

Supplementary Material

Table S1. Emissions of an average European citizen in 2019, expressed per tourist (FU)-Ecoinvent database-LCA for experts (*EF 3.1-Person equivalents*).

Quantity	Equivalences	Unit	Factor Used for Comparison with a Tourist in the Evaluated Destinations
EF 3.1 Acidification	55.569	Mole of H ⁺ eq.	0.0179
EF 3.1 Climate Change - total	7,553.083	kg CO ₂ eq.	0.0001
EF 3.1 Eutrophication, freshwater	1.606	kg P eq.	0.622
EF 3.1 Eutrophication, marine	19.545	kg N eq.	0.051
EF 3.1 Ozone depletion	0.0523	kg CFC-11 eq.	19.103
EF 3.1 Particulate matter	0.00059	Disease incidences	1,679,636
EF 3.1 Photochemical ozone formation, human health	40.859	kg NMVOC eq.	0.024
EF 3.1 Resource use, fossils	65,004.259	MJ	1.54· 10 ⁻⁵
EF 3.1 Water use	11,468.708	m ³ world equiv.	8.72· 10 ⁻⁵

Table S2. Climate change of accommodation subsector in Camino Lebaniego per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq/Year)	Relative Contribution (%)
Energy sources	1,049,677	56.67
Electricity	898,726	48.52
<i>Stationary fuels</i>	39,880	2.15
Propane	27,044	1.46
Diesel	799	0.04
Butane	1,509	0.08
Biomass pellets	8,080	0.44
Biomass logs	2,448	0.13
<i>Fuels for vehicles</i>	111,071	5.99
Diesel	111,071	5.99
Water	15,642	0.85
Indoor maintenance	11,624	0.63
Outdoor maintenance	335	0.02
Food and beverages	750,737	40.53
Others and self-production	24,051	1.30
<i>Total</i>	<i>1,852,066</i>	

Table S3. Climate change of eating and drinking subsector in Camino Lebaniego per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq./Year)	Relative Contribution (%)
Energy sources	543,842	29.77
Electricity	455,568	24.94
Stationary fuels	88,274	4.83
Water	6,255	0.34
Food and beverages	1,273,093	69.69
Milk and dairy products	75,676	4.14
Fruits	604	0.03
Vegetables	42,968	2.35
Cereals	4,374	0.24
Red meat	733,728	40.16
Fish and shellfish	4,281	0.23
Beverages	385,530	21.10
Other food	25,934	1.42
Others and self-production	3,599	0.20
<i>Total</i>	<i>1,826,789</i>	

Table S4. Climate change of leisure activities in Camino Lebaniego per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq./Year)	Relative Contribution (%)
Energy sources	299,546	21.87
Electricity	27,501	2.01
Stationary fuels	12,074	0.88
Butane	12,074	0.88
<i>Fuels for vehicles</i>	<i>241,998</i>	<i>17.67</i>
Diesel	48,739	3.56
Gasoline	193,259	14.11
Water	2,168	0.15
Indoor maintenance	403	0.03
Food and beverages	1,066,970	77.89
Cereals	1,066,970	77.89
Others and self-production	817	0.06
<i>Total</i>	<i>1,369,903</i>	

Table S5. Climate change of accommodation subsector in Guimarães per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq/Year)	Relative Contribution (%)
Energy Sources	1,108,429	78.60
Electricity	1,094,354	77.60
<i>Stationary fuels</i>	7,533	0.53
Propane	308	0.02
Natural gas	1,253	0.09
Diesel	18	0.001
Butane	5,955	0.42
<i>Fuels for vehicles</i>	6,542	0.46
Gasoline	6,542	0.46
Water	13,165	0.93
Indoor Maintenance	9,135	0.65
Outdoor Maintenance	97,263	6.90
Food and Beverages	180,639	12.81
Others and self-production	1,665	0.12
<i>Total</i>	<i>1,410,297</i>	

Table S6. Climate change of eating and drinking subsector in Guimarães per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq./Year)	Relative Contribution (%)
Energy Sources	244,976	7.99
Electricity	197,884	6.45
<i>Stationary fuels</i>	47,092	1.54
Water	3,429	0.11
Indoor Maintenance	1,624	0.05
Food and Beverages	2,816,483	91.82
Milk and dairy products	184,986	6.03
Fruits	1,145	0.04
Vegetables	42,194	1.38
Cereals	25,968	0.85
Red meat	1,651,958	53.85
Fish and shellfish	745,914	24.32
Beverages	35,036	1.14
Other food	129,282	4.21
Others and self-production	949	0.03
<i>Total</i>	<i>3,067,461</i>	

