

Environmentally Safe(r) Accommodations Directory

Original Compilation by Françoise Gourd

hosted by MCS-CanadianSources

<http://www.mcscanadian.org>

Resources and Support for Multiple Chemical Sensitivities,
Environmental Illness, and Chemical Injuries in Canada

<http://www.mcscanadian.org>

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Using This Directory

The intent of this Directory is to provide an ever-expanding, current and comprehensive listing of accommodations suitable for those with chemical sensitivities, either while travelling or for permanent or emergency housing. The Directory includes apartments, houses, B&Bs, inns, motels and hotels. We intend to include temporary/crisis housing, hostels and campground information as we gain more information on those.

It is our hope that this compilation will be of value to you in your search for a safe place to stay in either crisis situations or on pleasure trips. However, please remember that what works for another, may not work for you. Call ahead and confirm specifics. Also, please be aware that we are often relying on third-party information in the descriptions offered. While every effort has been made to ensure that the information contained herein is correct, we cannot be held responsible for any errors or omissions or for any legal or other liabilities arising out of your use of this information.

If you know of any MCS-EI-friendly accommodations, please send the information so it can be included to benefit others in need to:

MCS-CanadianSources-owner@yahogroups.com

Please check back often as it will be continually updated. The most current version of the Directory be found at:

<http://www.mcscanadian.org/acc.html>

The Directory was originally compiled by Françoise Gourd, and is maintained by Françoise and LaVerne, co-owner of MCS-CanadianSources, as a service to the MCS community. If you would like to distribute the Directory free of charge to others, please see our Distribution Information section for further information on doing so in either electronic or print format.

Custom Designed Emergency Housing

Teardrop Trailers - make your own

Details: What's a Teardrop Trailer? Teardrop trailers are camping trailers that were popular from the '30s to the '50s. They typically sleep two inside, and have a galley under a rear hatch. From there, the possibilities are endless. They can be made from aluminum and safe-for-you materials and costs minimized. The links below are provided only as a general guide to the type of trailer and ideas for plans. We have no experience with either the plans or the companies. As well, a search on your favourite search engine will probably turn up many more designs, as well as some free plans.

<http://www.kuffelcreek.com/teardrops.htm>

<http://www.mikenchell.com/forums/index.php>

<http://www.teardrops.net/plans01.html>

Tad Taylor Healthy Trailers, Vermont), Vermont

Website: <http://www.healthy-homes.com/>

Details: We are sad to report that Tad Taylor has passed away. Tad's business was centred around the decontamination and renovation of tourist or travel trailers (e.g.: "Airstream” trailers). Fortunately for our community, Tad's business has been taken over by his son, Justin. Please see the entry titled "Taylor Design Healthy Homes" for details.

Taylor Design Healthy Homes (Townshend, VT)

3896 Route 30

Townshend, VT, 05353

Tel: (802) 365-4840

Email: contact@healthy-homes.com

Website: <http://www.healthy-homes.com/>

Details: Tad Taylor's son Justin has taken over his business and is continuing to renovate and sell trailers and prefabricated homes for the environmentally sensitive. He also sells books and videos with information about what they've learned about renovating trailers.

Canada

CP Hotels

Details: As part of their renowned Green Program, CP Hotels use combinations of baking soda, borax (with caution - do not breathe the powder), and vinegar for much of their cleaning needs. Tougher, although still less-toxic, products are saved for the tougher jobs.

Eco-Heal Home (Courtenay, British Columbia)

Courtenay, British Columbia

Tel: (250) 384-8892

Email: ecokate@pacificcoast.net

Website: www.cbrproducts.com/feature.html

Details: Note: Rentals are by the month.

Guests of the Eco-Heal Home include individuals seeking refuge from renovations or pesticide usage. Strict rules apply while staying at the retreat. Smoking is not allowed, and visitors are expected not to

bring perfumed products such as lotions, sprays, laundry detergents, deodorisers, incense, or other potentially toxic products like cleaning agents and pesticides. The Retreat supplies safe alternatives; as well, it is heated with electric baseboard. Double-pane windows; unscented laundry machines; glass doors in shower. Although its environment is hazardous-chemical free, the Eco-Heal Home is far from rustic; it boasts amenities such as three computer workstation areas with high-speed Internet access. Back-to-basics practices combined with a few high-tech trimmings yield a nicely balanced environment.

Bold Point Farmstay B&B (Quadra Island, British Columbia)

Quadra Island, British Columbia

Tel: 250-285-2272

Website: www.farmstay-ca.com

Details: 10 acre organic farm B&B where guests participate in the Organic Farming - Learn by Doing Program. Meals made of food grown and raised organically on the farm and nearby. Many guests return annually for harvest times. Cleaning products: only vinegar, baking soda, no commercial cleaners used. No pesticides/herbicides used. No clothes dryer - linens line-dried in fresh air.

The Morning Glory (Vancouver, British Columbia)

Heart-to-Heart Enterprises: c/o 415 East 6th Avenue

Vancouver, British Columbia, V5T 1K5

Tel: (604) 862 1058

Details: Bed and Breakfast for People with Chronic Illness or Disabilities. Low-cost accommodation provided in a very clean, warm and friendly setting in central Vancouver (close to major bus routes and hospitals). Large, private and beautifully decorated bedroom with a brand new double bed, 100% cotton sheets and towels. Every guest receives a complimentary gift of natural products shampoo and soap. The very clean bathroom has a full bathtub and shower. As always, call ahead to make sure that your specific needs can be met.

Vancouver Fairmont (Vancouver, British Columbia)

Vancouver, British Columbia

Tel: (800) 441-1414 or (604) 207-5200

Website: <http://www.fairmont.com>

Details: Has an entire floor of hypoallergenic guest rooms. All 42 rooms on the hotel's 11th floor have been converted to hypoallergenic, or low allergen content. The project goes beyond the replacement of feather pillows and duvets to include water and air-filtration systems, as well as a central vacuum to reduce dust. One guest room will be outfitted with hardwood flooring for allergy sufferers sensitive to carpeting. There is no additional charge for the rooms and they can be requested upon booking.

