



WELCOME!
 to our local **Go Green Trail**
SATURDAY 6TH JUNE 2009
 AMBLESIDE, RYDAL, GRASMERE AND LANGDALE.

Q: Do you want to see: a community organic garden in action? Investigate a food digester? Ask about solar panel power? Find out about imaginative waste recycling? Dig into a composter? Walk around an eco friendly farm (sheep, cattle, hens..?) Find out about ground source heat pumps etc. ...**from the people who are actually doing these things?**

Come and follow the Sustainability Trail! Local residents, organisations, farms and businesses will be showcasing their environmentally friendly action in a similar way to an 'open gardens' day.

Ambleside Market Precinct - Information Hub
10.00am - 4.30 pm

- Maps and Go Green Trail Guide - how to get to the hosts
- Bus timetables and a car share scheme (for those unable to walk, cycle or use public transport)
- Children's activities: meet the Juggling Jester, make a hat, badge, shaker
- Demo wormery, Free eco friendly light bulbs and cistern water saving devices,
- Flag up your green action and local green 'wish list'

AMBLESIDE

1	Backpackers Hostel, Old Lake Road	Small business Food Waste Digester 12-2.30 pm
2	Roger Bell, 11 High Gale	Heating & hot water from a ground source heat pump: 10 min. Tours: 10-1pm, 2-6pm
	Cumbria Green Business Forum	Cumbria Green Business Forum fully supports Go Green Ambleside Area. Meet some of our members on the Go Green Trail
	Cycling: for health and environment	Biking grants. Find out more at the HUB
3	Jane Durrant, Swallowhowe Gale How Park (above 11 High Gale)	Jora waste composter in 7- 8 weeks! Living with slugs, deer & badgers: Organic veg. terrace, greenhouse. 10-1pm 2-6pm
4	Elder Grove Guest House, Lake Rd.	Green Award sustainable business tour. 1-4pm
5	Hannalin Crafts: Old Mill	Local sheep's wool crafts demonstrations. 10 - 4.30 pm
6	<i>Global Warming Images – Near and Far: Ashley Cooper</i>	<i>Display: University of Cumbria, Airport Lounge 10-4.30 pm</i>
7	Holy Trinity Church, Brathay	Creation Praise & Care. Greening Community worship SUN: 9.30 am

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8	<i>Library</i>	<i>Green Trail display all week. Usual opening times</i>
9	Mater Amabilis, RC Church	Creation Praise & Care. Greening Community worship SAT: 5.30 pm?
10	<i>Methodist Church</i>	<i>Creation Praise & Care. Greening Community worship SUNDAY 9.30 pm</i>
11	<i>National Trust</i>	<i>Building a Strawbale House DVD, Univ. Cumbria.</i>
12	Rattle Gill Cafe	Vegetarian, home cooking, living/working Open 10am – 5pm
13	Roundhill Farm, Kirkstone Pass	Herdwicks, Jacobs, Belted Galloways, Saddlebacks, Hens & Ducks: Home Produce and Farmhouse Teas 11 am- 4 pm
14	Skelwith Fold	?
15	Solar Sunrise	Solar technology demos...?
16	<i>St. Mary's Church</i>	<i>Creation Praise & Care. Greening Community worship SUN: 11.00 pm</i>
17	University of Cumbria, Beechfield Halls of Residence	Students' food waste digester! Open all day. Demo: 12-2pm?
18	<i>University of Cumbria – Main Building</i>	<i>FRI: Students: “Wear Green Night” SAT: Flash Mob, Rocket Composter, wind turbine, Global Warming Images – Exhibition Building a Strawbale Centre (NT) DVD</i>
19	Woolly Rug Company, Stockghyll	Hand loom rugs from local wool SUNDAY 10-5.30pm
20	YHA	Environmental education display....?
21	Young, Dan & Helen, Amaryllis, Gale Rigg	Solar heated water, home insulation demo. SATURDAY 9.30-12noon and SUNDAY 3-6pm
RYDAL		
22	Cote How Organic Guest House/Tea Rm	Open 11-5pm: Talks SAT10-11am, MON:???
23	<i>Glen Rothay & Badger Bar</i>	<i>Recycling & reducing waste by 85%. 10 – 6pm Badger feeding 9 pm</i>
24	Rydal Hall	Sustainability Tours including hydro electric scheme: 11, 1 & 3 pm. Teashop 10-5pm
25	Rydal Community Organic Garden	Community run walled garden: veg, eggs, fruit, beehives etc. Open 8-8pm. Tours: 11, 1 3pm (children's activity)
GRASMERE		
26	Biggs, Dr & Mrs, Fellcroft, Easedale Rd	Roof mounted solar panels, 10.30-12.30 pm, 2.00-4pm
27	Broadrayne Farm & Grasmere Hostel, ... Windermere Catchment ...Group?	Green Business award; energy saving, recycling, composting, wormery, etc. SUN:Talk1-3.30pm ?
28	Grasmere Primary	?
29	St, Mary of the Wayside RC Church	Creation Praise & Care. Greening Community worship SUN 11 am??
30	Underhelm Farm, Alan/Jocelyn Riley	Dairy farm with a difference: 'greening' cattle and pasture. 10-4pm. Talks on request
31	YHA	Wildlife Day....?
LANGDALE		
32	<i>Langdale Estate (hotel, Restaurant, Pub, Timeshare, etc.)</i>	<i>Green Tourism tour (incl. biomass boiler) of a community of 600 residents/staff. SAT. And SUN: Tours 11, 1 & 3pm</i>
33	Langdale Primary School	?
34	Scrowston, Martin, Loughrigg Tarn?	Solar heating
35	YHA Elterwater	Children's Green Trail: birds, bugs, bats, etc.?
36	YHA High Close	Recycling, wildlife info, grounds. 10-4pm
37	<i>Hawkshead Hill Baptist Church</i>	<i>Wildlife Gardens open all day</i>

Italics: wheelchair accessible

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