



EVER WONDER WHY YOU WANDER?

Do you possess an insatiable desire for adventure? Would you pack your bags and go in an instant? You may be one of about 10 percent of the world's population with the **DRD4 7R GENE**, now dubbed the "wanderlust gene" due to recent research breakthroughs. Carriers of this little guy are known to take more risks in order to produce dopamine, aka your brain's chemical happy-maker. That's because its sensation-seeking, creative carriers don't as readily register the same happy feeling that the other 90 percent of the population feels in their day-to-day lives. If you're prone to daydreams of adventures at your office desk, chances are, you can blame it on this 37,000-year-old gene. Wander on, our traveling friends — we feel you. —S.D.



WANDERLUST: AN ADVENTURER'S FAVE FEST

With a mission to help yogis find their "true north," or a purposeful direction in life, Wanderlust festivals are cropping up in locations from Hawaii to Canada. The four-day festivals bring together top-notch musicians like Michael Franti, authors, yoga instructors and health experts looking to promote mindful living and well-being. Ready to wander? Tickets are on sale now for **Wanderlust Sunshine Coast** at Novotel Twin Waters Resort in Queensland, Australia (Oct. 20-23). If you'd rather nama-stay put, keep an eye on their site for a stop near you. Wanderlust.com —A.K.

Don't Hike Hungry

Eat your way through the German countryside this month

THE TRAILS AND PATHWAYS are well worn in Germany, where hikers seek to conquer the Palatinate Forest by foot, hike the hilltops in the Eifel mountain range or wander the Weinstrasse and its rolling vineyards. But you won't find them munching on trail mix this month. In September, hikers swap slender walking sticks for stemmed wine glasses to take part in the Kulinarische Wanderungen (culinary hikes) held throughout the country.

The hikes offer a chance for locals and visitors to get out with friends and family and taste the delicious regional specialties served along marked paths. In Rodenbach (22 miles east of Frankfurt), hikers start on a four-mile culinary circuit that winds uphill and downhill and offers eight stations for tasting the region's specialties (like cheese boards filled with farm-fresh goat cheese, barbecued pork and small producer wines). In the Schmallenberger Sauerland, each stop along the way acts as one stage of a five-course gourmet menu showcasing the flavors of North Rhine-Westphalia. Wander. Eat. Repeat. —KRISTY ALPERT

WHERE TO MAKE A WANDERLUST THIS MONTH

SCHLUSCHSEE (BLACK FOREST)
Sept. 6 and Oct. 4

BLIESGAU (SAARLAND)
Sept. 10

RODENBACH (HESSE)
Sept. 17 and 18

THE "BLACK CROSS" ROUTE IN FREINSHEIM (RHINELAND PALATINATE)
Sept. 24

SCHMALLEMBERGER SAUERLAND (NORTH RHINE WESTPHALIA)
Sept. 24 and Oct. 4

OBERSKIRCH (BADEN-WUERTEMBERG)
Sept. 27