

Be a Green Guest - St Germans

Thank you for choosing a Railholiday and opting for what we hope you will find an enjoyable and green holiday. As a Cornish company in a beautiful county we are striving to make our carbon footprint as small as possible. As guests, here are some things you can do to help.

- **Turn off the lights behind you.**
- **Recycle your rubbish.** Please use the bin provided for all your cardboard, paper, glass, foil, tins and plastic bottles. **Please make sure all containers are washed thoroughly!** Please rinse apple juice bottles and wash jars and place them, with lids, beside the bottles. Please set-aside any un-soiled flyers in this pack for reuse.
- **Compost your food waste.** There is a caddy just outside the carriage that our team will empty for you at the end of your stay.
- **Keep the heating no hotter than you need it, and keep it right down when you go out.** Please ensure heaters are turned down or off if you go out for the day.
- **Turn the tap off when brushing your teeth.** It's surprising how much water this saves!
- **Use the line for your washing.** Pegs are in a peg bag in the games/ laundry room.
- **Keep the fridge to a low setting unless it is really warm.**
- **Support our local traders.** The local community shop is surprisingly well stocked, and also has a post office. At the stable yard there is a gift shop selling local and artisan items, and a pottery, that also offers one-off lessons.
- **Eat out locally.** In the village are the Eliot Arms and the cafe at the Stables at Port Eliot. A short train ride to Saltash or Plymouth opens all sorts of other options. There are also a number of excellent eateries within a short distance; suggestions are in our guest handbook.
- **If you've come by car, why not leave it at home when you go for day trips?** There's plenty to do in a close proximity – walking, bird and train watching, cycling. The train service is very good for day tripping, there is a seasonal boat from Saltash to the Royal William Yard and well co-ordinated buses from many train stations. A good compromise is to use public transport for longer trips and use your car for more local journeys. Locally there are some great beaches. For ideas for days out by train, a booklet of Cornish mainline train trips is included in our guest's information folder.

- **Plant a tree.** For £25 we will plant a tree to help offset your carbon use while on holiday. You can read which trees our guests have donated at Railholiday.co.uk/carbon_offset.htm
- **Let us know if you would like cuttings of any of our plants.** We're always happy to share.
- For more ideas and to see what we do for the environment, please visit our webpage Railholiday.co.uk/green.htm.
- You can read our green blog at railholiday.uk

Our top tips for things you can do at home:

- **Change your bank** to one with a green ethos; for more visit bank.green.
- **Change your search engine to Ecosia**, which plants trees for every search made.
- **Garden for wildlife.** Let grass grow long. Put in a pond. Plant pollinator friendly flowers, aim for flowers all year long if you can. Make habitat boxes. Hedges with flowering and fruiting trees will feed and shelter small mammals and birds, helping them to survive long after we are gone.
- **Go local.** Shop locally, support local tradespeople, buy organic and support local growers, holiday locally, support your local wildlife trust and volunteer for local charities. A strong local community is healthy for the soul and builds resilience for the future.
- **Go green.** Subscribe to a 100% renewable energy tariff.
- **Get campaigning and make friends.** There are lots of friendly environmental groups to join, from litter pickers to wildlife protectors, who will offer support as you embark on your green journey.
- **Use public transport, walk and cycle.**
- **Enjoy free things in life.** Walking, wild-swimming, cycling, birdwatching, reading, laughing, dancing, playing music, being kind, spending time with friends and family, getting creative. Connecting with nature and people is good for mental health, and will strengthen the resolve to make a difference.

Thank you for your assistance in helping us to keep our business sustainable. It is much appreciated. We hope you enjoy your holiday.