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sustainable travel

BECOME A ROAD WARRIOR WHO IS A FORCE FOR GOOD

BY JESSICA BLOTTER

What if you could take a vacation and know that your travel dollars are creating a positive community and environmental impact in the destination you are visiting?

After all, the love of travel can't be separated from the state of the world. Travelers have enormous power (think about the 1.4 billion trips taken last year alone) to make a positive (or negative) impact. By voting with our dollars to support travel that makes a positive difference, we can change the world for the better.

Research shares that 72% of travelers think it's important that their travel dollars positively impact the destinations they visit. But of those who want to travel sustainably, a third find it confusing and half don't know how. Yet when you give back – whether in the form of a donation or volunteering, science shows in the biology of kindness that endorphins are released, causing you to feel healthier and happier. This is the perfect combination for the traveler looking to have a happier, healthier, and more memorable vacation experience.

Discover some eco-luxe getaways and destinations that will inspire you to become a force for good on your next trip.





LAS CATALINAS, COSTA RICA

Las Catalinas is a new walkable beach town that is car-free and built with sustainability as the main priority on the Guanacaste Coast of Costa Rica. Its entire purpose is to create a way of life that is healthy, sustainable, fulfilling and fun.

Not so long ago, Las Catalinas was all pasture land. But with the sustainable development plans in play, they are restoring the land to its original state – a tropical dry forest. To protect it, they are actively planting native trees, prohibit hunting, and are building “sustainable trails” that are resistant to erosion (to name a few!).

WHERE TO STAY: SANTARENA HOTEL

Paying homage to the old mansions of cities like Havana and Cartagena, this bohemian pearl offers authentic coastal relaxation. Picture a stunning rooftop terrace pool, sustainable wood floors, locally sourced amenities, sweeping ocean views and shaded areas perfect for meditation and yoga. Oh, it doesn't stop there. You're mere steps away from 40+ kilometers of hiking and biking trails and postcard-worthy Playa Danta, where paddle boarding, swimming, kayaking and snorkeling are on the daily menu.

Do More Than Travel: Abriendo Mentes

Kind Traveler offers exclusive rates and perks when you give a \$10 nightly donation to Abriendo Mentes, helping to empower individuals through education from rural and underserved communities in Guanacaste. A \$10 donation will provide school supplies for one child.

Do Good for the Day: Beyond giving a donation, Abriendo Mentes encourages travelers to consider offering assistance in teaching English classes held every Thursday. You could also offer to assist with sports and recreational activities on Fun Fridays.