

CULTURE

GOING OFF GRID: BEST OFF-THE-BEATEN PATH ADVENTURES

UNPLUG WITH THESE OFF THE GRID EXPEDITIONS

BY JERALYN GERBA AND PAVIA ROSATI ON 4/16/19 AT 6:00 AM EDT

This is an edited excerpt taken from *Travel Anywhere (and avoid being a tourist)* by Jeralyn Gerba and Pavia Rosati, founders of travel website *Fathom*, published by Hardie Grant Books.

Getting away from it all. It's the ultimate travel fantasy.

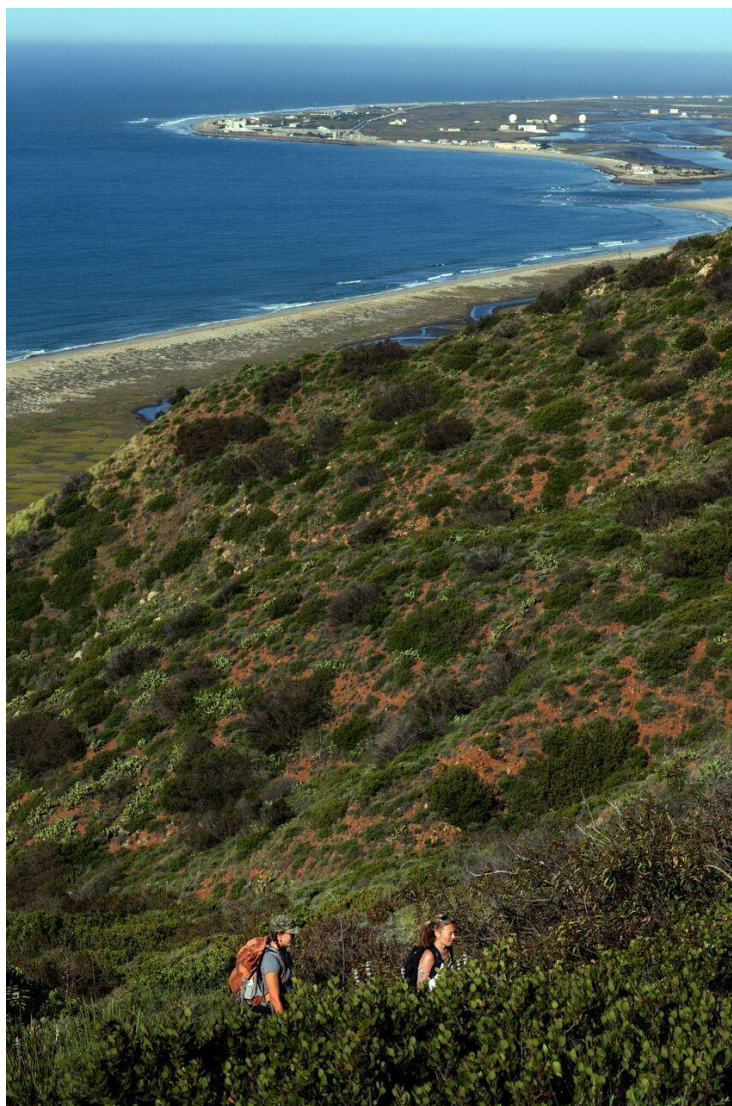
But the reality is too often the opposite. WiFi at airports and hotels used to be a really terrific travel perk; nowadays, it's become a travel essential, like free water or snacks in the mini-bar. There are positive aspects to staying connected, but it comes at a cost. Because while we may not physically be at home or in the office, global connectivity means we're still tethered to everything — the deadlines, the requests, the inter-office banter — that we got on a plane to escape in the first place.

Sure, we could put the phone in the bottom of the suitcase and ignore it, but most of us don't have that discipline. Let me just post one photo to Instagram! And check my voicemail while I'm here. Oh, I want to send a quick email. And read that news development.

You see the point: We are usually powerless to resist.

This is why being forced to get offline and out of the box is becoming an increasingly popular travel option. These off-grid trips and expeditions may not be filled with the usual creature comforts (and you may have to take an occasional cold shower), but the memories, landscapes, and cultural exchanges will be breathtaking and unforgettable. And isn't that so much nicer than yet another hour wasted scrolling through Facebook?

GO BACK TO GROUND ZERO AT THE RANCH, Malibu, California, U.S.A



Go back to hardcore basics in pursuit of a healthy mind, body, and soul. The sprawling 1920s hacienda-style estate, a former summer camp, sits on 100-plus acres and has been transformed into 14 well-appointed private cabins with common areas, indoor and outdoor dining areas, two workout facilities, and a year-round organic farm. There is no

cell service and WiFi is limited to in-room use. You should make this an unplugged boot camp for personal excavation. Plus, you'll need to pay attention to your hydration needs while taking a mega hike or holding a sunrise chaturanga. Depending on which program you opt into, days will be filled with fitness regimes, wellness support, and a monastic meal plan.

Good to know: Sustainability is key in maintaining a healthy lifestyle, and whether you visit the ranch for four, seven, or ten days, the journey begins 30 days prior with a series of suggested exercises, dietary restrictions, and living assignments to prepare you for the mega detoxing on site.