

At Camp Grounded, guests check their phones at the door.

HOME
AND
AWAY

TAKE A
VACATION

47

TRAVEL UNPLUGGED

Research shows that digital devices heighten stress. Head to these low-tech locales to return rebooted!

GO BACK TO SUMMER CAMP AT CAMP GROUNDED

NAVARRO, CALIF.

- **TECH-FREE APPEAL** Camp Grounded is run by Digital Detox, an Oakland-based organization that encourages people to disconnect. A former Scout site that's tucked among the redwoods in Anderson Valley wine country, it's like the sleepaway camp you remember, but for adults. Participants surrender their phones, digital cameras and computers and pledge to avoid any mention of work upon arrival, making it easier to connect with one another.

- **THE DETAILS** You won't miss Pinterest, promise. Camp Grounded offers yoga, stargazing, arts and crafts and rock climbing. Best of all, without your cellphone to Instagram each experience, you'll find yourself investing in each activity—savoring the moment instead of thinking about how you'll document it. As for sleeping arrangements, attendees get assigned to single-sex bunks, but you can also bring your own tent. Chefs provide

all meals, and unlike the mess hall you remember, the food's primarily locally grown and vegan. (Luckily marshmallow-roasting is still an option.)

(From \$570 per person for an all-inclusive three-night stay; campgrounded.org)

- **HOW TO GET THERE** From Oakland or San Francisco, Camp Grounded is a two-and-a-half-hour drive north, and carpools are encouraged (ride-share links and carpool forums are posted on the camp's website).

A visit to the Great Stupa will leave you feeling enlightened.



MEDITATE AND CONTEMPLATE AT THE SHAMBHALA MOUNTAIN CENTER

RED FEATHER LAKES, COLO.

• **TECH-FREE APPEAL** The Shambhala Mountain Center, nestled amid forests high in the Colorado Rockies, is a peaceful Buddhist retreat where your troubles will be miles away—literally. At the lofty altitude of 8,000 feet, your phone won't have service, and you're free to make *yourself* a priority.

• **THE DETAILS** The Center runs three-day meditation programs throughout the year, but you're also welcome to stay on your own schedule. Opt for guided hikes of the Center's wilderness trails, take yoga

and meditation classes or visit the Great Stupa, a Buddhist memorial to the Center's founder. Lodging can be as simple as sharing a tent with a roommate, but if you'd prefer, there are also conventional single rooms with a private bath in the main lodge. Meals are included, with some vegetarian options. (Tents from \$79, rooms from \$109 per person; shambhalamountain.org)

• **HOW TO GET THERE** From Denver, the Center is a scenic two-hour drive. Shuttles are also available.

FEEL INSPIRED AND AT PEACE AT THE OMEGA INSTITUTE

RHINEBECK, N.Y.

• **TECH-FREE APPEAL** The first thing you'll notice at the Omega Institute in upstate New York is the quiet. Rooms are devoid of televisions, phones and Wi-Fi, and, in shades of your freshman dormitory, quiet hours are enforced between 10 p.m. and 7 a.m. (although they're more likely to be observed this time around). It's up to you to leave your cell behind, but surrounded by this much serenity, you'll want to.

• **THE DETAILS** Fill your waking hours with meditation, yoga and tai chi sessions. You can also head out to hike the trails, read in the Ram Dass

library, linger in the sauna or play tennis or basketball. When it's time to observe those quiet hours, retire to your tent or cabin, several of which have environmentally friendly rooms. Bunking with roommates is a budget-friendly option. Meals are mostly vegetarian and provided by local farms. (Tents from \$252, rooms from \$328 per person for an all-inclusive two-night stay; eomega.org/visit-us/rhinebeck-ny)

• **HOW TO GET THERE** Omega offers bus service between Manhattan and Rhinebeck, two hours away. ♦

Stop and really smell the flowers in the New York countryside.

