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ool, clean air fills your lungs as you watch mists drift through mountain valleys and enjoy that last, strengthening sip of hot coffee. Eating breakfast outdoors is like going on a small holiday. You are closer and more connected to nature—completely free. Even if you have to set your alarm clock to go off before the sun is up, we promise you it is worth it!

Whether you get up early in the morning and hike to a scenic picnic spot, or simply sit on your balcony, nothing beats having breakfast outdoors. The mountain, forest, or sea air makes you incredibly hungry and everything tastes twice as good after a long walk. Outdoor



breakfasts do require a bit of organization, but that shouldn't stop anyone's plans. You can prepare the majority of your breakfast dishes the evening before and pack the blanket, enamel cups, and thermos (to keep the soup nice and hot!). Exploring nature in the morning is a magical experience. The forest awakens around you, blossoms unfold, and that wonderful dewy smell permeates the air. A pastrami sandwich eaten in such an ▶