

First Spain, then Greece and Turkey—a number of popular summer vacation destinations have made the news this year due to extreme heatwaves and temperatures reaching 45 °C. Unsurprisingly, the latest trend is to take a “coolcation.”

Cool- what? We take a closer Look at the Trend

The current travel trend focuses on destinations with significantly cooler temperatures. That includes Scandinavian countries, but also destinations in the mountains.

It gets significantly cooler from 1,000 meters above sea level

Let's start with some meteorology: The lower layer of the Earth's atmosphere is called the troposphere, and the temperature in it drops steadily as you climb. **For every 1,000 meters of altitude, it gets about 6.5 degrees cooler than at sea level.** That's why you see snow-capped peaks in the summer (for example, on the north side of the Alps, the climatic snow line is 2,500 meters). The reason for the temperature drop is the lower air pressure. The warm air expands and loses energy (=heat). The higher it rises; the more heat is lost.

In addition to cooler temperatures, a summer vacation in the mountains offers you other (sustainable) benefits:

- **You don't need air conditioning.** Not only do they consume huge amounts of energy, but they also produce harmful greenhouse gases.
- **The air is cleaner.** From 1,000 meters, there are measurably fewer exhaust fumes, pollutants, and allergens in the air.
- In some ski resorts, summer is the **low season** - so you travel counter-cyclically, which has less impact on the environment and the local population, as the tourist crowds are spread out.

5 Sustainable Hotels for a Cool Vacation - No Air Conditioning needed

All five of the hotels featured here are located at an altitude of more than 1,300 meters, where temperatures are significantly cooler than in the valley. To ensure this remains the

case in the future, they are committed to protecting the environment and the climate. In addition to unique experiences and the finest cuisine, you can discover their commitment to even the smallest details during your stay.

#1 Paradiso Pure.Living Vegan Hotel

Alpe di Siusi, South Tyrol, Italy | 2,020 meters above sea level | [Weather Forecast for the Alpe di Siusi < https://weather.com/en-GB/weather/today/l/a220fced400c210532d428b491468913f706e6d32846d31ec78c0ffa7f4927ad>](#).

Situated in the heart of the Dolomites, [Paradiso Pure.Living < https://www.greenpearls.com/hotels/paradiso-pure-living/>](#) is a unique hotel with a secluded location on Europe's largest alpine pasture. Among its special features is its creative plant-based cuisine. As the first completely vegetarian hotel in the Dolomites, it offers vegan and vegetarian fine dining. The hotel also promotes modern art and contemporary artists with changing exhibitions.

Hiking and mountain biking trails start right outside the door. Making it the perfect place for a healthy, active vacation. However, relaxation is not neglected either. For instance, you can unwind in the outdoor hot tub. Bubbling water, views of snow-capped peaks, fresh alpine air, and a pleasant temperature - that's Coolcation!

#2 Hotel Bella Vista

Zermatt, Switzerland | 1,620 meters above sea level | [Current Weather Forecast for Zermatt < https://www.zermatt.ch/en/Weather-forecast>](#)

Zermatt is one of the Swiss resorts with guaranteed snow in winter and even has a summer ski area. Here you are (still) surrounded by glaciers and can take a tour from the sunny village with its green meadows to the Gorner Glacier, among other things. The second largest glacier in the Alps is only 35 minutes away by Gornergrat Railway. Together with a mountain guide, you can cross the ice on a glacier hike. Or check out the [Glacier Palace < https://www.zermatt.ch/en/Media/Attractions/Glacier-palace>](#) with its ice sculptures.

Of course, you can also enjoy the summer in Zermatt - for example, on the terrace of the [Hotel Bella Vista < https://www.greenpearls.com/hotels/hotel-bella-vista-zermatt/>](#) with a view of the Matterhorn. The small boutique hotel has just 21 rooms and is run by the Anthamatten family with an environmentally friendly approach. In addition, you are welcome to bring your dog.

[< https://content.presspage.com/uploads/2338/02ebc864-6548-4168-97ca-5e18fd198c94/1920_aussen-sommer-cervo-02.jpg?10000>](#)

#3 CERVO Mountain Resort

Zermatt, Switzerland | 1,620 meters above sea level |

[Current Weather Forecast for Zermatt <](#)

Also located in Zermatt is the [CERVO Mountain Resort <](#) <https://www.greenpearls.com/hotels/cervo-mountain-resort/>>.

This is a truly exceptional mountain resort with several wooden buildings, three restaurants, a spa area, a climbing wall, a gym, and a distinctive (and award-winning) design.

CERVO is luxurious yet relaxed. Here you will not only escape the heat but also the hustle and bustle of everyday life.



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#4 Biohotel Grafenast

Pill, Tyrol, Austria | 1,330 meters above sea level | [9-](#)

[Day Weather Trend for Pill <](#)



High above the Tyrolean Inn Valley, you can enjoy a view of the Tyrolean mountains while taking a refreshing break in the middle of nature. The family-run [Biohotel Grafenast <](#) <https://www.greenpearls.com/hotels/biohotel-grafenast/>> is particularly suitable for a vacation with children. For example, there are hotel rooms with a separate children's room and a children's program. On guided hikes, you can discover the nature of the Alps and learn about the environment and how to protect it.

#5 Inkaterra Machu Picchu Pueblo Hotel

Andes, Peru | 2,430 meters above sea level | [Weather Forecast for Machu Picchu <](#)

<https://weather.com/weather/tenday/l/Machu+Picchu+Cusco+Peru?>

[canonicalCityId=626642cd39442b1d6e654eb89d4481feb5d1cb8fc79f66712fb1e80baf483a4d">](#)

[and Cusco <](#)

The Andean mountains are the coldest region in Peru due to their altitude. Whereas in the European Alps, you are surrounded by four-thousand-meter peaks, in the Andes you are surrounded by six-thousand-meter peaks!

The Inca ruins of Machu Picchu are not only the most famous sight in the Andes at 2,430 meters, but they are also one of the lowest. For comparison, the former Inca capital of Cusco is at 3,399 meters. Since you will feel not only the temperature difference but also the reduced air pressure, you should always allow a few days for acclimatization before beginning your adventure with fascinating culture and nature.

[Inkaterra Machu Picchu Pueblo Hotel < https://www.greenpearls.com/hotels/inkaterra-machu-picchu-pueblo-hotel/>](https://www.greenpearls.com/hotels/inkaterra-machu-picchu-pueblo-hotel/) is an ideal starting point. Already in the extensive gardens, you can admire the biodiversity that Inkaterra is committed to preserving. Rare orchids and butterflies are found here. You will also have expert guides at your side to accompany you on your excursions.

Continue Reading?

You can find even more tips for a cool (and sustainable) summer vacation in these blog articles!



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