

Get away the green way

Spoil yourself, but not the planet, with an eco-friendly holiday

Take a hike through the lush Dominican rainforest

Reach new heights in a bamboo tree house

3 RIVERS ECO LODGE, DOMINICA, THE WEST INDIES

Green appeal

This amazing retreat has won 11 awards for being so environmentally friendly. It's right on the edge of a rainforest and perfect for eco lovers - the gardens are watered using collected rainwater and electricity is generated by wind turbines.

The main resort has four one-bedroom wooden cottages

with double beds and large verandas. The real treat is that they are set in their own private organic gardens, where fruit and vegetables are there for the picking. Meals are served in the restaurant, or brought to your cottage, and use produce from the gardens. Alternatively, you can stay in the heart of the rainforest in a cabin or bamboo tree house.

What to do

Swim in one of the three river pools or walk 20 minutes to the stunning black-sand beach in Rosalie, the nearest beach town. Horse riding and birdwatching are also on offer, and you can follow the nature trails with a local guide for £30 a day.

How much?

Rent a self-contained cottage

are about £135 and the bamboo tree house is £200. All accommodation sleeps two to three people. To book, call 001 767 446 1886, or visit www.3riversdominica.com.

Get me there

Flights to Antigua with British Airways start at about £450. To book, call 0870 850 9850, or visit www.britishairways.com. British Airways charges a voluntary tax on fares to help combat global warming. Money raised from the tax will go to Climate Care, a charity that is working towards reducing global carbon dioxide emission levels. From Antigua, flights to Dominica with Caribbean Star take 35 minutes and cost about £60. To book, visit www.expedia.com. For information about the island



The wooden cottages have their own private gardens

