



Thorney How, Grasmere, Ambleside
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Thorney How, previously owned and managed by the Youth Hostel Association (YHA) from 1931 to 2010 was acquired in 2011 as a family owned and run independent business. We have since been upgrading the guest accommodation in order to develop and extend the existing provision bringing our own personal experiences to create a unique and welcoming environment providing relaxed holiday accommodation. Thorney How now offers a range of pleasant, sociable and welcoming environments for its guests to enjoy. With the addition of great food and drink it is popular with international travellers, families, groups and of course walkers.

The flexible accommodation can cater for individual bookings, family rooms, small groups and large groups. Up to 42 bunk style beds are arranged in a total of 11 bedrooms ranging from 2 beds to 6 beds per room, including some twin and double beds, family rooms and 7 en-suite rooms.

Sustainability has been at the core of our thinking from the start feeding into all business operations and decision making. Responsible custodians of a historic building and being a part of local culture, tradition. Thorney How is a Grade 2 listed building located within 2 and ¼ acres of ancient woodland and pasture. Once a working farmstead it is one of the oldest properties in Grasmere dating back around 400 years. It is surrounded by ancient lanes, open fields and with direct views across the fells. The property sits on Wainwright's, Coast to Coast route, and is adjacent to cycle route no.6.

Thorney How has grown its reputation for quality food, prepared by our own chef with fresh local ingredients. We aim to serve balanced, hearty meals that represent good value. We're keen to promote locally sourced foods and often include home grown summer fruits, salads and seasonal vegetables, and all our ingredients are freshly prepared by our in house Chef. To keep our food fresh we keep our stocks low and avoid wastage

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Our sustainability manifests in the following ways:



Energy

Biomass Heating System

LED lighting and automatic lighting where applicable.

Switching off equipment and lights – e.g. fridges, dehumidifiers.

Thermostat controls for heating managed by staff.

Reducing heating when not in use.

Using a sustainable electricity supplier – Ecotricity

Using green web hosting services - GreenWebHost

Water

Eco Shower Heads.

Eco washing machine.

Half flush toilet cisterns.

Auto turn on / off taps.

Water collection for livestock .

Waste

Careful management of food production minimising food waste.

Encouraging guests to pre-order food reducing guesswork and food production wastage.

Recycling all packaging. Negotiating packaging with key suppliers.

Easy access to recycling points for all guests.

Re-using food cartons. Re-using paper waste.

Using second hand equipment.

Using second hand furniture.

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Recycling – shredded paper for ducks / hen bedding.

Manure from sheep / ducks / hens for garden food production.

Wood burning stoves – all building materials recycled & used for kindling, using own wood from tree damage / felling.

Wood ash used for garden.

Waste & recycled building materials used for sheep shelter, wood stores.

All other materials re-used wherever possible.

High efficiency electric hand driers instead of paper hand towels.

Using recycled paper.

Signage indicating fresh drinking water – limiting use of bought plastic bottles (none sold on premises).

Sustainable transport

Electric car charging points.

Bike Hire.

Encouraging guests to car share.

Promoting walking.

Promoting public transport.

Minimising own business travel – using hybrid vehicle.

Promoting Drive Less See More campaign.

Offers promoted via public transport marketing.

Local Community Support

We actively support the following:

Mountain Rescue

Fix the Fells

The Lancashire Wildlife Trust Ltd (Red Squirrels)

We also promote weekly film screenings free to the local community.

Lamb sourced from local farmer.

Many other products and services sourced locally and from within the region.

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Encouraging wildlife / nature

Careful management of land including natural habitats supports frequent red and roe deer visitors, red squirrels, many species of wild birds, dragonflies, frogs, toads, slow worms, and various bat species.

Bird and bat boxes installed.

Free range hens and ducks.

Rare breed sheep – Old English Southdown (Babydolls) – looking to restock in 2018.

Food production

Fresh eggs

Garden produce, vegetables, herbs, fruit.

Polytunnel to extend growing season

Would like to invest in:

- More food production – extra polytunnel / greenhouse + fruit trees.
- Water borehole
- Grey water collection / recycling
- Solar energy