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Chases the Dream

THE ENERGY REPORT

How Much Sleep
Do You REALLY Need?

ROCK JOCK SARA CARLSON IN
JOSHUA TREE NATIONAL PARK



FEATURES

COVER PHOTOGRAPH BY JAMES WHITE

BARE-KNUCKLED LADY: THE ROCK-CHAFED HANDS OF CLIMBER SHEYNA BUTTON, IN YOSEMITE VALLEY. PHOTOGRAPH BY JEFF LIPSKY

83 **The Axis of Eco**

From high-style homes to great gear, fine food, and even movie sets, earth-friendly products and design have gone upscale and downtown. We survey the hottest goods for deluxe green living.

84 HARMONY HOUSE The low-impact residence. BY FLORENCE WILLIAMS

95 REVEL WITHOUT A PAUSE

The new and improved bad food. BY KIMBERLY LISAGOR

PLUS: Aspen's enviro-makeover, smart cars, sweet mobile homes, eco-appliances, skateboarding's good wood, and more.

COVER STORY

72 **Babes on Belay**

When four twenty-something girlfriends head out on a two-month climbing odyssey, the road rules are simple: No guys (yeah, right), shared gear (of course), and no talk about real life until the end (climb on!).

BY ELIZABETH WEIL

104 **The High Hills of Freedom**

In Scotland, ambling around the countryside is a national pastime. And few goals are more noble than tagging the tops of the mighty Munros—all 284 of 'em.

BY ROB BUCHANAN

REVIEW: BIKE SPECIAL

112 **State of the Art**

We have seen cycling's future, and it's built with carbon fiber, handcrafted aluminum, and flawless suspension. Welcome to the sweet spot where aerospace engineering meets total two-wheel performance.

BY JOHN BRADLEY

ABOVE AND BEYOND:
architect David Herzog's
sustainable home, in
Venice, California

83

THE AXIS OF

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Earth-friendly cool
is everywhere,
from Hollywood
and innovative
building design to
hybrid cars and
candy bars. You
live, breathe,
and play green
already—so why
not come full
circle by bringing
it all back home?

Outfitted with photovoltaic panels, the rooftop maximizes solar gain via parabolic oxygen-free glass tubes that concentrate the energy from rays. The solar power runs the water heater.

Inside the upstairs master bedroom, and in bathrooms throughout the house, bidet-like paperless toilets offer a rear and front wash-and-dry option, with a push button that blows water and then warm air.

Embedded with radiant tubes for circulating solar-heated hot water, the carpet-less floors offer a clean and efficient closed-loop heating system—and provide thermal mass to warm the house.

Beds and chairs on sleeping porches are made from sustainable teak and organic cotton bedding and fabric.

Made of stucco, concrete, glass, and remilled timber such as Douglas fir, the house's exterior echoes its interior, adding to the flow of indoor-outdoor living space. The stucco is pigment-integrated—free of paint and volatile organic compounds.

On most days, Hertz's house creates "nega-watts": It makes enough solar-powered electricity to sell some back to the utility company. On foggy days and at night, it draws from the grid.

Hardy, drought-tolerant plants thrive in the open areas, keeping the foliage as eco-positive as possible.

