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According to The International Ecotourism Society (TIES), ecotourism is 'responsible travel to natural areas that conserves the environment, sustains the well-being of the local people and involves interpretation and education'.

Waiting at the departure lounge at Heathrow Airport, ready for my eco-trip, I reassure myself that I am greener than most.

The first issue with visiting any eco-resort is your carbon footprint getting there, which, depending on the distance from your home, can be huge.

Upon arrival, I completely forget my environmental mission for a while, marvelled by the luxury of the establishment.

After a few days, it becomes obvious that the hotel makes very good use of the surrounding environment whilst protecting it as much as possible.

The next step is to talk to the locals to find out what kind of impact the resort has on the community.

On the flight back, I go over the three principles of ecotourism, and the overall verdict for Praia do Forte is very favourable.