

At The Knowe B&B, we are continually striving to become more sustainable and minimise our impact on the environment. Since opening our beautiful home as a B&B we have introduced various measures which we hope will help reduce our energy consumption, water usage and food waste. We love where we live, and we want to protect it.

PLASTIC IS TRAGIC!

We are dedicated to significantly reducing 'single-use plastics' from our Guest Rooms. We have chosen to replace our complimentary plastic-bottled water from your bedside with stylish, re-fillable flasks containing ice cool, filtered tap water. These flasks are sterilised and re-filled daily. Our tap water is completely safe to drink, and we are proud to boast its quality. If you have your own re-useable water-bottle, we will fill it for you, no problem – please ask.

We have also replaced the plastic bags which contain our popular homemade shortbread with a robust, air-tight cookie jar, again washed and replenished each day of your stay. Our little complimentary Shower Gel and Shampoo bottles are sterilised and re-filled. If you wish to take these away with you that's fine but we politely ask that you dispose of them responsibly. Finally, your bedroom and shower-room waste-bin liners are actually bio-degradable!

Lighting

Where possible, we use low energy LED light bulbs throughout the house and low energy LED 'dusk to dawn' and solar lighting outside. Because of the 'Dark Sky Status' that we locally enjoy, even our village streetlights are LED and cast light downwards to minimise light pollution.

Heating & Hot Water

The Knowe is heated via an oil fuelled 'wet' heating system supplying radiators throughout the house. Each guest room has two radiators, one in the bedroom and one in the shower room. A constant temperature is maintained in the house; however, all radiators have thermostatic valves which can be adjusted for guest comfort. With the exception of the depths of winter and the height of summer, the heating is on a timer and will generally be on between 6.30am – 9.30am and 4.30pm and 9.30pm. The timed system prevents unnecessary heating of the house and therefore reduces fuel consumption. There is no gas supply to Carsphairn village. Our hot water supply is heated by the same oil-fired heating system and is stored in an unvented hot water tank.

Showers

During our major renovation work we decided to install 'high-flow' showers. The hot water is supplied to the showers at the same pressure as the cold-water mains supply and comes via the unvented hot water tank. This high-pressure supply to the showers allows guests to enjoy a high-flow raindrop shower experience.

Appliances

Most appliances in the house are now rated 'A' and above and we consider the energy efficiency of all purchases before making them.

Laundry

Guests are kindly asked to indicate which towels they would like changing by placing them in the shower tray. This avoids unnecessary washing of clean towels and reduces both our water usage and energy consumption. For guests staying in excess of three nights, bed linen is changed every 4th day, unless the guest requests otherwise. Weather permitting, laundry is line or rack dried to minimise the use of the tumble dryer.

Recycling

Unfortunately, we do not have a recycle collection service in Dumfries & Galloway, however we do sort paper, plastic, metal and glass and dispose of these separately at a local recycle centre.

Food

As part of our drive to reduce food waste we have introduced a 'Guest Breakfast Selector' which allows guests to indicate what their breakfast preferences are, the night before. This helps us to plan our food usage and minimise our food waste. All suitable food waste is composted on site, uneaten toast and soft fruit help to feed our garden birds.

We are committed to serving home-made or locally sourced food whenever possible. – Our eggs are free range and supplied by Glenkens Eggs of New Galloway. Our breakfast meat products are supplied by James Paterson's Butchers in the neighbouring village of Dalmellington, a family run butcher trading for several generations. Our yoghurts are Rowan Glen and produced in Dumfries and Galloway. We aim to shop for groceries in bulk, as our nearest Supermarket is 25 miles away, we do this to help reduce fuel consumption. We inform guests, prior to their arrival, that there are no evening dining establishments within our small village and encourage them to stop-off and eat on route.

Planting

Since moving to the Knowe we have planted countless trees, shrubs and bushes. Most of our plants have been chosen to encourage native birds and insects including bees and to provide food sources and nesting sites. We have started a mixed orchard and planted soft fruit bushes which we hope to harvest in future years. We have a small vegetable patch and herb garden which we harvest throughout the year and consume on the premises. Our latest edition is our greenhouse, in which we aim to grow tomatoes, cucumber, peppers and courgette plus much, much more.

Wildlife

We actively encourage all species of wildlife into our garden and have installed squirrel boxes, bird feeding stations and a variety of bird nesting boxes including a tawny owl box. We also house two resident hedgehogs named 'Norman and Norma – the Garden Explorers'. We have a variety of reference books in our Guest Sitting Room to allow guests to identify birds that they may see whilst staying with us. We also have a 'Wild about Wildlife' Logbook in our Guest Sitting Room which we encourage guests to fill out when they spot something interesting, e.g. red deer, badger, red kite, osprey hare and wild boar.

Policy updated June 2020

Guest comfort remains our number one priority, however we are committed to reducing the impact of our business upon the environment wherever possible. Any suggestions as to how we can improve our sustainability policy would be welcomed. We care very much about our tiny corner of the world and sincerely hope that the steps we take will help protect our surroundings and enhance your stay.