

# GREEN TRAVEL BLOG ([HTTPS://GREEN-TRAVEL-BLOG.COM/](https://green-travel-blog.com/))

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## SUSTAINABLE TRAVEL IN RETIREMENT: GREEN RULES FOR SILVER NOMADS



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“Retirement at last! Now I finally have the time for vacations.” Today’s retirees are fit, well-educated and eager to travel – and many of them have a sustainable outlook. Some have been for a long time (like the “old 68ers” or the founders of the eco-movement in the 1980s). Others have realized that we need to rethink in times of global warming, resource scarcity and population explosion. “You don’t want bad karma at the end of your life,” my father (71) often says.

### PEOPLE TRAVEL DIFFERENTLY AS THEY AGE

Retirees don’t feel “old” in the traditional sense. But they certainly don’t want to take the kind of vacation they would have taken when they were 20. Hitchhiking, sharing rooms, eating bad and cheap food... when you’re young, you do a lot to stretch your limited financial resources.

Young parents, on the other hand, put their children first in their travel plans. There should be children's programs, playgrounds, water slides, fries and other children. But if you're not in that stage of life, you can probably skip the mini-club, teen disco and screaming kids on vacation. That doesn't mean you don't like kids! Maybe you even have grandchildren and love them more than anything? But does that mean you have to spend your vacation in a "kid-friendly hotel"? Of course not!

Everyone has their own travel priorities, and we want to help you prepare so you can find the vacation that works for you – now.



Silberne Nomaden in Thailand ©Mirko Vitali | Stock.Adobe.com

## 7 GREEN RULES FOR SILVER NOMADS

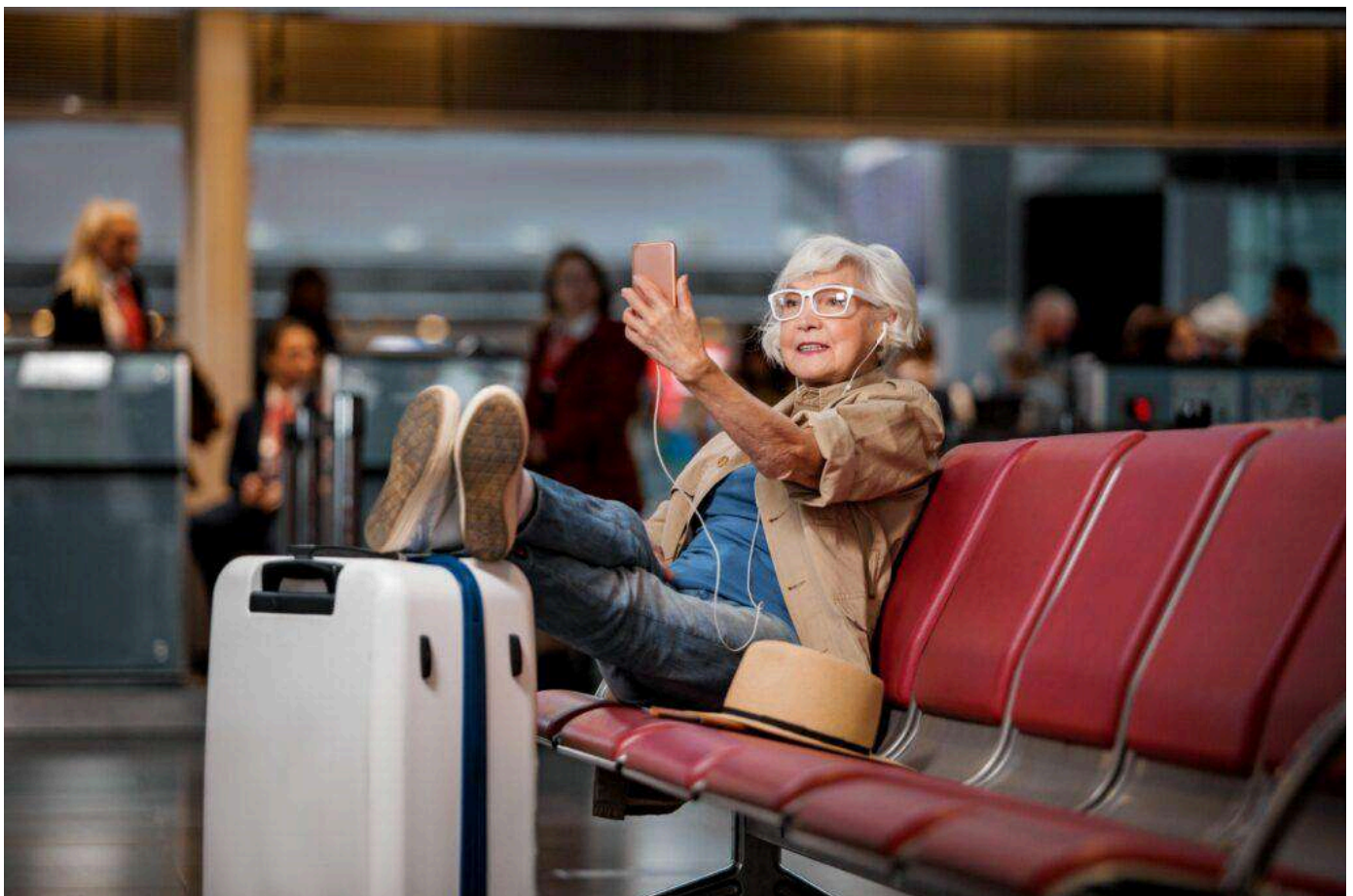
In April 2024, the British travel magazine [Condé Nast Traveler](https://www.cntraveller.com/article/the-golden-rules-of-retirement-travel) (<https://www.cntraveller.com/article/the-golden-rules-of-retirement-travel>), created the "Golden Rules for Retirement Travel". The 17 rules are based on interviews with frequent travelers, such as the blogger behind [Traveling Black Widow](https://travelingblackwidow.com/blog/) (<https://travelingblackwidow.com/blog/>), who has visited more than 100 countries. However, sustainability was not specifically considered. We think this is an important consideration for travelers of all ages. So we've come up with seven green rules. And if you're worried about sacrificing amenities, let us reassure you: Fun, authentic experiences and relaxation go hand in hand with sustainability!

