

# MEN'S JOURNAL

## Outside and Unplugged: Off-the-Grid Retreat Ideas to Escape Your Digital Life



Camping among the redwoods in Big Sur is just about as spiritual -- and disconnected -- as it gets.

Photo: Courtesy of Jeremy Bishop/Unsplash

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As appealing as it sounds to unplug from all your electronic devices for a week, it's hard to imagine a "convenient" time when this could happen while still maintaining obligations and responsibilities in the real (digitally-obsessed) world we live in.

But now is a better time than ever to digital detox for your mental health and overall wellness. With [Google searches for "smartphone addiction"](#) always on the rise, the

habit-forming nature of [social media platforms likened to cigarettes](#), these past few years have been touted by many health and wellness experts as a great time for a [tech diet](#).

Major companies—even within the tech sector—are starting to recognize our reliance on devices isn't healthy, and specific retreats and programs to counterbalance culture are cropping up globally, like London's [It's Time to Log Off](#), and major hotels like [Westin Paris](#) and [Mandarin Oriental New York](#) pioneering some truly innovative—albeit a bit pricey—digital detox experiences.



[Photo: Courtesy of Eddi Aguirre/Unsplash](#)<sup>5</sup> / 6

## Mexico

Do not discount the power of a day trip.

For those living close to the border and in need of some disconnect time, [Rancho La Puerta](#) is a hop, skip and quick bus ride into Mexico.

Take a day-long trip to The Ranch, and sign up for yoga classes, an outside hike and healthy cooking workshops, where you can handpick your own ingredients from the gorgeous campus' organic gardens. The day rate also includes roundtrip transportation to and from San Diego.

Venturing beyond the 24-hour trip, continue your travels to Valle de Guadalupe, Mexico, just 90 miles south of San Diego. Recognized as an [up-and-coming wine country](#), this is where slower days and spectacular scenery meets modern B&B's and a smaller, "less commercialized" version of Napa Valley, including some [amazing farm-to-table dining experiences](#).

Although accommodations—like this [eco-friendly architectural masterpiece](#)—can run on the pricier side (read: future #travelgoals), there are some [economical and stunningly gorgeous](#) options.

Had your fill of wine? Find the beach, just a 10-minute drive through the valley's rolling hills.





Government Camp, Mt. Hood. Photo: Courtesy of Dan Hawk/Unsplash

We all need ways to disconnect from technology and reconnect with ourselves, sans a 24-7 revolving feed of everyone else's lives.

What if the next trip you took doubled as a way to unplug from all that digital chatter and actually spend time outside, uninterrupted by the constant dinging of your iPhone or emails looming in your inbox?

[A Vancouver Island Travel Guide: Surfing, Craft Beer, Caves and Epic Hiking](#)

If that sounds as glorious to you as it does to us, then let this list of off-the-grid destinations inspire your next "MindCation."