

Plane and Simple:

**How to Leave your
Environmental
Baggage at Home**

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Intro & Education

about this book.

My name is Emma! I am a senior in high school. I'm passionate about sustainability and environmental science. I also love to travel, especially to places with amazing environments. At my school students get the chance to create projects about things they love. I decided to combine my two passions and create this book.

This book is all about traveling sustainably-- traveling while keeping the environment in mind! I love to travel and take in all that the Earth has to offer but in order to keep doing this, we need to keep the earth healthy. Travel takes a huge toll on the environment--from the carbon emissions to the one-use travel toothbrushes.

The purpose of this book is so you can find alternatives and new modes of travel that are sustainable. Use this book as a resource to try and plan your trips so you can keep taking them. Happy trails!



the importance of sustainability



Being environmentally friendly is looking at both the big picture and the little picture. Some of the little pictures when it comes to sustainability are things you may never have thought of before. Like where you buy your clothes or even the kind of toothbrush you bring. Each action we take has an impact on our Earth and its environment. Whether that be a good or bad, large or small impact is up to us.



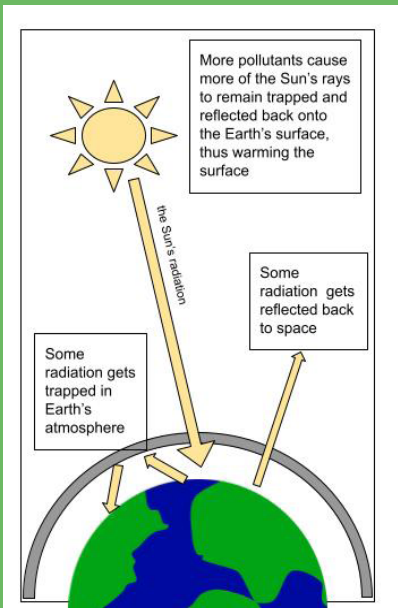
So you may be wondering—why? Why should I care about the impact my actions make? Because climate change affects ALL of us. Climate change is what's happening to the Earth right now as it warms at an alarmingly high rate to alarmingly high temperatures. As humans continue to burn fossil fuels, they get trapped in our atmosphere. They then cause rays of heat from the sun to get trapped as well, heating the Earth. That warming has monumental effects.



climate change & its effects

Climate change: let's get into the nitty-gritty details. There are 5 main greenhouse gases: water vapor, carbon dioxide, methane, nitrous oxide, and ozone. When these gases are released—often from the process of burning fossil fuels—they get trapped in our atmosphere. With an excess of particles in our atmosphere, the sun's rays of radiation cannot easily be reflected off the Earth's surface and bounce back

into space. Instead, they bounce off these particles and get reflected back onto the Earth. This means that more light (and thus more heat) is being directed at Earth's surface, causing it to warm. The Greenhouse Effect does happen naturally, but when it happens at an increased rate due to higher amounts of the greenhouse gases being released into the atmosphere, that is where the problems occur. This leads to an excess warming of the



The Greenhouse Effect

Earth, what we know as global warming. Global warming has a multitude of negative effects. In order to combat these effects and slow the progression of climate change, it is up to us to take actions with the environment in mind. Travel itself contributes a significant amount to climate change. The act of transportation contributes 14% of carbon emissions from human activities. That is a pretty significant amount and if cut down could make a significant change. But, what are some of these detrimental effects?

● **Food**

With higher temperatures, comes a longer growing season. But, predicted increases in rainfall in the North and droughts in the South can have disastrous effects on growing season and the amount of food it will yield. Ultimately, climate change will bring about more food insecurity for more people.

● **Water**

Sea levels are predicted to rise, rainfall is expected to increase, and droughts are expected to increase. This will impact coastal towns, fisheries, and even strengthen tropical storms and hurricanes. Not to mention, there may be effects to our supplies of freshwater.

● **Health**

Climate change also poses great health harms to people. Rising temperatures mean disease can be spread more rapidly, plus can even contribute to an onslaught of health problems. Not to mention, fewer sources of clean food and water can also impact health.

● **Ecosystems**

Because of all these changes, natural ecosystems will undergo distress. Organisms will have to adapt to environments outside of their zones' of tolerance. Rising sea levels and drought will destroy or alter many ecosystems. Climate change will also amplify many of the environmental problems we already see today, like wildfires, causing more destruction to these habitats.

Products

**What
Where
&
How
To Shop.
The Clean
Way.**

Shopping Matters

▲ **Avoid Fast Fashion**

Being promoted on social media and extremely popular with teens, fast fashion brands are gaining popularity. Fast fashion is defined as: “inexpensive clothing produced rapidly by mass-market retailers in response to the latest trends.” Brands like Shein, Romwe, and H&M. These brands are known for having a massive amount of products at very low prices. Fast fashion produces tons of clothes very quickly creating waste, carbon emissions, and even toxins from the harmful dye and chemicals they use in their clothes. Not only is fast fashion bad for the environment but bad for humans—the reason these companies are able to churn out clothes at such low prices is because many of their workers work in poor conditions and for low wages. The true cost of fast fashion is much higher than it appears. Try shopping at more reputable stores that may have higher prices and less products—these are often more sustainable.

▲ **Thrift Stores**

Thrift stores are a good place to find unique items of clothing and are also sustainable. Depending on the store, thrift stores can also help you give back to your community. By reusing and repurposing clothes, thrift stores avoid the heavy emissions that come with manufacturing new items of clothing. Plus, if you also give your old clothes to thrift stores it saves space in landfills. An increase in shopping second-hand also means less demand for new clothes, again decreasing the effects of manufacturing new pieces of clothing.

▲ Sustainable Stores

Check your stores! There are tons of resources out there to see how sustainable a brand or certain store is. One of my favorites is 'Good on You'. Their directory rates stores on their environmental impacts so you can make sure you're shopping without guilt! Another is 'Ethical made Easy' which not only expands on the environmental impacts but also working conditions and the ethics behind the brands. Though more sustainable stores are a bit more expensive than others, the clothing is well made and going to last. You are also paying for the price of knowing you are supporting an ethical business with clean and sustainable methods of production. All of the brands I've included have at least a 'good' rating when checked in Good On You/Ethical Made Easy.



The next few pages include info on different stores, and some specific products, that stand out as the perfect sustainable gear for any trip. First, let's explore some clothing brands. Every big trip always involves a good wardrobe. And depending on if you are spending a week hiking, swimming, or shopping that wardrobe differs radically. These next recommendations should help make that shopping process a little easier and a lot more sustainable.

Key

\$: Under \$50

\$\$: \$50-\$75

\$\$\$: \$75-\$100

\$\$\$\$: \$100+

M: Men's

W: Women's

Girlfriend Collective.



Girlfriend Collective is all about good vibes. Whether it's their inclusive models and sizing, recycled plastic bottled leggings, or their ethical factories (ie. not sweatshops), Girlfriend Collective is a brand that embodies sustainability. Though a bit more on the pricey side—you get what you pay for with cute clothes and a clean conscience.

Girlfriend Collective makes primary activewear, but just started expanding in more lounge and everyday wear. Perfect for a good hike, walk around town, or lounging around in a foreign country. Complete with sustainability reports on their products, Girlfriend Collective is made for people who love themselves and the planet.



