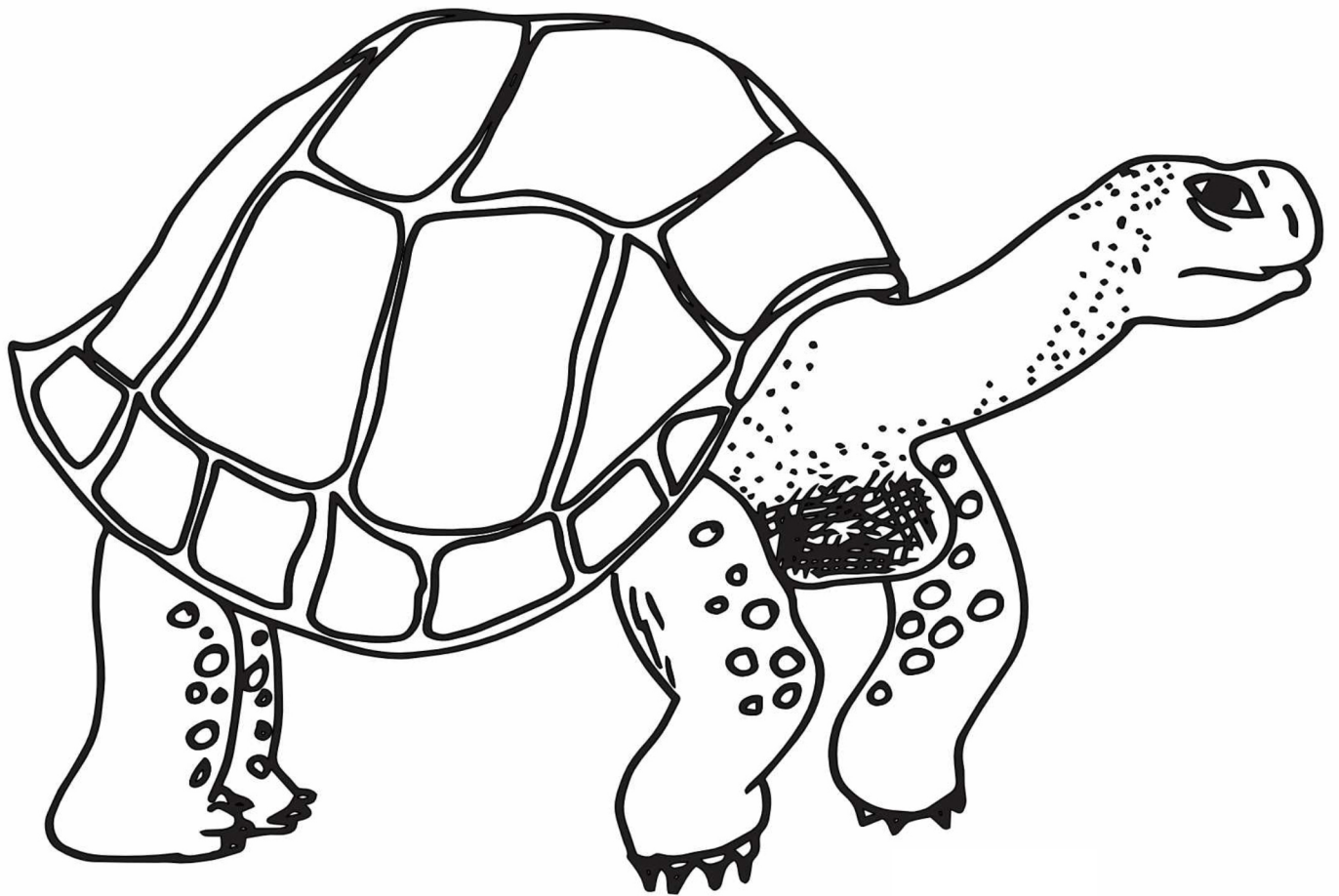


# RELAX LIKE A GALÁPAGOS



Galápagos tortoises lead an uncomplicated life, grazing on grass, leaves, and cactus, basking in the sun, and napping nearly 16 hours per day. A slow metabolism and large internal stores of water mean they can survive up to a year without eating or drinking. Spanish sailors who discovered the archipelago in 1535 actually named it after the abundant tortoises; the Spanish word for tortoise is galápagos. - National Geographic