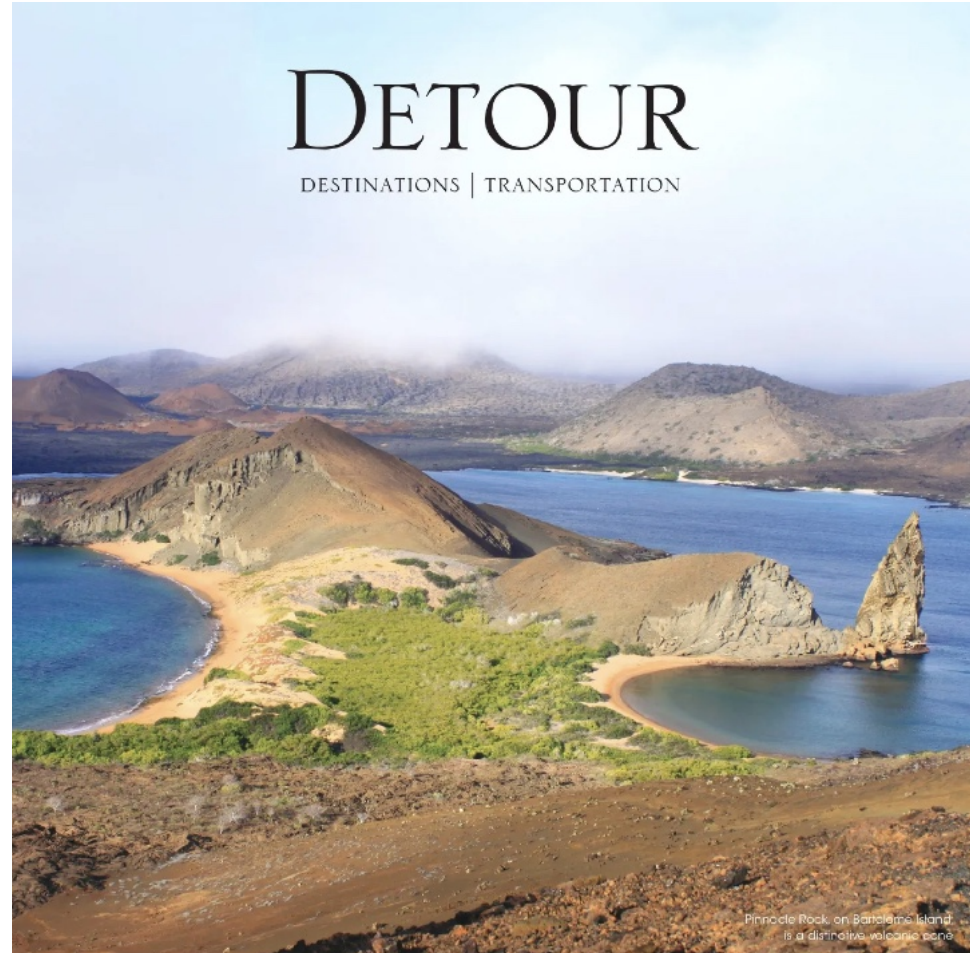
on the cover

Ania London, owner of Pilates of San Diego, practices Pilates of fresco in the Rancho Santa Fe garden of Tamará Lararga-Joseph and Roger Joseph

Photography by Vincent Knakal, makeup by Eileen Renéé Makeup, top and leggings, LuluLemon

DETOUR

DESTINATIONS | TRANSPORTATION



Pinnacle Rock on Santa Fe Island is a distinctive volcanic cone.

EXPLORE THE GALÁPAGOS ISLANDS

PLAY WITH PENGUINS, SWIM WITH SEA TURTLES

BY ELIZABETH HANSEN

On our first morning in the Galápagos, when our fellow travelers fanned out to survey Cerro Brujo Beach on San Cristóbal Island, I opted to sit on the white sand and stare out at the sea. The view was gorgeous — turquoise water, soft blue sky — but what I loved the most was the total lack of intrusive trappings. No hotels, no beach vendors, no oceanfront mansions,

no jet skis, no noise of any kind. I imagined that I was seeing what Charles Darwin saw when he visited these volcanic islands in 1835. In fact, I later learned that it was here that he began to wonder if species of animals from mainland South America, 600 miles away, had evolved and adapted to local conditions. This idea formed the basis of his theory of evolution. »

PINNACLE ROCK: COPYRIGHT FERNANDO SANCHEZ/TEBÁN

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MAIN Origin is one of three identical Ecoventura yachts in the Galápagos
 OPPOSITE Ecoventura guests gather for great flavors and good conversation over dinner
 TOP Blue footed boobies use their feet to attract a mate and to cover their young and keep them warm
 MIDDLE Bright red Sally Lightfoot crabs are easy to spot against dark volcanic rock throughout the Galápagos
 BOTTOM Male Great Frigate birds inflate their neck pouch to attract females during courtship



« It wasn't preposterous to wonder if San Cristóbal was unchanged. The Galápagos Islands are a province of Ecuador and 97 percent of the land is protected in a national park established in 1959. Together with the marine reserve that surrounds the islands, the area is the size of the state of New York.

