

Nature's greatest hits

How to reconnect with
nature on your next trip



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The importance of reconnecting with nature

Leaping into the great outdoors is both an amazing way to spend a few days and incredible for your health and wellbeing. Time in nature lowers your blood pressure, reduces stress and anxiety, improves your mood, and even boosts your immune system. It's true!¹

By adding a good dose of nature and fresh air into your next trip, you'll return home feeling thoroughly refreshed and relaxed—plus you'll hopefully have memories of some incredible views, locations, and experiences.

So, what are you waiting for?



1. <https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>

How COVID has created an army of nature lovers

A desire to spend time in nature is a big part of what makes us human—and not being able to get outside much in the last year has only increased that desire.² Long periods stuck indoors because of the pandemic have reignited our passion for nature and the environment.

- More than half (59%) of people said that spending time in nature during the pandemic gave them a greater sense of health and wellbeing, with top activities including walks (70%), watching wildlife (64%), and gardening (57%)³
- A quarter (26%) of people that regularly visited parks during COVID had rarely—or never—visited in the year before⁴
- 15% of Americans plan to hike more post-COVID⁵

Now that travel is back on the cards, it's the perfect moment to spend even more time in nature, visiting iconic natural attractions, booking accommodation in the heart of nature, and planning activities in the great outdoors.



2. <https://theconversation.com/heres-why-youre-craving-the-outdoors-so-much-during-the-coronavirus-lockdown-136375>
3. <https://www.uvm.edu/gund/news/pandemic-people-are-turning-nature-especially-women>
4. <https://www.sciencedaily.com/releases/2020/12/201217145219.htm>
5. <https://civicscience.com/how-americans-are-fighting-cabin-fever/>

Explore nature's greatest hits



This is a big world with experiences galore. There's something out there for everyone, whether you prefer relaxing on a picturesque beach or scaling mountain peaks, high above the clouds. To see some of the best places that nature has to offer, these five iconic landmarks are absolute musts for your bucket list:

- **Grand Canyon, USA** – Grab your hiking boots and trek in this immense canyon of striking red rock, plunging down an incredible 4,000ft
- **Great Barrier Reef, Australia** – Pull on your diving suit and explore the world's largest coral reef system, packed with vibrant colors and teeming with wildlife
- **Ha Long Bay, Vietnam** – Book an overnight cruise aboard a traditional boat and watch the sun set over this stunning bay full of hidden caves and framed by green-topped cliffs
- **Victoria Falls, Zambia** – Visit this legendary waterfall that cascades over the lip of a plateau of volcanic rock and plunges more than 350ft
- **Uyuni Salt Flat, Bolivia** – Cycle along the iconic Uyuni Salt Flat that stretches an incredible 4,000+ miles, or grab your camera and take some stunning pictures



Grand Canyon, USA





**Great Barrier Reef,
Australia**





**Ha Long Bay,
Vietnam**



**Victoria Falls, Zambia/
Zimbabwe**



**Uyuni Salt Flat,
Bolivia**





If you've picked where to stay, dive into planning your nature-infused activities. But—even more fun—you could start with an experience and build your whole trip around it. Either way, do talk to your travel agent, who can work with you to craft an itinerary packed with the best outdoors activities.

For inspiration, here are just a few more once-in-a-lifetime experiences you could enjoy.

- Go in search of the endangered Azores bullfinch on a marine **birdwatching expedition in the Azores**
- Explore an ancient olive mill and hidden boutique wineries on a **guided trek through stunning Tuscan vineyards**
- Get up close and personal with wild dolphins near the island of **Bimini in the Bahamas**



Relax in the great outdoors



Exploring the natural world isn't only about trekking, climbing, and swimming—kicking back can be just as amazing. You could head to Thailand, home to some of the world's most beautiful beaches. Try the famous **Railay Beach**, cut off from the rest of the mainland of Krabi province by high limestone cliffs and only accessible by boat.

Or take a picnic to the sweeping tea plantations of Malaysia's **Cameron Highlands**, where blissfully cooler air meets stunning views.

You could even spend the night among the treetops. Channel your inner child and book a night in a **treehouse**⁶ – with breakfast on a balcony overlooking the canopy and nights listening only to the sound of the breeze rustling through the leaves.

Indulge your love of water in a floating **sea villa** in the Maldives, with unbroken views of crystal-blue waters and the sound of waves gently lapping its wooden stilts. Or for a complete escape, head to a **remote mountain resort** in **Canada** or **India** where unparalleled views create a sense of absolute serenity.

Where will your adventures take you?

