


## Handy hints - how you can help us with our Eco policy and preserve our fantastic environment whilst on holiday at Hoe Grange

### Become more of a Carbon neutral tourist / visitor

- Did you know the amount of carbon produced by a car journey can be reduced by keeping speeds down, driving with windows closed and using a car with a small engine? (A 1.8 litre car travelling 12,000 miles per year will, on average, produce 4.32 tonnes of carbon dioxide (CO<sub>2</sub>). This is the equivalent of the amount of carbon soaked up by 6 trees during their life span).
- Turn the thermostat down just one degree and save.....help reduce carbon emissions! Our cabins are well insulated to keep you warm and guests' tests show that 18 °C is a comfortable temperature. Don't forget to turn the heating down when you go out for the day or go to bed.
- Shop local – look out for Peak District Environmental Quality Mark businesses during your stay. Each EQM business is striving to protect the Peak District National Park; by supporting EQM you are playing your part in conserving this national treasure. See “A guide to green businesses in the Peak District” in our Eco file or <http://www.eqm.org.uk/peakdistrict/business-register.asp>

### Reduce, Re-use, Recycle waste

- Borrow our reusable Eco shopping bags (in the hall cupboard) and say no to plastic bags. 
- Instead of buying bottled water try our Hoe Grange water direct from our very own borehole, clear and clean with nothing added! Not only does this save you money, but it saves the earth's resources by eliminating plastic bottles. It also avoids carbon emissions from abstracting and transporting this very heavy product around the country; water miles are worse than food miles!
- Avoid any unnecessary washing; when you leave place dirty towels in the bath and any unused towels on the beds, so that we know they are clean.
- Sort all your rubbish for us to recycle – remove lids, rinse out containers, squash if possible and place in boxes provided: different coloured glass can be mixed together, aluminium/metal cans and plastic bottles can be put in one box and paper and cardboard in another. Recycle plastic bags by placing in fabric holder in hall cupboard. We will do the rest for you – it's that simple!
- Compost your kitchen waste - as well as fruit and vegetable peelings, and crushed egg shells you can compost egg cartons, coffee grounds and teabags too. Up to two-thirds of food each household throws away could be composted.
- If going for a picnic ensure you bring all your rubbish home with you and even pick up what others have left. Rubbish can be a real danger to farm animals and wildlife.

## Save water

- When you wash your dishes by hand, remember to turn your tap off in-between rinsing. And don't rinse dishes before you put them in a dishwasher - that's what the machine is designed to do - just scrape all the excess food off the dishes and let the machine do the rest.
- Stop! Before pulling the plug out the kitchen sink, use the washing up water to rinse out bottles, food cartons and cans before putting them in our recycle bins.
- Switch off the tap whilst brushing your teeth – you can waste at least half a pint of water per minute if you leave the tap on!
- A shower uses  $\frac{2}{3}$  the amount of water as a bath – keep it short and turn off the shower head while soaping! Our showers are set at a flow rate of 12 litres per min and have eco flow heads.
- Share a whirlpool bath!

## Save energy

- Turn off the lights when you leave a room.
- Turn the central heating down slightly when you go out for the day. The cabins are well insulated and warm up very quickly. In winter leave the curtains closed.
- Close doors, turn the central heating down a degree or two and wear a jumper!
- Switch off electrical appliances when not in use. It's amazing the amount of electricity used by the TV or computer monitor when left on standby.
- Only boil the amount of water you need – kettles use a significant amount of energy.
- Put the lid on saucepans when bringing up to the boil. It not only saves energy, but also time!
- On bright days open the curtains to let the sunshine warm the cabin. Even in winter sunlight streaming through a window can increase the room temperature by several degrees and all that sunshine will cheer you up too!
- Unplug your chargers and transformers when they're not being used. All those little power supplies to charge mobile phones, toothbrushes, and other personal gadgets are burning energy when they're not in use.
- Draw the bedroom curtains at dusk when it's cold outside to stop heat escaping through windows – that way your room will be cosier come bedtime!



**We appreciate your efforts...**  
**Every little counts !**

