

6 Ways to Have the Best Sober Vacation Ever

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5. Look for restaurants with nonalcoholic drinks.

So many restaurants offer zero-proof drinks these days, so do some research into what's available at your travel destination before you go. Explore the menus of trendy restaurants to find your next favorite alcohol-free beverage.

At [The Bistro](#) in Jackson Town Square, I had a refreshing cucumber mint mocktail made with [Mahala](#), an alcohol-free spirit made from botanicals in South Africa.