

GOLDEN DOOR

California, USA

The approach to the Golden Door is like turning off a busy highway into old Kyoto: a magical world of shoji screens, lanterns, raked gravel and koi ponds. There's a 210-acre farm with citrus and avocado groves, every vegetable under the sun, five beehives, egg-laying poultry plus rare herbs that replenish the soil under the holistic programme. Farm-to-table has become a buzzword of late; here, the farm is the table. The variety

and colour of the food is astonishing; it bursts in the mouth with nutritional flavour, holds one in a Zen-like state of presence and provides energy for the hikes, mind-body action and more esoteric pursuits (guests can also take the growing techniques and the recipes home). Small wonder celebrities such as Julia Roberts and Drew Barrymore keep returning.



Healing Holidays (healing-holidays.com) offers a seven-night retreat, half board, from £8,749, including British Airways flights and transfers.

*Japanese gardens,
Golden Door*