The Chanterelle Country Inn (Cape Breton Island, Nova Scotia)

Cape Breton Island, Nova Scotia

Tel: Toll free: 866 277 0577. Local: (902) 929-2263

Email: info@chanterelleinn.com

Website: <http://www.chanterelleinn.com>

Details: Provides a "Green Environment", designed for the highly discerning or chemically sensitive traveller. See website for more details.

English Garden Bed & Breakfast (Dartmouth, Nova Scotia)

Dartmouth, Nova Scotia

Tel: (902) 434-2650. Toll free: (866) 282-8906

Website: <http://www.bbcanada.com/englishgarden>

Details: **Special rates for patients of the Nova Scotia Environmental Health Centre.** Located 10 minutes from the Nova Scotia Environmental Health Centre and 20 minutes from the Airport. Endorsed

by the Nova Scotia Environmental Health Centre. Features which make it a safe, comfortable place for those with EI include: Smoke-free, scent-free and fragrance-free accommodations; no pets permitted; large pleasantly decorated rooms with many amenities including ensuite bathrooms; hardwood floors throughout; scent and fragrance-free liquid soaps and shampoos available in every room; 100% cotton towels and linens washed with fragrance-free detergent; rooms and bathrooms cleaned with fragrance-free cleaners; air-exchanger and air-conditioning to provide a constant flow of clean fresh air; hot water baseboard heating; located on the edge of Dartmouth, away from congested areas with high traffic; every attempt will be made to accommodate special dietary needs. Please advise at time of reservation.

Carp Ridge Healing House (Carp, ON)

2386 Thomas Dolan Parkway

Carp, ON

Tel: (613) 839-5786

Email: healinghouse@ecowellness.com

Website: <http://www.ecowellness.com>

Details: Located about a 40-minute drive West of Ottawa, Ontario on a property that includes woodlands and a naturopathic clinic. Healing House is a place for people who have an illness to stay temporarily. Some people with MCS have stayed there before. No smoking or pets. No air fresheners. Unscented cleaning products used. Guest room windows can open. No pesticides used on property, but there is farmland nearby. Fireplace in living room. Hot water baseboard heating. Air conditioning. Mostly hardwood floors, ceramic tile in kitchen and bathrooms. Kitchen is shared with other guests, and depending on the room, the bathroom may be shared as well. Painted with low-VOC latex paint. Laundry is done in separate building at clinic. Water comes from a well. Some particle board furniture. Healing House building was built in 1960s or 1970s.

Fields of Potential Wholistic Centre and Turrent House Bed and Breakfast (Consecon, ON)

20809 Loyalist Parkway

Consecon, ON, K0K 1T0

Tel: 613-394-4222

Email: fieldsofpotential@sympatico.ca

Website: <http://www.turrethouse.ca/>

Details: Located in Prince Edward County, near the shore of Lake Ontario. No smoking, no pets allowed. Hardwood floors in two of the bedrooms, and in most of the house. Unscented Norwex cleaning products and Nature Clean soap and other natural cleaning products used. Cotton sheets and bedding. Mattresses have springs and are sprayed with Norwex mattress spray. Organic food available. Some pot-pourri and flowers and plants in rooms, but can be removed upon request. Bedroom windows can open. They face a busy road, but the breeze usually comes from the opposite direction, from the lake and across farmer's fields. No pesticides used in the house or the yard. No fireplaces inside the house. Open firepit in yard. House is approximately 130 years old. No air conditioning. In summer, open windows and portable fans cool the house. Low levels of electromagnetic fields. Wood panelling in bedroom is solid wood. Host is willing to go to some effort to accommodate those with multiple chemical sensitivities.

Cree Village EcoLodge (Moose Factory, ON)

Moose Factory, ON

Tel: 1-888-Creeway (toll-free)

Website: http://www.ainc-inac.gc.ca/nr/nwltr/bae/ju022_e.html

Details: Surrounded by the Canadian sub-Arctic, in a community steeped in Aboriginal culture, the Cree Village EcoLodge offers visitors a unique escape.

Located at Moose Factory, Ont., an island community between the shores of

Moose River. The EcoLodge's design and furnishings reflect traditional Cree values.

Chairs, couches, tables - even the window blinds - are made of natural woods. Carpeting and blankets are

100 percent organic wool, while wall treatments, mattresses, pillows, and linens are 100 percent organic cotton. Organic vegetable-based soaps, shampoos and conditioners are found in every room. Four of the rooms feature composting toilets which use no water, produce no odours and require no chemical treatments. Even the paint, sparingly used, is a special low-gas emission formula. Guests with allergies and chemical sensitivities will love this place.

The Rosemount B&B (Kingston, Ontario)

Kingston, Ontario

Tel: (613) 531-8844/1-888-871-8844

Email: rosemnt@kingston.net

Website: www.rosemountinn.com

Details: Holly will remove all scented products, etc. Some people who stayed there found the air quality quite good. As always, it is best to test the place for oneself first.

Barrhaven Non-Profit Housing Inc. (Nepean, Ontario)

Steepleview Crossing, 3001 Jockvale Road

Nepean, Ontario, K2J 4E4

Tel: (613) 823 6230

Website: <http://www.irtech.com/buc/housing.htm>

Details: The Barrhaven Non Profit Housing Co op owns and operates a private non-profit housing project on land adjacent to, and leased from the Barrhaven United Church, operating at "arms length" from the church. The residential housing project includes 41 units, a number of which include features designed for tenants with physical challenges. A unique aspect of the project is a building with seven units custom-designed, with specialised expertise provided by CMHC, for persons suffering from environmental hypersensitivities (ES). Long waiting list. Advantages: The environmentally-safe building was built and finished with environmentally-safe materials. Disadvantages: Non-sustaining walls as well as some ceilings are basswood, which off gases terpenes (the wood is not well sealed); some people cannot tolerate it. Most tenants in other buildings use fabric softener in their dryer, which can be felt and smelt in the air on the property. Many neighbours use pesticides on their lawns from May to Sept. The Co-op is surrounded by farms using pesticides from the beginning of May (mostly) to Sept. inclusively. In conclusion: While not perfect, this environmentally-designed building can offer a safe haven.