**Girlfriend
Collective.**

Compressive High Rise Leggings

\$68
10 colors
XXS-6XL



Made from 25 recycled plastic bottles--this product is a winner. It also prevents 18.61 pounds of CO2 emissions and save 3.11 gallons of water. Coming in an array of colors and sizes anyone will love this legging.



High Rise Bike Shorts

\$48
10 colors
XXS-6XL



Made from 17 recycled plastic bottles. Prevents 12.61 pounds of CO2 emissions and saves 2.11 gallons of water. Don't ride up and don't slide down-- perfect for an on the go traveler.

Patagonia.



You can't be talking about sustainable brands and not mention Patagonia. Sharing a name with the beautiful Patagonia Region, it is no surprise Patagonia wants to give back to nature. One of the more well-known ethical brands Patagonia is sustainable and promotes fair trade labor practices. It also donates 1% of its profits to help the environment. Promoting sustainability not only with their clothes but also their brand as a whole, Patagonia supports many different activist groups and projects. By partnering with sports activists and grassroots organizations, Patagonia shows that its sustainable agenda is not just a trend. Patagonia makes an impressive array of products. Mostly activewear and hiking supplies, their clothes are perfect for any adventure style trip.



\$\$\$
\$-\$-\$-\$
MW
www.patagonia.com

Patagonia.

Women's Snap T

\$119
6 colors
XXS-XXL



Ever popular, this comfy fleece is a perfect layer for any vacation. It keeps you warm and while still looking cool. Made with recycled polyester and the guarantee you're supporting a good company.



Baggies

\$55
12 colors
XXS-XXL
multiple different
lengths



A stylish and athletic short, Baggies are a timeless classic at Patagonia. Perfect for just about anything on your next vacation. Made with recycled nylon and using Patagonia's bluechain design system, which aims to limit the environmental harm from the textile industry.

Pact.



Organic cotton, Fair Trade certified, and guaranteed sustainable and ethical—what’s not to love? With sustainable clothes on the more affordable side, Pact is all about making change easy. The brand even goes the extra mile to do things like buy carbon offsets for their shipping emissions and using compostable packaging.

By promoting ethical working conditions and sustainable clothing, Pact is being true to their name and taking action. Pact focuses on making what they call ‘practical clothing’. Casual everyday clothes for women, men, and kids means that this brand is perfect for any family vacation. Whether it’s sightseeing in London or eating out by the beach—Pact is a good choice for more casual vacations.



www.wearpact.com MW \$-\$\$\$

Pact.

Women's Woven Drawstring Short

\$60
6 colors
XS-XXL

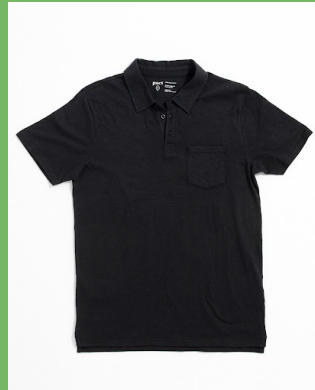


A perfect summer staple, this comfy short offers both style and practicality for those busy vacation days. Made with organic cotton and using Fair Trade labor practices, this short is perfect for you and the environment. Plus, it saves 36.3 gallons of water!



Men's Element Polo

\$35
5 colors
S-XL



Perfect for that boat dad vacation look, this polo is perfect for walks on the beach or sightseeing in a new country. Following the pattern, this shirt is made with organic cotton and Fair Trade labor practices. Plus, this shirt saves 37.4 gallons of water!

Eileen Fisher.



Eileen Fisher creates sustainable and ethical everyday wear for women. Though more on the pricey side, her minimalist style offers basic pieces that don't need to be bought and bought again. They use recycled materials, the bluesign process, and offset their carbon emissions. As well as working to

promote the environment, ethical labor practices, and support women and girls, Eileen Fisher has other major projects that are sustainable. The 'Waste No More' project takes damaged garments (which, in most cases, would be thrown out) and uses them to create art pieces. The 'Renew' project takes consumers' used clothes and resells them at a more affordable price. This helps minimize the waste and by reselling

at a more affordable price helps more people gain the ability to shop sustainably. Eileen Fisher sells clothes for chic everyday looks. Perfect for any elegant, jet setting, and instagramable vacation, or even just on a sophisticated work trip.



Light Organic Cotton Nylon Jacket

\$179
2 colors
XXS-XL

A light jacket made using organic farming practices is perfect for a rainy stroll or hike in the mountains. This versatile jacket is the perfect item to make even your everyday wear look sophisticated.



Organic Linen Dress (From 'Renew')

Varies

Though the Renew project at EF makes it a bit more difficult to find pieces in your size the hidden treasures you stumble upon come with the peace of mind you are helping the environment. This cute linen dress not only is organic but also reused. Perfect for any dinner out or sightseeing tour.

Elle Evans.



It can't be a travel book without including swimwear somewhere in the mix. Elle Evans is a brand made purely for sustainable swimwear and, more recently, sustainable activewear. Many people praise Ellie Evans for her and her brand's work at creating environmentally friendly swimwear.

Her products are made from ECONLY, a fabric made from plastic waste in the ocean, non-toxic dyes, and results with little waste. The suits are made only after they are ordered-- in order to minimize waste--and by a team of well-paid and well-treated seamstresses. Elle Evans also encourages that their suits are recycled as well. If you order your suit but later cancel it, Elle Evans still makes sure it gets put to use by putting it into their warehouse shop where you can buy suits for a cheaper price.



Sandman Reversible Bikini Set

\$95
3 colors
XS-XXXL



This adorable set is perfect for any beach vacation. With reversible fabric and tie straps, you can wear this suit a number of different ways ensuring that you won't have to buy another suit for your trip.



Kate Onepiece

\$210
3 colors
XXS-XXXL



This one piece is fitting for any type of vacation, where swimming is involved, of course. With a low cut back and V-neck, this suit is also perfect for anyone who wants to be more covered on their trip.

Toiletries

One of the big areas of waste that comes with travel is the use of 'travel' toiletries which often are smaller products that get thrown out as soon as you get back. These travel-size shampoos, conditioners, deodorants, and toothpastes add up. Buying one sustainable product that will last for many of your trips is a better alternative to the easily lost, forgotten, and thrown-out plastic option.

But, always remember, make sure to use up your old products before you buy new ones. Make the switch to more sustainable items after you've gotten as much use out of your normal products. Here are a few brands/products that offer long-term use or at least aren't as wasteful as those week-use plastics.



Toiletries

Shampoo & Conditioner Bars



An easy substitute to the wasteful plastic shampoo/conditioner bottles, these bars are not only more sustainable but more convenient as well. Avoid the risk of having your shampoo spill all over your clothes or running out of conditioner halfway through the trip. These bars have minimal packaging and can provide up to 80 uses! Many different brands sell these bars--the best to look for are the ones with little to no packaging and organic ingredients.

▲ **Chagrin Valley Soap & Salve**

Straight from my hometown, this shampoo bar is an all-natural, organic shampoo without all the harmful additives (like sulfates) found in regular shampoos. Packaged in a cardboard box-- not plastic-- and made with sustainable ingredients in cooperation with the Rainforest Alliance, this moisturizing shampoo bar is a good choice for your next trip. Not to mention, they boast an impressive array of scents to make your hair look, feel, and smell amazing.

