

### SPARHAM HALL FARM & HOLIDAY COTTAGES VISITOR CHARTER

Wherever we go and whatever we do, we have an impact. By making positive choices we can all help minimise our impact; helping safeguard the environment for future generations.

### REDUCE, REUSE, RECYCLE

We are always trying to recycle as much as possible. You can help too by reusing bags and disposing of what you don't need by using the recycling facilities on site – There are recycling bins in each cottage as well as in the Bin Store (located at the farmyard end of the Cart Shed).

### **GET OUT OF THE CAR!**

There are loads of ways of seeing the local area without getting in your car. There are some fantastic places right on our doorstep... just ask!

## STAY LOCAL, EAT LOCAL, BUY LOCAL, SEE LOCAL

There is so much close by to see and do, as well as lots of lovely local shop. Look out for the local farmers markets where you can sample and buy lots of yummy produce, including one in the next village (Lyng Village Hall). There is award winning gin being made less than 2 miles away and beef from just up the road.

### RESPECT NATURE

Help us to look after the landscape and wildlife by not littering, guarding against fire and using footpaths responsibly. We have a map of the farm which shows you were you can walk and offer guided walked to suit you, don't forget to ask!

### WHEN IN ROME...

To enjoy Norfolk at its best, we can help you get to know all the nooks and crannies in the local area — it's a vast area, but chances are most of the people you meet will have their own stories and special recommendations—make the most of their local knowledge! There is also lots of information on our website and check out the map on the wall of each cottage!

# CHILL OUT, SWITCH OFF!

You can see the stars at night if you step outside any one of the cottages. Help us reduce light pollution, energy use and CO2 emissions by switching off lights when you don't need them. The Cottages are all incredibly well insulated; if they ever feel too hot during the winter do not hesitate to ask us to turn the heating down! In the summer when it's very hot, keep the windows and blinds closed during the day to keep the hot air out and so reducing the need for fans.

Why not charge your phone in the car when you are driving, its free energy.

Help us to reduce water consumption by using just the water you need; and then sit back and enjoy the stunning Wensum Valley...