



WHAT IS A CARBON FOOTPRINT?

It is the amount of greenhouse gases, such as carbon dioxide (CO₂), released into the atmosphere as a result of our daily activities.

These emissions contribute to climate change and its negative impact on the planet, such as heatwaves, droughts or torrential rains.



WHAT IS THE IMPACT OF TOURISM?

During our trips, we generate a carbon footprint by using different means of transport, using energy in our accommodation or simply eating.

According to the World Tourism Organization (UNWTO), the future of tourism will depend on its ability to cut emissions by 50% by 2030.

To achieve this goal, each of us can make a difference with small actions.



Discover how to make a difference during your stay with the following good practices!

WASTE

REDUCTION

- Use your own **reusable water bottle** and avoid disposable plastic bottles, as well as tote bags instead of single-use bags. The production and disposal of plastic generates large amounts of carbon emissions.
- Separate your **waste** correctly in the available recycling containers.
- Reduce waste by avoiding the purchase of unnecessary products and choosing **reusable** and long-lasting options.

Small actions can go a long way.



SUPPORT CARBON OFFSET PROJECTS

- Find out about carbon offset projects in the Region of Murcia and consider making **donations** to support initiatives that contribute to carbon neutrality.
- If you have the opportunity, participate in **reforestation** programs or contribute to the preservation of local forests, which play a crucial role in carbon absorption.

**Find out how to help
in your destination.**



SUSTAINABLE TRANSPORT

- Use **public transport**, cycle, or walk whenever possible. These options release fewer emissions than private vehicles.
- If you need a vehicle, think about renting an **electric or hybrid vehicle**, which releases fewer emissions and contribute to a more sustainable mobility.
- To travel to your destination, keep in mind that the plane is the means of transport that releases the most emissions per trip. If possible, use a more sustainable means of transport, such as the train.



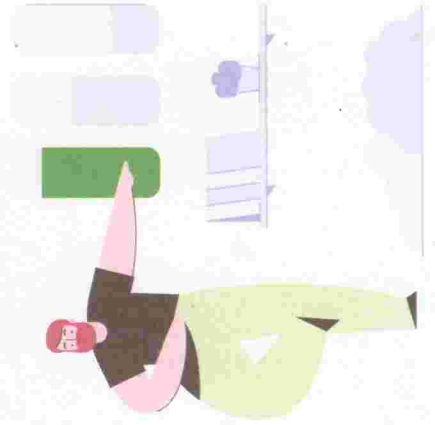
**Travel wisely and
enjoy your trips!**

SAVING

ENERGY

- **Turn off** the lights and use the natural light in your accommodation.
- Adjust the **temperature** of the air conditioning or heating efficiently to avoid energy over-consumption. The recommended temperature is 26°C in summer and 21°C in winter. Furthermore, for every degree that you increase or reduce the temperature, energy consumption increases by 7%.

- **Air the room** during the most beneficial hours. In summer, it is advisable to open the windows early in the morning or late in the afternoon, while in winter you should open them during the central hours of the day.



**Be aware
of your
energy use!**

ECO-FRIENDLY

ACCOMMODATION

- Look for accommodation that is committed to sustainable tourism, such as the use of renewable energies and recycling programs. These establishments reduce their carbon footprint and promote environmental conservation.
- Participate in activities that promote **waste recycling**.

**Small actions can
go a long way**



Thank you for your commitment to reducing your carbon footprint as a tourist/visitor in the **Region of Murcia**. Small actions can make a difference for a sustainable future. Enjoy your stay and share these tips with other tourists!

Share your experiences using the hashtag on social media

[#TurismoRegióndeMurcia](#)

and join this great challenge of reducing the carbon footprint.



If you need further information, visit any of the Tourist Offices in the Region of Murcia [👉 turismoregiondemurcia.es](https://turismoregiondemurcia.es)

