



# Green Matters

Actions today for a healthier tomorrow

## Eco-Travel Tips

Ahhhh summer. It's time for picnics, BBQs, free movies in the park and summer vacations.

Many people take at least one trip over the summer. It might just be to the annual family reunion or perhaps it's the long awaited European adventure. Whether you're traveling internationally or close to home, there are several things you and your fellow travelers can do to lighten your load and reduce your carbon footprint.

### Location, location, location:

- If you're a little unsure about where to go this summer, try staying local and be a tourist in your own town. Not only is the new trend in "staycations" easier on the pocketbook, the reduction in travel (of any kind) reduces the use of fossil fuels and your carbon footprint. It also promotes your local economy – stay in a local hotel and dine out in a different neighborhood.
- If the aim is to go international, consider supporting countries that have made strides in protecting the environment. The **Environmental Performance Index** (EPI) developed in cooperation with Yale's Center for Law & Environmental Policy and Columbia's Center for International Earth Science Information Network rates how countries are tackling the world's environmental issues. The higher the number, the better the country is doing. National Geographic also rates destinations by their **sustainability**.

### Transportation:

How you are travelling to your destination and getting around once you're there are great opportunities to make choices to support the environment.

- If you plan to travel by plane, consider using an electronic ticket and pack light. A plane's fuel needs are determined by how much weight it is carrying – the lighter the load, the lighter the footprint.
- If you are in Europe or another country that has a great high speed rail system, opt to buy a rail pass instead of renting a car. Locally, you can take **Amtrak**. There are overnight \$90 train tickets to Glacier National Park from Portland. Once there you can hop on a shuttle to take you inside the Park.
- If you are in an area that demands renting a car, see if the company has fuel efficient vehicles. Not only will this save you money, it reduces your travelling footprint.

### Activities and Adventures:

- A new trend in traveling these days is to **volunteer** while abroad or partaking in **sustainable adventures**. Put your money where your heart is by supporting local causes that support the environment.
- Don't be afraid to take your time. Hike up to the ruins instead of catching a ride, don't pack your days full of travel, get to know the town and the culture you are visiting. You'll get your exercise, experience other perspectives and reduce your carbon footprint.

### Accommodations:

- Follow the same rules of thumb while travelling that you would at home. Take five minute showers to conserve water, turn-off lights if you are not in a room, do not use the air conditioner unless it's unbearable and you cannot open a window. Also, let your concierge know that you do not need your towels or sheets cleaned daily.
- Vote with your money by staying in accommodations that practice sustainability. There are hotels around the world that are good stewards of the environment; it's just a matter of **finding them**. If you are looking for cheaper options, there are also sustainable **hostels**.



Glacier National Park