

Alex Bourke of Vegetarian Guides highlights great places for a veggie-friendly holiday in the mountains.



## WINTER MOUNTAIN HOLIDAYS

# PLACES TO GO



Skiing doesn't come better than **Whistler**, Canada, site of the 2010 Winter Olympics, with an almost completely vegan restaurant, **The Green Moustache**, a few minutes' walk from the base of the slopes.

Start the day with a cold-pressed juice and a bowl of oatmeal made with almond or cashew milk, plus berries, nuts and seeds. Pop back for a lunch of Kitchari dhal with brown rice, veggies and coconut, then next day try rice and quinoa topped with veggies, nuts, seeds, sprouts and avocado. You can also enjoy soups, chilli, wraps, superfood salads, and creamy desserts like cheesecakes, chocolate fudge brownies or carrot cake.

Veggie Hotels is a handy website listing vegetarian hotels worldwide, including the **Sonnmat Guesthouse and Health Centre** in Switzerland. Ethical and health veggies will love the ethos and local food. There are wholegrain cereals, breads and spreads for breakfast, and for lunch and dinner a salad buffet followed by hearty wholefood dishes, soups and desserts sweetened



with pear juice. You can enjoy winter sports, hydrotherapy, massage, pedicure, cooking classes, health lectures and even a quit smoking course.

Sophie Fenwick-Paul of Thames Valley Veggies has organised several skiing trips in France for big groups of British vegans. She recommends booking small- or medium-sized British-catered chalet companies, such as Ski Weekender, Chalet Chardons or Skiology, or go self-catering. All the resort supermarkets have soya milk and yogurt, sorbets, great fruit and veg, and tinned or packet pulses.



For a gentler experience, Englishwoman Charlotte Saint Jean of **Yoga with Altitude** runs catered vegetarian holidays, including yoga with Ayurvedic vegetarian cooking at Val d'Isère in the last week of the season (first week of May), and then during the summer months in various French locations. Activities include dance, music, skiing and massage. Charlotte also teaches vinyasa yoga during the winter in the ski resorts of Tignes, Val d'Isère, Sées and Villaroger.

### Also recommended...

**NAKED SPROUT** in Whistler offers juices, vegan soups and an organic salad bar.

**CHALET DE CHARME** in the French Alps specialise in veggie options and can even put on an entire vegan week for a group of friends.

Also in France, **CHALET CAROLINE**, run by English company Ski Weekender, has a Vegetarian Society approved menu.

Organic vegetarian **NATURHAUS LEHNWIESER** in the Austrian Alps is a wholefood guesthouse with self-catering apartments.

**WILLA SLAVA** vegetarian guesthouse, in the mountain spa of Szczawnica in Poland, is amazing value at €15 per night.



## NEED TO KNOW

### The Green Moustache

[www.greenmoustachejuice.com](http://www.greenmoustachejuice.com)

### Sonnmat Guesthouse

[www.bergpension.ch](http://www.bergpension.ch)

### Yoga with Altitude

[www.yoga-with-altitude.net](http://www.yoga-with-altitude.net)

### Naked Sprout

[www.nakedsprout.ca](http://www.nakedsprout.ca)

### Naturhaus Lehnwieser

[www.naturhaus-lehnwieser.at/en](http://www.naturhaus-lehnwieser.at/en)

### Willa Slava

[www.willaslava.pl/en](http://www.willaslava.pl/en)

### French ski holidays

[www.chaletchardons.com](http://www.chaletchardons.com)  
[www.chaletsdecharme.co.uk](http://www.chaletsdecharme.co.uk)  
[www.premiere-neige.com](http://www.premiere-neige.com)  
[www.skiology.co.uk](http://www.skiology.co.uk)  
[www.skiweekender.com](http://www.skiweekender.com)  
[www.smittenbysnow.com](http://www.smittenbysnow.com)

### Veggie Hotels

[www.veggie-hotels.com](http://www.veggie-hotels.com)

### Vegan Ski and Snowboard Club

Facebook: Vegan Ski and Snowboard Club



### OH, PARIS!

Get *Vegetarian Paris*, plus a free fold-out map of the city, for just £8.95. See page 59 for further details.