



Unforgettable: Unplugged

The Xanterra Travel Collection Digital Detox Guide

Calls, texts, emails, direct messages. Comments, notifications, alerts, reminders. There's no question, technology has improved our lives in many ways and helped us all stay connected, especially during these uncertain times. It's allowed us to keep in touch, to transport ourselves into living rooms of friends and loved ones near and far while we all did our part to keep our distance. But this digital ease has come at a cost, the effects of which we could all use a break from. The world may not be back to normal just yet, but when you're ready let's step away from video calls and emails. Step away from news, apps, social media. Leave streaming, searching, and browsing behind and reconnect with each other in real life. Let go of the WiFi connection and embrace the connections that really matter, the ones right in front of you: friends, family, and loved ones.

What's a digital detox worth? Improved sleep, productivity, mood, mental health, and connection to others, to name a few. But you may also find restoration, peace, rejuvenation, calm, and balance.

Conveniently, travel inherently lures us towards disconnection. It helps you step away from your everyday surroundings and into ones that take your breath away. Away from the ordinary and into A World of Unforgettable Experiences. Your sense of wonder will be enhanced and you'll return fondly remembering a vacation you don't need a vacation from. Xanterra destinations are among the most beautiful and legendary in the world.

Wherever you are, be all there.



“Life gives you plenty of time to do whatever you want to do if you stay in the present moment.”

— Deepak Chopra, author and meditation guru



How to Unplug

Get Outside

You don't need to go far to enjoy the great outdoors, but it helps to switch things up, if only for a change in perspective. Nature can impact the world with such force, but not always in ways we might think. Storms and natural phenomena, yes, but nature can also be healing. When we explore and get up close to nature, we can tap into its powers to rejuvenate, restore, and enlighten. The scent of a forest trail. The awakening of a brisk breeze. The sight of mountain peaks higher than you've ever seen. Travel the seemingly endless acres of rugged and breathtaking landscapes. One of the Seven Natural Wonders of the World, [Grand Canyon National Park](#), a monument to wild natural places. Wind your way through the massive sandstone cliffs of cream, pink, and red of [Zion National Park](#). Attend a traditional luau and Polynesian show on a [Holiday Vacations tour of Hawaii](#). When we're outside soaking up settings like these, we

don't need any reminders to be present.

Move It

There's no question travel helps us connect to the people, places, and cultures we've long been dreaming of. But when you go off the beaten path or take the road less taken, you find yourself seeing destinations in a whole new light. And there's no better way to step away from technology than by embarking on a journey on foot, truly immersing yourself in the adventure ahead. Meander through Iceland's lush valleys and colorful fields. Explore waterfalls, lava caves, and volcanic craters. And what could be more relaxing than a plunge into the steaming water of private thermal baths? With [Country Walkers](#), stepping away means stepping into a world of wonder.

Prefer to move at a slightly faster pace? Cycling among the dramatic hills and crystalline waters of Italy's Lake Como gets the body moving and expands the mind, no WiFi required. Explore sun-dappled waters of three major lakes: Garda, Iseo, and Como. Sip sparkling wines in Franciacorta, Italy's scenic "Champagne" region. And pedal through the terraced vineyards of Valtellina Valley, all with our friends at [VBT Bicycle Vacations](#). No matter your experience level, and whether you want to travel solo or with a group, VBT has a tour for you.





Make Space

We're probably all tired of talking and hearing about social distancing, but there are corners of our world where distance comes quite naturally. Discover the extraordinary wide-open spaces of our legendary national parks, but insider tip: come in the fall when school starts and the tourist crowds settle down. Stare out into the mind-boggling vastness of the [Grand Canyon](#). Search across the expanse of [Yellowstone's](#) wildlife-rich Hayden Valley at dawn hoping to spot bison, wolves, or pronghorn. Or explore the more than 146,000 acres of cliffs, canyons, and massive sandstone walls of [Zion](#). With so much wide open space to explore, you will be far less concerned with the space left on our phones.

**"I may not have ended up
where I intended to go,
but I think I have ended up
where I intended to be."**

– Douglas Adams, author

Hit the Road

There is no better feeling than a good old-fashioned road trip. Be inspired, liberate your spirit. Time to think, time to talk, time to leave the search bar behind and do a little soul searching. Live in the moment on a journey where

everything is changing and nothing is constant. And no matter how much you plan, spontaneity and discovery are simply built into the adventure. You just never know what lies ahead. Nothing is more nostalgic (or more fun!) than packing up, grabbing your friends and loved ones, and reconnecting on the open road. It's good for the mind to leave it all behind and focus only on what's in front of you. So pack a map (or two, depending on your plans), download your favorite playlists, and prepare yourself for a journey you'll never forget. Need some inspiration or suggested routes? We've got all your [planning covered](#) so you'll be roaming the open road in no time.



