



## ↑ Hit the Rapids

Follow your **Eco First Adventures** guide up 1,000-year-old rice terraces, emerald-green staircases reaching into the highlands of Luzon Island in the Philippines. After visiting artisans in a local village, you'll don a helmet for your next adventure on this five-day Highland Terrace Whitewater tour: rafting down the class II through class IV rapids of the roaring Chico River. On this trip, as on all Eco First hiking, biking, rafting

and surfing tours around the Philippine islands, the company follows a philosophy of "tread lightly," traveling in small groups, employ-

ing locals as guides and partnering with local environmental organizations to support conservation projects. Eco First also runs First Tracks, an outdoor leadership program that teaches environmental conservation to young islanders, who will be future adventure tour guides. Highland Terrace Whitewater tours from \$525. [ecofirstadventures.com](http://ecofirstadventures.com) — BILL FINK

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## JAM WITH A BAND

Jam Winston, owner of the Green Globe-certified **3 Rivers Eco Lodge** in eastern Dominica, calls the resort's community-immersion tours a "win-win" for everyone involved.

They produce income for local residents, give insight for guests and create goodwill for the resort. On the tours, guests might work on a dasheen farm, jam with a reggae band or tour a garden with medicine man Simon George, learning how tree-of-life plants will heal cracked feet and sweet broom will ward off anyone "playing with you." These

tours are just part of 3 Rivers' overall commitment to the community and environment. Winston also invites school groups to visit the resort for eco-tours, recruiting the next generation in the fight to preserve the Caribbean's greenest island. [3riversdominica.com](http://3riversdominica.com) — TC



## ↓ LEARN TO LOVE

For more than 30 years, **Elderhostel**, a nonprofit organization offering worldwide educational programs for travelers ages 55 and over, has combined the love of learning with engaging environments and extraordinary experiences. On the Elderhostel Best of Kauai's Natural and Cultural Wonders trip, you'll learn to weave long strips of pandanus leaf into your own *lau hafa* ornaments and bracelets with the help of a Hawaiian *kupuna*, or elder. Hear the cry of the endangered *nene* (Hawaii's state bird) flying overhead as a naturalist shares how the native bird was saved from extinction. Smell the aromatic *awapuhi* (a plant in the ginger family) as a docent tells of its ancient medicinal uses as you walk through a tropical garden. Staying true to the Elderhostel mission, you'll learn about cultural and environmental practices in the traditional way: from one person to another, one culture to another. Six-night trips

from \$1,002 per person. [elderhostel.com](http://elderhostel.com) — KSR

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