▲ **The Earthling Co.**

The shampoo and conditioner bars from The Earthling Co come in a variety of scents, made without harmful additives or palm oil, and are all TSA approved. Perfect for the sustainable traveler! They are all packaged in compostable packaging to make sure your products are protected and safe for the environment. The Earthling Co. also offers tips and other products to lead a more sustainable lifestyle.

Deodorant



A good staple for any trip is a good deodorant. Every traveler needs a deodorant they can rely on—that really works! Finding a sustainable one can be hard, but you want to look for all-natural ingredients and limited packaging—especially little to none plastic packaging. I've found two favorites that get the job done and also are great sustainable options.

▲ **Meow Meow Tweet**

Meow Meow Tweet is a business that makes vegan, organic, cruelty free products with a guarantee of little plastic packaging. They also donate to organizations with focuses on environmentalism like the Sierra Club. Their deodorant stick has great reviews and is great for the environment. They have an abundance of fragrances as well as a deodorant cream option, too. Made with organic and fair trade ingredients and compostable packaging, this deodorant is a win! Meow Meow Tweer also offers some other great sustainable products for the traveler or just everyday living.

▲ **Ethique**

Ethique makes sustainable forms of many different hygienic products by packaging them in bar form. Their deodorant bars come in three scents and a travel size! Plastic, palm oil, and cruelty-free these bars are the perfect guilt-free essential product. Along with their deodorant bars, Ethique also has fan favorites in their shampoo, conditioner, and body wash bars amongst their vast collection of sustainable products.

Toothbrushes & Toothpastes



Let's talk about toothbrushes. Toothbrushes themselves are unnecessary plastic waste, not to mention the packaging they come in and those little plastic covers for when you travel with them. Toothpaste also creates lots of plastic waste and is especially wasteful when you have to buy the travel sizes of it. There are lots of sustainable replacements for your everyday tooth products: bamboo toothbrushes, bottle-less toothpaste, and even a 'brushless' toothbrush.

▲ **Bamboo Toothbrushes**

A bamboo toothbrush is a good sustainable alternative to the type of toothbrush you are used to, just with less plastic. Bamboo is fast growing and can be easily harvested. It also makes for a compostable toothbrush handle meaning less waste! When shopping for these, make sure to look for ones that have removable bristles (because those aren't compostable) and minimal packaging. Some great ones are the [Swak](#) and [Zero Waste Club](#) bamboo toothbrushes.

▲ **Etee Chewpaste**

Yep, you read that right. One of the emerging sustainable forms of toothpaste is chewable forms of it. This means they come without the wasteful packaging and often are more organic/natural toothpastes. Etee Chewpaste is plastic-free, organic, and has replacements that come in compostable packaging. Use with or without a toothbrush and easy to take on trips. Plus, its replacements mean that this paste can last you a lifetime!

Supplies

More meant for a 'rough and tough' vacation, these supplies are things that may benefit you on any future trip you may take. In this book, I'll talk about backpacks, suitcases, shoes, and water bottles. There are other places to get some more sustainable supplies—like tents and camping essentials—for these hardcore products, be sure to check out Patagonia and Nemo Equipment are great companies to start at. When looking at supplies, it's easy to get caught up in the brand names and well-knowns.

There are plenty of great sustainable options out there that are just as durable and useful as some of the top-notch brands. When you're shopping for a product, be sure to choose a company that is transparent and open about its sustainable practices as well as the material used and how each product is created.



Supplies

Backpacks



Looking for bags is similar to looking for clothes. You want to try to find bags that have recycled or organic material and are made with ethical labor practices. Materials that are nontoxic and biodegradable have lower impacts on the planet. These companies are great options for your everyday sightseeing or an intense trek.

▲ **Fjallraven // \$\$\$**

Home to the ever-popular Kanken backpack—perfect for day trips and sightseeing—Fjallraven also has multitudes of other packs perfect for hiking or just walking around. Fjallraven is committed to giving back to the environment and does that through their sustainable design, development, and materials. Fjallraven is also very transparent about their choices and reflects on how they aren't able to say 'yes' to every sustainable option they are given.

▲ **United By Blue // \$\$\$-\$\$\$\$**

United By Blue offers backpacks more meant for less rigorous trips. Each purchase is equivalent to removing a pound of plastic from the ocean because their bags are made from recycled ocean plastic. They use sustainable materials and ethical manufacturing and have a promise to remove single-use plastics from their supply chain by 2020. They are also a certified B corporation—"businesses that meet the highest standards of verified social and environmental performance, public transparency, and legal accountability to balance profit and purpose." United by Blue continues to go above and beyond this rating showing that this 'blue' company is truly green.

Suitcases



Sustainable suitcases are hard to find. The most important thing to look for when shopping for a sustainable suitcase is a suitcase made from a fabric or material that is sustainable—usually, this comes in the form of a fabric made from recycled water bottles. These next two brands have great sustainable suitcases that offer storage and durability to last for all your travels.

▲ **Solgaard // \$\$\$\$**

Solgaard is another sustainable company that is working to remove ocean plastic. Since they focus on luggage, your purchase can remove up to 5 pounds of plastic from the ocean and your luggage is made with an interior lining made from recycled plastics. They work with the Plastic Bank to create jobs in the Philippines that help remove plastic from the oceans and rivers. Along with their efforts to remove ocean plastic by directly pulling it, they are committing as well to end their use of single-use plastic. With innovative luggage and clear conscious these bags are a win.

▲ **Samsonite Eco-Nu // \$\$\$\$**

A fan favorite, this travel brand has a sustainable collection meant to help the environment. These bags are made with fabric produced from recycled plastic water bottles. Though Samsonite is not a strictly sustainable company, this collection is a good start for those who want to start traveling in a more environmentally friendly way. And, these suitcases offer amazing storage for any trip.

Shoes



Essential to any good trip is a pair of shoes you can rely on. The two companies I have picked out create sustainable footwear all the way from everyday sneakers to hiking boots or running shoes. Most shoes follow in the made from recycled materials fashion and work to ensure that there is minimal plastic or unsustainable materials in their shoes.

▲ **Keen // \$\$\$-\$\$\$\$**

Though Keen is a bigger, well-known company they still keep environmental consciousness at the forefront of their values. They keep their supply chain sustainable as well as forming partnerships and donating to organizations that continue to help the environment. Keen has a wide array of products including hiking boots, sandals, and everyday shoes. Keen houses shoes from recycled plastics to recycled wool without any of the toxic dyes from fabrics or PFCs from their supply chain. They also fund and give grants to projects that promote sustainability, getting outdoors, and giving back to the community.

▲ **Allbirds // \$\$-\$\$\$\$**

Allbirds is a sustainable shoe company that creates not only environmentally friendly shoes but also shoes that are practical, durable, and lightweight. Made from wool and created using 60% less than the energy used to make a synthetic shoe, these sneakers also are packaged in recycled cardboard and have recycled plastic laces. Plus, they are carbon neutral and work to fund other sustainable projects. These shoes are perfect for any kind of trip you take!

Water Bottles



A good water bottle is essential for any sustainable traveler. Using a reusable water bottle is much better for the environment compared to the single-use plastic bottles that most people find themselves using. Though any reusable water bottle is a sustainable option, it is best to look at bottles made from recycled materials or that come from a sustainable company. The two brands I've chosen highlight these 'green' options.