Conservation Co-operative Homes Inc. (Ottawa, Ontario)

140 Mann Avenue

Ottawa, Ontario

Tel: (613) 567-7281

Details: Rental housing co-op, environmentally-friendly (was first occupied in 1995, so there wouldn't be any off-gassing anymore. Some of the tenants have environmental sensitivities. Management and tenants use environmentally-friendly products. HRV system in building. Low VOC paint and products used when renovating units). Individuals must check the building and the units to see if suitable.

Caution: Smoking is allowed within individual units and this may make the entire building unsuitable for a person with MCS to enter depending on individual sensitivities. Also, though the building is environmentally-friendly, the cleaning products are citrus-based; they probably have a scent. Suggestion: Wear a protective mask that one can tolerate in the common areas until inside one's own unit.

The Monterey Inn Resort and Conference Center (Ottawa, Ontario)

2259 Prince of Wales Drive

Ottawa, Ontario, K2E 6Z8

Tel: 1-800-565-1311; (613) 288-3500

Email: jkelly@montereyinn.com

Website: <http://www.montereyinn.com>

Details: 88 rooms, 4 floors. Nestled along a five acre site along the spectacularly treed banks of the Rideau River, the Monterey Inn is your oasis in the city. While the Inn is a member of the Green Hotels Association, its website does not specify if it has environmentally-safe rooms. Contact the Inn ahead of time to make sure that your specific needs can be met.

Hilltop Pastures (Stirling, Ontario)

1341 Sills Road, RR#2

Stirling, Ontario, K0K 3E0

Tel: (613) 478-6078

Email: info@hilltoppastures.com

Details: OCPP approved (organic) Bed and Breakfast. Property is three acres and is being developed as a self-sufficient holding. Chickens supply fresh eggs and manure for the organic garden. Two cats and two dogs. Owner uses Ivory Soap, Simply Clean and Nature Clean products (though always double-check in case the info has changed). There is also occasional use of dryer fabric sheets during wet weather, but otherwise, clothing is line dried. CLR occasionally used. Wood stove on premises. Cash is accepted. English, French, Italian and Swahili languages spoken.

Caution: Website has some animated graphics, so if easily affected by same, be cautious.

Days Inn (Toronto, Ontario)

30 Carlton St.

Toronto, Ontario, M5B 2G3

Tel: 416-977-6655

Website: <http://www.dayshoteltoronto.ca>

Details: Recommended by Environmental Health Clinic - special discount may apply for patients. Windows open, non-smoking floor.

Caution: As of May 2005, the website mentions being “newly renovated” so be sure to double-check that as it doesn’t specify if the entire hotel was renovated or a few rooms only.

Delta Chelsea (Toronto, Ontario)

33 Gerrard Street West

Toronto, Ontario, M5G 1Z4

Tel: (416) 595-1975. Reservations.: 1-800-CHELSEA

Website: www.deltahotels.com

Details: This hotel has 10 rooms specially furnished for the environmentally sensitive. Non-smoking rooms; windows open. The rooms have an air filter, water purifier, cotton blankets, dust-mite proof mattress and mattress pads and special sheets that are washed separately. Water-based paint. Cleaning products used are environmentally approved. Bathroom amenities are non-allergic. The rooms have synthetic carpeting, however, one person reports the staff was exceptionally accommodating and covered the carpeting with sheets, amongst other accommodations made.

Primrose Hotel (Best Western) (Toronto, Ontario)

111 Carlton Street

Toronto, Ontario

Tel: 416-977-8000 Reservations: 1-800-268-8082

Website: <http://www.torontoprimrosehotel.com/>

Details: Recommended by Environmental Health Clinic - special discount may apply for patients. Non-smoking floor, cotton blankets, bio-degradable non-aerosol cleaning products on request, windows do not open.

Caution: As of May 2005, the website mentions being “newly renovated” so be sure to double-check that

as it doesn't specify if the entire hotel was renovated or a few rooms only.

The Courtyard by Marriott (Toronto, Ontario)

475 Yonge Street

Toronto, Ontario

Tel: 416 924 0611

Details: Recommended Environmental Health Clinic - special discount may apply for patients. Non-smoking floor, windows open, water based paints, cotton blankets, will use special cleaners and provide non-allergenic pillows on request. Renovated 1999. Also, 12 Modified Rooms available for either hearing impaired or wheelchair accessible. Rates: range from \$189.00 – \$269.00 (Canadian).

Cottage for rent on PEI (Rocky Point, Prince Edward Island)

Rocky Point, Prince Edward Island

Tel: (902) 422 2353

Website: <http://mcsCanadian.org/peicottage.html>

Details: Located 25 minutes from Charlottetown, this cottage is on 2/3's of an acre at Rocky Point which is 25 minutes from Charlottetown, PEI. The area is extremely quiet and safe with no incidents in 20 years. Good friendly neighbours, very few biting bugs, always a fresh breeze off the water! It is NOT near to any potato fields or spraying. Located down a tree lined lane from the highway and is one cottage back from the water. Please see website for further details and photos.

