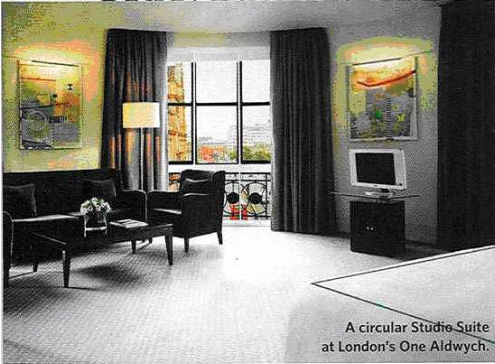


TRAVELER'S NOTEBOOK *Guide to Eco-Travel*



A circular Studio Suite at London's One Aldwych.



Gordon Campbell Gray.

LEADING THE WAY

Hotelier **GORDON CAMPBELL GRAY** isn't just passionate about the environment—he is doing his part to conserve it. In a twelve-month period, his company's One Aldwych hotel, in London, recycled 20,383 pounds of paper and 171,600 pounds of glass and prevented 191,983 pounds of waste from ending up in landfills. *T&C* asked him what his practices at Campbell Gray properties—which in-

clude Carlisle Bay, in Antigua—and the actions of others mean for travelers.

● **Why Campbell Gray went green:** "It has been apparent to me since I was a little boy that we have to value our resources. This was highlighted when I was in my twenties and lived at the mouth of the Ganges, in Bangladesh, while working in the field for Save the Children. I simply realized that the time for talking and study-

ing was over and that action was needed."

● **Campbell Gray's eco-practices:** "Everything we do has to have sustainability, from the organic foods in our restaurant to our natural amenities and even the lighting. Our toilets, similar to those on a cruise ship, use 80 percent less water than conventional systems. Everyone laughed at us nine years ago, but they didn't laugh this past summer during the water shortage in London."

● **What's next:** "We are focusing on the utter elimination of waste. The intelligent guest is now offended by excess and impressed by thoughtfulness. I really want Campbell Gray hotels to stand up for these values. I hope I can influence our industry accordingly."

● **Getting guests involved:** "I was inspired by the book *Change the World 9 to 5*, which describes 100 actions we can take to really make a difference. We have placed the book in each bedroom of One Aldwych."

MARGIE GOLDSMITH

BACK TO NATURE IN COSTA RICA

There's never been a shortage of green travel in Costa Rica: a decade or so ago, this Central American hot spot shot to the forefront of the eco-conscious movement, drawing on its abundant natural resources to become a model for the emerging environmental-tourism market. But as the country promoted its conservationism, people poured in—people who demanded more services, more buffets, more air-conditioning. Ultimately, many hotels watered down their eco-practices to satisfy guests' needs. But one tiny luxury resort on the Guanacaste Peninsula has remained true to Costa Rica's idealism.

At **PUNTA ISLITA**, carved into a terraced hillside overlooking

habitat that is protected by the hotel's staff, to witness the egg-laying ritual of these endangered creatures. By the beams of their flashlights, groups are practically guaranteed to spot a turtle depositing her eggs in a trance-like state, then filling the hole she's dug in the sand and waddling her way back to the water. Her baby turtles will face countless obstacles before they hatch and enter the sea, including the seemingly insurmountable hurdles that mass tourism brings to a small Central American country. But everything at Punta Islita is designed to teach its guests and employees new habits in environmentally forward thinking through art, ecology and culture. With any luck,