

# WHAT'S HOT TRENDS

## DETOX WIREFREE VACATIONS

### Tech a break

Five technology-free getaways that encourage you to unplug and play

While a no-network zone may have been embarrassing for hotels a decade ago, it's definitely something they're capitalising on today. More hotels these days are offering digital detox packages that aim to help guests cope with nomophobia and addiction to devices. A getaway is now getting away from technology. We give you five options across continents.

#### Young Island and Palm Island resorts, St Vincent and the Grenadines

Along with the travel company, Black Tomato, the island country of St Vincent and the Grenadines (SVG) offers a 'de-tech' holiday designed to encourage people to go cold turkey on the beach. Before setting off to SVG's Young Island and Palm Island resorts, you're armed with a how-to guide to ensure that you stay focussed on human interaction without any digital aid. At \$3,799 (₹2,66,469) per person for a week, you're bound to have your fill of sun and sand. PO Box 834, 2nd floor, NIS Building, Upper Bay Street, Kingstown, St Vincent and the Grenadines. +784-456-6222. [www.discoversvg.com](http://www.discoversvg.com).

#### The Westin, Dublin

Located in the heart of Dublin, The Westin's Digital Detox package is big on trust. Guests have the option of voluntarily surrendering

their tech belongings on check-in or locking it in their personal safes. Perfect for those who have forgotten how to unwind, the \$230-per-person (₹12,665) package includes overnight accommodation with breakfast in bed and an in-room massage as well as a Detox Survival Kit: a map, information about Dublin, a newspaper, a tealight candle, a tree planting kit and a board game.

College Green, Westmoreland Street, Dublin 2, Ireland. +353-01-645-1000. [www.thewestindublin.com](http://www.thewestindublin.com).

#### Echo Valley Ranch and Spa, British Columbia

Situated in the Cariboo Wilderness of British Columbia, Canada, the Echo Valley Ranch holds out on computers, TVs, radios and other high-tech equipment in guest cabins and rooms. But if you absolutely must connect, satellite service is available. Their package offers spa treatments, picnic lunches in the meadows and a bag of books. Nature and animal lovers will enjoy the Tennessee Walker horse rides in the woods and Border collies who serve as guides. You could also try your hand at fly-fishing and gold panning.

Suite 505-318 Homer Street, Vancouver, BC, V6B 2V2, Canada. +1-604-669-3230. [www.evranch.com](http://www.evranch.com).



ECHO VALLEY RANCH AND SPA

#### Golden Rock Retreat, Bali

With the location chosen for its unique energy, the Golden Rock has only five villas with a maximum of 10 clients per retreat. So you'll have to make reservations soon. There isn't any landline or Wi-Fi here, and the use of mobile phones is allowed only in case of emergencies. Drawing on yoga, meditation, saunas and massages, the programmes integrate deep internal cleansing with modern energetic healing techniques, adding a body detox to your digital one. Available entertainment includes swimming, snorkelling, boat trips, books, games and DVDs. We wonder how that last one slipped in. The Golden Rock Retreat, Aas, Bunutan, Abang, 80852, Karangasem, Bali, Indonesia. +61-828-9700-8592. [www.theretreatbali.com](http://www.theretreatbali.com).

#### The Verandah In The Forest, Matheran

Closer home is the Neerana Hotels property The Verandah In The Forest – a 'non-hotel' that takes you back to the 19th century. Built by Captain Barr, this was the second house in Matheran. While there isn't a digital detox package per se, the dense forest it's located in makes for a zero-network zone. You won't find a television on the property either. Simple home-cooked meals are served around a large community-style dining table. The eco-sensitive hill station, one of the few in Asia where vehicles aren't allowed, is the perfect getaway from city life. Barr House, Matheran 410 102. 2148-230-810/230-296. [www.the-verandah-in-the-forest.com](http://www.the-verandah-in-the-forest.com).

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THE VERANDAH IN THE FOREST