The Wakefield Mill Inn and Spa / L'Auberge et Spa Le Moulin Wakefield (Wakefield, QC)

60 Mill Road

Wakefield, QC, J0X 3G0

Tel: (819) 459-1838

Email: info@wakefieldmill.com

Website: <http://www.wakefieldmill.com>

Details: Located about a 30-minute drive North of Ottawa, Ontario, near Gatineau Park. The building is a renovated flour mill built in 1838 and rebuilt in 1911. Most of the floors and walls are solid wood or stone, rooms are made of different materials depending on what part of the building they are in. There are three sections of the building, and in each of those sections some rooms face the MacLaren waterfall and other rooms face a parking lot. Some rooms have air conditioning, others don't. There is a restaurant on the main floor. There are scented soaps in the rooms, but they can be removed upon request. There is a fireplace in the dining area, and a fireplace in some rooms. Sheets are made from cotton. The air outside mostly comes from Gatineau Park and from the stream beside the building.

L'achillée Millefeuille (La Conception, Quebec)

4352, chemin des Tulipes

La Conception, Quebec, J0T 1M0

Tel: (819) 686 9187

Email: achillee@millefeuille.ca

Website: <http://www.millefeuille.ca/en/index.html>

Details: Organic B&B in the Laurentians; not specifically geared towards people with environmental allergies. As with all accommodations, would have to be tested. (Note: If asked, the owner might be willing to remove all scents, etc.? Worth asking.)

Residence Marie-de-la-Ferre (Montréal, Quebec)

225 Pine Avenue West

Montréal, Quebec, H2W 1R5

Tel: (514) 844 1022

Email: info@hospitalierest-joseph.com

Website: <http://www.hospitalierest-joseph.com/>

Details: Residence owned and managed by nuns and open specifically to persons who are sick and need medical testing and to persons accompanying a sick one. Other people will not be accepted. Reservations are made by telephone only. Tel.: (514) 844 1022. Single rooms: 25\$/night, breakfast included (eggs, toasts, muffins, cereals, milk, coffee, tea). No cooking facilities except a microwave in the kitchenette. Space to eat in the kitchenette; small refrigerator available for guests. For more info, visit the Residence Website. Not much perfume worn in the place but no scent-free policy. Cleaning products are regular industrial products, and cleaning is done daily. Suggestions: Bring your own towels and bedding, including mattress protector; put all residence towels, soap and bedding, including mattress protector, bedspread, pillows and book regarding the Residence (on the desk), in garbage bags, which are then sealed and put in the closet. Replace with your own bedding, towels, soap, etc. Air the room. Ahead of time, cook and freeze enough meat for the duration of your stay as well as for the travel there and back. Bring enough cleaned vegetables and other desired foods, or buy these in Montréal (grocery store on St. Laurent Street, to the right of Pine Avenue, and health food store on the same street, to the left of Pine Ave.). Keep meat frozen during the trip. Store everything in the fridge at the residence. Once at the residence, ask that the cleaning staff not clean your room during your stay, to avoid being exposed to chemical cleaning products. Of course, if you are there for one night only and out the next morning, this does not apply.

US

The Natural B&B (Tucson, Arizona)

Tucson, Arizona

Tel: Tollfree: (888) 295-8500 Mobile: (520-870-8970)

Email: marc@tucsonnatural.com

Website: <http://www.tucsonnatural.com/>

Details: Proprietor Marc Haberman states: "both the residence and the grounds are maintained without chemicals or pesticides. We provide air purifiers, humidifiers, and relaxing music. No street shoes are worn inside, we welcome non-smokers only, and pets are not allowed. Children over 6 years old are welcome … We are environmentally friendly to the degree that we use no chemicals or pesticides and work toward creating a healthy environment. We do have carpets that are well maintained without chemical cleaners and a gas stove. We can accommodate some people with Environmental Illness or Multiple Chemical Sensitivities. It is the responsibility of each person with environmental health problems when making a reservation to be sure that it is suitable for them before finalizing a reservation."

Kaweah Cottage (Three Rivers, CA)

Three Rivers, CA

Tel: 1-888-838-6683

Email: kaweahcottage@mac.com

Website: <http://web.mac.com/kaweahcottage/Site/Home.html>

Details: Sanctuary in the Sierras: The Kaweah Cottage is a home created for people who want a retreat from everyday stress and wish to reconnect with the Elements. It is a place to rest, dream, explore, commune with Nature, create, play and nourish your spirit. Located in the western foothills of the Central Sierras, adjacent to Sequoia National Park, it's less than 4 hours from Los Angeles and East Bay Areas-- and 4.5 hours from San Francisco and South Bay Areas. Yet it is light years away from urban existence.

Blue oak woodlands, riparian wildlife corridors, grazing horses and ancient river pools are just a few of the sublime features that you experience during your visit to the land. The Cottage is green-built and energy efficient. It provides a healthy and exceptionally comfortable home where you can enjoy the simple and healing lifestyle that we offer.

Neon Rose (Point Reyes Station, California)

P.O. Box 632

Point Reyes Station, California, 94956

Tel: (800)358-8346

Email: info@neonrose.com

Website: <http://www.neonrose.com/>

Details: No smoking or pets permitted. Website advertises: "The cottage is available for guests who have severe allergies and chemical sensitivities. Please respect their special needs." For further details, please consult website or contact B&B.

Las Manos Bed and Breakfast (Buena Vista, CO)

Buena Vista, CO

Tel: 719 395 4567

Website: <http://www.lasmanosbandb.com>

The Natural Place (Deerfield Beach, Florida)

1962 NE 5th St.

Deerfield Beach, Florida, 33441

Tel: (954) 428-5438

Email: charneya@bellsouth.net

Website: <http://www.thenaturalplace.com>

Details: The Natural Place is very sought after. Reservations must be made well in advance. The Natural Place offers apartment-style units with organic bedding and filtered water, a block and a half from the ocean. The owners depend on the cooperation of guests, who are asked to sign a 'quality assurance form' when they check in. On the form, guests promise not to use cologne, perfume or any scented make-up, soaps, lotions, sun tan products, shampoo, conditioner, hair spray, deodorant, etc. Welcomes yearly residence.

