

REDUCE, RE-USE, RECYCLE - WE NEED YOUR HELP!

If you've read our *Green Story*, you'll know that we do what we can to minimise our environmental impact and run Banceithin on a sustainable basis. There's always more that we can do, but by following some of these simple tips you too can help us make your holiday a sustainable one.

- **CONSERVE ENERGY**
Switch off lights if you're not in a room. Close windows if the heating or wood burner is on or turn down the thermostats.
- **CONSERVE WATER**
Use the dual flush system on the toilets. Don't leave taps running while you brush your teeth or wash your hands. Wash veggies & fruit in a bowl instead of under a running tap & tip the water on the garden. When boiling water use the minimum amount required.
- **SAY NO TO PLASTIC**
Going shopping? Take the shopping bags we've provided with you. Who really needs a new carrier bag!
Thirsty? Instead of buying bottled water for days out, re-fill the water bottle provided with spring water from your kitchen taps.
- **SAY NO TO WASTE**
Minimise the waste we send to landfill by making as much use as possible of our recycling & composting facilities. Pop your milk and other plastic bottle tops in the pot provided for LUSH cosmetics.
- **SHOP LOCAL**
Support independent businesses and buy local products & produce. They give you a flavour of the area and support local communities. Check out our recommendations under "Shopping".
- **TRAVEL WISELY**
The public transport options are limited in rural Wales, but planning ahead can minimise mileage. Have a look at our Day Trips for ideas of how to make the most of your journeys.
- **DO ONE THING DIFFERENTLY**
When you get home, consider if there is just one thing you could do differently. Perhaps you could swap some cleaning products or shampoos to greener chemical free versions, switch to toilet paper with more recycled content, maybe join a local clean up initiative, or walk to the shop once a week instead of take the car.

Many thanks!

David and Philippa