

Tech-free Trips Are on the Rise — From Hotels With No Wi-Fi to Multiday Retreats With No Phones Allowed

If breaking-news overload and digital distractions are taking their toll on your mental health, the time may be right for a phone-free vacation. One writer has dialed up the details.

By **Alice Robb** | Published on March 2, 2024



Would "Eat, Pray, Love" author Elizabeth Gilbert have fallen so deeply in love with Neapolitan pizza if she'd been taking photos of her pie to post on Instagram? What if Steinbeck had traveled with Charley *and* Waze? These days, iPhones, laptops, and tablets — not to mention fitness trackers and smart watches — are ubiquitous, making it feel all but impossible to truly disconnect.

"There used to be a distinction between home and away," says Trine Syvertsen, whose 2020 book "Digital Detox: The Politics of Disconnecting," examines the dissolution of that boundary. These days, Syvertsen adds, "people do all sorts of things to self-restrict their media use," including turning off notifications or switching on airplane mode while on the ground. Proof of the interest in going phone-free can be found on Reddit, where forums like r/nosurf and r/PhonesAreBad host discussions on how to more effectively log off while on vacation.

Hospitality brands are also embracing the trend. [Eremito](#), in the hills of Umbria, Italy, has no Wi-Fi — but does offer a heated plunge pool, yoga classes, and candlelit vegetarian meals. Luxury spas including [Rancho La Puerta](#), in Baja California, and [Miraval Resorts](#), which has three resorts in the U.S., discourage phones and laptops in common areas.