

Running Hare



GREEN  SCHEME

We are delighted to be part of Cottages.com's Green Scheme; more info here <https://www.cottages.com/info/green-grading>

Congratulations, you've already made a great choice by booking your holiday somewhere you can reach shops, pubs and restaurants, local attractions and many enjoyable and stunning walks without a car!

Here's how we can work together as hosts and guests to maximise treading more gently on our beautiful planet. If you have any more tips on how we can be eco-friendly together here in Windermere, in the house and out and about, please let Danielle know ♥

1. In the House

Minimising electricity usage:

We have fitted low energy light bulbs and led lighting, which have a long life and use less electricity. Appliances such as the dishwasher, fridge and washing machine are all A/A++ rated for energy efficiency. You can:

- Turn off lights in rooms and hallways when not in use.
- No need to have lights on overnight, the Nest system automatically turns on a night light in the hallways when it detects movement in the dark.
- If the weather is good, hanging your washing on the outside line rather than in the drier will not only save energy but give you lovely air-dried laundry.

Minimise gas usage:

During our 2017/18 refurbishment, we had the roof replaced, using 75% of existing slates and adding insulation. We have installed an efficient new combi-boiler. Apart from the hall window, they are all double glazed to conserve warmth. You can help by:

- Keeping the heating down, and putting on extra layers 😊
- We leave you in control of the heating, so please turn off at night and when you go out. We have not raised prices in line with the high increase in charges from suppliers so appreciate that you being thoughtful in your usage of gas and electricity.

Minimise water usage:

- Don't be like Danielle's husband, in the shower long enough to compose a long work report 😏
How about a short, cold shower: it's said to be invigorating and great for your health!
- No need to keep taps running when you're washing up, or brushing your teeth

- Save bathwater by bathing with a friend 😊
- Use short cycles on the washing machine and dishwasher (eg programme 6 on dishwasher)
- There are dual flush options on the loos.

Zero-waste tips:

- There's loads of Tupperware to minimise needing foil, clingfilm or throw-away tubs.
- Use sponges to wipe up rather than kitchen roll. We are starting to stock more eco-friendly, natural material sponges.
- Your soaps are handmade from natural materials. Feel free to take them home with you.
- There's an eco-egg for your washing in the utility room. Simply chuck it in the drum with your wash load instead of using washing detergent or conditioner.

Rubbish and recycling:

Everything goes in the same bin and the rubbish is sorted by the collection company for recycling (on Thursdays). If you wish, you can also take waste to the recycling centre in Windermere on Broad Street and in Booth's supermarket carpark which both take tin, glass and card/paper; Booths also take plastic.

2. Out and About

- **Save your 10p and save the planet.** There are cloth shopping bags for your shopping expeditions.
- **Re-use.** Help yourself to the Tupperware and plastic bottles when you are going out and about on walks or for picnics.
- **Shop local.** Windermere, and Bowness a short walk away, are brimming with excellent shops, eateries and bars. The local economy benefits from your patronage.
- **Ditch the car.** *Running Hare* is perfectly situated for people without cars, or wishing to minimise car use, with so many facilities within walking distance. There is a variety of lovely walks straight from your base. Did you know Windermere has the only train station in the Lake District National Park?
- **Bike it.** We have not tried out Windermere's bike hire shop yet; personally I find the roads look a bit tricky for cyclists but hopefully you can find what suits you 😊
<http://www.countrylaneslakedistrict.co.uk/>

3. Plants

The garden has to be kept easy to care for due to it being a holiday let and us not living in Windermere. However it is planted up to attract beneficial insects and feed you with herbs and gooseberries – please help yourself. We are grateful if you can water the plants in the garden when it's dry and give a little water to the cacti in the sitting room and kitchen – thank you!

Do check out our foraging guide and books to enjoy the many tasty delights in the wild too.

If you have any further suggestions for making *Running Hare* an eco-friendly place to stay, please email Danielle with your ideas at danielle.lowy@googlemail.com – thanks!