▲ **Klean Kanteen**

Klean Kanteen is aware of their emissions and is doing a lot to help minimize them. They measure them in order to correctly offset their emissions and also continue to look at what they can do to minimize their emissions. They also donate 1% of their gross sales through '1% for the Planet'. They also are now 100% carbon neutral in their manufacturing and delivery processes.

▲ **Soulbottles**

A German company, Soulbottles uses one of the best materials for a true sustainable water bottle: glass. Their products contain no plastic. The production of the bottles is carbon neutral and with each bottle purchased they donate to WASH (water sanitation hygiene) projects. Plus, each bottle is made with ethical labor and manufacturing practices. The bottles also have unique designs from local artists to make your sustainable efforts stand out.

**Accommodation
&
In-Trip
Travel**

accommodation

Let's talk about accommodation. There are certain types of places to stay or certain hotel chains that are more sustainable than your average vacation stay. A great site to check out that has more specific info on sustainable hotels across the world is 'The Green Hotelier'. There are a few things to think about when looking at sustainable



hotels. Let's start with hotel chains. There is a lot to look for when it comes to choosing a sustainable hotel. It also isn't always what you think—the most modern and unique brands sometimes are less sustainable than chains like Hilton. Here are a few pointers for what to look out for. The best thing to do is look at the hotel's website and see if they



have any kind of sustainability section—then you know you're in the right place. Lots of hotel chains, even the more popular name known chains, incorporate some bits of sustainability into their hotels. These are good options if you want a sustainable place to stay but there aren't many 'green hotels' or other more sustainable options around. Here are some of the key things to look for in a sustainable hotel chain. And remember to do your part: don't ask for the single-use shampoos or conditioners, don't wash your towels every day, and make sure to do all you can to keep your trip green.

● **LEED Certified**

Sustainability often shines through in ways we don't even think about. A prime example of this is the way a building is actually built. The LEED certification is a way to rate how sustainable the physical building you might be staying in is. LEED stands for 'Leadership in Energy and Environmental Design.' The rating helps achieve cost-effective but still sustainable buildings. There are four categories of LEED certification that a building can get—certified, silver, gold, platinum—with platinum having earned the most points (and thus being the most sustainable. Whenever you are looking for a hotel, check the hotel's website to see if it is LEED certified. A quick Google search can help you determine if your hotel is LEED certified. The LEED certification is international but may require a bit more digging to check if your hotel meets the requirements.

● **Renewable Energy Sources**

In the true style of sustainability, an environmentally friendly hotel will run on renewable energy. Whether that's wind, solar, or water power some parts of your hotel should use renewable energy. Since hotels use an abundance of energy, the cleaner the sources the cleaner the hotel. Most sustainable hotels incorporate solar power and others go above and beyond. , Some hotels (especially in places like Iceland) will make use of geothermal energy sources as well.

● **Recycling**

A true sustainable hotel will also be champion a of 'reduce, reuse and recycle'. They should have an option where you can reuse your towels and such in a multi-day stay. They should have a recycling system and place recycling bins in at least the lobby if not the rooms as well. Greywater recycling would show a hotel that is truly committed to being sustainable. Greywater recycling is basically recycling the water from sources in the hotels and reusing it in other areas. Hotels might also use recycled fabric for their linens or organic materials. A big problem with hotels was their extensive use of single-use plastics. Look for hotels that don't offer the small travel bottles and instead suggest you bring your own or have bigger bottles. This reduction in single-use plastic helps the hotel operate more environmentally.

● **Eco-Hotels**

Some hotels can be coined "eco-hotels" or "green-hotels". These are often hotels that take pride in their sustainability and have made tremendous efforts to get their hotels to a place where they are truly sustainable. It may take some digging to see if your hotel is a green hotel but a quick google search can always give you some recommendations on where to stay.

Here's a quick list of sustainable criteria compiled by the World Nomads. . .

- **Sustainably built**
 - **Carbon Neutral**
 - **Car-Free**
 - **Close to Nature**
 - **Plastic-Free**
 - **Wildlife Friendly**
 - **Zero-Waste**
 - **Energy-Wise**
 - **Plant-Based**
 - **Zero-Miles Food**
-
-

Hotels.

Though it's hard to recommend certain hotels because most of the sustainable hotels are one-hotel locations and not chains, here are a few good ones that I found. Another way is to simply google for sustainable hotels where you want to stay or just browse a hotel's website to find their information on sustainability.

● **1 Hotels // \$\$\$\$**

LEED certified (most are gold or silver), farm to table program, and putting sustainability in small things like using reusable glass cups instead of plastic ones. Many of their hotels are also made with reclaimed materials. These hotels are quite luxurious and are perfect for any trip from an elegant sightseeing endeavor to your next business trip.



1 Hotel Central Park NYC

● **Accor Hotels // \$\$\$-\$\$\$\$**

Specifically Pullman Paris, Mercure Sao Paulo, Ibis Styles Troyes, and any Novotel. Though Accor is a large hotel brand, it devotes much of its actions to sustainability. Accor is partnered with Planet 21 which means (for Accor) to “work with its employees, involve its customers, innovate with its partners and work with local communities” to help create a more sustainable hotel—especially creating sustainability within its food and building aspects. The specific hotels listed also go above and beyond to create a sustainable experience.



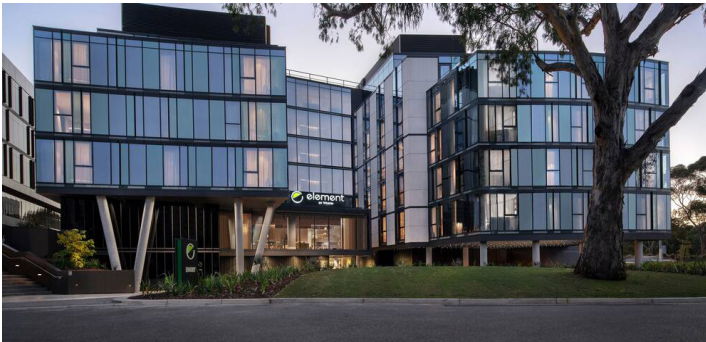
Novotel
Waterloo
London

Ibis
Styles
Troyes
France



● **Element by Westin // \$\$\$\$**

Element is ‘built green from the ground up’ meaning that recycled materials are at the forefront of their building, design, and even decoration within the hotels. They have in-shower dispensers to reduce the use of single-use plastics and encourage people to travel to their hotels in hybrid vehicles. With chic hotels all around the world that offer the deals and amenities of a big brand hotel along with the sustainable practices of a green hotel, these hotels are perfect for any trip and any traveler.



Element
Melbourne
Australia

Element
Denver
Colorado



other types of accommodation

Another way to look for sustainable accommodation on your trips is to stay in places other than hotels. Hotels use up large amounts of energy and are a large contributor to plastic pollution as well. Not to mention, hotels and the increasing demand for them often contribute to the development of more areas and increased city area. Try to look for other places to stay that are greener.



Some of these options may be cheaper as well, for those traveling on a budget. Other types of accommodation can also improve your travel experience by giving you a more 'real' look at what living is like wherever you are visiting. On the next few pages are three of the types of accommodation that have a smaller footprint than most hotels or resorts. Some tips for finding sustainable accommodation follow most of the recommendations under the 'Hotels' section, so be sure to keep some of those essential criteria in mind when looking for a truly 'green'house.



