



## FEEL GOOD ...



### Seven things you can do to help save the planet

We are working to make our destination more eco-friendly, but we need your help. We can all reduce our impact on the environment by making choices. As a visitor you have a very important role to play in helping us to conserve our natural assets and become a more sustainable destination. Here are our recommended tips on how you can help:



#### Conserve Energy

Reduce energy by switching off lights and closing windows if heating is on. The Energy Saving Trust provides information on what you can do at home.

<http://www.energysavingtrust.org.uk>



#### Give the Car a Rest

Leave the car behind, if only for a day. Walk, cycle or use public transport. We will happily provide you with advice.

<http://www.traveline.org.uk/>; <http://www.seat61.com>; <http://www.sustrans.org.uk/>



#### Shop Local

Use local products, they give you a flavour of the area and help support local communities. We are fortunate to have some fantastic producers of food, drink and arts and crafts. Ask us about local markets or local and regional produce.



#### Reduce, Reuse, Recycle

Try to avoid overly packaged goods and say no to that extra carrier bag. You can also support us in our efforts to recycle – please ask staff for more details.



#### Be Water Wise

The UK has rising costs for water treatment and flood defense so please use water wisely. Turn off the tap when brushing your teeth and adhere to towel policies or other water saving initiatives

<http://www.water-guide.org.uk/>



#### Respect Nature

Help us to look after the landscape and wildlife by not littering, guarding against fire and using footpaths and cycle-ways responsibly. Ensure you follow the Countryside Code

<http://www.naturalengland.org.uk/ourwork/enjoying/countrysidecode/default.aspx>,  
<http://www.outdooraccess-scotland.com/>



#### Support Green Businesses

There are thousands of businesses in the British Isles working to reduce their carbon footprint through the Green Tourism Business Scheme. Businesses are awarded Bronze, Silver and Gold for their efforts to be more sustainable. [www.green-tourism.com](http://www.green-tourism.com)