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THE SOUTH
(Pork, grits, the works)

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9 GLORIOUS PLACES
WHERE YOU
CAN'T BE REACHED
(No Wi-Fi, no e-mail, no nothing)

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Fliers turned away over a medical mix-up.

SPECIAL
HEALTH
REPORT

Unplug Already: Get Off the Grid and Return to the World

Doctors say that time away from our jobs improves health and job performance and that never taking time off can even lead—yikes!—to an early death. But thanks to technology—and our addiction to it—making a clean break is almost impossible. **Virginia Morell** reports on the impact of being constantly wired and the benefits of digital detox

No Shoes, No News

Addicted to your smartphone? We've scoured the earth to find eight tech-free destinations that force you to unplug and finally get some peace of mind

PRICES
INCLUDE ALL
MEALS



BAJA CAMP

LOCATION Isla de Espíritu Santo, an uninhabited nature reserve off Baja California that's a two-hour boat ride from La Paz.

NEAREST WI-FI An internet line is powered by solar panels 20 to 30 minutes a day for staff.

ACCOMMODATIONS Each of the five green canvas tents holds two double beds—tent flaps open to the ocean. There's a lounge and dining space where tropical fruit is served at breakfast.

COMFORT LEVEL Bare essentials and simple bucket showers shift the focus to the bay and rust-red mountains surrounding the camp.

HOW TO DISCONNECT Go trolling and drift fishing in the Sea of Cortés—the fish you catch will be made into seiche by the camp's chef—or explore the island's many inlets by kayak. From July through September, guides can take you scuba diving among the manta rays and whale sharks; the less adventurous might prefer to swim with sea lions in more shallow waters (andrea@bajacamp.com; doubles from \$500).



COPPER CANYON SIERRA LODGE

LOCATION A pine valley in Chihuahua, Mexico's Copper Canyon.

NEAREST WI-FI A 20-minute drive away at the Sierra Lodge office in Creel, which offers complimentary access before and after (but not during) your trip.

ACCOMMODATIONS Eighteen rooms share the long front porch of a tin-roof log cabin adorned with rose and agave bushes. There are murals inspired by the local Tarahumara Indians' paintings, and each room has a wood-burning stove; some have fireplaces.

COMFORT LEVEL Gas lamps and kerosene lanterns provide light. Rooms are rustic, but bathrooms are modern and have hot water.

HOW TO DISCONNECT Take a relaxing dip in the Basirecota Hot Springs, a four-hour hike from the lodge, and stop by the neighboring Cusárare Waterfall. Or just sit on the porch and enjoy the view—the Tarahumara Indian Valley and Cusárare River run right in front of the lodge (52-614-417-43804; doubles from \$154).



THREE CAMEL LODGE

LOCATION An ecolodge in the heart of Mongolia's Gobi Desert.

NEAREST WI-FI In Ulaanbaatar, nearly 300 miles away.

ACCOMMODATIONS Twenty deluxe gers (round, lattice-wood tents covered with felt and canvas, traditionally used by nomadic herders) are heated by wood stoves and include private bathrooms and king-size beds. Doors face southward, in the nomadic Mongolian tradition.

COMFORT LEVEL The gers are simply designed but cozy, with hand-painted furnishings. Felt slippers and camel-milk lotions are a few of the locally inspired amenities.

HOW TO DISCONNECT Explore your surroundings—hills, desert, mountains, and springs—and watch for herds of the endangered Bactrian camel. Grab a bite at the Bulagtai Restaurant, which sources its meat and dairy from local nomadic families. Nature-loving kids will adore the lodge's hands-on conservation programs led by naturalists and scientists (800-998-6634; doubles from \$370).



ELEPHANT WATCH SAMBURU SAFARI CAMP

LOCATION On the banks of Kenya's Ewaso Ngiro River.

NEAREST WI-FI At the Save the Elephants Research Camp, more than four miles downriver.

ACCOMMODATIONS The camp, built from branches that were stripped of bark by elephants, has six airy and beautiful netted thatched-roof tents with vibrant cloth banners streaming from the ceilings. Bathwater comes from the well and is heated by the sun.

COMFORT LEVEL Laundry is hand washed and ironed daily, and there's a steady supply of cold mineral water in bottles. Guests must wash with basins and buckets, but the likes of Natalie Portman and Isabella Rossellini have stayed here—and loved it.

HOW TO DISCONNECT Picnic by the river where the elephants bathe—there's fresh-baked focaccia each day. In addition to elephant watching, guests can milk goats and throw spears with the Samburu (254-20-804-8602; doubles from \$1,360). ▶