Air BnBs.



Air BnBs, and their equivalent other forms of staying in someone's house or renting out a single home, have quickly become a preferred method of accommodation for many travelers. Air BnBs are easy and convenient to stay at and often times offer a more 'homey' feeling than staying at a hotel. Air BnBs also offer a great experience to

stay at a place where you can truly see local living exemplified. Usually cheaper than hotels, Air BnBs also are often more sustainable than hotels. Some Air BnBs are curated with sustainability in mind—and those are the best to rent—but even regular Air BnBs are better for the environment than a hotel. Not only is staying in an Air BnB supporting families instead of large hotel conglomerates; they also produce less waste, energy, water, and greenhouse gases. This is because of the small-scale use of their energy and such and the encouragement of travelers to share what is already there or buy their own products—meaning there is little

plastic waste from items you would usually find in a hotel bathroom. Air BnBs also offer the opportunity to shop local to get some of the food or other items you need, meaning your money will go back and support the local economy. Air BnBs usually only show up in the United States, but there are many more sites and ways to carry out the same process of renting a home in abroad locations. Here are some examples of eco-friendly rentable homes . . .



Fern Forest, HI



This Air BnB in Hawaii is perfect for the nature lover. Surrounded by a gorgeous forest, this house also promotes sustainability through its solar power, natural lighting, and bamboo construction. Plus, it donates to a Cool Earth project to plant trees and offset carbon for every night you stay.

Kimo Valley, Australia

A gorgeous 'Eco A-Frame' offers incredible views, isolation, and a green conscience after an incredible stay here. Built from sustainably sourced local timber and equipped with solar power, this off-the-grid cabin is an amazing example of some of the wonders that come with sustainable travel.



Sustainable Hostels.



Just like hotels, there are certain hostels that are dedicated to eco-friendly travel as well. When looking for a sustainable hostel, use similar criteria to that of a hotel since they operate in similar ways. One good resource for this is [Hostelling International](#). They promote sustainability within their hostels and also offer lots of

good information on how to choose an eco-friendly accommodation. Hostels are definitely more for the adventurous traveler, seeing as they are not exactly the most private types of accommodation. However, staying in a hostel can significantly improve your experience in a new place along with helping you make new connections during your travel. Plus, hostels can help expand your worldview because of the shared social experience it creates. Not to mention, hostels are inexpensive, budget-friendly places to stay so you can save your money for more adventures at your destination. Many hostels get

their sustainability points in the same ways hotels do. Plus, there are also many more hostels dedicated to sustainability than there are hotels. This means it is quite easier to find a sustainable hostel at your destination rather than a sustainable hotel. And, because of the cheap cost of hostels, more of your money is left to spend on local goods and services thus giving back to the local economy. You can also check to see if your hostel follows sustainability by looking at any of the certifications it may possess or associations it might be a part of.

Ecomama [Amsterdam]



This eco-hostel is located right near downtown Amsterdam, showing you don't have to be secluded in nature to find great sustainable accommodation. Some of its eco-friendly features include: fair trade and sustainable materials and furniture, a recycling system, a natural heater, along with promoting sustainability to their guests and donating to Ninos de Guatemala for every night you stay.

Bambu Gran Palas and Cenote [Tulum]



This sustainable get-away truly emphasizes its connection with nature and using much of its surrounding landscape as part of the hostel. Not to mention, it was built in a sustainable way with bamboo. Plus, the hostel gets all of its energy from solar sources and promotes biking and electric transport.

Camping.



Not for the faint of heart but one of the most sustainable options when it comes to finding a place to stay on your next trip is camping. The environmental benefits of camping are pretty obvious: you use less water and less electricity. The carbon footprint of camping is much less than that of staying in a real building. Not only are you using less but

the footprint from the literal building of a building isn't a factor. Camping also promotes more time in nature. Camping usually is a cheap option of accommodation as well, meaning that, like hostels, more of your money can be saved to put back into the local economy or to use on more adventures. Though camping on its own is much more sustainable than other options, there are still more things you can do to go above and beyond in creating a sustainable trip. First off, there are some specially dedicated eco-campgrounds. These are the most sustainable to stay at seeing as they prioritize a low footprint and being environmentally friendly. When camping, be mindful to

not disturb the environment. One of the best camping practices is to 'leave no trace' so be sure to pick up trash, make fires sparingly, and appreciate the environment we have. Using sustainable gear, like sustainable tents and even sustainable stove set-ups, can also help to make sure your camping experience is a 'green' one. Plus, like at any place you stay, be sure to respect the environment. This means not walking off into unmarked areas or trying to feed/interact with any wildlife.



Beech Estate Campground [Sussex]



This cute eco-campsite is located just an hour from London and close to the English coast. Plus, it is decked out with compost toilets, bucket showers, and on-site recycling. This campground is perfect for an eco-adventure. Plus, each sink and wash station is accompanied with ecological soap to help lessen their environmental effects.

Quarry Park Camping [Pembrokeshire]



This eco-campsite in Wales is known for its yurts as well as the gorgeous views of the Welsh countryside. Plus, this campsite is a member of The Greener Camping Club which makes sure all of its campsites operate with sustainability as a top priority. This includes things like buying locally, recycling, and reducing waste.

in-trip travel: how to navigate your destination.

Though a big part of the environmental concerns of travel come from the actual getting to and from your final destination, the travel you partake in once you arrive is another culprit. While on your trip there are many things you can do to try to minimize the impact of all your 'in trip' travel.

Just like your main travel to your destination, which I'll talk about later, one of the biggest things you can do to make sure you are literally traveling sustainably is using forms of transportation with little carbon (or other greenhouse gas) emissions. On the next few pages will be a few tips on how to get around more sustainably.

It's important to note that the individual act of travel is a hard one to do in a completely environmentally friendly way. Travel is something you have to do if you are going on a trip so, if you can't be 100% sustainable with it make sure to do what you can in some other parts of your trip to reduce your impact offset your travel.



● **Avoid Renting a Car**

While on your trip, avoid renting a car. Especially if you are traveling by yourself. Single occupancy vehicles are known for their reputation as being bad for the environment. So, if you do have to get a rental car (or you travel in a car) it's much better to carpool and bring other people with you. But, overall, try to focus on other ways to get around. Plus, using other modes of transportation may mean you get to experience more around your destination.

Embrace the outdoors. . .

● **Biking**

Many cities (especially in Europe and America) are becoming very bike-friendly. It is easy and safe to ride around to dinner or attractions rather than use a car. This also offers the advantage of getting to take in the sights on your way and avoiding traffic. Many cities and hotels are also starting to support and encourage biking by including stations where you can easily rent or borrow a bike during your trip. Plus, bikes don't rely on fuel and use less materials to manufacture, making them a more environmentally-friendly form of transportation.

● **Walking**

Using no production and emitting no carbon, walking is one of the best modes of transportation for the environment. Walking is especially easy to do if you are in a city or small town on your trip. Though you may have to factor in extra time to get places, walking leaves you with a green conscience and great exercise! Plus, like biking, you can take in some of the amazing scenes of your destination and maybe even find new things to try.

Think like the locals. . .