Pride and Joy Environmental Resort (South Melbourne Beach, Florida)

5685 S A1A Highway

South Melbourne Beach, Florida, 32951

Tel: (321) 733-7804

Website: <http://www.prideandjoycondos.com/>

Details: No email as owner (Val Gaccione) can't use computer due to environmental sensitivities. Separate central AC, Telephone and TV in each apartment. Queen-size organic cotton bed with cotton bedding and full-size futon in each apartment. 100% ceramic tile flooring, furniture constructed of either metal, glass or non-treated wood. Austin air filters and filtered tap water. Laundry facilities available. Glass-bottled water for sale. Property renovated using safe building materials, furniture and bedding. Only non-toxic and non-fuming cleaners are used. Everyday household chemicals, such as hairspray, perfume, scented products and pesticides are banned from the premises. The entire resort is a non-smoking area. Prime ocean-front location. Fully-furnished one-bedroom apartments, complete with living room and kitchen, are available by the week, month, or long-term.

Best Western Space Shuttle Inn (Titusville, Florida)

3455 Cheney Highway

Titusville, Florida, 32780

Tel: 1-800-523-7654 Local: (321) 269-9100

Email: rooms@spaceshuttleinn.com

Website: <http://www.spaceshuttleinn.com>

Details: The Inn has allergen-controlled rooms: Non-smoking "Evergreen" rooms are available for those with asthma or sensitivity to Florida's high amount of airborne pollen; additional air filtration units remove dust and pollen from the air; filtered water is available at the sink and in the shower. (Smoking is allowed in other rooms.)

Hilton O'Hare (Chicago, Illinois)

Chicago, Illinois

Details: Pilot Project of Environmentally Friendly Room Design for Guests with Allergy Related Sensitivities. Please see this article for further information:

http://www.hotel-online.com/News/PR2005_2nd/Apr05_EnviroRoom.html

Chez Sven (Wellfleet, MA)

Wellfleet, MA

Website: <http://www.chezsven.com/>

Details: Committed to eco-tourism, this B&B provides a natural, chemical-free environment geared toward those with environmental sensitivities. Allergy-free suites feature 100 percent organic cotton bed linens and hypo-allergenic comforters and pillows for those allergic to down. Non-toxic green detergents are used in a front-loading energy-efficient washer and whenever possible sheets are line dried. Hepa filters in vacuums help to maintain air quality. The inn is totally smoke- and pet-free. Organic raspberries, tomatoes and potatoes, plus homemade organic yogurt are guest favorites for breakfast.

Sirius Community (Shutesbury, Massachusetts)

72 Baker Road

Shutesbury, Massachusetts, 01072

Tel: (413)259-1251

Website: <http://www.siriuscommunity.org/>

Details: This is an intentional community and is not specifically for those with MCS. Organic meals, private or shared rooms and tenting available, possibility of work exchange program. Further details:

<http://www.people.umass.edu/bricew/rates.htm>

<http://www.siriuswellnessretreat.org/activities.html>

<http://www.siriuswellnessretreat.org/beinghere.html>

Crow Wing Crest Lodge (Akeley, Minnesota)

11th Crow Wing Lake, 31159 County Road 23

Akeley, Minnesota, 56433

Tel: Info: (218) 652-3111 Res: (800) 279-2754

Website: <http://www.crowwing.com/main.html>

Details: 19 cabin family fishing resort. No-pet and no-smoking policies, products with artificial scents are avoided. Kim makes her own organic cleaning products and insect repellants from herbs and essential oils.

The Park Avenue Mansion (Saint Louis, Missouri)

2007 Park Avenue

Saint Louis, Missouri, 63104

Tel: Toll Free: (866) 588-9004

Email: parkavenuebandb@yahoo.com

Website: www.parkavenuebandb.com

Details: Fragrance-free, no fabric softener sheets, do not spray for bugs or use pesticides on their

grounds. They use mostly organic food. Reported as being very helpful re room preparation and maintaining same.

Eco-Casitas for Traveling Canaries (Española, New Mexico)

Española, New Mexico

Tel: 505-753-2598

Email: mail@newmexicoecocasitas.com

Website: <http://www.newmexicoecocasitas.com/>

Details: We work under a general assumption that no accommodation is perfect for those with MCS and that no two people with MCS have the same sensitivities; so we ask that you read the following carefully, ask questions should you have them, and make an informed decision should you be interested in staying here. We maintain a clean, fragrance-free studio apartment suitable for the chemically sensitive. This is not for those persons in a health crisis or for those who plan to suddenly become fragrance-free for this visit. Those with MCS are sensitive to low levels of fragrance and chemicals that are usually undetectable to most people without MCS. This is also not an accommodation for people who use perfumey products but plan to apply them in the morning after leaving the casita for the day, assuming that the fragrances will wear off by the time they return in the evening.

Mohonk Mountain House (New Paltz, New York)

1000 Mountain Rest Road

New Paltz, New York, 12561

Tel: Info: (845) 255-1000 Reservations: (800) 772-6646

Website: Website: http://www.mohonk.com/index_flash.cfm

Details: 90-minute trip from Manhattan. Rates range from \$246 to \$735 per night, which includes three meals daily, as well as Afternoon Tea and Cookies. One person with MCS reports that nothing in the room bothered her. She had requested only no smoking, no air fresheners and requested the room be aired. She reported that they may use non-toxic cleaners as she smelled nothing bad, but this has not been confirmed.

Wellington Bed and Breakfast (Syracuse, New York)

707 Danforth Street

Syracuse, New York, 13208

Tel: (315) 474-3641 Toll Free: (800) 724-5006.

Email: innkeepers@bbwellington.com

Details: No smoking. No pets. Tolerated by an environmentally sensitive person.

