



The Green Concierge Travel Journal

Fall 2011

GREAT PLACES – ON YOUR OWN



Sundance Film Festival 2012 – January 19th – 29th at Park City Utah

Ticket lottery deadline: 10/12/11

Park City – a great place to ski some of that dry Utah powder and experience a western style ski vacation. It is also home to the renowned Sundance Film Festival. Discouraging cars, the festival organizers have instituted an effective shuttle system in town and Park City is accessible

by air, shuttle from Salt Lake City. And of course you can get to Salt Lake City via air or train. Amtrak's train no 5 leaves Chicago in the afternoon arriving in Salt Lake City late the following evening. You would need to overnight in Salt Lake City before heading out to Park City.

Train no 6 departs from Emeryville (Oakland/San Francisco) in the morning and arrives out in Salt Lake City very early the following morning. I cannot say enough about the beautiful winter scenery that the Zephyr passes through from either direction.

Tickets: Tickets are sold on a lottery basis. You need to register for a ticket purchase time slot between September 20th and October 12th. On October 14th you will receive your ticket purchase time slot. At the appointed time, you return to the web site and make your purchase.

One way to see the festival as an insider would be to volunteer. Every year, more than 1,600 volunteers make the festival happen. Volunteers are needed to assist in all areas of the Sundance Film Festival--from theatre entrances to shuttle stops. Of course, there are exciting benefits such as being among the first audiences to see world premieres of the best new independent films. <http://www.sundance.org/festival/info/program-details/#requirements>.

Photo: Photo by ladyanne47, IgoUgo

GREEN TRAVEL RESOURCES

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Visiting Warmer Waters this Winter? Take Steps to Minimize Your Impact on Coral Reefs – the Coral Reef Alliance



Photo credit: Caribbean/Latin America | Chuck Savall, Turks and Caicos Islands, January 1, 2011

In the winter, many of us travel to warm waters in the Caribbean, Mexico, Florida, Hawaii or the southern pacific coast – California, Baja and Mexico. Many of us are drawn to the stunningly beautiful underwater ecosystems in these waters. We float, snorkel or dive to observe the amazing array of colorful fish that freely swim around us or the turtles or the beautiful underwater plant life that forms exotic gardens.

Unfortunately, coral reefs are threatened around the world. Warming of ocean and sea waters (climate change), over fishing and

destructive fishing practices and coastal development are the main threats. As visitors, we can avoid adding to these stresses. So what can we do to help protect the coral reefs and ensure that our children and grandchildren will also be able to enjoy them in the future?

[The Coral Reef Alliance](#), an international non-profit, seeks to unite communities and individuals to save coral reefs. As one of their educational efforts, they have produced guidelines and best practices for tourists. [The guidelines](#) cover snorkeling, whale watching, turtle watching, diving, and underwater clean up.

For snorkelers, the Alliance starts by reminding us of the fragility of these ecosystems by asking visitors - Please:

- 🌿 Do not disturb or harass marine life.
- 🌿 Do not remove marine life from its natural habitat or shells.
- 🌿 Do not step on or touch coral.
- 🌿 Do not stir up sediment near coral.

Other tips:

- 🌿 Try to choose resorts and local businesses that support coral reef protection.
- 🌿 Avoid buying souvenirs made from coral or other marine organisms.
- 🌿 Support local initiatives by paying conservation fees, even if they are voluntary.

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To learn more about coral reefs or the Coral Reef Alliance, visit their web site at <http://www.coral.org/>. Green Concierge Travel encourages travelers to support the organizations that work to protect the ecosystems, natural areas and culture that make your destinations so exciting and beautiful.

GREAT IDEAS – HEALTHY FOOD WHEN FLYING

In the new era of security screening and the need to Board in a timely way either to get your roller bag in the bin or to avoid having the airline give your seat away in the case of an oversold flight, travelers often arrive at the airport anywhere from an hour to two hours before the flight. With that much time tacked on to travel, what might have been a stretch to go without a meal now becomes impossible.



