

Montserrat



The greener assignment is to plan a (local) adventure and leave no trace or damage while traveling. I chose a mountain located in Bogota, very close to where I live. Background information on the destination: Monserrate is a mountain located in the center of the city of Bogota, Colombia. It is over 10,000 feet high and a home to a church devoted to "El Señor Caído" built in the 17th century. It is a popular tourist attraction due to its history and amazing views of the city. The mountain suffered through many droughts and wildfires, which led to the closing of the walking trail, but was reopened in 2017. Next, I am going to show you how I would leave no trace when traveling to Monserrate.

Traveling Sustainably



This activity uses the first principle of 'Leave no Trace'

Travel: to get to Monserrate in the fastest and most environmentally-friendly way would be to bike. Bogota is very fond with biking, so much so that on Sunday's, many roads are shut down and only available for bikes or joggers. So, on Sunday in the morning 9:00 am, I would leave by bike and travel up the mountain as so.

Nutrition: Making food at home is the best way to go. Organic, environmental-friendly items can also be bought in a place called Ecosavia in Bogota. As always, items to prepare the food will be bought from local farmers markets who don't create as large of a footprint. I took recipes from PGC's own Conscious Kitchen Cookbook. (Sweet & Spicy Popcorn, Cinnamon-Spiced Applesauce and Apricot Date Lemon Bars are just some of the great ideas available.)

Gear: A bicycle, A backpack filled with organic zero-waste snacks, a phone with GPS to get around, a mask. You can also bring family members or friends while remembering to always follow Covid-19 protocol.