BEST WESTERN FOREST AND VALE

At the Best Western Forest and Vale Hotel we believe we must try to do everything possible to reduce the negative impact we have on the environment. We are committed to providing a good high-quality service and we genuinely care about our local area and environment.

Some of the steps we are currently adopting

Training and encouraging employees to value and participate in sustainable business practices Seeking methods of reducing energy and water consumption and controlling heat, light and power

Minimising, re using or recycling waste wherever possible

Reviewing our purchasing policy

Encouraging, informing and assisting visitors reduce their impact on the environment

Working with the local community and supporting local charities

There are small simple changes we can all adopt

Reduce, Reuse and Recycle

We have facilities for recycling paper, plastic glass, printer cartridges and batteries – just ask the staff.

Give the car a rest

Walking and cycling are great ways to see the area without adding to the traffic. We have a good public transport system to Whitby, York, Scarborough, Helmsley, Thirsk and Malton where mainline trains run directly to York. Information is available at reception together with details of local walks.

Eat Local, buy local and see local

Yorkshire has a wonderful reputation for high quality local produce- visit our Farmers Markets, Farm Shops, village stores and support our local economy. Ask the staff for the best places to visit in the area.

Switch off and save water

Please switch off lights and standby buttons when you don't need them. Close windows when the heating is on or turn down your radiators as necessary. Help us reduce water consumption by using just the water you need.

Respect our area

Help us look after the wonderful area of the North Yorkshire Moors and the East Coast for others to enjoy in future years.

If you feel we should be doing more then please let us know your thoughts and suggestions.

During your stay with us your comfort remains our number one priority, however, you may wish to support our environmental goals by considering the following "top tips for going green"

Put any newspapers/paper/plastics/glass/batteries for recycling next to your waste bin The housekeeping staff will remove these items for recycling.

If you want your towels changed put them in the bath or shower. If they are hanging up or put back on the towel rail, we will leave them with you for another day.

Switch off the lights when you leave the room ensure that electrical items are switched off when not in use.

We have moved away from individual small bottles to refillable toiletries. Please note these are available for sale from reception for £20 per bottle, please do not remove them from your room.

Boiling just enough water for what you need rather than filling the kettle.

A five-minute shower uses about 25 litres of water a bath uses 80 litres.

In and around the area

Leave the car in the car park - use the public transport network or stay local. Pickering is well positioned for bus links to Scarborough, Thirsk, Whitby and York. Timetables for all services are available at reception.

There is plenty to do and see in Pickering -Beck Isle Museum, Pickering Castle, St Peter and St Pauls Church, Flea market and Antiques Centre, all detailed on the town map of Pickering The North Yorkshire Moors Railway now runs all the way to Whitby – a great day out at the coast with no driving or hop on and off at the stations along the way. Goathland to Grosmont is a five mile walk through the Esk Valley and has good footpaths.

Ask at reception for details of circular walks all starting in Pickering.

Dalby Forest is a great favourite for walking and cycling. Cycle hire is available in Dalby Forest or in Pickering (details of which can be found at reception). If you have chosen to bring your own bikes with you, we can offer secure storage in our courtyard area.

Walks available a short drive from Pickering includes staring points at the Hole of Horcum on the North Yorkshire Moors (on the Whitby Road) and Sutton Bank, which has the National Parks Visitors Centre, a wealth of information. These walks give you spectacular views of the Moors with great photo opportunities and you are sure to spot some interesting birds and wildlife.

If you do want to take the car, we recommend using the Park and Ride Schemes in operation in York, Scarborough and Whitby.

Whilst you are with us, please make use of our beautiful walled garden. Our fruit trees provide ingredients for homemade chutney. We do have a small herb garden near the kitchen from which we utilise some of the herbs in our dishes. Take a look in our secret garden (behind the main garden) and watch and listen to the birds and wildlife.

Enjoy your stay with us and if you have anything to add do let us know