Here are some thoughts on how to make it to your destination feeling content. On your way to the airport or the night before, you can make or pick up a sandwich or a salad. Just remember that dressings in a separate container will probably not make it through security. Leftovers from dinner the night before have included artichokes, cold chicken or steak and Caesar salad fixings.

On a recent flight out of Milwaukee, we paused at [the Milwaukee Public Market](#). Travelers have a choice of items and types of food to pick from – smoked salmon, fresh made sandwiches, Mexican fare and made to order salads. We picked up two made to order salads with a wide variety of ingredients including a choice of nuts, seeds, tofu, tuna and meats for protein. The salads were dressed in the store. Ten minutes after leaving the market, we were at the airport.

Many airports have added some sort of Japanese option to their restaurant choices. Sushi, rice with vegetables and meat are all good options. At Chinese restaurants, you can get a stir fry; ask about MSG if this is on your avoid list. I like the build your own burrito which lets me add a range of ingredients – rice, black beans, peppers, lettuce, corn and salsa to my liking.

Just in case you want to know how airports compare, a web site, the Healthy Road Warrior lists the top 17 airports based on work done by Physicians Committee of Responsible Medicine <http://www.thehealthyroadwarrior.com/airport-restaurant-and-healthy-food-choices/>.

With a little bit of thinking ahead, you can have good food and a great trip wherever you are planning to go.

ANNOUNCEMENTS

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Chez Panisse (Berkeley, CA) – Celebrating 40 years of Championing Sustainable, Local Food

<http://www.chezpanisse.com/intro.php>

In late August, Chez Panisse reached its 40th year of championing sustainable, local food. Located in Berkeley CA, Chez Panisse continues to lead the way with its innovative menus, food sourcing and its program the Edible Schoolyard Project.

Chez Panisse's restaurant is by reservation only Monday through Saturday. There are two seatings and a limited, seasonal set menu. Mondays tend to be the least expensive nights with more earthy and less elaborate menus. The Café, located upstairs, provides another option should you want lunch or decide to visit Chez Panisse without a reservation. The Cafe offers lunch and dinner and a menu du jour as well as a la carte choices. It has an open kitchen along one side of the room with a charcoal grill and a wood-burning oven. The menu is inspired by the market and changes every day.

Alice Waters, Chez Panisse's founder and soul, has been an inspiration for many people. Besides founding the Edible Schoolyard Project, she is the Vice President of Slow Food International, recipient of a variety of food and sustainability awards and author of eight books.

Getting there: If you have not been there, put Chez Panisse on your list for a visit to the San Francisco Bay area. Using transit, take a BART (Bay Area Rapid Transit System) Richmond train and disembark at the downtown Berkeley station. Take the escalator to Shattuck Avenue. Walk north 9 blocks to 1517 Shattuck between Cedar and Vine Streets, or take a taxi from the BART station.

Chez Panisse, 1517 Shattuck Avenue, Berkeley, California 94709. Reservations are accepted up to a month ahead for both the Café and the Restaurant. Café Reservations: (510) 548-5049, Restaurant Reservations: (510) 548-5525

EVENTS, GREEN LIVING FESTIVALS....

The New World Fest

Santa Monica, CA – October 7th – 9th

<http://www.thenewworldfest.com/santa-monica/>

Green Festival

Los Angeles, CA – October 29th – 30th

<http://www.greenfestivals.org/future-tickets>

Green Festival

San Francisco, CA – November 12th – 13th

<http://www.greenfestivals.org/future-tickets>

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Green Festival

New York, NY – April 21st -22nd, 2012

<http://www.greenfestivals.org/future-tickets>

Next Issue:

If you have an ecotravel destination or question you would like covered or if you have an ecotravel tip or a “postcard” you would like to pass on to other green travelers, please email Green Concierge Travel info@greenconciergetravel.com. These news blasts will be sent out quarterly but we can post some things on the web!

www.greenconciergetravel.com

If you want to be added/removed from the Green Concierge Travel Journal email list, please send an email to info@greenconciergetravel.com and put “Add to Travel Journal” or “Remove from Travel Journal” in the header.

Thank you to all Green Concierge Travel’s clients!

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