



How to travel more sustainably:

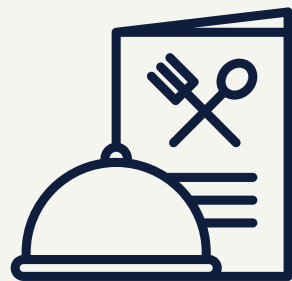
Congratulations on booking your upcoming adventure! While it's true that some aspects of sustainable travel are easier to plan ahead, there are still plenty of opportunities to make a positive impact while you're on the road. Here are some small yet meaningful ideas to incorporate into your travel experience:

Travel with a reusable water bottle:

Instead of purchasing single-use plastic bottles, bring a reusable water bottle with you. Fill it up at your accommodation, restaurants, or public water stations. Tap water in most European and North American countries is safe to drink. Staying hydrated while minimizing plastic waste has never been easier!



Often used for less than 15 minutes, single-use plastic items can take more than 1,000 years to degrade

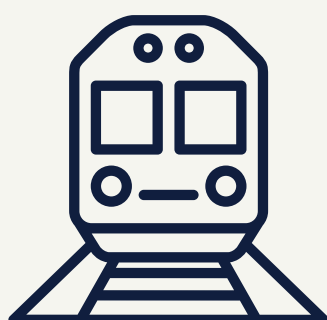
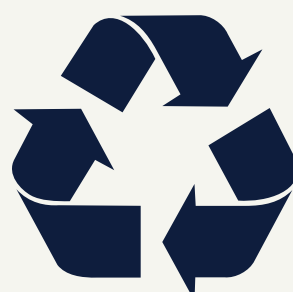


Support local and sustainable eateries:

Seek out restaurants and street food stalls that prioritize sustainable practices. Look for establishments that serve locally sourced seasonal produce. Not only will you be indulging in delicious cuisine, but you'll also be supporting the local economy and reducing the environmental impact of your meals. A good rule of thumb is to eat where the locals are eating.

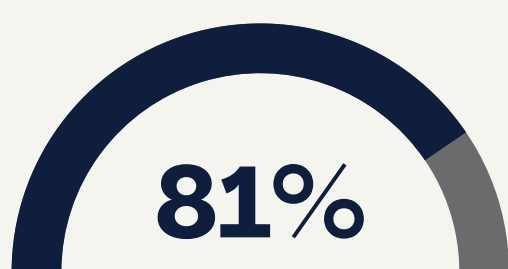
Practice responsible waste management:

Be mindful of your waste and dispose of it properly. Use designated recycling bins when available, and if you can't find one, hold onto your waste until you come across an appropriate disposal point. Additionally, consider bringing a small bag for collecting any litter you come across during your adventures. Leaving a place cleaner than you found it is a great way to give back.



Choose sustainable transportation options:

While you may have already booked your travel arrangements, you can still make sustainable choices during your journey. Making use of local transportation, catching trains or even renting a bicycle will not only minimise your footprint but can also be a great way to discover local neighbourhoods and find those hidden gems!



of travelers surveyed said they plan to choose a sustainable accommodation option in the coming year.



Laundry accounts for 16% of water use at a typical hotel. Hotels can significantly reduce water use by implementing a towel reuse program



Las Vegas, Caesar's Palace saved 30 million gallons of water in a year by implementing such a program.

Engage in eco-friendly activities:

Look for eco-conscious tours and activities that prioritize the environment and local communities. Join guided hikes, nature walks, or wildlife conservation projects that promote responsible tourism and educate visitors about the importance of sustainability.



Respect local customs and cultures:

Embrace the local customs and cultures of the places you visit. Respect the dress codes, traditions, and practices of the communities you encounter. By being a respectful and culturally sensitive traveller, you contribute to the preservation of cultural heritage and foster positive interactions.

Remember, even the smallest actions can make a significant difference. By incorporating these ideas into your trip, you can contribute to a more sustainable and responsible travel experience. Enjoy your trip, embrace new adventures, and continue to explore the world with a mindful and eco-friendly approach. Wishing you unforgettable memories and a journey filled with positive impact!

Happy Travels!

The Sustainable Travel Team.

Learn more at www.sustainabletravel.co.nz