- 1. Slowtravel:** Time is the great luxury of retirement, and you should make the most of it! Instead of driving twelve hours in one day, try to make it three days and include some interesting stops. Also, take your time when you get to your destination and do not cram too many activities into your itinerary. It's better for you and the environment.
- 2. Sustainable journey:** Traveling to far away countries has the biggest impact on the carbon footprint of your trip. However, we do not believe that people should stop flying. As tourism is an important source of income for many



countries, and this is how wealth is distributed. Read more about this in our blog post “Are we still allowed to fly (<https://green-travel-blog.com/are-we-still-allowed-to-fly/>)”. If you do travel long distances, make sure it is for an extended stay and avoid domestic flights or flights within Europe. Travelling by train is a good alternative.

3. **Pack and plan ahead for your special needs:** One of Condé Nast Traveller’s golden rules is: “BYOTP” (Bring Your Own Toilet Paper). We want to expand on this tip because we know from various Best Ager that their own “quirks” simply become more important over time. Some people bring their own toilet paper, others their reading lamp, extra towel hooks for the bathroom, a travel kettle, an iron, a yoga mat, clothes hangers... If you’re the kind of person who’s annoyed every day on vacation when you don’t have certain things, it’s best to bring them yourself – or ask your accommodation if they can provide them!
4. **Pack light:** Although we recommend that you bring important “extras” with you, you should still try to pack light in general. Light weight and volume is not only better for the environment, but also more comfortable when boarding trains, etc. Retired travel professionals have created a “travel wardrobe” over the years with a capsule wardrobe ([https://green-travel-blog.com/green\\_pearls\\_insights/capsule-wardrobe-my-experience-and-tips/](https://green-travel-blog.com/green_pearls_insights/capsule-wardrobe-my-experience-and-tips/)) that can be easily combined.
5. **Book appropriate and sustainable accommodations:** Sustainably managed accommodations focus on green energy, local organic food, fair treatment of employees, waste reduction, and community involvement. In this way, you can make a positive impact while you travel.
6. **Learn a few words of the local language:** “Hello”, “Thank you”, “Please” – even the simplest phrases are received positively and make you more popular as a guest.
7. **Do not procrastinate:** Your experience of life has surely shown you that nothing is certain. If you were healthy yesterday, you could be sick tomorrow. Or there could be a pandemic, war, or natural disaster – and suddenly travel is no longer possible. So take advantage of the opportunity to travel when it presents itself. Whether you are retired or nearing it!



