

eco holidays

Brilliant foodie breaks that'll up your eco cred



Grand Union Canal, Bedfordshire

ECO CRED Cruising along the Grand Union Canal from the Wyvern Shipping Company boatyard at Leighton Buzzard at a speedy maximum of four miles per hour makes for a very eco-friendly holiday. All the appliances on the boat are powered by a battery that recharges while you're on the move, which makes canal boating one of the greenest holidays you can take short of pitching a tent in your own garden. This doesn't mean you have to scrimp on comfort or modern luxuries though – boats have CD and DVD players, double beds and heated showers.

FOOD MILES All boats are fitted with a fully functioning kitchen so doing your own cooking is a breeze, with the added luxury of eating on deck. There are two supermarkets within walking distance of the boatyard so stocking up is no problem. Even better, you can also arrange delivery of a veg box to the Wyvern Shipping Company boat yard before you head off from organicdelivery.co.uk on any weekday with 48 hours' notice. Large vegetable boxes start at £21.95.

EATING OUT There are plenty of pubs and restaurants either on or within walking distance of the canal. Heading north, don't miss the

Black Horse in Great Linford (near bridges 76 and 76a). Its impressive menu includes light lunches, such as crispy duck and orange salad, starting at £6 (01908 398461). The Barge Inn, Woolstone (a short walk from bridge 89), serves excellent, good-value pub food such as steak, mushroom and Guinness pie with mash and seasonal vegetables for £9.95 (01908 208891). Heading home, the Globe Inn just round the corner from the Wyvern shipping yard is perfect for a Sunday roast with all the trimmings, £9.95 (01525 373338).

HIGH POINT Managing to turn the boat around, then mooring up for a pint at the Black Horse as a reward.

GETTING THERE Trains from Euston to Leighton Buzzard take up to 40 minutes (londonmidland.com), while the shipping yard itself is a short cab ride from the station. Of course if you're really stuck, someone from Wyvern Shipping may be able to collect or drop you off depending on the day you arrive/leave.

COST Prices range from £365 for a four-berth boat to £755 for an eight-berth boat, based on a Friday to Monday weekend trip. Contact Wyvern Shipping at Blakes Holiday Boating (0870 220 2498).