

30 ways whilst holidaying here you can help reduce energy wastage and preserve Cornwall..



1 By using the log burner (in any of the cottages where one is provided) should you require extra heating, instead of electric heaters or turning up the central heating.

2 By turning off appliances when they are not in use.

3 By only using the washing machine with a full wash load

4 By washing your clothes on a cooler setting

5 By only washing towels and clothes when necessary - do you want to spend ages washing on holiday anyway!?

6 By avoiding using a tumble drier, better to partially dry clothes in the dryer and then use the ainer provided. By far the greenest option is to use the washing line whenever possible weather permitting!

7 By stacking your dishwasher up during the day and only running it when full. We provide you with environmentally friendly dishwasher powder.

8 By turning heaters off when not needed

9 By turning thermostats down on electric heaters at night.

10 By running your central heating at a lower setting if comfortable. The evenings when resting need to be warmer than when in and out during the day.

11 By shutting windows when heating is on and drawing the curtains at night.

12 By not going out leaving heating on with windows open!

13 By switching the television off, rather than leaving it on standby.

14 By showering rather than bathing and avoiding all at onceto give systems like the heat pump or solar more chance to recover - thus avoiding a boiler cutting in.

15 By not buying bottled water - drink our wonderful water at Treworrey - and take some home!

16 By composting your green waste.

17 By recycling all your glass, paper, plastic, cardboard etc in the bins provided

18 By switching off lights not in use.

19 By switching off lights in playrooms and information rooms when you have finished.

20 By shopping locally and eating locally grown and produced food.

21 By in house dining ... using Ian and Nick's meal service. Delicious restaurant quality food is all cooked at Coombe here on the premises and with local fresh produce.

22 By spending days here at Treworrey and enjoying the facilities here - less travel.

23 By walking from Treworrey around our beautiful farm and woods - why not take a picnic? We have provided picnic nooks and tables and seats on the farm.

24 By using eco friendly washing powder such as Ecover for your clothes washing. It is far less polluting, especially when in the country where all our drains go into septic tanks which can't work properly if they have chemicals such as bleach attacking the good bugs that break down the sewage.

25 ByRecycle recycle as much of your waste as possible in the receptacles provided or drop off at recycling banks when you are out and about.

26 By not leaving taps running and by conserving water where ever possible.

27 By leaving the car at Treworrey and using our little train at Sandplace. If you leave the car behind and walk, cycle or use our excellent local trains you will see so much more of the beautiful cornish countryside.

28 By visiting lots of the wonderful attractions here on our doorstep and avoiding too many long car trips to more distant attractions.

29 By If you have two cars here, share and go out in one!

30And finally, do please shop locally and sample some of our wonderful local produce such as great local food from 'Simply Cornish' in Looe, The best home made pasties at the pasty shop in fore street Looe, Cornish Orchard's wonderful apple juices and jams just up the road from Treworrey and our local farmers markets, butchers and small farm shops.

Please remember our in house meal service and when you want to eat out.. try our wonderful local restaurants too. It is only a short car drive to Trawlers in Looe or The Well house. These restaurants for example use local produce wherever possible.

These suggestions could all significantly reduce your carbon footprint.

In return, we promise to keep you posted on our successes and failures. We are very willing to help anyone in any way who would like to know more about our experiences of trying to be more environmentally friendly good and bad!

..... and our experiences with ground source heat pumps , wind and solar.

If you are thinking of installing any of these, do come and stay and while here talk to us and have a closer look.

Our Environmental plea

If you have experience in green technology and can advise us on how to improve, do please come and talk to us. If you can't advise us, please help us by reading on.....

We undertake to invest in more long term renewable energy sources (on top of those already planned) with any savings on our 2008 energy consumption that you our guests help us to achieve.

We would really appreciate guests feed back. If you have ideas on how we could be greener - or ways in which we can improve your holiday experience in general, do please tell us.

By supporting us you would be supporting the Cornish COAST project that we are members of

Thank you very much.



Thank you for reading and

*where ever you holiday -
try and leave only your
footprints...*

HAPPY HOLIDAY

Bevis and Linda



