



Green London Guide

Jaswinder Kaur gives us her top tips on how to start exploring the English capital as an eco-tourist.

London is one of the greenest capitals in the world and is set to become greener still now that everyone's becoming environmentally conscious. Here's a guide to a perfect green experience in London, from going on an eco-walk through central London, to eating in an organic pub, and finally dancing the night away in a bid to save the planet.

1. Go on an Urban Eco Tour

Tel: 07722 559 245

www.green-london.org.uk

An unusual two and half hour tour of London's famous landmarks. As the name implies, this tour delves into environmental issues affecting us all. Winner of the Guardian and Unltd Green Living Award, Glastonbury Award 2008 - 2009, this social enterprise was set up in August 2009 by Catherine Baker. The interactive eco-tour lets you take in the sights of London, from Trafalgar Square to the Cabinet War Rooms, while gaining insights into the myriad issues surrounding climate change.

The tour is extremely engaging, as the guide manages to simplify and make relevant all of the different and complex issues associated with climate change - from population growth, to our carbon



footprint and waste management. Along the way, participants get involved in various interactive and sometimes amusing activities. Much has been said about carbon emissions and how many tonnes people in the UK emit through their day to day activities. One of the unusual activities on this tour is visualising how much a tonne of carbon actually is! Each stop on the tour ends with ten tips on how we can all play our part in tackling climate change.

This urban eco-tour helps you to realise that your actions as a consumer do have an impact on the environment and makes you want to do your bit. Certainly, some parts of the tour were sobering, especially those concerning the tipping point, but overall one leaves feeling positive and empowered to make change, while appreciating the urban and natural sights of one of the greatest cities on the planet.

Tours cost £11.10 per person and are conducted on Tuesdays, Thursdays and Fridays. You can book in advance or turn up at the meeting point in Trafalgar Square.

2. Club for the Climate

Club4Climate London, 156 Pentonville Road,
London N1 9JL

Tel: 020 8888 2333

www.club4climate.com

Opened in October 2008, this unassuming club along Pentonville Road is the place for clubbers with an eco-conscience. With their tagline 'All you have to do is dance to save the world', Club4Climate shows that fighting climate change is not all gloom and doom, you can have fun and do your bit to protect the environment.

How does it all work? The dance floor is covered with cells that transfer the energy of dancing limbs into electricity, which in turn powers about 60 per cent of the club. The remaining 40 per cent is eco-friendly electricity.

The club also waives the cover charge for any patron who proves that he or she travelled there in an eco-friendly way.

Admission: £10.00 cover charge.



3. Camley Street Nature Reserve

12 Camley Street, London, N1C 4PW

Tel: 020 7833 2311

www.wildlondon.org.uk

Just beside London's busiest transport hub, King's Cross and St. Pancras, lies a two acre nature reserve on the banks of Regent's Canal. A former coal yard, this nature reserve created in 1984 comprises a meadow, woodland and pond.

Walking tracks along this lush and green environment let you be at one with nature and you can spot a variety of birds from kingfishers and mallards to reed warblers. For an hour or two, you forget that you are in London for the air is cleaner and there's no traffic in sight, just bird songs and the rustle of leaves in the breeze.

Opening hours 10am to 5pm daily.

4. Have a meal at an organic pub

The Duke Of Cambridge, 30 St Peter's Street,

London N1 8JT

Tel: 020 7359 3066

www.dukeorganic.co.uk

The Duke of Cambridge pub in Islington is the UK's only certified organic gastropub. Certified by the Soil Association, this award-winning pub was ahead of its time, established in 1998, way before it was hip to be green!

Founded by Geetie Singh, the pub eschews big business and supports independent producers. It serves organic, locally produced food and keeps its transport miles to a minimum with about 80 per cent of its produce sourced from the Home Counties.

The pub's menu is seasonal and its fish comes from sustainable sources certified by the Marine Stewardship Council. Its organic beers and lagers

are brewed by two breweries close to London. Every aspect of this pub is green from its reusing and recycling policy to its energy, which is generated by solar and wind power.

Expect to pay about £27.00 per person for a 3 course meal excluding wine. Opening hours 12pm to 11pm from Mondays to Saturday and 12pm to 10.30pm on Sundays

5. Stay in London's greenest hotel

The Cavendish Hotel, 81 Jermyn Street, St James's, London, SW1Y 6JF

Tel: 020 7930 2111

www.thecavendish-london.co.uk

The cream façade of this hotel block on Jermyn Street, just off London's Piccadilly Circus looks just like any other. But this is no ordinary hotel; the Cavendish Hotel is one of the few London hotels to be awarded the gold award for its environmental policies by Green Tourism London.

To ensure a low carbon footprint, the hotel has an energy efficient lighting system and an in-house water bottling system that reduces packaging and delivery of bottled water to guests. Guest rooms have low volume showers and taps, and newspapers are given on request only.

All of these measures have helped this 230-room hotel reduce its CO2 emissions to lower than half the average rate of 29kg per guest, per night. The hotel also uses Fairtrade products throughout and its restaurant serves local, seasonal produce and fish from sustainable sources. The hotel also hires out bicycles and provides cycling, walking and running maps to its guests.

Prices start from £140 per room per night. 