

# THE SOUND OF SILENCE

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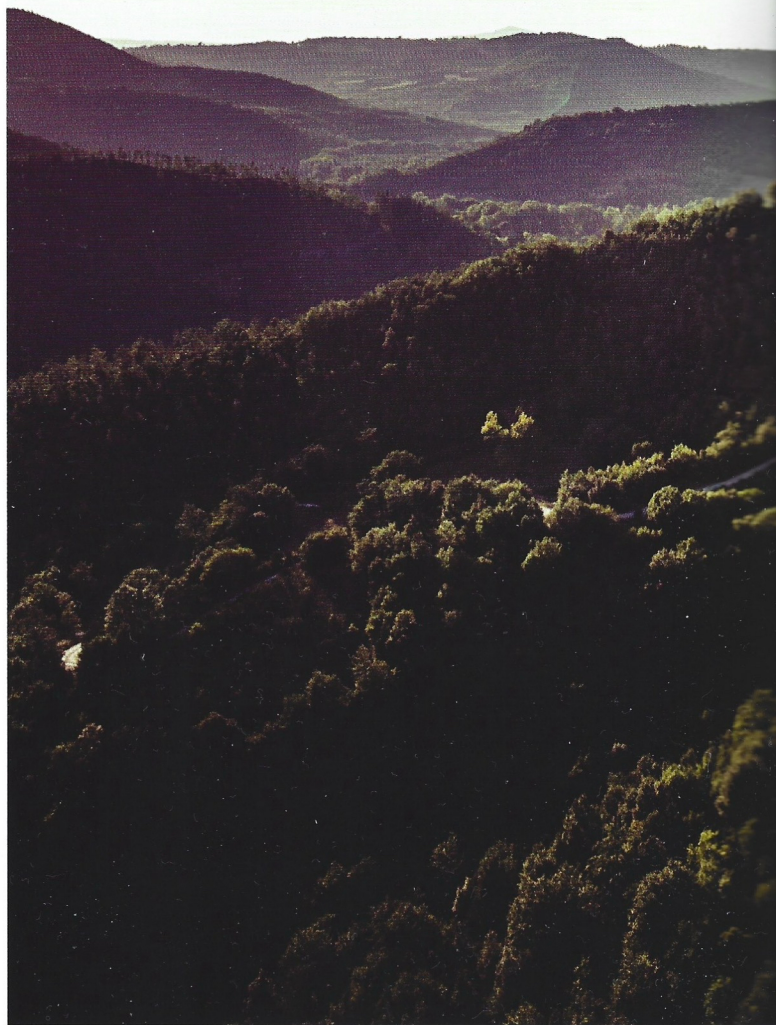
In a world increasingly polluted by noise and bustle, travellers are taking mindful travel one step further in pursuit of finding genuine solitude

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arch 2025 marks a particularly reflective month. It is, of course, the Holy Month of Ramadan – a time deeply rooted in spirituality and peace, encouraging introspection and a deep connection with one's inner self. It's also when Nyepi, aka Bali's Day of Silence, falls, and on March 29, all of the island's lights must be switched off, transport will come to a halt, and everyone must stay at home. Sound a bit much? If this year's biggest travel movement is anything to go by, then absolutely not.

In its trends predictions for 2025, flight-free specialist Byway Travel highlighted 'quietcations' as a form of travel that is on the rise, while luxury tour operator Black Tomato has also reported a sharp increase in travellers looking for destinations that offer the very rare luxury of genuine, solitude. Silence, it seems, is a hot commodity, and for those seeking relief from burnout, decision fatigue or digital overload, everything from silent retreats and digital detox cabins to silent walking tours and yoga are popping up at the world's most luxurious retreats, inviting guests to confront chronic stress and emotional blockages head on. After all, in a world saturated with screens, chatter, and stimulation, is it a surprise we need a little help?

"Silent travel has deep historical roots dating back to ancient Buddhist traditions in Asia," Piyarat Tanjaputkul, executive vice president of health and wellness at Thailand's RXV Wellness Village tells *Harper's Bazaar Arabia*. "Silent meditation practices, such as Vipassana, have been used for centuries to cultivate mental clarity, emotional balance and inner peace, and wellness sanctuaries across different cultures have embraced silence as a form of healing and self-discovery."



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Fast forward to today and research suggests that the monks might have been onto something – spending time in silence still has countless wellbeing benefits, helping us to sit more comfortably with our thoughts, manage stress and even boost creativity. "Communing with nature in silence is something we long for, but the transition from everyday white noise to silence is a challenge for most people," explains Carmen Kholer, owner and wellness concierge of Engel Ayurpura, the only dedicated Ayurveda retreat for adults in the Italian Dolomites. Here guests are provided with silent flower pins which, when worn, signal the fact they would like to practice silence and contemplation alone, without appearing impolite. "In today's world, silence has become radical. It's a return to our innate state, and is a great way to manage stress and overwhelm brought by the pace and demands of the modern world."





## WHERE TO PRACTICE

Hosting everything from intensive silent retreats to walking tours, bathing sessions and even quiet eating, these luxe resorts will help you soak up the silence

### EREMITO ITALY

A luxurious former monastery-cum-boutique-hotel imagined by ex-fashion designer Marcello Murzilli and buried deep in the Umbrian hills, the whole concept of this Design Hotels property is based around silence and disconnecting from digital noise. Its owners often host special events and retreats that focus on breathwork, meditation, yoga and journaling all guided by experts, while its signature silent dinner takes place without the distractions of conversation, mobile phones or social media, allowing guests to truly taste the food and appreciate every flavour and texture. In fact, the property itself offers no Wi-Fi, phones or technology, inviting guests to embrace silence whenever the mood takes them.

*@eremitohotel*

With silent travel rooted in a desire to discover peace and stillness in distant environs, modern-day travellers should look to destinations that offer tranquillity, natural beauty and opportunities for mindfulness when planning their break. Shakti Ladakh, for example, is spread across high-altitude hamlets in northern India, and can create completely bespoke journeys including everything from silent hikes in the mountains led by a guide to silent guided yoga for those who are familiar with the poses and comfortable practicing without verbal guidance, and silent meditation with a monk. "There are an increasing number of options out there," Abhishek Dadlani, founder of Lushescapes, tells us. Abhishek designs bespoke journeys for high-net-worth travellers, creating travel experiences that are about so much more than just bedding down in a fancy hotel. "Our curated silent travel experiences include the likes of a stay at a Buddhist temple in Koyasan or Kyoto, where guests can immerse themselves in silent meditation, nature walks and traditional tea ceremonies; stays in secluded glass igloos in the heart of Finnish Lapland; and Vipassana retreats in India or Bali which focus on meditation, yoga, and Ayurveda. We want to ensure each journey is not just a getaway, but a deeply enriching and restorative experience." Intrigued? These world-class wellness resorts are the best places to start...