Our Choice: Ecoventura

Many cruise companies offer trips through the islands, and my husband and I spent quite a bit of time considering the options. We liked that Ecoventura is part of the Relais & Châteaux collection of luxury hotels and restaurants and that their yachts (*Theory*, *Origin*, and *Evolve*) each have ten cabins for a maximum of 20 guests per voyage. I was also aware that the national park stipulates a ratio of at least one qualified naturalist guide per 16 passengers, and Ecoventura provides two guides for 20 people.



ECOVENTURA: COURTESY PHOTOGRAPHY; BLUE FOOTED BOOBIES: PHOTO BY YOLANDA ESCOBAR; ALL OTHER PHOTOS: COPYRIGHT TERNAUDO SANCHEZ/ISTAR

We hadn't given much thought to the meals while we were planning the trip, but we and our fellow travelers agreed that the food exceeded our expectations. The chef focuses on organic ingredients from various regions of Ecuador and, if given advance notice, is happy to work around passengers' allergies and preferences. I especially enjoyed a lobster lunch served on the sun deck and the delicious Ecuadorian hot chocolate offered when we returned from chilly snorkel excursions. (The water is warmest in February and March.) His repertoire ranged from great ceviche (no surprise) to the best mushroom risotto I've ever tasted.

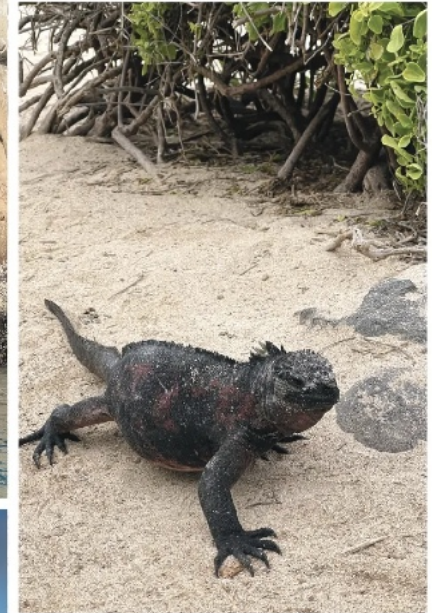
In fact, we thought the whole staff was amazing. Our two naturalist guides were extremely well informed and very generous with their time. The captain, the cruise director, the wait staff, the panga drivers, and everyone else couldn't have been more helpful. >>

Never a Dull Moment

« Each day during the week-long cruise, guests were offered a variety of activities including snorkeling with sea life, hiking on sand or lava rock, kayaking, going out on a glass-bottom boat or dinghy, and land-based sightseeing. On Santa Cruz Island, a bus took us to the highlands where we wandered among huge tortoises and walked through a cave-like lava tube. At Post Office Bay on Floreana Island, we put postcards in a whisky barrel like the ones that early whalers used for depositing letters that they hoped might be delivered to their loved ones.

Regardless of the activity, wildlife was always the focus. While snorkeling, I saw a baby shark, chocolate chip sea stars, penguins, surgeonfish, manta rays, and colorful Sally Lightfoot crabs. I absolutely fell in love with blue footed boobies and was thrilled to see graceful flamingos take flight from a lagoon on Bartolomé Island. There were so many turtles in Post Office Bay when we were kayaking that I had to be careful not to clobber them with my paddle, and seals and sea lions were everywhere. It took me a while, but I gradually came to appreciate land iguanas, though I still share Darwin's feelings about marine iguanas, which he famously described as "hideous-looking."

Hideous or not, it was exciting to see so many unusual animals and, because they are protected, they aren't the least bit afraid of humans. One fellow traveler actually stood toe-to-toe with a blue footed booby, and I all but cuddled up with a land iguana. Pretty sure there's a lesson there — I also want to remember that the therapeutic benefit of a beautiful beach can be undone by intrusive trappings. Darwin isn't the only one to learn something in the Galápagos. 🌴



OPPOSITE BOTTOM Galápagos tortoises are among the longest lived of all land vertebrates, averaging more than 100 years.
OPPOSITE TOP Whales can be found in Galápagos waters year round.
MAIN Ecoventura yachts carry kayaks, SUPs, and snorkel gear for passengers.
TOP LEFT Rangas are ideal for exploring the islands.
TOP RIGHT Charles Darwin described marine iguanas as "hideous-looking."
BOTTOM RIGHT Cactus is the preferred diet of land iguanas.

GALÁPAGOS TORTOISES: PHOTO BY YOLANDA ESCOBAR; ECOVENTURA: COLLECTIVE PHOTOGRAPHY; LAND IGUANAS: COPYRIGHT HERNANDO SÁNCHEZ TERÁN; ALL OTHER PHOTOGRAPHY COURTESY OF ADAMIS / MANISH STOCK PHOTOS