● **Public Transportation**

Public transport is always a great option and, for me at least, always a fun one! Whether it's surfing the tube in London or hopping on a bus in Cleveland, public transport offers you a chance at traveling around your destination like a local. Though public transportation is nowhere close to being carbon neutral, the act of using fewer cars and essentially 'carpooling' with a large group of people is much better for the environment than if you were to travel around by car. Not to mention, in many cities public transport is often faster at getting around and navigating the travel. Another advantage of public transport is that it is relatively cheap, as compared to renting a car for the duration of your trip. Be sure to use a map and be prepared and you'll be good to go!

carbon offsets

Say, wherever you are, you cannot go without renting a car. Like in Iceland where everything is spread and it is pretty chilly—to do the majority of the transport you need a car. Or, you travel somewhere local and use your own car as the main form of transportation. The good news is that you can help to offset your travel using carbon offsets.



Carbon offsets are basically things you can buy to offset your carbon emissions. They often come in the form of supporting a project that helps the environment. These projects range from planting trees, restoring habitat, and installing solar panels, to things like educating women, and bringing resources to a developing country. You can also work to give back while you on your trip by doing something like volunteering to plant trees and try to offset your emissions yourself. You may want to consider buying offsets for other parts of your trip as well, and we'll cover some more of that in section four.



On the next few pages, I'll talk a bit more in-depth about carbon offsets. Specifically, how to calculate your emissions in order to offset them and how to actually go about purchasing carbon offsets.

calculating your offsets

To find how many offsets you need to purchase in order to offset your emissions, you need to calculate the emissions of whatever activity you are offsetting. This calculation can get a little confusing, especially because there are lots of nuances based on what you are offsetting or the type of vehicle you are offsetting. You can find more in-depth about your specific vehicle or activity with a quick Google search, but here are some of the basics.



Most sites (like the EPA) suggest that around 400-410 grams of carbon are emitted for every mile you drive. So, simply keep track of the miles you are driving during your trip and multiply by 410 to see how many total grams you are emitting. If you want to go more in-depth you can try to find the exact amount of carbon emitted from the specific type of car you have each mile and then multiply that by the total miles you travel.



After you've found out how much carbon you've emitted, you can easily go to a carbon offset service to see how many offsets that is equivalent to. Sometimes, they may be in different units (like pounds instead of grams) so always make sure to convert if you need to.

purchasing offsets

Now that we've covered the basics of calculating your carbon offsets, let's talk about how to actually purchase them. Purchasing carbon offsets is easy and almost exactly like buying anything else online. You simply go to a carbon offset website, browse through the different projects/offsets they offer, and choose one (or multiple) to buy. Then, using the amount of carbon emissions you calculated you can easily find out the quantity of offsets you need to buy.



Now, on to the matter of where to purchase and what to purchase when looking at carbon offsets. There are a multitude of sites that offer carbon offsets and I'll talk about my favorites on the next few pages. The most important thing to do when thinking about purchasing carbon offsets is making sure there is a verification system of some kind in place when it comes to vetting the projects. The best is to have the projects verified by a third-party verification system. You want to make sure you are giving your money to an established project that is actively operating. A reliable carbon offset website also often has a multitude of projects to choose from that support a variety of sustainable initiatives.



Terra Pass.



TerraPass is a pretty well-known carbon offset provider, which is something you want with a carbon offset provider seeing as more people find it reliable. TerraPass offers offsets for a minimum of 1,000 lbs—which is about how many miles it takes to travel from Cleveland to New York City and back. It also has different offset bundles

including a flight or eco-tourist bundle. Plus, it does feature a carbon footprint calculator to make sure your math is right and you are buying the correct number of offsets. Projects include support for things like landfill gas capture, clean energy, cleaning coal mine methane, and other things. TerraPass is transparent through the process and makes sure to still uphold ethical practices while getting these projects done. TerraPass also has a variety of standards that it holds its projects to and rates every project based on its transparency, quality,

and verification. Each project is verified by a third party service multiple times during its creation and its carrying out. TerraPass is easy and simple to use, so perfect for the offset beginner. Plus, with their travel bundles, TerraPass knows how to work with travelers to make sure a trip is as 'green' as it can be. In addition, TerraPass also makes sure that its own company operates in a sustainable way along with helping other companies become more sustainable, too.



Gold Standard.



Gold Standard is one of the other well-known carbon offset providers. Gold Standard offers a lot of resources and calculators to find out how much you emit. It also offers a multitude of projects and you can pick the specific one that you support, not just the type of project. They sell offsets per tonne of emission, which is about

how many miles it takes to drive from Cleveland to New York City and back twice. They range from about 10-30 dollars per tonne, depending on the project you choose to support. They have all types of projects ranging from replanting forests, making cleaner stoves in developing countries, and putting in renewable energy. They also are transparent throughout the process and put their projects through extensive third-party verifications in order to ensure that their projects are truly helping to achieve one of their 'Global Goals for Sustainable

Development'. Gold Standard also offers resources to help buyers and clients learn about where their money goes when they purchase an offset, how to do which project is right for them to purchase, and other general information on how to live everyday life in a more sustainable way. Plus, Gold Standard is always finding and offering new projects, supporting different parts of the world, in order to make sure they are offering solutions in an equitable way.



Travel

Fly

Drive

Sail

Ride

To Your

Destination.

The Clean Way.

travel isn't always smooth sailing. or smooth flying.

Choosing the most sustainable way to travel for your trip can get very complicated. It depends on a number of variables including the number of people traveling, where you are going, how far it is, the efficiencies of all the options, and so on. There is really no clear consensus out there on what mode of transportation is actually the most sustainable option for travel.

For example, planes often emit more, but a car traveling the same distance as a flight may emit much more just because of the magnitude of miles traveled. And depends on where you are going. Perhaps a flight is the only option. Unfortunately, unless you have access to a carbon-neutral or sustainable mode of transportation, the best choice is often whatever makes sense for your trip and then use carbon offsets to help clear your conscience. As discussed in Section 3, it's important to impart sustainability in other parts of your trip because of the nuances of the actual act of traveling.



a deeper dive. . .

Because of all these variables, a form of transportation that strictly emits less may not actually be the best option. For example, a private jet flying 2 hours is less sustainable than a full plane flying for 10. This is because a private jet is still emitting large amounts of carbon for only the two people on it whereas a full plane is emitting large amounts of carbon but evenly distributed for every passenger.

But, the use of a private jet for those 2 hours--maybe about 900 miles--is a more sustainable option than driving for 900 miles. Not to mention other modes of transport like boating or traveling by train. Or taking into account time idling in traffic. There really are numerous amounts of factors that play into what option is really the most sustainable or if there even is a more sustainable option. It also depends on how you look at it and what factors are playing into your individual travel.



