

Sithean

self catering

What we encourage you to do

We are continually working to make Sithean more eco-friendly, but we need your help. As a visitor you have a very important role to play in helping us to conserve our natural assets and become a more sustainable destination. Here are our recommended tips on how you can help:

Conserve Energy

TURN LIGHTS OFF: When you go out please turn all the lights off, and before you settle down for the evening, or go to bed, please make sure the outside lights are switched off. Also, when leaving a room, always remember to turn lights off.

HEATING: Turn the thermostat down a degree or two if you are too warm. Please don't leave windows open when the heating is on, especially while you are out.

DISHWASHER/WASHING MACHINE: Stack/fill economically and only use when fully loaded to maximise efficiency. You only need to use half a dishwasher tablet. If you run the washing machine at 30 degrees not 40 degrees, you will save a lot of energy.

The Energy Saving Trust provides information on what you can do at home.

<http://www.energysavingtrust.org.uk>

Give the Car a Rest

Plan your car journeys carefully so you are not doing unnecessary mileage. You could also reduce your speed, especially as you are on holiday! [Remember](#) to let cars pass you while on single track roads by pulling into the next available parking place, and why not plan to leave the car behind, if only for a day. Walk, cycle or use public transport. We will happily provide you with advice. Make the most of the lovely walking and cycling opportunities in the glen. We have put in two new benches on walks in the Cow Park and in The Fisher's Glen so you can sit and enjoy the stunning views. Please see details of the walks in the 'Welcome to Sithean' folder.

Shop Locally

We are fortunate to have a very well stocked village grocers here in Taynuilt, we also have a post office and a butchers. By shopping locally not only will you be reducing your mileage but you will also be contributing to the local community. Ask us about local markets or local and regional produce.

www.lorn.org.uk/

Reduce, Reuse, Recycle

Try to avoid overly packaged goods and say no to that extra carrier bag. Please use the shopping bags we provide in Sithean. You can also reduce the amount of landfill produced during your stay by supporting us in our efforts to recycle; please put your compostable waste in the caddy in the kitchen and then into the large composter by the woodshed, and tins, glass and paper in the containers provided. The hens would be delighted to eat your left over bread etc.

Supplies

Please use the Ecover cleaning products provided. Ecover products are biodegradable, contain no petrochemicals, artificial colourants or fragrances.

Nature

Share your sightings - please write down in the nature book provided any wildlife and birds that you see.

Help us to look after the landscape and wildlife by not littering, guarding against fire and using footpaths and cycle-ways responsibly. Ensure you follow the Countryside Code
<http://www.outdooraccess-scotland.com/>

Feedback

We welcome your feedback so please let us know your thoughts, there are copies of the feedback forms in the 'Welcome to Sithean' folder.

Please enjoy your holiday in this beautiful glen