

## Take A Green Break This October Half Term

The October half term is a great time to make the most of the last few days of warmth and light before winter arrives at great pace. With it being the last break before the Christmas and all the chaos it brings, slow down the pace with a 'green' break. While this may sound daunting a more eco-friendly holiday can be achieved simply through considering where to holiday and what activities you'll be doing while you're there.

A quick browse on the Internet will reveal many 'green' options offering 'holidays in harmony with nature'. This may all sound a little new age and with children in tow is probably simply not practical for many. And in some cases you may produce an even bigger carbon footprint just trying to reach your 'green' destination!

The first step in your environmentally friendly holiday is to choose where to visit. Instead of driving for miles or hopping on a plane look locally for your holiday – a smaller distance will instantly give you a smaller carbon footprint, immediately lessening your impact on the environment. And while you're thinking about the environment you might also find there are other benefits too. If you decide to holiday closer to home you'll have lower fuel and travel costs and probably less irritated children (and parents) without being bombarded with 'are we there yet'?

If you want to be greener still, consider taking public transport. You may even find this is a quicker way to travel – and it doesn't have to be dull either. Perhaps a magical ride aboard a steam train, where everyone can experience the power and smells of transport from a bygone era such as those that run throughout Yorkshire and the Moors.

Once you've arrived at your holiday destination, how can you continue the 'green' theme? In many places there are great activities that the whole family will enjoy such as cycling, walking and nature trails. These activities are not only great for reducing carbon emissions, but again have additional positives such as helping keep you fit, they're free and you can enjoy the great outdoors.

A county of wide-open spaces, acres of countryside and beautiful parklands is Suffolk. Surrounded by nature's greenery you'll be inspired to leave the car behind and consider other ways of getting around. There are a number of car-free schemes in operation around the county including a service called Traveline where you can easily find out information about bus and train times and routes.

A particularly unique region is The Brecks, one of the great natural areas of Britain. Both strange and beautiful it is a landscape of tranquil forest, open heathland, agricultural land, and home to many unique or distinctive birds, plants and animals. Visitors to The Brecks are actively encouraged to respect the fragile environment and there are a number of schemes in place to help. Sustainable local transport such as the The Brecks Bus and The Flexibus are 'ring and ride' services that will take you from your door and get you out and about in the countryside.

Suffolk is definitely a great place to visit for an active, outdoor holiday with the family and to go with this you obviously need a family friendly place to stay. With a great location and an outstanding reputation, Bedford Lodge Hotel in Newmarket will offer a great place to rest at the end of a busy day exploring Suffolk. The hotel is blessed with friendly staff who will welcome you on your arrival and take care of your every need during your stay. With special half term offers for families, there has never been a better time to visit Suffolk for a holiday that won't cost the earth.

### About the Author

Lindsay Chapman is the author of this article. For more details about staying at [Bedford Lodge Hotel](#) and short breaks in Suffolk visit [www.bedfordlodgehotel.co.uk](http://www.bedfordlodgehotel.co.uk) or call 01635 663175.

Source: <http://www.seoscores.com/articles>