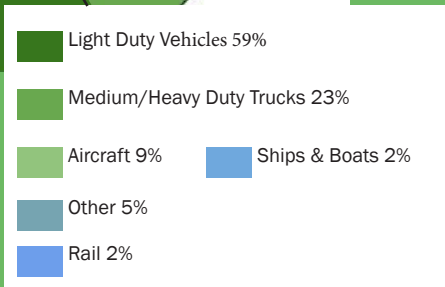
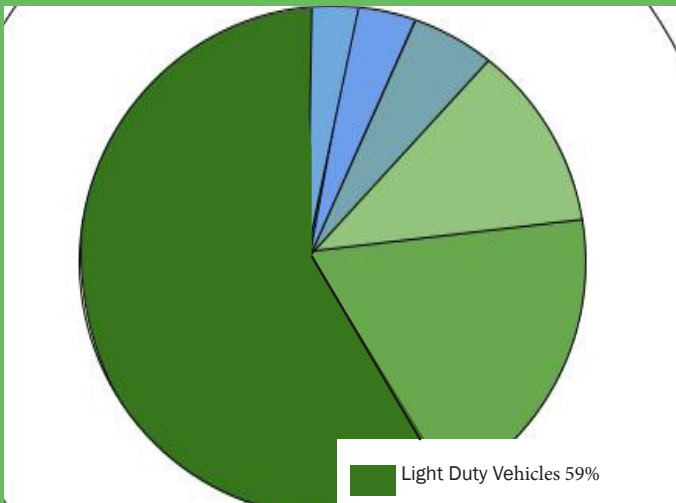
This truly is a long-standing debate with really no clear answer out there. The way I look at it is if you are taking a relatively short trip with 2-6 people, use a car. A longer trip with 2 or more people often warrants the use of a plane. Beyond that, it all boils down to those other variables. Like I mentioned earlier, just try to make the choice that makes the most sense for you and your trip.

resources

There are some resources out there to try and help make sense of the complicated situations of deciding if something is the more eco-friendly choice when it comes to travel. Plus, if you want to get super technical, there are different equations and mathematical methods of comparisons that some people have tried to shed light on to help

make these difficult choices a bit easier. Let's start off with a simple graph from the EPA of some common modes of transportation and their emissions. Keep in mind, that these are just general emissions. It doesn't take into account some of the important factors of how full each vehicle is or the actual length of a trip.

2018 U.S. Transportation Sector GHG Emissions by Source



Based on this graph, light-duty vehicles (vehicles like passenger cars) actually contribute to the total emissions of transportation at a much higher percent than planes do. But, again, it all depends on the specific details of your trip. National Geographic also has a helpful page that tries to put things in perspective. They look at the time it takes for different forms of transportation to travel the same distance and then look at the efficiencies of each different form of transport.

The efficiency of each vehicle takes into account the gallons of fuels used and carbon dioxide produced, evenly spread over the number of passengers in the vehicle. They also share how the efficiency of certain modes of transportation have increased over the years and, with this continued increase, it may lead to one form that truly does outperform in terms of sustainability. So far, from 1975 to 2015, planes have increased their efficiency the most and buses have improved the least.

Though efficiency is important, it is not the end all be all tell of a sustainable mode of travel. Make sure to also think about the distance you are traveling and some of the other effects that may come with whatever method you choose.



planning your own trips is hard. . .

Along with personally trying to make your trips sustainable you can also travel with certain companies that offer sustainable trips/programs. Similar to much of the other tips I've offered about how to find a sustainable company or brand, travel companies follow most of the same criteria. To review, some basic things to look for in a sustainable company is transparency along with basic programs/factors that show sustainable initiative.

Travel companies can be a great option if you don't want to worry about planning your own trip. Plus, if you use a sustainable company they also usually make it easy to partake in sustainable travel.

When looking at sustainable travel companies, you want to make sure they are doing the most to make their trips environmentally friendly. This means offsetting emissions of the physical travel along with a few other things that people don't often think about. Let's look at some of these other important criteria. . .



● **Animal Welfare**

One piece of crucial criteria is how the company approaches animal welfare on its trips. A lot of trips through companies will have immersive experiences with animals—whether that be feeding elephants in Thailand or riding camels in Egypt. You want to make sure your company is transparent about the encounters and how the animals are treated.

● **Local Economies**

Another important factor in a sustainable trip is how your money is used. Many travel companies that offer sustainable travel make sure that most of the activities, goods, and services that you may use or fund during your trip directly give back to the local economy.

● **Carbon Offsets**

Something essential for every sustainable travel company is offering carbon offsets. Whether that be included in your trip price or if they provide resources on how to easily offset, it's necessary for eco-travel.

Now, let's look at some highly regarded and environmentally friendly travel companies.

Intrepid Travel.



Intrepid's whole mission is about treading lightly and making a difference. They focus on carrying out sustainable development practices. Along with their trips, the Intrepid Foundation is an outlet for travelers to donate to help the places they've traveled to. And, its claim to environmental fame, Intrepid is carbon

neutral. For a travel company, this is no easy feat. They offer carbon-offset trips to make sure you are traveling green. Intrepid is also extremely conscious about the actions that take place on its trips. They are outstanding with their commitment to animal welfare. By stopping elephant rides and lion walks, Intrepid is amplifying its sustainable message. Plus, not to mention, they are one of the world's largest travel companies that is a certified B-Corporation. They offer destinations on all 7 continents and can even tailor your trip just for

you. They also sort their trips into a variety of themes to make sure you are experiencing the perfect trip for you. Within these trips, they also go above and beyond with making sure that most of the places they visit are more environmental than other options. Intrepid also promotes cultural appreciation of these trips and encourages travelers to learn about the cultures they are going to see and how to behave respectfully towards these cultures.



Patagonia Wilderness



An amazing opportunity to hike through Patagonia, this incredible trek trip starts in Argentina and offers a cycle of hiking. Get to see glaciers and incredible wildlife during your hikes and then finish the trip off with a mini-cruise back to your starting point in Buenos Aires. Perfect for the active nature lover!

Premium Kenya



Starting at the Nairobi National Park, this trip is perfect for any animal lover. Get out on a safari to see some of the amazing wildlife at 3 different nature reserves and spend time learning about the Maasai culture. Plus, with premium accommodation, you camp within one of the game reserves.

G-Adventures.



G Adventures uses an approach called ‘Community Tourism’ with the goal to give back to the communities they travel to. This includes dedicating themselves to ethical and environmentally friendly travel practices. Like Intrepid, they focus on the importance of animal welfare as well. While not going as far as to

not offer animal encounters, G-Adventures does work with different organizations to make sure that if they work with animals those animals are treated humanely. They are working to eliminate single-use plastics on their tours as well. One of G-Adventures’s claims to fame is their unique feature called Ripple Score. Each of their tours has a certain score. The higher the score means that the more money that is staying within that local community in order to help it grow and preserve it. A score of 100 means all the services used for that trip were locally owned.

G-Adventures also partners with the Planeterra Foundation in order to ensure that the places they travel to experience the benefits of tourism. Plus, all guides are locally based meaning that you are learning about where you are from a local—someone who truly knows the area. G Adventures also offers trips on all 7 continents and offers all different types of trips. These tips are also offered in different categories—including the National Geographic and the Jane Goodall collections.



Alaska Journey

Part of G-Adventures's "Jane Goodall Collection" this wildlife-focused trip offers an incredible experience in Alaska. Plus, it boasts a Ripple Score of 84! Travel from Anchorage to the Kenai Peninsula and through the Denali National Park.



Wellness Bali



On this adventure, spend 9 days in beautiful Bali all while embracing your inner relaxation. From yoga and beaches to healing ceremonies and Hindu temples, this trip offers something for everyone and gives travelers the perfect place to start their spiritual journeys. Not to mention, this trip has a Ripple Score of 100!

Contiki Travel.



Similar to G Adventures and Intrepid, Contiki is dedicated to responsible travel. Partnering with different organizations and taking strong stances on sustainable initiatives and environmentally friendly travel, Contiki shows dedication to conscious travel. Contiki Travel is also working to eliminate single-use plastics from their offices and their trips.

