your conscious life

MAY 2025

GREEN LIVING

greenlivingmag.com



The Travel Issue

Sustainable Adventures Down Under

5 Yoga Postures to Ease Travel Tension

Spring Gives Birth to Baby Wildlife in Wyoming

US $6.99

7 25272 73070 6

FSC Printed on 100% Post-Consumer Paper

Australia's Eco-Conscious Corner



Sustainable adventures await in Sydney and New South Wales

BY ANGELA FAIRHURST

Sydney Opera House. Photo by Richie Chan

Sydney and its home state of New South Wales offer abundant opportunities for meaningful adventures that protect and enhance the places you visit. Dive into these eco-experiences, enriching your travels while contributing positively to the environment.

GARDENS IN THE SKY

Explore Sydney's innovative rooftop farms, lush vertical gardens, and hidden green sanctuaries perched above the bustling city streets.

One Central Park in Chippendale features a world-renowned vertical garden designed by Patrick Blanc, showcasing over 35,000 plants cascading down nearly 17 stories (164 feet) of lush greenery. It's a living tapestry that beautifully merges architecture with nature, transforming the building's façade into a striking urban landmark. You can't climb it — but it's definitely worth craning your neck upward for a better view. Pro tip: The best photos of the garden are taken looking up from street level. www.centralparksydney.com

Barangaroo's Rooftop Bees and Native Gardens sit atop Sydney's newest eco-friendly precinct, where bees happily produce fresh honey that you can taste in the local cafés below (and treat yourself to amazing pastries and dishes). Native plants are carefully arranged to boost biodiversity and keep buildings cool naturally. Even though you can't visit the rooftops directly, just knowing that humming hives and flourishing gardens exist above the city streets makes exploring Barangaroo feel a bit sweeter. www.barangaroo.com

Paddington Reservoir Gardens feels like you've stumbled onto a hidden oasis tucked among historic sandstone arches and weathered brick walls. What

used to be a forgotten reservoir is now a rooftop garden lush with greenery and native plants. You'll hear leaves rustle gently, water softly trickling nearby, and you might find yourself running your fingers across the cool stone walls. It's an unexpected sanctuary in the heart of east Sydney — a spot locals love but most visitors never discover. Grab a snack and unwind in the gardens for a peaceful afternoon outdoors. Entry is free. www.cityofsydney.nsw.gov.au/parks/paddington-reservoir-gardens

Additionally, Sydney's iconic clifftop paths offer sea views and salty air, with many trails highlighting local environmental efforts, like native plant restoration and marine protection zones. Some guided walks even include beach clean-ups or eco-education stops along the way, making your hike feel like part of something bigger.



One Central Park.

ECO-FRIENDLY CULINARY ADVENTURES AWAIT

Discover Sydney's delicious zero-waste eateries and markets, where sustainability meets culinary creativity.

The Australian Food Culture Walking Tour from Ultimately Sydney takes you through Sydney's lively neighborhoods, exploring eateries and markets that prioritize sustainable practices and support local small businesses. Along the way, you'll learn about Australia's vibrant food culture and how the city creatively embraces sustainability, from farm-to-table dining to reducing food waste. www.ultimatelysydney.com.au

Single O in Surry Hills is a buzzing café serving coffee with a twist — edible coffee cups made from oat bran and wheat flour. You can sip your flat white (rich espresso topped with velvety steamed milk — an Australian favorite), then snack on the cup itself, turning your coffee break into a zero-waste moment. Even better, leftover coffee grounds here find new life in community gardens, making your morning pick-me-up eco-friendly and guilt-free. www.singleo.com.au

Barista at Single O in Surry Hills.



Yellow in Potts Point is a modern vegetarian restaurant that skews plant-based and proudly showcases seasonal produce from local farms. The multi-course tasting menu is elegant and thoughtfully crafted — designed not just to satisfy, but to highlight sustainability and low-waste cooking. The warm, minimalist dining room offers an upscale, relaxed experience that still feels in tune with Sydney's eco-conscious food scene. www.yellowsydney.com.au

The Source Bulk Foods (multiple locations) invites you to ditch packaging altogether. Fill your reusable jars or bags from bins overflowing with everything from granola and gourmet chocolates to locally roasted nuts. Shopping here is a sensory delight — the rich aroma of spices, the satisfying clink of jars, and the joy of knowing you've left no waste behind. www.thesourcebulkfoods.com.au

Carriageworks Farmers Market in Eveleigh is a Saturday morning staple for locals who care about where their food comes from. Housed

in a beautifully restored rail yard, the market features organic produce, small-batch condiments, zero-waste pantry goods, and plant-based treats. It's also a great place to chat with farmers, meet local makers, and support businesses that keep sustainability at the core of everything they do. www.carriageworks.com.au

ECO-FRIENDLY ESCAPES

If adventure and wilderness are more your speed, venture beyond Sydney and into other cities in New South Wales to relax in sustainable style, staying at eco-friendly accommodations nestled in some of the region's most breathtaking landscapes.

Paperbark Camp in Jervis Bay offers luxurious safari-style tents hidden within eucalyptus trees and native bushland, just minutes from pristine beaches on the south coast of New South Wales. Wake to the sounds of bird calls, breathe in the fresh coastal air, and enjoy gourmet meals featuring local produce. Solar-powered and thoughtfully designed, this camp beautifully blends indulgence and sustainability. www.paperbarkcamp.com.au

Bubbletent Australia in Capertree Valley lets you sleep beneath the stars in unique, transparent domes. Set within a peaceful valley near the Blue Mountains, these eco-friendly bubble tents offer spectacular views and minimal impact on the environment. It's the kind of unforgettable night where you drift asleep counting stars and wake gently to sunrise spreading across the valley. www.bubbletentaustralia.com

Bubbletent Australia.





Paperbark Camp.

Nightfall wilderness camp in Queensland — New South Wales' neighbor to the north — is the perfect escape for nature-lovers who crave comfort. This solar-powered eco-camp features elegant tents positioned to immerse you in ancient rainforest scenery. Relax on your private deck listening to the gentle rush of the creek, spot wildlife on guided nature walks, and unwind knowing you're leaving the smallest possible footprint behind. www.nightfall.com.au

Wherever your destination, make sure to choose eco-certified lodging options to ensure sustainable practices, and check with potential accommodations about their sustainability initiatives before booking.

SYDNEY'S SUSTAINABILITY SNAPSHOT

Sydney and New South Wales are committed to ambitious sustainability goals, making it easy for travelers to enjoy the cities while minimizing their environmental impact. Sydney aims to become carbon-neutral by 2035, investing heavily in renewable energy sources like solar and wind farms. Electric ferries now quietly glide across Sydney Harbor, providing scenic rides without noise or emissions. Public transportation is also getting greener, with an expanding fleet of electric buses and new metro lines helping visitors explore sustainably. You'll find refillable water stations and community composting hubs throughout the city as part of Sydney's circular economy efforts to reduce waste. Additionally, wildlife conservation is a key focus in New South Wales, with programs and eco-tours offering travelers meaningful ways to get involved and support local ecosystems.