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This is the sound of silence

The world's first "quiet park" opens in Ecuador

A STRIKING 90 PERCENT OF children will not experience natural quiet during their lifetime, according to acoustic ecologist Gordon Hempton. Indeed, in today's cacophonous world, noise is a constant. So where does one go for refuge? Enter the Zabalo River in Ecuador, recently certified as the world's first Wilderness Quiet Park. Nestled deep in the Amazon rainforest, the Zabalo River is blissfully free from human-made sound—far removed from transport routes, residential and commercial developments and even infrastructure like power lines, all of which contribute to noise pollution. The remote slice of paradise became accessible around 2010 with the help of the Cofán Survival Fund (run by the eponymous indigenous group) that launched multiday trekking and canoeing ecotours of the area, drawing attention to the natural resource. Hempton found it shortly



thereafter. "The Zabalo River is a living Eden," he says. "It's like walking inside a huge biological clock, where you can almost hear the ticking of nature. It's a transformative experience."

—DELLE CHAN
quietparks.org

Ecologist
Gordon
Hempton
surveying
northeast
Ecuador



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Take these eats with a grain of snow

Frost, snow and ice is lending a sweeter, crisper taste to wine, sirloin and soy sauce all over the world



Vidal Blanc and Muscat Ottonel Ice Wine

Casa Larga Vineyards and Winery
Finger Lakes, New York
The Finger Lakes region has become a purveyor of ice wine, made from grapes left to freeze on the vine, and are ideal for pairing with dessert.



Snow Beef Japanese Wagyu Catch Steak

New York City
This hot spot offers "snow beef" by the ounce, cooked tableside on a hot Japanese stone. The Wagyu is stored in freezing temperatures that give the fat a lower melting point, sweet flavor and snowflake-like delicateness.



Snow-Aged Soy Sauce Zuma

Miami, New York, Boston
Aged for over a month in a room naturally refrigerated and humidified by snow in Tōkamachi, Japan, this smooth, umami-rich soy sauce is more mellow and balanced than the tangy mass-produced brands.