Carefree with light luggage ©Yakobchuk Olena | Stock.Adobe.com



## VISA REQUIREMENTS AND INTERNATIONAL HEALTH INSURANCE FOR RETIREES

- Check visa requirements well in advance.
- The rules for long-term visas for pensioners in Europe are summarized here (<https://www.euronews.com/travel/2022/11/24/want-to-spend-your-golden-years-in-europe-these-are-the-countries-with-the-best-retirement>) by euronews.
- As a European, you can travel visa-free within Europe.
- For Thailand there are annual visas for pensioners (non-immigrant OA visas) from the age of 50.
- In 2024, Stiftung Warentest and Finanztest (<https://www.test.de/Auslandskrankenversicherung-der-grosse-Vergleich-4848150-0/>) published a major independent comparison of international health insurance. It showed big price differences. Here you can also check which international health insurance is suitable for travelling with chronic illnesses, etc.

## SUSTAINABLE ADULTS-ONLY HOTELS IN EUROPE

Back to the hotels without kids clubs and waterslides. Adults-only hotels have become a global trend. Here, the emphasis is on tranquility, and you will find creative, multi-course delicacies on your dinner plate. The focus is on peace and relaxation. Sounds perfect for you? Then let us introduce you to some sustainable adults-only hotels in Italy, Spain and Germany:

### #1 LA VIMEA, ITALY, SOUTH TYROL – VEGAN HOTEL WITH DAILY YOGA



The vegan Adults Only Hotel in Naturns is a place of relaxation. © LA VIMEA



Located in Naturns, **LA VIMEA** (<https://www.greenpearls.com/hotels/la-vimea/>), with its natural swimming pond, barrel sauna and e-bike rental, is a wonderful place to relax. The adults-only hotel offers a natural atmosphere and daily yoga. The hotel is also associated with Ayurvedic medicine and offers Ayurvedic treatments. Another special feature is the cuisine, which is exclusively vegan.

## #2 MY ARBOR, ITALY, SOUTH TYROL – EXCEPTIONAL WELLNESS HOTEL ON STILTS

**My Arbor** (<https://www.greenpearls.com/hotels/my-arbor/>) near Brixen is built on stilts directly in the forest and offers a wonderful view of the Plose. The area is known for its moderate hills, which offer excellent hiking opportunities for all ages and fitness levels.

There is a large spa area with pools, saunas and massage rooms. My Arbor also offers “me-time (<https://green-travel-blog.com/a-sustainable-weekend-alone-me-time-at-my-arbor/>)”. Meaning, the adults-only hotel has a concept of making everything just the way you want it and tailoring the hotel to your needs. For example, you can have breakfast until 2 p.m!

## #3 LIFESTYLEHOTEL SAND, GERMANY, SCHLESWIG-HOLSTEIN – A NATURAL AND RELAXING VACATION

Light, sandy colors, natural materials, COCO-MAT beds and a special attention to detail – these are the hallmarks of the adults-only **Lifestylehotel SAND** (<https://www.greenpearls.com/hotels/sand-lifestylehotel/>). Located in Timmendorfer Strand, directly on the beach of the Baltic Sea, the hotel has a charm all year round. A highlight of the hotel is the roof terrace with sauna and deck chairs – a wonderful place to relax.

## #4 CASA LEÓN ROYAL RETREAT, SPAIN, GRAN CANARIA – ENJOY AND RECHARGE YOUR BATTERIES



Aqua gymnastics is one of many activities for which you finally have time as a pensioner. @ Casa León Royal Retreat Gran Canaria

On a vacation island as popular as Gran Canaria, you should pay special attention to finding the right sustainable hotel (without a youth disco). The small boutique hotel **Casa León Royal Retreat** (<https://www.greenpearls.com/hotels/casa-leon-royal-retreat/>) is located in the interior of the island, far away from the beach resorts of Maspalomas. Lovingly run by the German-speaking owner family, the hotel with pool and gardens has only 27 rooms. Sports activities include tennis, aquagym, yoga, hiking and regular (free) shuttles to nearby golf courses or the beach.

## #5 NATURRESORT GERBEHOF, GERMANY, LAKE CONSTANCE – ADULTS ONLY OUTSIDE SCHOOL HOLIDAYS

There are two different times at **Gerbehof Nature Resort** (<https://www.greenpearls.com/hotels/naturresort-gerbehof/>). A family time, where children are welcome and offered an appropriate program, and a time reserved for adults, where peace and quiet are the order of the day.

The nature resort near Lake Constance is surrounded by the famous apple trees. A feast for the eyes, especially when they are in bloom. If you are a follower of the Philippi Method (bioenergetic meditations and treatments according to Viktor Philippi), you will be pleased to know that it is a main focus of the hotel.

