

CLEAN BREAKS

Richard Hammond & Jeremy Smith, Rough Guides

Until very recently (and this is so embarrassing to admit), the idea of 'eco-friendly' holidays conjured up images of proprietors with dirty feet, rooms that had rough sheets (if you were lucky) and meals cooked without salt. Yes, yes, I have been corrected and I now know how stupendously wrong I was – there are thousands of fantastic, all-I-could-want, clean-feet holidays and places to stay out there that will benefit my bunched-up shoulders without leaving Tyrannosaurus-sized carbon footprints.

However, I still picked up *Clean Breaks* with a 'hmpf'. Promising 500 new ways to see the world without damaging it, the 'hmpf' was because I was sure everything would be focused on European or American readers and that we might get a token mention.

Oh how wrong I was (yes, again). There are fantastic holiday and excursion ideas in South Africa and in our neighbouring countries. As we have the world's first Fair Trade tourism scheme, there are loads of ways to explore SA and help out (without it being worthy and dull). View hippo near Cape Town, track wild dogs in Limpopo, spot some of our rarest birds, walk with rhinos ... or just sit back and enjoy five-star luxury.

There is plenty to do across the world too. Easy to read and dip into, this book is good for inspiration, but terrible if you struggle with decisions.

The authors have proven that no matter what type of holiday you prefer – from city break to two-week safari to lazing on the beach – there is a way to do it that will benefit everyone involved.

