

Long mountain holidays - Eco Handy Hints © - updated March 16

How you can help us with our Eco policy and preserve our fantastic environment whilst on holiday at Long mountain centre

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-liter car travelling 12,000 miles per year will, on average, produce 4.32 tons of carbon dioxide (CO₂). 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..... Our cabins are very well insulated to keep you warm and also to help reduce carbon emissions. Guests' tests show that 18 co. is a comfortable temperature. Don't forget to turn it down when you go out for the day, or go to bed.

- Shop local - look out for shropshire buy local businesses during your stay. Each buy local business is striving to promote sustainability; by supporting them you are playing your part in conserving this national treasure. See buy local guide

Reduce, Re-use, Recycle waste

Say no to plastic bags.

- Instead of buying bottled use tap water 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; leave 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 colored glass can be mixed together, aluminum/metal cans and plastic bottles can be put in one box and paper and cardboard in another. Recycle plastic bags 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
- 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 2/3 the amount of water as a bath - keep it short and turn off the shower head while soaping!

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 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 cozier come bedtime!

We appreciate your efforts...

Every little counts

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