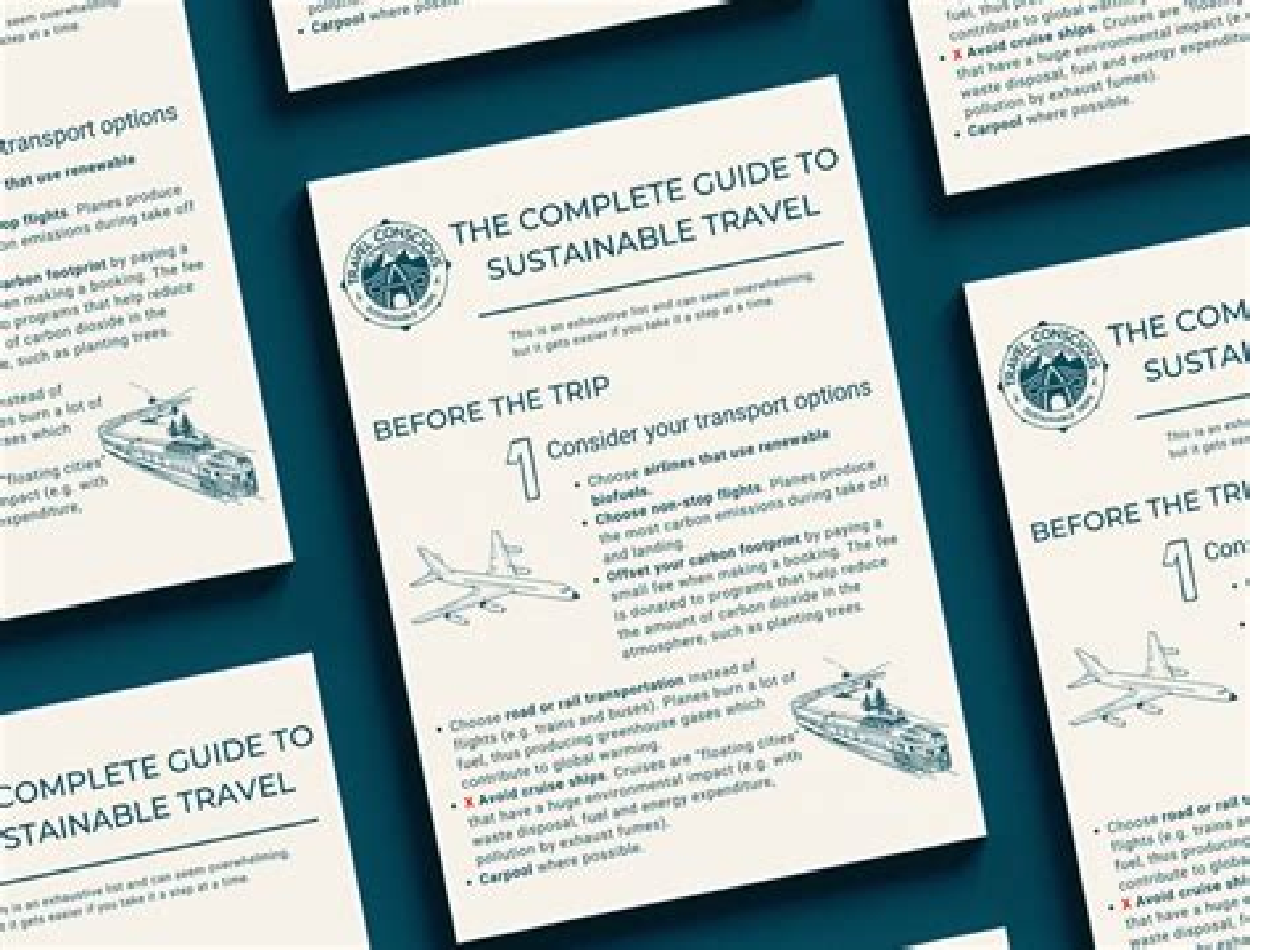




# THE COMPLETE GUIDE TO SUSTAINABLE TRAVEL

This is an exhaustive list and can seem overwhelming, but it gets easier if you take it a step at a time.

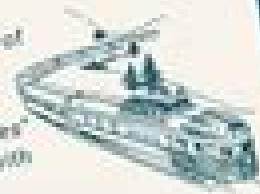
## BEFORE THE TRIP

1

### Consider your transport options



- Choose road or rail transportation instead of flights (e.g. trains and buses). Planes burn a lot of fuel, thus producing greenhouse gases which contribute to global warming.
- **X Avoid cruise ships.** Cruises are "floating cities" that have a huge environmental impact (e.g. waste disposal, fuel and energy expenditure, pollution by exhaust fumes).
- Carpool where possible.



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**Didier Musso**



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