

## **Sustainable Travel Tips for NCA 104<sup>th</sup> Annual Convention in Salt Lake City**

The Sustainability Ethic Committee of the Environmental Communication Division has compiled the following recommendations to help attendees of the NCA 104<sup>th</sup> Annual Convention keep their conference travel, food, waste, and lodging choices environmentally sustainable.

### **Sustainable Transit Options**

#### Getting to Salt Lake City

There are few alternatives to airline travel for those who live a substantial distance from Salt Lake City. However, if desired, carbon offsets can be purchased to provide funding for clean-energy initiatives in proportion to one's estimated carbon usage. This can be purchased through your airline in many cases (look for options while completing your ticket purchase, searching the airline's website, or asking a representative).

#### Local Transportation

##### *TRAX*

TRAX is the Utah Transit Authority's (UTA) convenient light rail system that can save conference attendees the cost of renting a car. The [Green Line](#) leaves from the south end of Terminal 1 at the Salt Lake City International Airport and can take individuals directly downtown in less than a half hour. Each trip is \$2.50. TRAX is wheelchair accessible.

The Gallivan Plaza station is the closest station to the Hilton, Holiday Inn Express, Hotel Monaco, and Marriott at City Center. The Temple Square station is the closest stop to the Salt Palace Convention Center and the Marriott at City Creek. The Arena station is the closest stop to the Radisson. TRAX schedules and maps can be found [here](#) and the trip planner can be found [here](#). Various apps that integrate with UTA's services (including a mobile ticketing app) can be found [here](#).

##### *GREENbike*

GREENbike is Salt Lake City's nonprofit bike share program. Bike sharing is an affordable and simple way to get around town, plus it is good for your health and our environment.

GREENbikes measures the actual distance traveled on each ride, keeps track of the calories you've burned, and calculates the carbon emissions you've prevented. The bikes come prepared with front and rear lights, as well as a basket for your items.

Membership fees provide unlimited access to GREENbike rides for a specific period of time, typically ranging from one day to one year. A usage fee is charged based on the length of each ride taken and is typically broken down into half-hour increments. With GREENbike, the first half-hour is included, and additional usage fees are assessed for rides that exceed 30 minutes. A 24-hr day pass costs \$7 and a 4-day pass costs \$15. These can be purchased at GREENbike stations or [online](#). A map can be found [here](#). Additionally, you can download the Green Bike app [here](#), which allows you to checkout bikes, manage your account, and get directions. Two GREENbike stations are located at the Salt Palace Convention Center.

## Sustainable Food Options

The [Visit Salt Lake website](#) features several maps of the area around the Salt Palace, including a food and nightlife map that shows the accessibility of options when using the sustainable transit options discussed above.

The following locations near the Salt Palace include some of the top locally-sourced, environmentally-friendly, and/or plant-based options in the area.

### *Coffee*

- <https://www.publikcoffee.com>
- <http://theroseestb.com/>
- <https://jackmormoncoffee.com/>

*Restaurants* (vegan and gluten-free options, locally sourced, farm to table, or organic)

- <https://www.zestslc.com/>
- <https://www.sagescafe.com/>
- <http://www.thebigodoughnuts.com/>
- <https://www.oasiscafeslc.com/>
- <http://www.budssl.com/>
- <http://verticaldiner.com/>
- <http://theveganagenda.com/>
- <http://citycakescafe.com/>
- <http://www.veggiehouseut.com/>
- <https://www.passionflourslc.com/>
- <http://thepie.com/>
- <http://taqueria27.com/>
- <https://www.pagoslc.com/>
- <https://www.sltrib.com/arts/living/food/2018/02/22/plant-based-boltcutter-heats-up-salt-lake-city-with-bold-flavors-sophisticated-street-tacos-and-more/>

### *Local Brewing*

- <http://epicbrewing.com/locations/salt-lake-city-brewery-and-tap-less-tap-room>
- <http://redrockbrewing.com/>
- <http://squatters.com/>
- <https://www.wasatchbeers.com/>
- <http://www.theproperbrewing.com/>
- <http://fisherbeer.com/>

## Overall Sustainability Tips

Looking for other ways to reduce your waste and energy consumption while attending the Annual Convention? Consider the adopting the following sustainable travel practices:

- bring your own water bottle and reusable coffee cup to cut down on single-use cups;
- take short showers rather than baths to save water;
- hang towels after use to imply to hotel staff that you intend to reuse them;

- turn off all lights when you leave your room;
- hang a “Do Not Disturb” sign on your hotel room door to cut down on chemical cleaning agents and over-washing of linens;
- bring a reusable bag if you plan to shop;
- seek out recycling bins for plastic bottles and aluminum cans;
- request aluminum foil in place of styrofoam to-go boxes at restaurants;
- specify that you don’t need plastic straws or lids when ordering drinks;
- consider walking-distance restaurants and businesses, or utilize eco-friendly transportation rather than using car services; and/or
- if you do use car services, make friends and carpool!

If you’re interested in further exploring some of Salt Lake City’s green initiatives, check out these city-sponsored links:

- <https://slcgreenblog.com/>
- <http://www.slcgreen.com/>

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