Sheraton Rittenhouse Square Hotel (Philadelphia, Pennsylvania)

Philadelphia, Pennsylvania

Tel: (215) 546 9400

Website: www.sheratonphiladelphia.com

Details: Rooms cost \$139 (U.S.) and up. Five-year old hotel built in a lovely old building. Environmental, recycled and sustainable materials used throughout the Hotel. Organic bed, bedding, curtains, and cleaning products in guestrooms, which are equipped with continually filtered air largely free of pollen and mould and other airborne microflora, and circulated through the room on a constant basis independent of the heating and cooling system. Individual controls for heating and air conditioning in each room. Bathroom: Air transfer grill which removes stale air and mold from the guest room and the building.

Walnut Lawn Bed & Breakfast (Village of Lampeter, Lancaster County, Pennsylvania)

1027 Village Road

Village of Lampeter, Lancaster County, Pennsylvania, 17602

Tel: (717) 464 1382

Email: urwelcome@walnutlawn.com

Website: <http://walnutlawn.com/>

Details: The owners attempt to maintain a healthy, chemical-free environment for all our guests including those who have allergy and asthma conditions, Multiple Chemical Sensitivity or Environmental Illness. For further details, please consult website or contact B&B.

Safe Housing of Dallas, Regina Caeli Condominiums (Dallas, Texas)

5727 Richmond Ave.

Dallas, Texas, 75206

Tel: Earl Remmel: (469) 556-5049

Email: earlremmel@netzero.net

Website: <http://www.safehousingdallas.com/>

Details: Condo Rentals available, short and long term. We offer 1 bedroom, 1 bath, fully furnished, all electric condos, in a gated community. Condos have all ceramic tile floors, all electric ac/heat, fully equipped kitchens with electric range, full bath with tub/shower and shower filter, in room phones, cable tv, onsite fax, 100% cotton futons and linens, Austin Air Cleaners or Amaircare Air Cleaners available for each Condo. Non fragrant environmentally friendly laundry facilities and Environmental Housekeeping. On site Sauna/exercise room with Infrared Sauna. Furnished and decorated with environmentally friendly products to create a warm, comfortable and safe environment. Transportation available to medical appointments. We welcome both short term and long term guests, we also offer long term residency at new lower long term rates. Families welcome. We are located near the Environmental Health Center of Dallas (Dr. William Rea) and the offices of Dr. Alfred Johnson D.O. and Associates as well as several Biocompatible (MCS) Dentists. Organic Food is available from Whole Foods Market with "Concierge" environmental shopping and grocery delivery available. Please call or email for information and rates. We are a smoke free, pesticide free and fragrance free Facility.

Oma's House (Eules, Texas)

709 Auburndale Dr.

Eules, Texas, 76040

Tel: 214-457-1931

Website: www.omashouse.com

Details: Bed and breakfast type. Oma's House has available the following amenities, services and benefits: Filtered drinking water. Filtered shower heads and tub dechlorinators. No toxic cleaners or pesticides used. High-speed internet & cable TV access. Children are welcome; babysitting provided at an additional charge (ages 3-12). Continental breakfast included. Kitchen privileges allowed in an S.C.D.- and N.T.-friendly kitchen. Fragrance-free soap and toiletries provided. Organic bedding in one room. HEPA/charcoal air purifiers (Austin Air HealthMate Plus Jr., under PuriTec label). All vinyl products and drycleaning left in the garage until outgassed.

Seagoville Community (Seagoville, TX)

Seagoville, TX

Tel: 972.287.2059 (fax: 972.287.7682)

Website: <http://www.ehcd.com/resources/ecologyhousing.html>

Details: **MUST BE A PATIENT at the Environmental Health Center in Dallas.** In a rural area south-east of Dallas is a small community for treatment of patients who are ill from sensitivities to their environments. They can not function healthy in regular housing. The community has existed for over twenty years and has about twenty housing units. The units vary in size, most are one room with private bath, a few are larger. To make them as safe as possible, the style is very sparse, and uses the safest materials possible. Some are built of concrete blocks, while others are made from steel or aluminum.

Some of them are converted camping trailers. The inside walls, floors and ceilings are made from steel plates covered with porcelain. The furniture is generally steel and cotton. The heating and cooling is electric. There is a communal kitchen shack, away from the houses which cuts down on food odors. For those who are too sensitive to enter the kitchen, there is also an outdoor kitchen. Adjacent to the kitchen is the refrigerator room, with one refrigerator per occupant and several washers and dryers. People stay here for a few weeks or a few years, but have to be a patient at the Environmental Health Center in Dallas.

White Pines Victorian Lodge (Sturgeon Bay, WI)

Sturgeon Bay, WI

Website: <http://www.whitepineslodge.com/>

Details: Members of Green Hotels Association and Sustainable Travel International, every aspect of this inn is dedicated to care of the earth's environment. Not only are no chemical cleaners used, but in an attempt to provide a hospitable environment for those with multiple chemical sensitivities, guests are asked to sign an agreement not to wear any chemical products, perfumes, colognes or hairsprays at the inn. All natural cotton and wool fabrics are found in rooms, and more than two million gallons of water and subsequent energy have been conserved by guests re-using towels and sheets throughout their stays, and installation of low-flow showerheads and toilets. Located in a beautiful wooded setting, guests can walk to many nearby restaurants and waterfront attractions.

Arbor House, An Environmental Inn (Madison, Wisconsin)

3402 Monroe Street

Madison, Wisconsin, 53711

Tel: (608)238-2981

Website: <http://www.arbor-house.com>

Details: 8 rooms, 2 floors. Use of non-toxic products and recycled materials; organic or natural unbleached cotton linens and fabrics; use of non-toxic and biodegradable cleaners; organic mattresses; EMF circuit design reducing exposure to electromagnetic fields; landscaping using native plants, while avoiding the use of pesticides; energy efficient appliances, lighting and technology; sustainably harvested woods; water efficient appliances and fixtures; environmental resource center. "As nontoxic as my own bedroom," wrote one traveler.

