

Cruising into a sustainable future

Sustainable travel doesn't mean sacrificing luxury or fun. There are plenty of ways for you to see the world and leave a positive impact.



Sail into adventure

With new technology and industry changes, ships operate with cleaner fuels, energy efficient designs and the use of solar power. Plastic straws are phasing out and purified water stations let you fill up eco-friendly bottles. Best of all, you'll find plenty of sustainable options to choose from for your next cruise adventure, complete with large doses of pure luxury.

And while some things are changing, be reassured that many cruise lines continue to offer flexible booking policies for your peace of mind.

Cruise with Cunard

With a sustainability objective that supports the United Nations Sustainable Development Goals, Cunard is invested in protecting the environment. Improvements to the fleet reduce the impact of air emissions and responsible waste management includes eliminating non-essential single-use plastics. It doesn't stop there though, with aspirations and targets for sustainability stretching to 2050.

Onboard, contributing to your own health and wellness is a joy with yoga classes and spa therapies. Grand lobbies and elegant theatres join mouthwatering menus at restaurants to suit everyone. Luxuriate poolside with cocktails

For advice on sustainable cruising, call our friendly experts on **01922 896 534**, visit **cooptravel.co.uk** or pop in to your **local branch**.

and dip in and out of whirlpools. When you venture out for shore excursions, you'll do so with the knowledge that Cunard's tour partners offer positive economic impacts for local communities.

Holiday with Hurtigruten

From the breathtaking Norwegian Fjords to tropical Caribbean beaches, Hurtigruten ensures sustainability is at the forefront of every trip to paradise. The world's largest expedition cruise company was the first major travel company to remove single-use plastic from their fleet and hotels. New ships reuse heat from the engines to warm hot water tanks and produce fresh water with onboard purification technology.

Connecting with communities is high on the list during exciting shore excursions, as Hurtigruten prioritises local trading and sourcing to contribute to economies. While you're enjoying hot tubs and atmospheric restaurants onboard, team members offer

talks to encourage awareness about the environment and the measures everyone can take to contribute to sustainability.

Celebrate with Celebrity Cruises

Sail across the seas with the breeze in your hair and Celebrity Cruises' commitment to conserving oceans and coral reefs. The cruise line is partnered with World Wildlife Fund to help reduce emissions, source sustainable seafood and provide guests with knowledge about ocean conservation. The aim is to achieve zero waste across the fleet and their Green Hub program puts it into action with 85% of waste recycled or repurposed.

Meanwhile, you don't have to worry about a thing other than having the time of your life cruising to some of the world's most incredible destinations. The Celebrity Cruises fleet features award-winning services and menus created by Michelin-starred chefs. Luxury abounds at the exclusive Retreat® Sundecks and Lounges, while staterooms cocoon you in premium decor.

Træna Islands, Norway





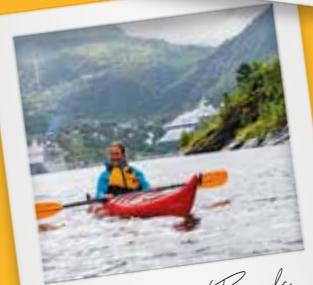
GOOD TO KNOW

Our partner, Ecologi, plant trees on your behalf when you book a Co-op Holiday, helping you offset your carbon emissions.

ecologi.com/yourcoop/coopholidays



Copenhagen



Norwegian Fjords



Stockholm

Explore sustainable destinations

Cruising is one way to indulge in sustainable travel while discovering different destinations in one trip. Otherwise, visit countries that are 'going green'. The Netherlands is a leading innovator for renewable energy providers and recycling schemes. Switzerland offers one of the world's top waste management programmes and Sweden has among the lowest carbon emissions.

As for getting about when you're there, countries such as Denmark and Norway are ideal for keen cyclists, with dedicated bike paths weaving through spectacular attractions. Alternatively, choose destinations with fantastic public transport systems, like Singapore.

Enjoy eco-friendly hotels

When you choose high-end, low-impact accommodation, the hotel helps you travel sustainably while you holiday in the lap of luxury! Many hotels have processes like reducing energy use, eco-friendly waste disposal and water-saving options, so you can rest easy knowing your footprint is minimal.

Better yet, with Co-op Holidays, you can search hotels by sustainability ratings.

Support local businesses

Dining at local, authentic restaurants helps support the community you're holidaying among. Seek out hidden gems when exploring or ask your hotel where's best to eat in the area.

Keep the chain reaction going, with the added benefit of deep diving into local cultures. One of the best ways to do this is to hire local guides and join in with activities where your money goes straight into the hands of the community.

Remember the little things

When it comes to packing, keep your destination in mind. Consider eco-friendly sunscreen for snorkelling over reefs and take biodegradable products, like shampoos and conditioners. The less you pack, the lighter the load of the plane. This, in turn, helps burn less fuel.

Reusable water bottles and cutlery are handy when you're in transit, so you don't have to rely on single-use plastics.

TOP TIP

Don't forget to turn off lights, air conditioning and TVs in your room before you go exploring.

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