



BLACK HOLE HOLIDAY



IF willpower alone won't stop you from checking emails, there are other ways. Hotels around the world are embracing the off-grid trend and are coming up with inventive ways to free us from constant communication. One of the best is the Caribbean's Petit St Vincent in the Grenadines which is not only totally tropical and postcard-pretty but is also blissfully free from telephones, wifi and TVs. Here, it is all about private island peace. The cottages and beach villas have sweeping views of the Caribbean Sea. *Luxury travel company Carrier has a seven-night, all-inclusive stay with economy flights from London from £3,145 per person between June and July. carrier.co.uk/destinations/caribbean-bermuda-mexico/the-grenadines/petit-st-vincent/*

GO REALLY REMOTE

SOMETIMES the destination is enough to force you to unplug. The vast Steppe of Mongolia means almost everywhere outside the capital is offline. Adventurers keen to unplug and recharge themselves are well-served by UK travel firm Wild Frontiers which has a two-week

horse trek to Mongolia on offer this year. Highlights include exploring the north of the country and the southern fringes of the Siberian Taiga regions that few venture to. The group will also meet a famous local shaman. *Departs June 14, costs from £2,545, excl flights. wildfrontierstravel.com*



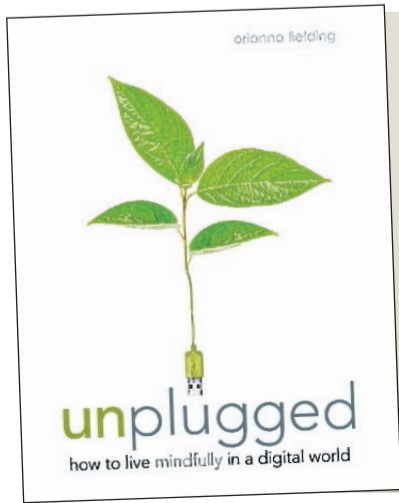
Off the beaten trek: Why not try horse trekking in Mongolia

DUBLIN is a city with a thousand years of history so liberate yourself from your smartphone and make the most of it. The chic Westin Dublin hotel is offering travellers a head start with a Digital Detox package. Replacing tech clutter with relaxation, it includes accommodation, breakfast in bed, an in-room massage and a handy Detox Survival Kit featuring a walking map, newspaper, a game and a tree-planting kit to take home. Best of all is the safe; it's big enough to hide all your gadgets. *Package approx £135 per person based on two sharing. thewestindublin.com/digital-detox*

TRY A CITY DETOX



Dublin detox: You'll get a digital survival kit when booking



IF the thought of foregoing Instagram, Facebook and Twitter on holiday sends you into a cold sweat, help has arrived. Orianna Fielding's new book *Unplugged - How To Live Mindfully In A Digital World* unlocks the secrets of how to get over your digital addiction. Fielding says it is time to stop the mobile madness: 'We seem to have become an instant "digital-response squad",

HELP FOR DIGITAL ADDICTS

checking and responding to emails, texts and posts on social media as soon as they hit our digital devices. Even during sex.' Using step-by-step programmes, tech addicts can learn how to go for a walk without a smartphone and how to holiday without uploading pictures and updates. Readers can also find out how digitally addicted they are with checklists. *£12.99 (Carlton Books)*

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Travelling Period: 11 January - 25 March 2015

Melbourne - Book by 07 February 2015
Travelling Period: 11 February - 11 December 2015
Black out dates apply. Subject to availability