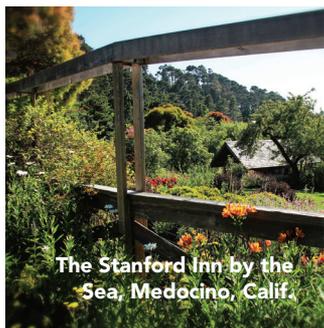
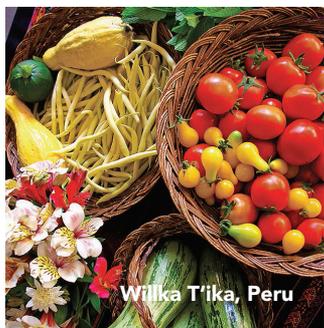




Dreamcatcher,  
San Juan, Puerto Rico



The Stanford Inn by the  
Sea, Medocino, Calif.



Willka T'ika, Peru

## Veggie Tales

More hotels offering vegetarian options for travelers

BY RACHEL KRANTZ

VACATIONS ARE TYPICALLY filled with fun, frivolity and food. Ah, yes, the food. Whether you're traveling near or far, there are infinite options for enjoying local cuisines, even at your hotel. However, for vegetarians, the perfect getaway can be challenging if the hotel restaurant doesn't offer a substantial plant-based menu.

Luckily, there are extraordinary vegetarian-friendly options available — you just have to find them. That's easier than ever, thanks to travel writers Thomas Klein, Karen Klein and Peter Haunert, who created the website **VeggieHotels** ([veggie-hotels.com](http://veggie-hotels.com)) in 2011. The world's first network of entirely vegetarian and vegan hotels and inns, the site now includes more than 600 establishments around the



Casa Albets,  
Catalunya, Spain



Fivelements, Bali

PHOTOS PROVIDED BY VEGGIEHOTELS; DREAMCATCHER; CASA ALBETS; FIVELEMENTS; WILLKA T'IKA; THE STANFORD INN



Willka T'ika, Peru

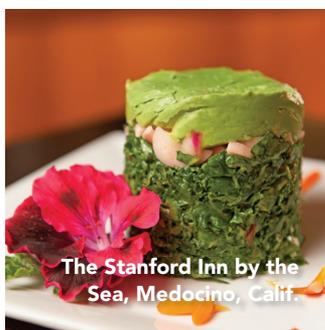
globe.

Thomas Klein says the number of hotels, resorts, bed-and-breakfasts and retreats seeking a listing on the VeggieHotels site has skyrocketed in the past few years, right along with the vegetarianism and veganism movement worldwide. According to Klein, Germany and other German-speaking countries, such as Austria and Switzerland, boast the most vegetarian lodging options, followed by Italy and the United Kingdom (home to one of the oldest vegetarian movements). The United States is catching up quickly.

"In the USA, you have 47 hotels, but they are mostly bed-and-breakfasts," Klein says. His favorite U.S. vegetarian and vegan accommodations include The Stanford Inn by the Sea, an eco-resort in Mendocino, Calif.; Pepper Tree Retreat in Ojai, Calif.; and the Sewall House Yoga Retreat in Island Falls, Maine.

Caitlin Galer-Unti, author of *The Essential Vegan Travel Guide*, recommends Park Lane Guest House in Austin, Texas; and Farm Sanctuary in Watkins Glen, N.Y., a quaint bed-and-breakfast that also invites visitors to "form a bond with the sanctuary's rescue animals."

If you're looking abroad, Klein especially loves Willka T'ika in Peru, "a popular getaway for Americans" drawn to the luxury wellness retreat; the upscale Fivements in Bali; and Dreamcatcher, a bed-and-



The Stanford Inn by the Sea, Medocino, Calif.

breakfast in San Juan, Puerto Rico. Galer-Unti particularly enjoys the eco-friendly hotel Casa Albets in Catalunya, Spain; and Temple Lodge Club, a vegan bed-and-breakfast in London.

Vegan travel writer Wendy Werneth recommends The Mushroom Farm, an eco-lodge located in Africa's northern Malawi. "The owners invest in a lot of projects to give back to the local community — and they serve the best food in all of Malawi!" she says. Werneth also highly recommends El Beso, a vegetarian hostel on the Camino de Santiago in Spain.

There's no doubt options for the vegetarian traveler are growing. In fact, Klein and his partners created a second site, **Vegan Welcome** ([vegan-welcome.com](http://vegan-welcome.com)), for the many hotels that are not entirely vegan but want to be known as vegan-friendly. To qualify for a listing, these establishments must offer several vegan options with every meal.

If, for some reason, you can't find a vegetarian or vegan hotel where you're traveling, Werneth recommends simply giving your hosts a heads-up. "Be very clear about what you don't eat when booking so they'll be better able to accommodate you," she advises.

And even if you aren't vegetarian, you may want to consider giving one of these hotels a try for a healthier and more compassionate vacation.

## VEGAN TRAVEL HACKS

Traveling as a vegan may require a little work, but with the right planning, you'll reap great rewards. These tips will ensure you not only stay satisfied, but have a truly mouth-watering adventure:

### Download Happy Cow and Vanilla Bean

These apps, which are like Yelp for travelers who avoid meat, feature only reviews of vegan, vegetarian and vegetarian-friendly restaurants, complete with plenty of crowdsourced ratings.

### Use social media

Search for local vegan or vegetarian groups on sites such as Meetup or Facebook and search Instagram hashtags. You can ask members for suggestions on where to eat and whether anyone would like to meet for dinner. Not only are you likely to get great recommendations, you'll probably make some friends.

### Stay somewhere with a kitchen

While eating out is convenient, having a space to cook — available at most Airbnb rentals and some hostels — will help you save money and allow you to take advantage of local farmers markets and grocery stores.

### Know the local lingo

Look up key vegan phrases in advance. Not every language has a word for vegan, so be sure to find the most appropriate way to express your dietary preferences. Another great resource is *The Vegan Passport* (available through [vegansociety.com](http://vegansociety.com)), a multilingual phrasebook and guide to eating vegan anywhere in the world, available in book or app form.

### Pack some snacks

While you're likely to find more vegan options than you'd expect, it's a good idea to pack a few snacks. Keeping a stash of peanut butter, power bars, trail mix or other portable nutrient-rich snacks will ensure you won't go hungry.

— Rachel Krantz