Easy On The Eyes

It's no secret that screens, despite all of their benefits, are hard on the eyes. Experts recommend giving your eyes a break by looking away from your screen periodically and changing your focal plane. We recommended stepping away from your screen entirely and into our world of extraordinary vistas and beautiful landscapes. Like the ones you will find at [Yellowstone National Park](#). The dreamy hues of pink and red painting the sky at sunrise. The delight of spotting awakening wildlife along the plains. The powerful whooshing of geysers. The magnificent colors of Grand Prismatic Spring or the beautiful view from the aptly named Artist Point in the Grand Canyon of the Yellowstone. The fascinating terraces of Mammoth Springs or the stunning height of Tower Falls. There's nothing quite like the sights you discover in the more than two million acres of Yellowstone National Park. A break your eyes, as well as your mind and your heart, will welcome.



Space Out

Meditation. It can reduce stress, increase focus, improve your mood, help you manage anxiety, and bring some much needed quiet peace to your day. And while apps on your phone can be very helpful (life changing for some) quiet, secluded places can be meditative, too. Quiet your mind and focus on what's around you on a [Holiday Vacations tour of Hawaii](#), where you'll find some of the world's most divine beaches, explore Volcanoes National Park, and attend authentic island luaus. Engage in mindfulness by immersing yourself in the extraordinary

beauty of [Zion](#). Take deep restorative breaths amidst its towering canyons and unparalleled landscape. Hike ancient paths and soak up the calm you can't help but feel here. Experience balance and focus traveling through a narrow slot canyon. Step away from programs and apps and into the magic of being truly present.



Get In Touch

Hottest, driest, lowest. Deep canyons, salt flats, sand dunes, desert peaks. A land of extremes, an otherworldly landscape and the lowest point in North America. Death Valley National Park is home to surreal and spectacular sights and is truly one of the most unique places on the planet. On its own, an incredible place to step away from it all. But what you also find here is a beautiful, peaceful Oasis. Indulge in head-to-toe pampering at the spa. Escape to the Middle of Nowhere You'd Rather Be and relax under date palms and take a dip in one of the spring-fed pools. Lose yourself in a round of golf. And experience unprecedented luxury in the middle of the desert at [The Oasis at Death Valley](#). Cell phone service will never be further from your mind.





Get It In Writing

We're so used to updating loved ones (and everyone else, for that matter), as soon as an event happens. Posting updates before the moment has even passed. Being so anxious to share an experience, that we end up missing some of it. Why not have experiences that are worth writing home about and leave your phone in your pocket (or better yet, your car or your room) and absorb the whole story, while it's happening? Send postcards from every stop on your [road trip](#). Journal about your tour through Provence's Lavender Country with [Country Walkers](#), so you remember every deliciously aromatic detail. Hit up the gift shops at our beloved national parks and pick up an [adult coloring book](#) filled with magical and mystical images of geysers, hot springs, and wildlife, so you can return to mindfulness when you come home. Or climb aboard the historic [Grand Canyon Railway](#), a fabled historic journey to the heart of one of the Seven Natural Wonders of the World. Western musicians, cowboy characters, vintage rail cars. Ever-changing terrain and awe-inspiring views of the Grand Canyon. This memorable experience will make for one story everyone at home will love to hear you tell. In person.