United Kingdom

Allergy-Free Apartment (London, England)

London, England

Tel: +44 1502 478 487

Email: allergyfree@hotmail.co.uk

Website: <http://www.allergyfreeapartment.co.uk>

Details: Located in Muswell Hill, North London N10 neighbourhood. Hardwood floors. No smoking or pets allowed. Apartment cleaned with unscented cleaning products such as Ecover, or Method. Towels and sheets are organic cotton. No pesticides used in the garden. Available for short term rentals of a few days or weekly. Though the website states it is: "... ideal for those who are concerned about toxins in their environment and those who suffer from asthma, allergies, Multiple Chemical Sensitivity (MCS) and M.E.", as always, please be sure to check it out thoroughly in terms of your own particular needs.

General

Allergy and Environmental Health Association (AEHA) (Ottawa Branch)**Email:** lindanolan@sympatico.ca**Website:** <http://www.aeha.ca/>**Details:** Contact: Linda Nolan-Leeming**Allergy and Environmental Health Association – Quebec (AEHA-Quebec):****Email:** aehaq@aeha-quebec.ca**Website:** http://www.aeha-quebec.ca/bb_housing.htm**Asthma Friendly Hotels****Website:** <http://www.asthmafriendly.com/hotels/index.html>

Details: (Note: As of Feb/2005, there are no hotels listed, but please be sure to check as they will be added as they become available.) Asthma friendly rooms are furnished using low and non-allergenic furniture, bedding, flooring, paints and fabrics. High performance filters are installed to continuously maintain low concentrations of pollutants and allergens in room air, shower water and tap water. Hotel staff are trained to clean and maintain the asthma friendly® room in accordance with the requirements of the certification standard. To be certified, each room must have the following: hardwood or tiled floors that are washable surfaces. Bedding: Hypo-allergenic pillows, non-allergenic sheets and pillow covers, allergy protection encasings for mattress and pillows. Furnishings: Materials to be selected that reduce the incidence of dust mites and pollen and are low on irritants. No cushions. Bed linen, blankets, bedspread and curtains are made of fully washable materials, which do not require chemical dry cleaning. Leather should be used to upholster the chairs. All paints and varnishes to be used must be VOC (Volatile Organic Compound) free or low VOC. Cleaning materials chosen for their suitability. Rugs: Washable. Non-allergenic soaps and shampoos will be utilised in bathrooms.

BBCanada (Bed and Breakfast) (Canada)**Website:** http://www.bbcanada.com/bb_canada_map.cfm

Details: This B&B Directory doesn't specifically cater to those with MCS, but because each B&B typically offers a number of pictures of the interior of the house and the grounds, this can give a very good idea of furnishings, flooring, etc.

EcoProperty (Australia & NZ)**Website:** <http://www.eco.com.au/>

Details: "We help people to buy, sell, design and build properties and products that allow us to live in a more sustainable way. Our aim is to recognise and promote the value and benefits brought by eco-responsible property ownership and development."

EcoProperty Canada**Website:** <http://www.planetfriendly.net/property/>

Details: EcoProperty.ca is for people who care about nature, environment and sustainability. Whether your interest is public or private... preserving the wilderness or living sustainably on the land... EcoProperty can help you connect with others who share your interests. Unique listings of ecological and organic land, projects and proposals – for sale, for rent, to share, projects, land trusts, ecovillages, proposals and opportunities. Urban or rural, public or private.

EverGreen Rooms by Hartford, Inc.**Website:** <http://www.evergreenrooms.com/>

Details: "Evergreen Rooms" are rooms in various hotels which have room-style air filtration units

(charcoal and hepa) and water filtration available. Be sure to confirm the room you book is an "Evergreen Room" and that it does have these items available, as well as any other concerns you might need addressed.

List of participating hotels:

<http://www.evergreenrooms.com/script/hotel.cgi>

Info re filtration devices used: <http://www.evergreenrooms.com/main.html>"

If the "list of hotels" page above doesn't work, you can visit an older version of the participating hotels list at: <http://tinyurl.com/ayv42>

Glidehouse by Michelle Kaufmann Designs

Website: <http://www.livemodern.com/glidehouse/>

Details: 3d Tour: <http://www.glidehouse.com/>

[**Note from the editors:** One thing to consider with this sort of housing is that because the units need to be transported/shipped, for those attempting to build an air-tight structure, the movement the units would experience in transport might affect "air-tightness". Special arrangements might need to be made to compensate for this. Nonetheless, this could be a viable option for some.] From the website: The Glidehouse is built in a factory, using the most modern and environmentally-friendly building methods and materials. It can be built in as little as four to six months, at a cost comparable to or below traditional site-built homes ... The Glidehouse™ modular home is designed to collaborate with nature. The design is based on basic sustainable—green—design principles. The house is designed as a series of shallow buildings to allow maximum natural ventilation. Through the use of the gliding glass wall and the opposite operable clerestory windows above the storage bar, breezes are maximized. Indirect lighting minimizes the need for electric lighting. Depending on the location, the house can either have solar panels, a geothermal, or a wind generator system, or a hybrid system. The exterior walls are made of maintenance-free Cor-Ten steel, Galvalume, Hardi panels or cedar planks to blend in with the context.

Green Homes for Sale

Website: <http://www.greenhomesforsale.com/>

Details: Who will benefit from GreenHomesForSale.com? We are people who are variously concerned about or sensitive to our environment. Some of us have degrees of chemical or other sensitivities to environmental elements and building materials that require high level clean and non toxic living and working spaces and others of us want to live in ecologically friendly homes.

