



[Sustainable travel](#) is a core value at intoAsturias. We are [Travelife certified](#), which means we meet over **200 sustainability criteria**—both in our own office and with the guides and accommodations we partner with. We don't make our trips more sustainable on our own; we need the help of our **travelers** too. Use these tips to make your next trip through northern Spain as sustainable as possible.

- **Drink the tap water**

In almost all of Spain, **tap water** is safe to drink. It may have a slight chlorine taste in places, but by drinking tap water you'll save about **three plastic bottles** per person per day. Be sure to bring a **reusable water bottle**—many villages have free refill stations. You'll avoid unnecessary plastic waste and save money!

- **Use a reusable tote bag**

Always carry a **foldable synthetic tote bag**. They weigh nothing, stow easily in a purse or backpack, and you can use them for groceries or souvenirs. Learn this handy phrase: *Sin bolsa por favor* – No bag, please.

- **Travel plastic-free**

Bring your own **shampoo and shower gel** bottles. Hotels discard millions of tiny toiletry bottles each year. Using your own containers can save around **30 plastic bottles** over the course of a trip.

- **Use [public transport](#) or bikes**

If possible, consider traveling to Spain by **train**, which produces far less CO₂ per kilometer than planes. Spain has an extensive public transport network, including **buses, trains, and city bikes**. Rent a **bike** or simply walk from your hotel to the village or restaurant to cut down on taxi rides. Every little bit helps!

- **Reduce your carbon footprint**

Remember to turn off **the air conditioning and lights** when you leave the room.
Unplug chargers and devices—even idle plugs draw power

- **Support and Respect the Locals**

Support [local entrepreneurs](#) rather than large chains. Stay in **small-scale**, family-run hotels and eat at **local restaurants**. For groceries, visit the **local market** instead of big supermarkets to buy regionally produced goods. When booking excursions, ask your accommodation and book in town—the price is often the same, but the money goes directly to local guides.

- **Vegetarian Dining**

Cutting out animal products is a simple way to fight climate change. Yes, you can find tasty vegetarian dishes in the land of *jamón*, but it takes some research. Try local vegetarian dishes like Spanish tortilla, patatas bravas/al cabrales, mushroom croquetas, ensalada mixta (without ham, egg, or tuna), churros and tomato toast.

- **Protect Nature**

By choosing **eco-lodges** and small hotels, thinking carefully about souvenirs (avoid shells or wild wood carvings), and supporting entry-fee-funded conservation projects, you'll enjoy unique experiences and help preserve nature. When hiking, always carry a **bag** for your waste, stay on marked paths, never feed wildlife (including stray dogs guarding livestock), and avoid picking flowers—local insects depend on them.

Thank you for traveling responsibly! ¡Buen Viaje!



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