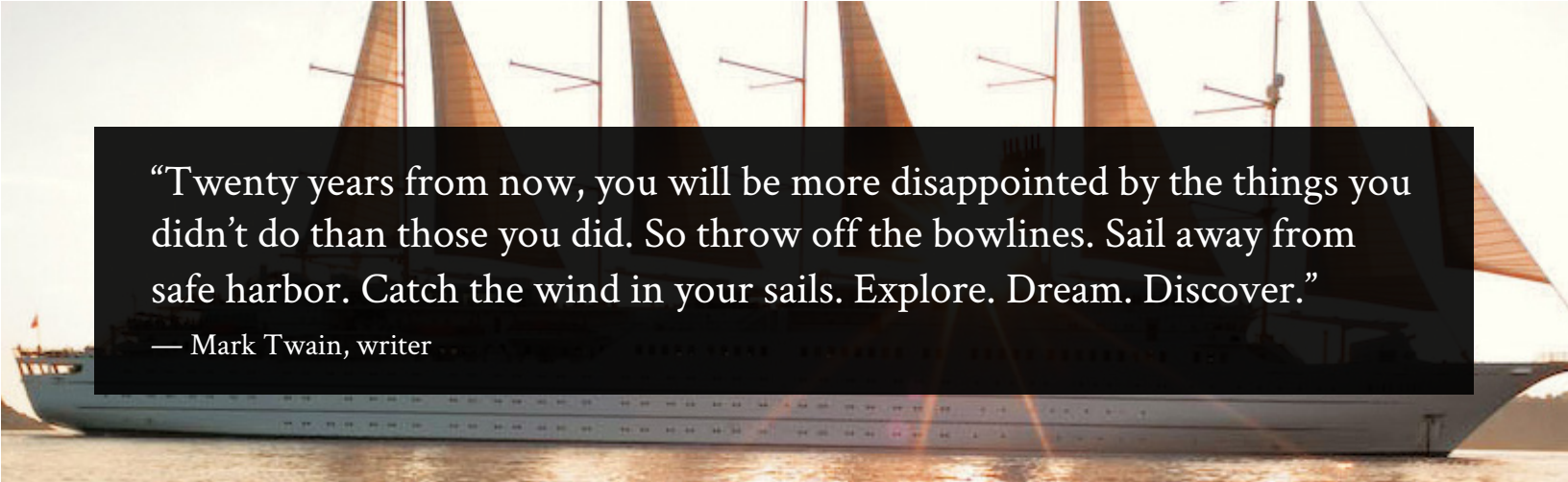


“Look at the stars look
how they shine for you.”

– Coldplay, rock band

Stargazing

When we spend so much time on our computers and devices, sometimes it's easy to forget the littlest things. Like looking up. In this case, we want you to look way up, because some of our unforgettable destinations are home to some of the country's darkest night skies. Stargazing in [Zion National Park](#) is a special kind of spectacular. The night sky never fails to spark delight, with light pollution in the park being basically non-existent. [Death Valley's](#) night sky is a once-in-a-lifetime sight, earning itself the designation of International Dark Sky Park. Visit during the new moon when the sky is darker and you can see more stars. The contrast against the rugged landscape is breathtaking. And you might think the best of the [Grand Canyon](#) is seen during daylight. But this massive geological wonder leaves some of its best magic for after dark. As you look up, imagine how Ancestral Puebloans and other native tribes must have viewed the heavens. And instead of absorbing the dreaded blue light of your device before bed, you can soak up the natural lightscape of this International Dark Sky Park and dream of dazzling starry skies.



“Twenty years from now, you will be more disappointed by the things you didn’t do than those you did. So throw off the bowlines. Sail away from safe harbor. Catch the wind in your sails. Explore. Dream. Discover.”

— Mark Twain, writer

Sail Off Into The Sunset

It’s long been the perfect ending to movies and fairy tales. To sail off into the sunset. Far be it from us to take things so literally, but that’s exactly what you can expect aboard a small-ship, yacht-style [Windstar Cruise](#). Only your journey is just beginning. We like to say we’re 180 degrees from ordinary because that’s what takes you in the opposite direction, away from everything familiar—like your digital world—and into everything new and extraordinary. An escape, in every sense of the word. A journey up the Guadalquivir River, to Seville, among the Mediterranean’s famed islands and unique architecture. To breathe in fresh ocean air, see unbelievable sunsets, sail off to paradises known or unknown. Meet locals excited to share their cultures and fellow travelers with equally exciting stories. The kind of stories no amount of Google-ing will come up with, a feeling no app can leave with you.

Be All There

When real life is this good, you won’t notice whether you have WiFi or not. Discover unforgettable destinations. Spend time with loved ones. And give yourself the biggest gift of all—make your journey unplugged.

General Digital Detox Tips

- 1 Keep your phone in your bag (or even better, your car or room)
- 2 Turn your notifications off
- 3 Download your playlists before you go
- 4 Save the GPS for emergencies, try your hand at using a map!
- 5 Put your phone on silent
- 6 Take photos, lots of them. With an actual camera.



Xanterra: A World of Unforgettable Experiences

What makes a place unforgettable? Is it just one thing, a moment of delight like seeing the sun set into the South Rim of the Grand Canyon. Or maybe it's the experience itself, like finally checking the Grand Canyon off your bucket list. Better still, it might be who we're sharing the moment with: on an overdue vacation with all the family, taking the kids on that summer trip they can't wait to tell their friends about, Unforgettable can be many things. These are places that stay with you forever. These are experiences you never forget. They leave an impression on your mind and earn a permanent place in your heart. This is Xanterra's World of Unforgettable Experiences.



A WORLD OF UNFORGETTABLE EXPERIENCES

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