



# The Daily Gleaner

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## Eco-Friendly Vacationing in the Maritimes

We are blessed to live in such a beautiful part of the country, and in the summer months we often see and feel this so much more vividly. With such beautiful expanses of land and sea, our region is plentiful with opportunities to explore during summer vacation. And while there is something very appealing and exciting about planning a trip to a far off land, the Maritimes has so much to offer and much of it is within a days drive.

Last month, I spent some time driving through northern Prince Edward Island and saw places and things that I didn't even know existed. It made me eager for my next adventure on the Island, at home in New Brunswick, or in neighboring Nova Scotia. The benefits of local travel are many: it is more economical, it is more sustainable (as there are no long flights), and you are supporting local and regional economies. There are also so many interesting and unique experiences – extraordinary art, culinary delights, fun attractions, and scenic vistas.

We are fortunate in the Maritimes to have some of the greatest natural attractions in the world. There are the five National Parks and 167 National Historic Sites that offer thousands of kilometers of hiking trails and years of rich history. The Bay of Fundy has mile-high tides that are a sight to behold, and, in New Brunswick alone, there are 135 waterfalls to explore. Find them all with the help of local photographer, Nicholas Guitard, at [www.waterfallsnewbrunswick.ca](http://www.waterfallsnewbrunswick.ca).

When planning your trip this summer, consider checking out these unique things to see and do:

- Great Canadian Soap Company, Brackley Beach, PEI – they make their own, all natural goat's milk soap from goats on-site.
- Rossignol's Winery, Little Sands, PEI – This local winery uses local produce to make their own fruit wine.
- Joggins Fossil Cliffs, Joggins, NS - The Joggins Fossil Cliffs are a UNESCO World Heritage site, and are the environment's encyclopedia into the Coal Age.
- Fundy National Park, Alma, NB - Experience the highest tides in the world, and take a hike through the wilderness and bask in its beauty.

Whether you are travelling near or far this summer, it is still important to keep the environment in mind while on the road. 'Bring your own bottle' (BYOB) is an easy travel mantra (my preferred one is stainless steel) so you can have cold water in the car, or while visiting the sites and not have to buy expensive bottled water. Also, try exploring new places by foot, or renting or bringing your own bikes. It's economical, environmentally friendly, and is a great way to keep fit while on vacation. And remember

to continue your energy and fuel saving practices on the road, by taking short showers, turning the lights and television off when finished, and driving the speed limit to keep fuel costs and emissions down.

When you are buying souvenirs or dining out, supporting local retailers and restaurants is the way to go. Many restaurants even have locally grown or produced items on their menu (the fish or beef may come from a fisherman or farmer nearby) - often it will say on the menu or you can ask. And when it comes to, buy a piece of jewelry or art by a local craftsperson, and try to ensure your purchases are made locally or at least in Canada.

The summer season is the best time for Maritime fare, so eat local while on vacation. Fruits and vegetables in roadside stands are a treat, and don't forget the seafood while at the shore! So whether it is potatoes in Charlottetown, lobster in Shediac, or blueberries in Oxford, there is something tantalizing for everyone's palate.

No matter where you choose to travel this summer, take time to appreciate our natural surroundings, and beautiful region that we live in. Happy vacationing!

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