

Take Part

You can join the tour on foot, bicycle, or sailing boat. Take part in low-carbon events at ports of call displaying low carbon products and services from insulation to solar panels, local food and low carbon holidays. You can also sponsor the tour.

To find out more visit:

www.lowcarbonlifestyle.org

Tour Itinerary

Clovelly	8 April	Fort William	5 June	Ipswich	31 July
Ilfracombe	11 April	Inverness	9 June	Colchester	3 Aug
Swansea	14 April	Findhorn	12 June	Greenwich	10 Aug
Tenby	17 April	Aberdeen	17 June	Westminster	18 Aug
Fishguard	21 April	St Andrews	20 June	Ramsgate	25 Aug
Aberystwyth	24 April	Edinburgh	23 June	Rye	28 Aug
Aberdovey	26 April	Newcastle	7 July	Brighton	1 Sept
Liverpool	5 May	Hartlepool	11 July	Cowes IOW	5 Sept
Lancaster	8 May	Scarborough	14 July	Southampton	8 Sept
Douglas IOM	11 May	Grimsby	18 July	Lymington	28 Sept
Ayr	19 May	Wells Next the Sea	21 July	Poole	2 Oct
Glasgow	26 May	Sheringham	23 July	Weymouth	6 Oct
Oban	2 June	Gt Yarmouth	28 July	Exeter	14 Oct

Dates in bold are accurate, other dates are +/- 7 days depending on weather

The Low Carbon Lifestyle Tour is endorsed by:

HRH The Prince of Wales, Tony Blair, David Cameron, Menzies Campbell, James Lovelock, Jonathon Porritt, Zac Goldsmith, Tim Smit, Tony Juniper, Satish Kumar, Caroline Lucas, Stephen Tindale, Crispin Tickell, Gerard Morgan Grenville and Jonathan Dimbleby.



Welcome to the Low Carbon Lifestyle Tour

2007

Supported by HRH The Prince of Wales

The Low Carbon Lifestyle

It's easy, fun, good for the planet and improves your quality of life!

Mukti Mitchell:
Sailing around Britain
in a zero-emission microyacht to
promote low carbon lifestyles

The tour will visit 40 UK ports including Swansea, Liverpool, Glasgow, Edinburgh, Newcastle, London, Southampton and Exeter.





The Low Carbon Lifestyle

AT THE MOMENT humans are making carbon dioxide faster than plants can turn it back into oxygen. Carbon dioxide goes into the atmosphere and forms a blanket over the earth, warming it up. This causes climate change, which is threatening human life with rising sea levels, storms and floods. Low carbon lifestyles create less carbon dioxide emissions. Activities that create carbon dioxide are driving cars, heating homes, generating electricity, flying planes, making goods in factories and transporting things a long way. So in a low carbon lifestyle you live closer to work, insulate your home, holiday by train, buy British products and eat local food. It's a better life too!

How to Start

The best way to start is to calculate your current emissions, so you can see how much you save in a year - you'll be surprised how well you do! To calculate your emissions use the calculator at www.lowcarbonlifestyle.org. Don't feel guilty about your carbon emissions! We've only just found out about the dangers of carbon dioxide.

"Since I became more environmentally aware, the quality of my life has improved enormously."
Julia Stephenson
The Independent

Look out for "The Guide to Low Carbon Lifestyles" distributed by the tour.

Lifestyle Changes

Here are some changes you can make, with the approximate CO₂ reductions, based on an average lifestyle. A good target is to cut your emissions by 3% per year, the UK Government target.

Lifestyle changes	CO ₂ reduction
Take the bus, train or bicycle to work	15%
Share a car to work	10%
Insulate the attic	5%
Turn down the heating by 2 degrees	10%
Use low energy light bulbs	3%
Sign up to a renewable electricity company	15%
Holiday by transport other than airplane	20%
Buy British, quality, lasting & local	15%
Repair rather than replace	10%
Thoroughly insulate your house	20%

Feel Good

There are masses of things that have low carbon emissions, including TV, radio, music, computers, sports, arts, crafts, trains, buses, car-share, mail order, email, gardening, walking, socialising and love making. People who have tried it find that a low carbon lifestyle saves money, gives you more free time and brings quality, meaning and satisfaction to life. Later in the 21st Century life will be very similar to today, except we will be fitter, happier and healthier!