6. <https://www.thrillist.com/travel/nation/best-treehouse-hotels>



**Cameron Highlands,
Malaysia**



**Railay Beach,
Thailand**



Maldives

Himalayas, India



Leave only footprints:

The importance of green travel

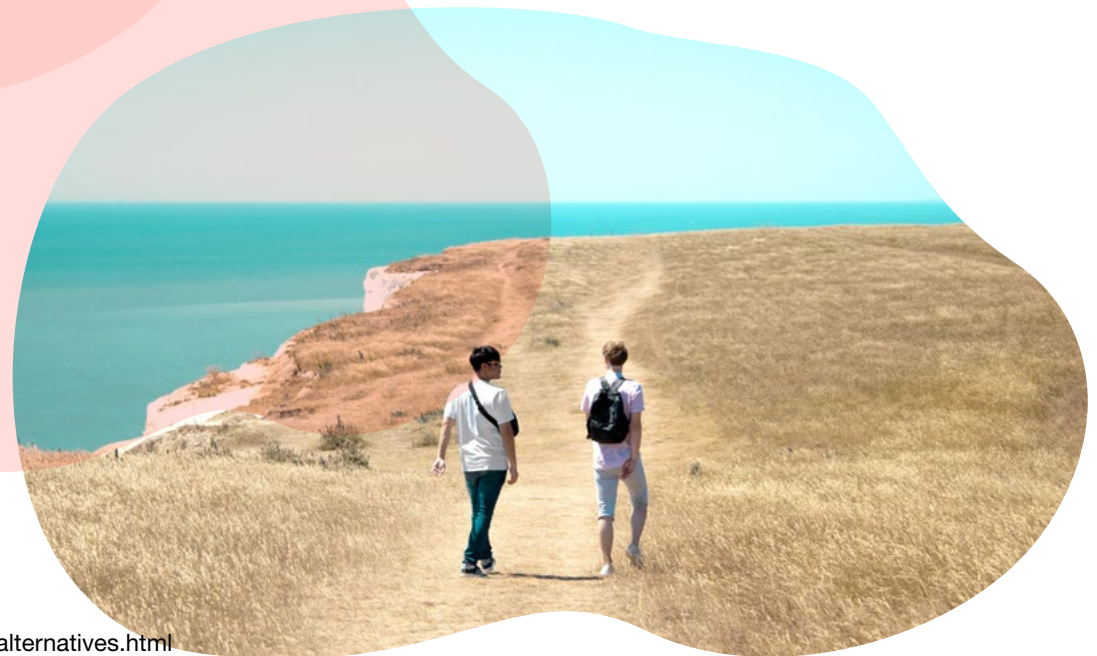
The more time you spend in the great outdoors, the more you'll likely fall in love with our incredible planet and its extraordinary diversity. You'll want to do your bit to protect it day-to-day and on your travels, too.

There are all sorts of things you can do to make your next trip a little greener.

- If you fly, consider offsetting the carbon footprint of your flight⁷ – it's an option many airlines are now proud to offer
- Instead of flying, try a railway journey. It's often a much greener⁸ option and can have far more striking scenery

- Book accommodation that goes the extra mile in sustainability—hotels, retreats, and B&Bs usually celebrate their eco-friendly practices publicly⁹
- When exploring natural attractions, do everything you can to protect them. Only explore where you're allowed to, take all rubbish away with you, and follow any other instructions to reduce damage¹⁰

Chat to your travel agent about how to really reduce your impact. They can craft light-touch adventures and book eco-friendly transport, so you leave only footprints and take only memories and pictures.



⁷ <https://www.ontheluce.com/carbon-offsetting-flights/>

⁸ <https://www.ovoenergy.com/blog/green/the-carbon-footprint-of-flying-and-eco-travel-alternatives.html>

⁹ <https://greenglobaltravel.com/how-to-choose-an-eco-hotel/>

¹⁰ <https://www.afar.com/magazine/5-cool-sites-and-apps-that-promote-sustainable-travel>

Speak to your travel agent about **getting back to nature**



If you're planning your next big adventure, give us a shout because we have a treasure trove of ways to make your great leap into the great outdoor truly memorable.

- **Choice:** We have access to over 200,000 activities, attractions, and adventures—and over 1.6 million properties, including vacation rentals surrounded by nature
- **Advice:** We love travel, too, and love to share our expertise that gets you to all those gems hidden in nature that other tourists won't spot
- **Price:** Our access and insider know-how mean we can often negotiate better rates than you'll find online and secure great value package deals
- **Convenience:** Best of all, by managing all of the bookings in advance, we take the hassle out of a trip immersed in nature

All which leaves you able to sit back and enjoy the best that nature has to offer. Get in touch and reconnect with nature on your next trip—we're here to make it amazing for you.