Table S7. Climate change of leisure activities in Guimarães per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq./Year)	Relative Contribution (%)
Energy Sources	2,895,912	97.18
Electricity	1,614,633	54.18
<i>Stationary fuels</i>	1,023,278	34.34
Natural gas	1,023,278	34.34
<i>Fuels for vehicles</i>	258,000	8.66
Gasoline	258,000	8.66
Water	6,189	0.21
Indoor Maintenance	34,679	1.16
Outdoor Maintenance		
Food and Beverages		
Others and self-production	43,158	1.45
<i>Total</i>	<i>2,979,938</i>	

Table S8. Climate change of accommodation subsectorthe Rías Baixas per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq./Year)	Relative Contribution (%)
Energy Sources	12,864,080	76.52%
Electricity	7,156,310	42.57%
<i>Stationary fuels</i>	5,593,874	33.27%
Natural gas	2,382,241	14.17%
Diesel	1,323	0.01%
Biomass	58,836	0.35%
Butane	86,003	0.51%
Propane	3,065,472	18.23%
<i>Heat pump refrigerant</i>	60,692	0.36%
<i>Fuels for vehicles</i>	53,204	0.32%
Diesel	53,204	0.32%
Water	1,204,945	7.17%
Indoor Maintenance	114,021	0.68%
Outdoor Maintenance	2,220	0.01%
Food and Beverages	2,517,352	14.97%
Others and self-production	109,140	0.65%
<i>Total</i>	<i>16,811,758</i>	

Table S9. Climate change of eating and drinking subsector in Rías Baixas per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq/Year)	Relative Contribution (%)
Energy sources	2,815,246	9.97%
Electricity	2,477,509	8.78%
<i>Stationary fuels</i>	337,737	1.20%
Water	5,009	0.02%
Indoor maintenance	9,731	0.03%
Food and beverages	25,397,856	89.97%
Milk and dairy products	2,699,035	9.56%
Fruits	960,169	3.40%
Vegetables	1,297,636	4.60%
Cereals	223,257	0.79%
Red meat	16,522,203	58.53%
White fish	2,996,828	10.62%
Beverages	698,727	2.48%
<i>Total</i>	<i>28,227,842</i>	

Table S10. Climate change impacts of leisure activities in the Rías Baixas per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq./year)	Relative Contribution (%)
Energy sources	8,647,928	84.30%
Electricity	5,887,610	57.39%
<i>Stationary fuels</i>	2,051,042	19.99%
Natural gas	2,050,917	19.99%
Diesel	125	0.00%
<i>Fuels for vehicles</i>	658,017	6.41%
Diesel	658,017	6.41%
<i>Heat pump refrigerant</i>	51,258	0.50%
Water	2,657	0.03%
Indoor maintenance	95,365	0.93%
Outdoor maintenance	65	0.00%
Food and beverages	884,840	8.63%
Others and self-production	627,524	6.12%
<i>Total</i>	<i>10,258,380</i>	

Table S11. Climate change impacts of accommodation in Lloret de Mar per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq/Year)	Relative Contribution (%)
Energy sources	1,709,340	46.00
Electricity	1,013,192	27.27
Stationary fuels	455,121	12.25
Diesel	8	-
Natural gas	455,113	12.25
Heat pump cooling refrigerant refill	1,491	0.04
R-410A	1,027	0.03
R-404A	452	0.01
Other types	12	-
<i>Fuels for vehicles</i>	912	0.02
Diesel	912	0.02
Water	15,853	0.43
Indoor aintenance	57,370	1.54
Outdoor Mmaintenance	5,950	0.16
Food and beverages	1,844,902	49.65
Others and self-production	82,386	2.22
<i>Total</i>	<i>3,715,934</i>	

Table S12. Climate change impacts of eating and drinking in Lloret de Mar per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq./Year)	Relative Contribution (%)
Energy Sources	378,621	5.33
Electricity	378,621	5.33
Water	6,111	0.09
Indoor maintenance	37,056	0.52
Food and beverages	6,273,161	88.35
Milk and dairy products	1,107,233	15.59
Fruits	69,982	0.99
Vegetables	117,108	1.65
Cereals	3,823	0.05
Red meat	567,406	7.99
White meat	4,607	0.06
Fish and shellfish	2,859	0.04
Beverages	1,024,533	14.43
Other food	448,480	6.32
Single use products	2,927,130	41.23
Others and self-production	405,113	5.71
<i>Total</i>	<i>7,100,062</i>	

Table S13. Climate change impacts of leisure activities in Lloret de Mar per year and relative contribution.

Categories	Impact Per Year (kg CO ₂ eq./Year)	Relative Contribution (%)
Energy Sources	11,211	97.78
Electricity	5,710	49.84
Heat pump cooling refrigerant refill	3	0.03
<i>Fuels for vehicles</i>	23	0.20
Gasoline	23	0.20
Water	19	0.17
Indoor maintenance	156	1.38
Outdoor maintenance	70	0.67
<i>Total</i>	<i>11,456</i>	