

THE ANIMAL-HUMAN HEALTH CONNECTION PRESENTS

8 Fabulous Getaways to take with your dog!



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Do you need a vacay?

If you are a dog lover like me, one of the hardest things about going on a vacation is leaving your best friend behind. It is difficult to drop off your beloved family member at a kennel because not only will they will be missing you, but you will also be counting down the days until you are back together again. So on your next vacation, why not plan an unforgettable getaway that includes your furry friend?

Here are [eight recommendations](#) for you and your dog to enjoy a fabulous time away from home.



1. Yosemite, CA



Recently, I visited Yosemite for the first time and was surprised to see so many people accompanied by their dog friends. Although [Yosemite National Park](#) restricts canines to the campgrounds, paved roads, bicycle paths, and some trails, there is still a lot to see and do in this paradise of mountains, meadows, and waterfalls. Your animal friend must be on a leash in the park, but the squirrels, birds, and other wildlife will be very grateful for your consideration.

Where to Stay:

<http://dogtrekker.com/Story/Dogs-at-Yosemite-National-Park#sthash.uDyCHNQx.dpuf>

2. Seattle, WA



Yup, it does rain in Seattle. But when you are hungry and it rains, some [Seattle restaurants](#) allow your dog to come inside and eat with you. After the weather clears and you finish your lunch, you and your friend can hike trails or explore city parks – all the while enjoying the magnificent views. [Magnuson Park](#), is a 9-acre fenced dog park where you can kick back and watch your dog run to their heart's delight or swim in the ocean. Did I mention the preponderance of [dog friendly hotels](#) in the Emerald City?

Read More:

<http://www.dogfriendly.com/server/travel/uscities/guides/us/tourguides/tourguideWASeattle.shtml>

3. Carmel-By-The-Sea, CA



Did you know that Carmel-By-The-Sea was rated the [#1 Dog Friendly Town in America](#)? Stunning beaches, world-class restaurants, and other tourist attractions await you and your canine pal in this town made famous by the likes of Clint Eastwood and Doris Day – also animal lovers! Mission Trails Park allows your dog to be off leash, and the Scenic Road Path has some of the areas most amazing views. For [places to stay](#) you and your wonder dog will be able to choose from a couple dozen, many of which will cater to your friend, possibly a little more than even to you!

Read More:

<http://www.everintransit.com/dog-friendly-carmel/>

4. Lake Tahoe, NV & CA



Whether it's [land or water](#), [sun or snow](#) that you and your best friend enjoy, Lake Tahoe has it all. During the summer months you and your dog can hike majestic trails or swim in the lake. If you are feeling a little more courageous then take a raft down the Truckee River, or enjoy a ride in a [dog friendly kayak](#). You may not be able to go downhill skiing with your dog but what about checking out the cross-country trails together? All that activity will give you and your friend an appetite so bring your friend along to a dog-friendly restaurant and enjoy the outside patios. You will have a blast!

Read More:

<https://www.gotahoenorth.com/things/dog-friendly/>

5. Santa Barbara, CA

Sun, beach, and dog friendliness is what you will find in this Riviera-like coastal city. I'm biased; I was born in Santa Barbara and grew up just 20 minutes away, in Carpinteria, another dog friendly town. Enjoy an off-leash outing at [Hendry's Beach](#). If your pal got a little too sandy from their romp on the beach, there is a wash-your-own-dog station in the parking lot. In downtown Santa Barbara you will find poop bag dispensers and drinking bowls in parks and on the city sidewalks to make exploring the city with your dog easy for you both. How about taking a stroll through the luscious grounds of the Spanish style [Courthouse](#)? Or you can saunter through quiet and beautiful [Botanical Gardens](#)? At the end of the day enjoy the sunset on the Harbor. There is so much to do, and plenty of [places to stay](#) so you will just have to come back for another visit!

Read More:

http://www.bringfido.com/attraction/trails/city/santa_barbara_ca_us/



6. Portland, OR



Portlandia offers everything for the dog and his or her human friends. [Couch Park](#), [Cathedral Park](#), [Council Crest Park](#) (and other parks beginning with different letters of the alphabet) and fun trails await you in this popular Pacific Northwest community. Is your dog giving you the eye as you chow down on a vegan cookie? Indulge your friend in a tasty treat at a pet bakery, then enjoy a leisurely stroll through Northeast Portland along dog friendly walkways, passing stunning colonial homes and gorgeous views. You may be tired after your long day, but dog friendly Portland offers a large assortment of [places to stay](#) with your friend. In Portland, you will never be left in the doghouse.

Read More:

<http://www.gonomad.com/1252-walk-on-fido-a-guide-to-dog-friendly-portland-oregon>

7. Mendocino, CA

I will confess now to my love affair with [Mendocino](#), the sleepy coastal town with its jagged shores and breathtaking views known as the backdrop to movies such as, "Same Time Next Year," and "Shoot the Moon." My husband and I have celebrated many anniversaries exploring [beaches](#), [hiking](#), and walking through the quaint shops of the town . Mendocino's [accommodations](#) for the four and two-legged traveler abound from bed and breakfasts, cottages, and [campsites](#), to the [Stanford Inn](#) Eco Resort, an upscale hotel with a superb vegan restaurant.

Read More:

<http://dogtrekker.com/Story/Chill-Out-in-Fort-Bragg>



8. Farm Sanctuary in Watkins Glen, NY

How does staying in a bed and breakfast style cabin, on a 175- acre farm in the Finger Lakes region of upstate New York, sound to you? For the true animal lover nothing beats [Farm Sanctuary's](#) animal immersion experience. Enjoy a vegan breakfast then spend your day meeting pigs, goats, sheep, and the other rescue animals that have found a second chance at life in this magnificent place. And best of all, your dog can join you on this unforgettable experience. Don't forget to visit the surrounding areas such as [Watkins Glen State Park](#), and enjoy the 19 waterfalls and two miles of trails. FYI.... this state park was voted to be one of the best state parks in the United States!

Read More: <http://nysparks.com/parks/142/>



Bonus Recommendation!

9. Home Sweet Home

If going on a vacation with your dog is out of your price range, inconvenient or out of your comfort zone, then don't despair, your best getaway can be going on a day trip that isn't far from home. Go to your city's or county's website and see what dog friendly places you have yet to explore. Google the keywords, "Dog Friendly," and find local beaches, unexplored dog parks, new trails, and un-savored cafés and coffee shops.

Find [Meetups](#) in your area and meet others who share your passion for your canine friends. Perhaps you can start your own meetup and invite others to join you in a park for a leisurely picnic. And while you are there, lounging on a blanket next to your best friend and thinking life couldn't be any better, make sure you pull out your copy of *Dog as Your Doctor, Cat as Your Nurse – An Animal Lover's Guide to a Healthy, Happy & Extraordinary Life* (She Writes Press 2017). It will help you to remember just how fabulous living with a dog can be.



Happy Travels!

I would love to hear from you! Send me an email about a place that you and your dog have traveled to, explored and enjoyed so the rest of us can go there too.

Send your emails to CMDO@AnimalHumanHealth.com.

Carlyn Montes De Oca L.Ac, M.T.O.M., Dipl. O.M. is an [acupuncturist, a plant-based nutritional consultant](#), author, speaker, and the founder of The Animal-Human Health Connection.

Carlyn lives in Northern California with her husband and her beloved rescue animals.

Join Carlyn on her website – AnimalHumanHealth.com to learn more about the wonder and the joy of the Animal-Human bond.



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