



CAMDEN HOUSE SUSTAINABLE TOURISM

Here at Camden House our aim is to minimise the impact we have on the environment, by keeping our carbon footprint as low as possible. We ask our guests to help us by using resources such as electricity and water wisely and by recycling as much as possible during the time they are at our home.

Bamboo Kitchen Roll, Toilet roll and tissues

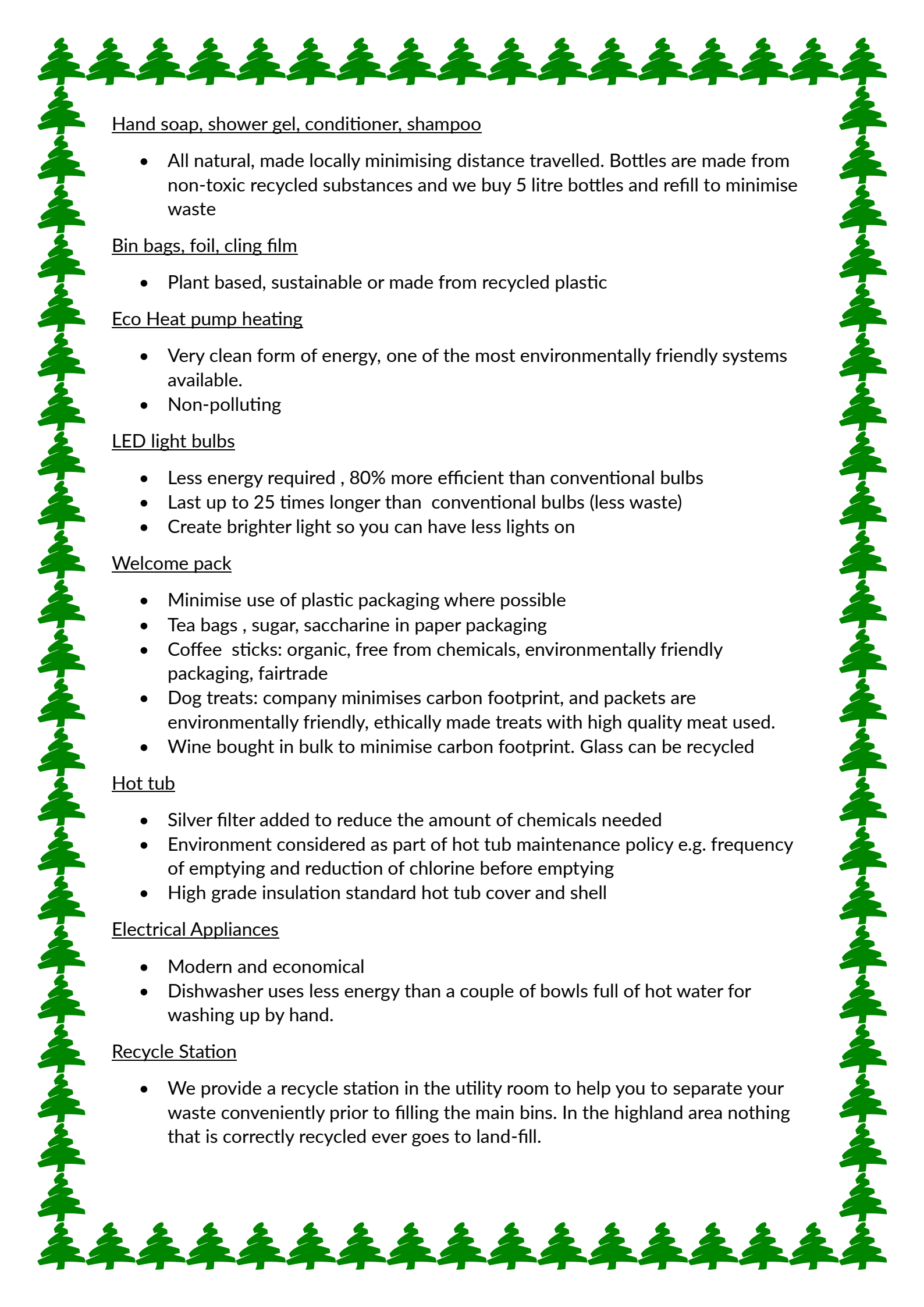
- **RAPIDLY RENEWABLE & SUSTAINABLE** – the fastest growing plant on the planet! And it's technically a grass, after an initial 3-5 year period to reach maturity, it can be re-harvested year after year, for as many as 40-70 years! Compare this to trees that typically take 25-40 years to mature
- **SKIN-FRIENDLY** - It has some wonderful properties, including being naturally hypo-allergenic, anti-fungal and anti-bacterial.
- **NON-TOXIC** - Bamboo is a naturally hardy plant with no natural pests, so it can be grown without pesticides, reducing potential exposure to harmful chemicals in the finished paper products.
- **OXYGEN RICH** – Bamboo typically produces over 35% more oxygen than trees
- **CO2 SEQUESTRATION** - Bamboo can absorb as much as 12 tonnes of CO2 per hectare per year, making it an important planet stabilizer.
- **SOIL REGENERATOR** - Bamboo can be used to 'repair' soil damaged from overgrazing and poor agricultural practices. It removes heavy metals and toxins from the soil, brings water to the surface and holds the soil together.
- **COMBAT SOIL EROSION** – Bamboo roots stay in place after harvesting, and retain nutrients for the next harvest. In contrast, soil erosion is a significant problem after trees have been harvested.
- **DUST FREE** – bamboo based paper doesn't produce tissue dust, unlike some wood pulp based papers.

Kiln-dried Firewood and kindling

- Cut from sustainable wood
- Wood with less than 20% moisture burns cleaner and makes less smoke

Laundry leaves ,dish washer tablets, washing up liquid

- No plastic
- Less waste
- Free from harmful chemicals
- Not tested on animals
- Made from natural ingredients, kind to the planet.
- We aim for either recycled bottles or paper canisters.



Hand soap, shower gel, conditioner, shampoo

- All natural, made locally minimising distance travelled. Bottles are made from non-toxic recycled substances and we buy 5 litre bottles and refill to minimise waste

Bin bags, foil, cling film

- Plant based, sustainable or made from recycled plastic

Eco Heat pump heating

- Very clean form of energy, one of the most environmentally friendly systems available.
- Non-polluting

LED light bulbs

- Less energy required , 80% more efficient than conventional bulbs
- Last up to 25 times longer than conventional bulbs (less waste)
- Create brighter light so you can have less lights on

Welcome pack

- Minimise use of plastic packaging where possible
- Tea bags , sugar, saccharine in paper packaging
- Coffee sticks: organic, free from chemicals, environmentally friendly packaging, fairtrade
- Dog treats: company minimises carbon footprint, and packets are environmentally friendly, ethically made treats with high quality meat used.
- Wine bought in bulk to minimise carbon footprint. Glass can be recycled

Hot tub

- Silver filter added to reduce the amount of chemicals needed
- Environment considered as part of hot tub maintenance policy e.g. frequency of emptying and reduction of chlorine before emptying
- High grade insulation standard hot tub cover and shell

Electrical Appliances

- Modern and economical
- Dishwasher uses less energy than a couple of bowls full of hot water for washing up by hand.

Recycle Station

- We provide a recycle station in the utility room to help you to separate your waste conveniently prior to filling the main bins. In the highland area nothing that is correctly recycled ever goes to land-fill.