



5 Ways to be the Best Sort of Visitor to Cornwall ~ in partnership with **coast**

“Small Steps... Big Impacts!”

Welcome to Redgate Smithy, please take a moment to read our Green Charter

Wherever we go and whatever we do, we all make an impact on the environment, the landscape, and the community around us. By making positive choices during your visit, together we can all help to look after Cornwall, and the special area that is Bodmin Moor, in order to ensure that it retains everything that is special about it for your next visit. You can have an impact right here!

1. Reduce, Reuse, Recycle!

In Cornwall, and at Redgate Smithy, we take our recycling very seriously, as we hope you do at home! So **say ‘no’ to all extra packaging** wherever possible, especially plastic bags. You will find recycling banks in most main car parks in the area, and we work hard to recycle all we can. Please also help us by making use of the **Recycling Bin** you will find in our own car park, by the garage (cans, plastics, paper, card, glass etc).

2. Reduce Traffic... Lose the car and Walk, Cycle, Bus or Train!

Walking and cycling are great ways to see the area without adding to traffic - there are details for local walks in your room folders, and we have **Local Walk Books and Maps** available. Situated as we are on the edge of Bodmin Moor, with no bus directly passing the door, your car will of course still be needed to reach many places, but why not try a cycle ride along the **Camel Trail**, or “park and ride” at Liskeard for the scenic **Looe Valley Line** to Looe. There is even a through-ticket rail and bus link to the **Eden Project!**

3. Stay Local, Eat Local, Buy Local, and See Local!

Try exploring near where you are staying; there are wonderful walks to **Golitha Falls** or **Siblyback Lake**, to **Trethevy Quoit**, the **Hurlers** and **Cheesewring**, the **Cornish mining World Heritage Site** at **Minions**, and much more on **Bodmin Moor**. Support local food producers; great food, great quality, and a real benefit to the local communities of Cornwall. The **Farm Shop at St.Cleer** is an Aladdin’s Cave for your taste buds!

4. Chill out... Switch Off!

Enjoy a fabulous, light touch to your stay! ...**switch off lights** and **dripping taps**, and avoid leaving your **TV** on standby. **Towels** are dried and refreshed, but not washed unless necessary, or rooms are changed. **Sheets** and bed linen are changed once every three or four days, or at room change. We also have an environmental waste-water/sewage processing plant, and **saving unnecessary laundry saves energy, and saves water**.

5. When in Rome (or Bodmin Moor), Follow the Countryside Code!

To enjoy Cornwall at its best, we can help you get to know the area with local knowledge, and provide you with information about care of the countryside, and the **Countryside Code**... keep dogs under close control, protect plants and animals, **take litter away**, and leave gates as you find them. **Bodmin Moor is a fragile and precious place, and its heritage and environment need respecting and protecting. Most importantly, the moor must be respected as a working environment, where the welfare of livestock and land is preserved.**

For further information about the **coast** Project, see or contact:



Cornwall Sustainable Tourism Project

Web: www.coastproject.co.uk E-mail: info@coastproject.co.uk Tel: 01872 562057

We hope you enjoy your stay with us ~ and thank you!

Clive and Julie ffitch; Redgate Smithy B&B