


**NATIONAL
GEOGRAPHIC**

TRAVELER

SOUND JOURNEYS

Travel Wise: California Sounds

A SOUND CONNECTION

Nat Geo and the Decibel

The decibel, a unit of measurement used to compare sound intensity on a logarithmic scale, is named for Alexander Graham Bell, one of the founders of the National Geographic Society. A difference of one decibel (one-tenth of a "bel") can be detected by some listeners. Zero dB is the hearing threshold; a whisper measures roughly 30 dB.

SIGHTS AND BITES

Nature's Health Food

This vegetarian/vegan café in Palm Springs is perfect for healthy restorative flavors and a delicious, almost-guilt-free date shake. natureshealthfoodcafe.com

The Integratron

Unlock your chakras and lift your spirits in a 60-minute sonic healing session at this historic acoustic chamber in Landers. Check the site for schedules and to reserve a space. integratron.com

Modernism Week

This annual celebration of mid-century architecture and

culture is a bold and beautiful time to see Palm Springs (February 13-23, 2020). Book ahead. modernismweek.com

Palm Springs Art Museum

Discover the creative origins of Coachella Valley's artful turns and the marvels of modernist design at the three locations of this community institution. psmuseum.org

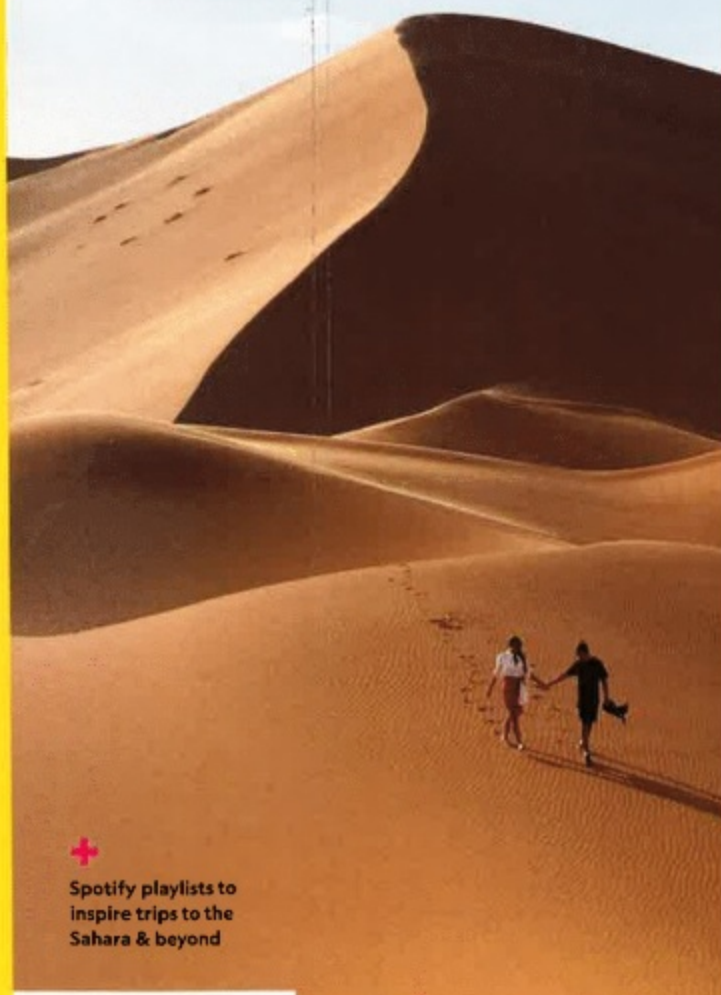
WHERE TO STAY

Crystal Cove State Park

A conservancy supports the historical and natural assets of the protected parkland and manages 24 cottages that were part of a beach colony in the 1920s. The Moro campground, on the bluff overlooking the ocean, offers sites with spectacular views. crystalcovestatepark.org, crystalcove.org

The Ranch at Laguna Beach

Nestled amid coastal canyons, this National Geographic Unique Lodge pays homage to its history as a 19th-century homestead. Guests can swim, kayak, and paddleboard along Laguna's seven miles of sand. natgeolodges.com/explore



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