◁ The showers are fed by solar-heated rainwater. If something can be reused, it will be (sun loungers do exist, it turns out, but are built from wood left over from the construction of the cottages) and guests are encouraged to take anything that can't be recycled locally, including plastic bottles, home with them. Even the toilets are compost-based, albeit with porcelain pans and designer flush buttons.

Keeping the resort functioning is a big operation, I discovered, when I joined one of Mike's tours. Leading our small group past a kitchen garden (irrigated by filtered run-off from the bathrooms), Mike showed us the resort's field of solar panels. Built with local labour, it is the largest privately operated solar-energy facility in Latin America and the Caribbean and provides 100 per cent of the resort's power.

Tiamo is a blueprint for how green 21st century holidays ought to be. It works on the basis that people will be more easily persuaded by having a good time than by being nagged. As the resort also illustrates, luxury doesn't mean having a butler or staying in a penthouse suite. It means seeking out unique local experiences.

Not only is ethical travel easy to accomplish, it's also an excuse to stay in places that celebrate the planet's diversity and to eat things you've never tried. And, if you're lucky – to birdwatch from bed.

• *Rates at Tiamo Resort start at £148 per person per night, full board (tiamoresorts.com; +1 242 357 2489).*

WHEN TO GO

The nicest, but also most expensive, time to visit the Bahamas is December to May, with average temperatures of 24°C. The rest of the year is hotter and more humid, with the hurricane season running from June to November.

GETTING THERE

British Airways flies direct from Heathrow to Nassau (ba.com; 0870 850 9850) and Virgin Atlantic from Gatwick (virgin-atlantic.com; 08705 747747), with fares on both starting from around £350 return. In the summer months, First Choice also flies from Manchester (firstchoice.co.uk; 0870 850 3999). If you're willing to change planes en route, however, fares can be cheaper. From Nassau, flights to South Andros' Congo Town airport take 20 minutes and cost £62 return with Western Air (westernairbahamas.com; +1 242 377 2222).

CARBON OFFSETTING

To reduce the environmental impact of your trip, you can buy an offset from Climate Care, which offsets your CO_2 by funding projects around the world (climatecare.org; 01865 207000). The environmental cost of a return flight from London to Nassau is £15.

TO FIND OUT MORE

Contact Bahamas Tourist Board (bahamas.co.uk; 020 7355 0800)

For more information or to share your own green travel stories and tips, visit www.allaboutyou.com/escape

On a budget?

THREE GREEN BREAKS IN THE CARIBBEAN – THAT WON'T BREAK THE BANK

Tiskita Lodge, Costa Rica

Around 90 per cent of this stunning resort is covered in forest and organic fruit orchards, and more than 270 species of birds have been spotted here. There's even a turtle conservation scheme – guests are invited to help through volunteer vacations. Holidays from £74 per person per night including guided walks and three meals a day. Check out tiskita-lodge.co.cr, or call +1 506 296 8125.

Beachcomber Cabins, Tobago

Fully powered by renewable energy, built with local materials and guaranteeing fair wages for local workers, this is one of the most green resorts in Tobago – and it's fantastic value too. Families will love the beachside location and self-catering facilities, while the nearby town offers plenty of great restaurants. From £50 per cabin for one night, book through responsibletravel.com; 01273 600030.

Three Rivers Eco Lodge, Dominica

Set in a lush rainforest valley, surrounded by pristine rivers, mountains and unspoilt scenery, the accommodation is a real bargain – there are cottages, camping and even hammock space for rent! Winner of the Caribbean Environmental award two years in a row, where better to try out a jungle cabin or a tree house? From £33 per night. Check out 3riversdominica.com, or call +1 510 578 6578. ▷