They have a nonprofit--Tread Right-- that educates and provides travelers with resources to offset their trips, while also funding sustainable tourism projects. Contikit also partners with many known activists and conservationists in order to further ensure that their trips, and their mission, are truly sustainable.

Contiki also offers a wide variety of trips on 6 continents-- sans Antarctica. They have certain trips with more sustainable emphasis than others where the goal is to help give back.

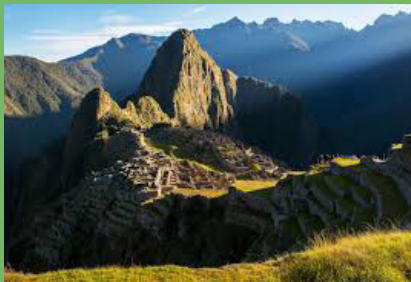
Ireland

Spend 8 days immersed in Irish history with this trip. Traveling all along the entire coast of Ireland, this adventure ensures that travelers get to experience every quintessential Irish activity, from visiting breweries to world heritage sites to gorgeous views from the coast. This trip is perfect for any history buff or any Ireland-lovers!



Ultimate Inca Trail

This 4-day trek adventure lends itself to the ancient culture of the Incas. Hike through cloud forests and camp throughout the Andes as you embark on this incredible trail. At the end, the payoff is breathtaking: Machu Picchu. Cross of an epic hiking experience and seeing one of the 7 wonders of the world with this ultimate trip.



Responsible Travel.



The name says it all: Responsible Travel is here to help you travel responsibly. They offer information on each trip about its carbon emissions so you can easily offset them. They are also working with NGOs to create a plan for green aviation. 1% of their sales go to ‘Trip for a Trip’. This allows you to send a disadvantaged

child on a meaningful trip for no extra cost. Not only do they show their commitment with their trips, but also in their company’s personal agenda. They work a lot with NGOs to educate people on important environmental issues like over-tourism, animal welfare, and cutting out single-use plastics. Responsible also screens all of their vacations and is transparent in these screenings. At the bottom of every vacation page, they include the different factors that contribute to each vacation and how each trip impacts the environment and community. Plus, Responsible Travel

has great connections with locals in the areas they travel often adding to the experiences you get to partake in on one of their trips. Responsible offers trips in all 7 continents. They also offer volunteer trips where the whole trip is focused around making a difference with your travel while also getting an amazing opportunity to work hands-on in wherever you are visiting.



Whale Shark Research Mexico

One of Responsible Travel's volunteer trips, on this adventure travelers get to work with experts during the peak whale shark period. Volunteers get to assist with locating the whale sharks and observing their behaviors. An amazing experience for any animal lover or anyone who just wants to give back during their travel.



Armenia Highlights Tour



This 14 day trip highlights some of Armenia's ecclesiastical architecture. Explore unique and incredible architectural wonders while also learning about Armenian culture. Not to mention, gorgeous views of the Armenian countryside. Anyone who appreciates natural beauty is sure to love this trip.

how you travel matters. so does your final destination.

A lot of times when traveling, people don't often think about the importance of their final destination. When it comes to sustainable travel, where you end up matters almost just as much as how you get there. Certain destinations are more sustainable than others, some are known for supporting eco-tourism, and there are even some destinations that you should not travel to if you are looking to be sustainable.

Let's talk about some of the places you should avoid first. There really is only one major thing that warrants not traveling to a place on a sustainable vacation: overcrowding/over-tourism. Many destinations suffer from increased amounts of tourists. If a place you are planning to go to suffers from over-tourism, it is better to wait to travel there until they have better regulations in place.

Next, let's review some of the factors that make certain destinations more ideal for the purpose of eco-tourism and sustainable travel.



There is no central idea about what makes a destination itself sustainable. However, one of the central themes in sustainable tourism are the '3 P's': Planet, People, Profit. Keeping these close to heart is essential when planning a sustainable adventure and can help in choosing a sustainable destination.

● **Planet**

Choose a destination that operates sustainably. So, maybe a city that has lots of environmental policy legislation in place. Or another that tries to be carbon neutral. Plus, usually, locations closer to nature tend to be more sustainable than a big city.

● **People**

Think about the people and cultures at your final destination. Do they prioritize the environment? How will they be affected by you traveling there? Make sure that your actions are beneficial to the local communities and use that to help pick a sustainable destination.

● **Profit**

Think about where you are going and the economy there. Part of sustainable tourism is making sure your spending benefits the local economy. Do they rely on tourism as a big part of their economy? Will your spending make a major difference? Think about these questions to aid in deciding if a destination is sustainable.

Chile

Home to some amazing sites, this South American country is a great sustainable destination. About 20% of its land is protected and divided amongst 17 national parks. Many of the parks, notably Pumalin and Patagonia, also host initiatives to help rewild and restore their national parks. Chile's indigenous cultures, namely the Mapuche, are also opening their communities to tourism.

And, all of your money spent, if you stay with them, will go directly into their community. Plus, Chile is home to South America's first geothermal energy plant and 22% of all their energy comes from renewable sources. An amazing place for hikers, explorers, and learners, Chile is the perfect destination for your next adventure.

Patagonia
National
Park



Santiago

Iceland

Iceland is pretty much known for being a sustainable country and a sustainable destination. Home to an abundance of geothermal energy, 85% of Iceland's total energy consumption is from renewable sources and 100% of its electricity comes from renewable sources. Plus, many of its amazing natural attractions are either national parks or protected. Not to mention, most

places will become Vakinn Certified if they are considered a 'green' attraction. Iceland's economy also heavily relies on the funds and jobs brought in from tourism. Not to mention, it is a destination of amazing natural wonders and unique animals. The so-called Land of Fire and Ice is a great sustainable destination for adventurers and city-goers alike.

Reykjavik



Northern Lights

Palau // Pacific Islands

Palau, a small string of islands in the Pacific, is a great sustainable and safe destination for your next trip. Especially in tune to marine conservation, 80% of the nation's waters are protected for conservation. Each visitor to Palau needs to pay a sustainability fee as well as sign the 'Palau Pledge'. The Pledge was written by children of the islands and basically makes tourists sign their name

to the fact that they will act ecologically and culturally responsible while on their trip. Palau is also in touch with its environment and the impacts of travel. If an environment is lacking or hurting, the government will close it down to tourists until it can be restored. Perfect for any beach trip, Palau is a sustainable paradise.

The
Islands



Jellyfish Lake

The Isle of Eigg // Scotland

The Isle of Eigg is a very unique sustainable destination. But, be warned, with only one main road this destination is a small one and mainly the site of epic hikes rather than city life. Legally owned by its residents and home to some incredible wildlife, the isle also operates off of a 100% renewable energy grid. Even as you enter the isle, they have signs promoting a small carbon footprint and

to 'reduce, reuse, recycle'. Even though it's a small island, Eigg still has everything needed for tourists. Most people partake in hiking, kayaking, and climbing while they are in Eigg. The residents also work to keep Eigg sustainable in order to continue housing species like the golden eagle and minke whales.

View of Eigg and An Sgùrr



Eigg entry sign // Coast of Eigg



The End!

I hope you enjoyed this book and took it to heart! Thank you for reading and thank you for working to protect our environment.

Also, a great deal of thanks to the people who helped me and supported me during this project.



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