

Condé Nast Traveller

THE WORLD MADE LOCAL
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INDIAN EDITION

Keepers of the Wild

The Faithful

15TH ANNIVERSARY SPECIAL

Celebrating people whose spirit, creativity and enterprise make your travels memorable

The Makers

The Hospitality Heroes

The Performers

PLUS: INDIA'S TOP 50 RESTAURANTS REVEALED

Sancturial stillness

Meriyanda Nature Retreat & Spa is where slow living and serenity take centre stage

Perched in the quiet folds of the Western Ghats, awaits an invitation to unwind and reconnect. Set across 40 acres of untouched forestland and expansive coffee plantations, this eco-retreat offers a gentle escape from fast-paced modern life. This is Meriyanda Nature Retreat & Spa, which is inspired by the Italian phrase *il dolce far niente*—the sweetness of doing nothing. Managed and operated by BlueEarth Hospitality, the resort encourages guests to slow down, breathe deeper and let nature set the pace.

TASTE OF SLOW LIVING

Here, the days flow by unhurried. With no set schedules or buffet lines, every meal is a personal experience, served wherever and whenever you choose. Each dish is made to order using locally sourced ingredients, often grown fresh on the estate. Regional Coorg specialties such as the rich Pandi Curry, earthy Bamboo Shoot Curry, and the traditional Coorg Oota highlight the region's culinary heritage.

Thoughtfully built to preserve the forest—without felling a single tree—the resort features nine wooden



cottages that seamlessly blend into the surroundings. Mornings begin with birdsong and dew-kissed air. Guests can spend their days wandering through coffee plantations, enjoying secluded picnics by a stream, or simply watching the world slow down around them. From forest bathing and birdwatching to coffee bean-to-cup walks, the retreat offers endless ways to reconnect with nature and oneself.

WELLNESS, REIMAGINED

Completing the Meriyanda experience is its spa, the heart of this retreat's wellness philosophy. Rooted in Ayurvedic tradition, therapies such as Abhyanga and Shirodhara are on the table alongside reflexology and calming massages. The Meriyanda Way to Wellness package is a standout feature, offering comprehensive rejuvenation of



the mind, body, and soul. And for guests staying in the King's Villa, an exclusive in-room spa experience with panoramic views of the forest adds a layer of indulgence to the serene getaway.

As the day winds down, evenings unfold with bonfires and a live guitarist under starlit skies—an ode to stillness and reflection. At Meriyanda Nature Retreat & Spa, doing nothing is not indulgence; it's the whole point.



For more information, visit
www.meriyanda.com