



VACATIONING GREEN GUIDE

If you would like to have a green vacation here are some tips to get you started.

• BLUE BAGS

Lake Tahoe has a blue bag recycling system. You can put anything that can be recycled into the blue plastic bags. You do not have to separate items. You can recycle: cardboard, glass, plastic bottles, paper, used paper towels, used napkins, wood, metal, foil....just about anything BUT plastic bags. Put blue bags in the BEAR proof garbage container out front.

- Avoid using plastic bags.....like the plague.
- Wash ziplock bags. You can reuse them several times.
- Bring bags to the grocery store. There is usually a supply of grocery bags in the kitchen closet.
- Drink water from the tap. It has been tested and is very, very clean.
- Don't buy or use plastic water bottles. They are bad for your health and the planet.
- Only run a full dishwasher.
- Turn lights off when leaving rooms.
- Hang clothing to dry instead of using the dryer.
- Keep the heat on LOW in the evenings. Turning down the heat to 55° will save energy.
- Use green cleaning products. We like Method, Bright Green, Nancy Boy, and some of the Clorox green options.
- Use sponges, dishrags, washclothes in place of paper towels & napkins.
- Flush the toilet only when necessary.
- Bring a travel mug to the coffee shop.
- Take short showers.
- Re-use your bath towels. You can probably get away with using it 3-4 times....unless you're a really dirty person (which means that you take few showers thus saving h2O ~ hey, bonus ;)

- Use biodegradable garbage bags.
- Bring containers to dinner if you think you will have leftovers. DO NOT ACCEPT STYROFOAM.
- Turn the heat WAY down when you go out for the day. We recommend 55°.
- Buy and eat only locally grown, organic, in season foods. Here's a website to help you choose http://www.publicradio.org/columns/splendidtable/locavore_nation_west
- WALK.
- Do not throw left over food into the garbage. Food does not decompose in landfills. Landfills do not get the air/water to break down food....causing METHANE to be created. Methane is a billion times more toxic than CO2....plus, landfills are so toxic that the food takes hundreds of years to break down wasting perfectly good energy for soil. Put food down disposal. You can even put used coffee and filters down the disposal. Of course, do not put bones down disposal.
- Do NOT turn the hot tub down or off. You'd think that would save energy, right? Actually, the amount of energy it takes to get it up to the preferred heat after cooling is far higher than just leaving it alone.
- Use foil instead of plastic wrap. Foil can be recycled easily. Plastic wrap cannot be recycled AT ALL.
- Fill up the sink with water if you choose to do dishes the old fashioned way. Letting the water run wastes a lot of water.
- Use Reduce, Reuse, Recycle, Reassess as a foundation. Reduce: use less. Reuse: reuse whatever you can. Recycle: everything. Reassess: if you have two choices, take the more sustainable, even if it is more expensive. What is "sustainable"? Locally grown, in season, organic, packaging made from recycled materials, and ethical labor practices used to produce the product.

GREEN PLACES TO GO

Local places we love.

- Big Water Grille: Incline Village <http://www.bigwatergrille.com>
- Baxter's Bistro: Northstar <http://baxtersbistro.com>
- Moody's: Truckee <http://www.moodysbistro.com>
- New Moon Grocery: Truckee <http://tinyurl.com/2fee9gd>
- Martis Valley Hiking/MTN Bike Trails http://www.northstaratahove.com/nsassets/files/hike-summer/Hiking_Trail_Map.pdf