

Unique, Green, Fit and Vegan Spring Break Destinations

By Carolyn Scott-Hamilton, aka The Healthy Voyager (www.healthyvoyager.com)

Put away the sweaters and dust off your swimsuits, Spring Break is nigh! During this well deserved time away from school and/or work, you might be interested in some off the beaten path vacation locations. It's a chance to let your hair down and go on a pre-summer adventure that tickles your green and/or foodie fancy to the max. And I'm not talking about drinking until your face falls off in some crazy, college kid-infested beach town. I'm talking about one week away from the grind to experience some of the best vegan food and eco-vacations the world has to offer. Be it a full week or just a few days, check out some of the most interesting locales across the globe to get your eco-vegan spring break on!

For the fit and green traveler:

Portland, OR – Portland takes top honors for being both green and vegan-friendly. Be sure to fast for a full week prior to arriving in Stumptown, because if you're a foodie, this is your haven. Sure, it's not the sunny, hang-out-by-the-pool kind of place, but there is plenty of booze

and tons of killer food. And if you're feeling especially gluttonous, you can always bike or hike off the calories on any of their beautiful trails or eco-friendly streets.

Eco Fitness Must-Do: Pedal Bike Tours of the city.

Burlington, VT – Want to get away from all the hustle and bustle? Then make Burlington your choice for this year's spring vacay. The area is the epitome of eco-friendliness, from citizen-based groups that tackle any number of issues like solar energy and recycling to the fact that the city makes it a point to have its energy come from renewable resources; Burlington is a great place to cozy up and enjoy some time away.



Explore the various hiking trails, prep fresh food from local farms, help with the maple farming, or stay at any number of their eco-resorts.

Eco Must-Do: Take a green cab and stay at the Willard Street Inn Channel Islands National Park, CA – If you are looking for a little sun and

splash, the very green Channel Islands are for you. Just a jaunt up the coast from Los Angeles, you can be enjoying the surf and the incredible marine life in a few short hours. With a wide array of diving and other eco tours like kayaking, set up shop in a green hotel by the sea and enjoy!

Eco Fitness Must-Do: Hang out underwater with the Eco Dive Center.

Belize – Eco-tourism is Central America's biggest coup. With gorgeous beaches and breathtaking rainforests, Belize lends itself to green living. Jam-packed with fresh-from-the-land cuisine and eco resorts, this is the place to sip from a coconut on the beach without worrying about your carbon footprint.

Eco Fitness Must-Do: Stay at Chaa Creek Resort and take part in its *Go Green* activities.

Maasai Mara, Kenya – One of my favorite places in the world is the Maasai Mara in Kenya. Not only will you be within arm's length of some of the most magnificent animals you will ever see, you will experience a countryside unlike any other. The Maasai tribe's people are some of the coolest people you will ever meet. With a variety of terrains from oceanside to desert, there are a number of eco-lodges and tours that will take you into a world that will ultimately change yours.

Eco Fitness Must-Do: Take a Maasai walking tour with Basecamp Explorer.

For the vegan gourmand traveler:

Berlin, Germany – Surprisingly, vegan fast food (as well as tasty vegan comfort food) is all the rage in this German metropolis. Fan of organic, local food? Berlin will rock your vegan socks off.



Must-Visits: Voner, Chipps and Lucky Leek.

India – India is one of the most veg friendly countries in the world. With roughly 30 percent of the country vegetarian and beef considered a big no-no, it's easy to find delicious dishes. As vegans, we need to be mindful of ghee (clarified butter), creams, and cheeses, but the lovely folks of India are more than helpful when it comes to feeding vegan travelers.

Must-Visits: Haldiram's in Delhi, Little Italy in Mumbai, and Suruchi in New Delhi.

Greece – Ah yes, the Greek islands; the beautiful Mediterranean sea and lots of sun. Who wouldn't want to vacay in this coastal paradise? Luckily for veggies, there is plenty to eat (and drink!) that is not only vegan but healthy, too.

Must-Visits: Avocado in Athens, Ifestioni in Santorini, and Señor Zorbas in Fira.

Thailand – Aside from India, Thailand is the next best exotic destination to chow as a vegan. Avoiding meat and dairy is no problem at all, but beware of fish sauce: It's pervasive!

Must-Visits: Vegetarian Cottage in Bangkok, May Kaidee's in Bangkok, and King Liew in Phuket.

New York, NY – OK, so we all know that NYC is kick-ass all on its own. But did you know that vegan food is abundant in the city famous for its greasy, cheesy pizza? Yeppers!

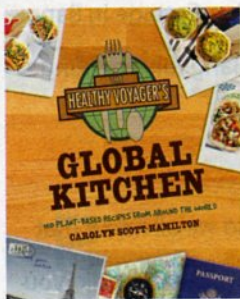
Must-Visits: Candle 79 Pure Food & Wine, and Soft Serve Fruit Co.

So green, hungry or both, make this spring break the adventure trip of a lifetime!

About the author:

The Healthy Voyager, aka Carolyn Scott-Hamilton, is the Executive Producer, Creator, Host and Writer of The Healthy Voyager web series, site, and overall brand. A holistic nutritionist, vegan chef, best selling cookbook author, sought after speaker, film making, screen writing, traveling, singing, dancing, fun-loving, healthy & green living wife, The Healthy Voyager aims to help people live well, one veggie at a time!





Even if you can't join our Healthy Voyager Carolyn Scott-Hamilton (pictured right) on the fabulous destinations she recommends for your spring break, she's still got your taste buds covered with these recipes from her recipe book *Global Kitchen* available through Amazon.com and Barnes & Noble.



Sassy Sesame & Seaweed Salad

- 1 tablespoon dried wakame
- 3 tablespoons rice vinegar
- 1 tablespoon sugar
- 1 tablespoon soy sauce or tamari
- 1/2 cup cucumber, julienned
- 2-inch piece of daikon radish, sliced very thin (tip: use a potato peeler)
- 1 teaspoon lemon zest
- 2 teaspoons roasted black and white sesame seeds

Cover the wakame with water and let soak for 1

hour and then squeeze all the water from it.

Mix the wakame with the vinegar, sugar, soy sauce, daikon and cucumber slices. Add the lemon zest and sesame seeds. Allow to sit at room temperature for 30 minutes before serving.

Yields 1 to 2 servings

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