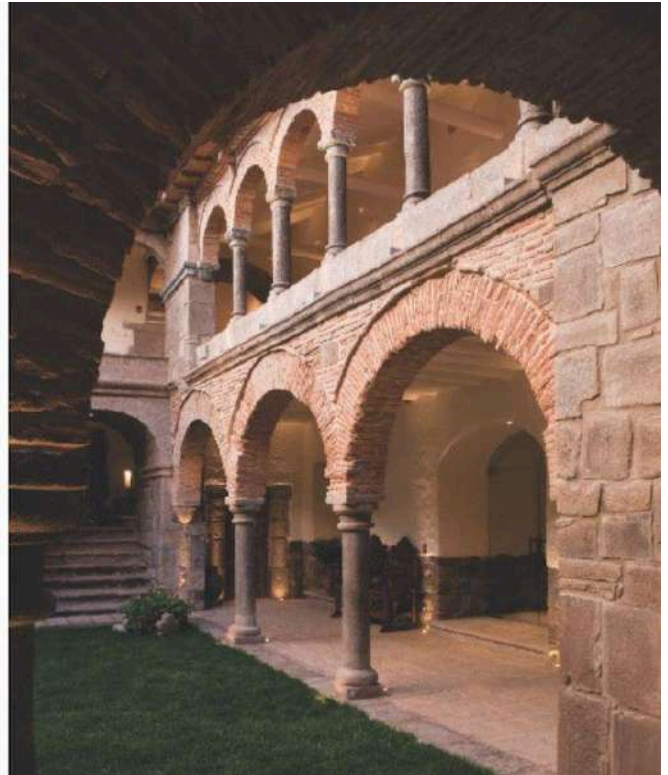
## #6 STURM, GERMANY, RHÖN – RELAXATION IN NATURE

The Rhön, a low mountain range in Germany, is partly a UNESCO Biosphere Reserve and offers a beautiful landscape of forests, basalt peaks and moors. The **STURM** (<https://www.greenpearls.com/hotels/hotel-sturm/>) is located in Mellrichstadt at the foot of the Rhön. Although not a designated Adults Only hotel, the new garden view rooms overlooking the hotel's natural swimming pond can be booked by adults only. The rooms, made of natural materials, were designed by German architect Matthias Loebermann, who won the "best architects award" for this project in 2023.

## GREEN PEARLS® ACCOMMODATION FOR GOLDEN AGERS OUTSIDE EUROPE

There are also sustainable Green Pearls® partners outside of Europe we can recommend to travelers in the 60+ age group.

## #1 LA CASONA, PERU, CUSCO – DISCOVER THE TREASURES OF THE INCAS



The elegant La Casona in Cusco is itself a place of history and a perfect starting point for discovering Peru. ©Inkaterra Hotels

The Andean region of Peru is one of the most fascinating areas on the planet. As we report in our [Green Travel Guide to the Andes \(https://green-travel-blog.com/green-travel-guide-peru-discover-the-andes-in-a-sustainable-way-part-1-of-2/\)](https://green-travel-blog.com/green-travel-guide-peru-discover-the-andes-in-a-sustainable-way-part-1-of-2/), due to the altitude of over 3000 meters, you should allow a few days for acclimatization before starting your sightseeing program with Machu Picchu and other sites from the Inca era. An excellent starting point is the ancient Inca capital of Cusco. The luxurious boutique hotel [Inkaterra La Casona \(https://www.greenpearls.com/hotels/inkaterra-la-casona/\)](https://www.greenpearls.com/hotels/inkaterra-la-casona/) is located in a former Spanish colonial mansion. It was built on a former training ground for the Inca army. The rooms feature restored original frescoes and Inkaterra provides expert local guides.



## #2 PAVILIONS HIMALAYAS – THE FARM, NEPAL – SAFARI TOURS AND AUTHENTIC NEPAL



From the pool you can look out over the fantastic landscape of Nepal. ©Pavilions Himalayas Pool with a view

Another place where Silver Nomads should feel right at home is the boutique resort **Pavilions Himalayas – The Farm** (<https://www.greenpearls.com/hotels/the-pavilions-himalayas/>). It consists of 15 Nepalese style villas and was originally established to introduce local farmers to organic farming. Surrounded by breathtaking scenery with views of the Himalayas, you will find time for guided yoga and meditation classes, temple excursions and wildlife safaris.

Accommodations such as Inkaterra La Casona and Pavilions Himalayas offer luxurious amenities for sustainable (long-distance) retirement travel, but are also committed to sustainability. They are committed to preserving both cultural heritage and nature for their grandchildren and great-grandchildren through various projects (see **Inkaterra Asociación** (<https://www.greenpearls.com/green-projects/inkaterra-asociacion-sustainable-machu-picchu/>)).





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