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TOP TEN VEGGIE PLACES TO STAY AROUND THE WORLD

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by Jessica
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Jessica is a holistic therapist and is passionate about cruelty-free living, animal welfare, and health, beauty and fashion. Her blog covers all aspects of a vegan lifestyle – find it at crueltyfreecottage.blogspot.co.uk

Travelling as a vegan can often be difficult. Not only do you have to worry about what you will be able to eat, but there are other things to think about such as whether the bedding will contain feathers.

In addition, if you won't have room in your luggage to bring your own toiletries, you will probably want to ensure that your accommodation's toiletries are not animal tested.

To avoid these concerns, why not give your custom to a purely vegetarian or vegan business? That way not only will you be making life easier for yourself but you will also be avoiding contributing to the cruelty of animals.

Whether you fancy a short break in the English countryside or a long retreat in a tropical paradise, we have done some research and have found some of the best veggie hotels, B&Bs and guest houses around the world.



India: Shreyas Retreat

Santoshima Farm, Gollahalli Gate, Nelamangala, Bangalore 562123, India
www.shreyasretreat.com | balaji@shreyasretreat.com

Shreyas is regarded as one of the best yoga retreats in the world. There is a choice of tranquil cottages to stay in, each surrounded by 25 acres of landscaped greenery and organic gardens. Vegetarian and vegan menus are tailor made for each guest after a consultation with an Ayurvedic or naturopathic doctor. Shreyas is the ultimate place to visit for a relaxing holiday; not only is there an infinity pool, Jacuzzi and steam room, but there are daily yoga sessions, meditation huts and a variety of spa treatments on offer.



Australia: Govinda Valley Retreat Centre

51 Lady Carrington Rd, Otford, NSW, 2508 Australia
www.govindavalley.com.au | info@govindavalley.com.au

Set in 30 acres of woodland forest, Govinda Valley is ideally located for walking around the local beaches, cliffs and the national park. The centre is operated primarily by volunteers and aims to provide a clean, safe and nourishing space for people to learn and expand. Vegan food is served to guests and is prepared with an emphasis on optimising health and maximising nutrient retention. Govinda Valley's experienced cooks are spiritual practitioners who prepare the food with love and devotion, meaning all meals are not only physically healthy, but spiritually healthy as well. Facilities include two yoga halls, a massage room, an organic garden and a small amphitheatre.



Philippines: The Farm at San Benito

119 Barangay Tipakan, 4217 Lipa City, Batangas, Philippines
www.thefarmatsanbenito.com | info@thefarm.com.ph

The Farm at San Benito is the place to go to recharge your batteries and balance your mind, body and spirit. Its raw vegan restaurant is one of the first in Asia. Instead of cooking, meals are prepared using a specially designed dehydrator to help preserve the nutritional value of the food. There are several luxurious villas to choose from, each surrounded with gardens, mountains, waterfalls and tropical plants. The Farm offers a wide range of indulgent spa treatments and has an infinity pool which has a magnificent

view of Mount Malarayat. Integrated medicine is also available with treatments including acupuncture, nutritional microscopy, colon hydrotherapy, craniosacral therapy and internal organ cleansing.



Indonesia: Fivelements

Fivelements, Puri Ahimsa Banjar Baturning, Mambal, Bali, Indonesia 80352
www.fivelements.org | contact@fivelements.org

Fivelements is a healing centre based on the philosophies and traditions of Bali. It has nine suites, each of which boasts an open veranda that looks down onto the sacred

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