Green Hotels Association

Website: www.greenhotels.com

Details: "Green" hotels are properties whose managers are eager to institute programs that save water, save energy and reduce solid waste – while saving money – to help protect Earth! The purpose of the Green Hotels Association is to bring together hotels interested in environmental issues. From adding "Drinking water served on request only" to the menu to installing new HVAC systems, and with every measure in between, the Green Hotels Association encourages, promotes and supports the "greening" of the lodging industry. The list of member hotels covers the U.S., Canada, the Carribean, Africa and Europe. **Note:** Please be aware that some hotels specify only that they are environmentally-friendly which may not translate to being suitable for someone with chemical sensitivities. As always, be certain to check ahead of time to see if your specific needs can be met.

To find member hotels: www.greenhotels.com/members.htm

Hospitality Plus: HEAL's Travel Guide (US)

Website: <http://members.aol.com/HEALNatnl/index.html>

Details: Travel tips, questions to consider, listings of private homes and commercial establishments that may be suitable for people with allergies, asthma, sensitivities. Members: \$12.00; others \$24.00

Intentional Communities Directory

Website: <http://directory.ic.org/>

Details: This is a world-wide directory of intentional communities. Some of them may be suitable for those with MCS. There are two MCS-specific communities listed. There are many more communities to be found that might be suitable if the search term “environmental illness” is used.

Mcssafeshelterusa Email Group (US)

Details: Environmental Health Network’s email group on Yahoo for MCS long-term and short-term housing.

To join: email mcssafeshelterusa-subscribe@yahoogroups.com

Website: <http://health.groups.yahoo.com/group/mcssafeshelterusa/>

Short-term and long-term housing for people with MCS. Check the database for listings by state. Find rentals, hotels, and housing to purchase. If you have an MCS-safe home you wish to share with EIs in crisis, please add your listing to Short-term Shelter. EIs don't necessarily need a separate bedroom; a patio or living room space can be very welcome in an emergency. It would be great if this turned into an underground railroad for EIs. Please help make this a reality.

Organic Places to Stay

Website: <http://www.organicholidays.com/>

Details: Accommodation on organic farms and organic small holdings (includes self-catering and catered). International. As always, owners of these places must be contacted to check if the places are compatible with your needs.

Scent-Free Facilities - Worldwide

Website: <http://www.mcscanadian.org/scentfree.html>

Details: This is a listing of facilities and organizations that have policies or wordage related to limiting the use of scented products and was compiled by Ruth Shannon. It is provided here as a resource in hopes that those travelling might be able to find shops, restaurants and other places to visit that are scent-free.

Caution: Be sure to verify the accuracy of the information and note that as with all listings, individual places may have changed their policies.

The Safer Travel Directory: Nancy Westrom

Tel: 954-518-0190

Email: cparkh1001@aol.com

Website: www.safertraveldirectory.com

Details: The Safer Travel Directory is a guide for people with environmental illness or multiple chemical sensitivities who either need a less toxic place to live or who would like to travel without fear of being exposed to toxic chemicals. It lists hotels, bed & breakfasts, retreats, inns, rooms for rent, houses for sale, and even some campgrounds. Costs for a copy of the Safer Travel Directory: \$17 US/Canada, \$23 International, includes postage.

Green Vacation Hub, AB), AB

Website: www.GreenVacationHub.com

Details: Folks who would like information about environmentally friendly places to stay when travelling might want to take a peek at

www.GreenVacationHub.com. It's an extremely informative site with resources about green and environmentally safe travel resources around the world. When considering a specific place to stay, you can check out their green profile to see how they do re scent free stuff, etc.

A growing number of children and adults have asthma, allergies and chemical sensitivities (or MCS). We at the Hub know that this can pose additional challenges to traveling, so we have set up the site to make it easy to narrow down to vacation accommodations that meet your specific needs.

<http://www.greenvacationhub.com/environmental.php>

Chemically Sensitive Vacation Co-op (CSVC) (Harrison, Arkansas)

6625 Orchard Pt. Rd.

Harrison, Arkansas, 72601

Tel: (870) 743-2885

Email: rldjad@alltel.net

Website: <http://www.ChemicallySensitiveVacationCo-op.com>

Details: Vacation co-op/Home exchange. Vacations for the Chemically Sensitive. If you have been unable to vacation due to the harsh chemicals used to clean lodging establishments or because of strong fragrances used by them or their guests, CSVC was designed with you in mind. Trade a bedroom and bath in your home for a bedroom and bath in another's home; or trade your home for another's home for a 5-7 (or longer) day vacation. Rather than fighting all the chemicals used in most lodging establishments, be matched with another person (and home) with similar chemical sensitivities. Pay only our annual membership fee of \$95.00. All members (guests and hosts) must be willing to adapt to each other's sensitivities. Website owners are very involved in the matching process. **OTHER OPTIONS:** If home exchange is not for you: Cabin rentals for the chemically sensitive. For more details, please consult Website.

Green, Natural and Healthy Homes for Sale (US, Canada and Australia) (Santa Barbara, California)

P.O. Box 30085

Santa Barbara, California, 93130

Tel: (805) 898-0079

Website: <http://healthyhomesforsale.com/>

Details: Covers the US, Canada and Australia. Healthy & Natural Homes For Sale provides a 24/7/365 venue for marketing your healthy and or natural home, to buy and sell homes that have been built or remodeled with health and the environment in mind. List your green, natural or healthy home on this Website. With this, people with chemical and/or environmental sensitivities can find safe places to live.

Excalibur Steel Structures (Chattanooga, Tennessee)

8-A Francis Street

Chattanooga, Tennessee, 37419

Tel: 423-825-0022

Email: Info@excalibursteel.com

Website: <http://www.excalibursteel.com/index.htm>

Details: Plans: http://www.excalibursteel.com/prices_stdplans.htm

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<http://www.mcscanadian.org/acc.html>

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If you know of any MCS-EI-friendly accommodations, please send the information in an email to: MCS-CanadianSources-owner@yahogroups.com so it can be included to benefit others in need.