

TRAVEL

DISPATCHES



COLIN YOUNG, GETTY IMAGES/ISTOCKPHOTO

Costa Rica is filled with lush gardens such as these in La Fortuna.

Fair-weather travel spots

Was weather more a curse than a blessing on your summer vacation? A new survey ranks the best countries for weather, and happily for travelers, they happen to be some of the world's most desirable destinations.

As part of its annual Expat Insider report, InterNations surveyed more than 14,000 people living in 195 different countries about the weather where they live. Costa Rica, Cyprus and Greece top the list of places where residents expressed the greatest "satisfaction" with the weather.

The survey also covered the worst-weather countries, with Belgium leading a host of Northern Europe neighbors as the gloomiest spots. Denmark, which often finishes atop the world happiness rankings, apparently does so despite the climate: It places fourth-worst for weather.

WORLD'S BEST COUNTRIES FOR WEATHER

1. Costa Rica
2. Cyprus
3. Greece
4. Malta
5. Uganda
6. Kenya
7. Spain
8. South Africa
9. Mexico
10. Portugal

Ben Abramson



ASHLEY DAY, USA TODAY

Eataly Downtown has a prosciutto carving station in the dining room.

NYC's Eataly opens in WTC

The Italian food extravaganza that is Eataly is opening a second New York City location. The new marketplace will debut Aug. 11 in a 40,000-square-foot space on the third floor of World Trade Center Tower 4 with new offerings such as breakfast and direct views over the 9/11 Memorial.

Shoppers are greeted by a tempting bread display, then ascend an escalator to the storefront where espresso, fresh vegetables and more than 10,000 imported Italian products await.

Beyond the bakery, guests will find five restaurants, mozzarella and salad bars, pasta and pastry counters, two coffee bars and a vegetable butcher. Eataly Downtown hosts the robust cheese, seafood and meat counters that have become destinations at the original Midtown location.

A dining room for the seafood, pizza and pasta restaurants lines the windows, while a charming street cart serves prosciutto between tables. An educational counter, Fooddiversità, will offer daily free demonstrations of anything from pasta making to wine pairing — no need to sign up.

Locals will love the rotating recipes from Mario Batali and Lidia Bastianich available to go and the vegetable butcher's free cleaning, cutting, slicing and dicing services to expedite home cooking.

Unique to this location are the floor-to-ceiling views above the 9/11 Memorial.

"It's a very emotional, very powerful place," says partner Joe Bastianich.

Ashley Day

FIVE MYTHS ABOUT JET LAG

Everett Potter | Special for USA TODAY



SCOTT BARBOUR, GETTY IMAGES

We are in the midst of the busy summer travel season, which means many travelers are fighting jet lag as they fly from coast to coast, head to Europe or journey to Asia and Africa. But what is jet lag, and is there anything you can do to lessen its effects? Here are five persistent myths about the most common ailment in the skies:

1 JET LAG IS CAUSED BY LACK OF SLEEP.

"Sometimes it seems that way," says Heather Poole, a veteran flight attendant and the author of *Cruising Attitude*. "With my job I'm either forcing myself to stay awake so I can go to bed at a decent hour or the opposite — forcing myself to take a nap so I can stay up all night to work a red-eye flight."

In fact, it's not caused by lack of sleep at all "but a misalignment of our circadian rhythm," says Alon Avidan, director of the UCLA Sleep Disorders Center. "Our body has a clock and becomes disoriented and confused."

Or to put it simply, National Sleep Foundation environmental scholar Natalie Dautovich says: "Your body clock is accustomed to the natural light/dark cycle of your home time zone and becomes misaligned with the natural light/dark cycle of your destination."

2 A GLASS OF WINE — OR TWO — ON THE PLANE WILL HELP ME SLEEP AND BEAT JET LAG.

Wine and alcohol certainly are very tempting, Avidan says. "The problem is that after more than one glass of wine, you will become dehydrated, and that's a big problem at high altitude. Alcohol also disrupts sleep."

That glass of wine probably will all but "ensure that your sleep on the plane is going to be of poor quality. For business travelers, it's a really a big issue, because the effects of poor sleep will linger on the next day."

But with the stress of travel, passing up a glass of wine or beer at the start of a long flight is not an easy decision for many of us.

"I know the answer is no alcohol," Poole says. "I know the best thing you can do is drink water, tons of water. Hydration is the key to looking and feeling good, especially when you travel. But sometimes a glass of wine really does help take the edge off and ease the pain of travel."

3 WHEN FLYING FROM THE U.S. TO EUROPE, I SHOULD JUST GO TO SLEEP WHEN I GET THERE.

Many people swear by that. When you're flying west to east, such as from Washington to London, it's more difficult to deal with jet lag. After a sleepless night on the plane or only a cou-



BLEND IMAGES, GETTY IMAGES

Some passengers may opt for a sleeping pill, but experts advise checking with your doctor first — and testing the meds at home.



ESTEBAN RESENDIZ REYES, FOGSTOCK/GETTY IMAGES

On a night flight, sleep might seem the easy answer to jet lag. But your circadian rhythm is what really matters.

ple of hours of poor sleep, it's tempting to just check into your hotel and shut your eyes.

One way to handle that, says Dautovich of the National Sleep Foundation, is to "select a flight that allows early evening arrival and then stay awake until 10 p.m. local time. Change your watch to the destination time as soon as you board to create a visual cue."

It's not easy to find such flights, however. So Avidan suggests that if you're flying west to east, "you prepare for the earlier bedtime at your destination by resetting your body clock at home and going to bed an hour earlier and getting up an earlier than normal. Ideally you should do this at least a day before you fly. Two or three days in a row before you

travel is optimal."

In a perfect world, perhaps that is the ideal. But for many travelers, it's still lights out when they arrive at their destination.

"I get to my room, take a hot shower and then go straight to bed," Poole says. "I also make sure to wake up three to four hours later. I set two alarms. The key is to stay slightly tired so that you can sleep through the night and wake up feeling refreshed the second day."

Nap or not, light and stimulation are necessary to fight jet lag fatigue.

"After you wake up you have to get up and out of the hotel as quickly as possible," Poole says. "Walk around outside in the sunlight and explore the city."

4 JET LAG CAN STRIKE YOU REGARDLESS OF WHICH DIRECTION YOU'RE FLYING.

Flying east to west is easier, experts agree. Avidan says that "when you're flying with the sun, it's easier to gain an hour."

A simple rule, suggests sleep scholar Dautovich, is that "for eastward travel, seek out bright light in the early morning hours and avoid bright light at night. For westward travel, seek out light in the evening hours and avoid bright light in the morning."

But if you're flying north to south, say from New York to Santiago, Chile, which are on the same time zone, jet lag should be much less of an issue. After 10 hours in the air, you may not feel great, but that's dehydration and cramped seating taking their toll.

5 A GOOD SLEEPING PILL IS ALL IT TAKES TO FIGHT JET LAG AND ARRIVE REFRESHED.

"You need to consult with a physician," Avidan says. "There is no single medication for everyone. Whatever you're prescribed, try it at home first, at sea level."

But many travelers don't abide by that wisdom, and flight crews are used to seeing passengers self-medicate, often with bad results.

"If you are going to take a sleeping pill, please don't wash it down with three shots of vodka at the airport bar," Poole says. "One or the other. And please, take the sleeping pill after the flight takes off. Mechanicals happen. I don't want to have to drag a bunch of limp noodles off a plane."