

# 5 WAYS to be the best sort of visitor to Outstanding Cornwall

Small steps... big impacts in Cornwall's Area of Outstanding Natural Beauty

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## WHEREVER WE GO AND WHATEVER WE DO, WE HAVE AN IMPACT.

By making positive choices you're helping us care for Cornwall's very special (and outstandingly beautiful) bits and making that impact a positive one. CoaST and the Cornwall Area of Outstanding Natural Beauty are working with everyone to keep these outstanding bits green and gorgeous. Have a fantastic holiday!

### 1. Positive choices...

It's so easy. Turn each choice you make into a positive one. Choose the path less explored to give other paths a chance to recover from many feet; and a chance for you to find the road less travelled. Choose green businesses to stay with and buy from, those who are taking care to give something back to the land they live in and live off. Choose recycled and low impact and fresh and local. A million positive choices add up to one outstanding positive impact. Thank you!

### 2. Switch on your senses...

Smell the air by the lungful, watch the sea heaving against the land, feel the soil under your feet. See what grows and shifts and changes with the weather. Hear the wind through the trees, rolling across the moors, moving the waves over the boulders on the beach. Just stop, for a moment, and let your senses do what they're supposed to do. And if you have someone's hand to grab while you do, all the better.

### 3. Stay local, eat local, buy local, see local.

This land grows our food, holds our homes and feeds our souls. And by buying local while you're here, rolling your sleeves up and getting onto the paths, striding into the moors, eating the food and walking the walks, you will be helping put something back. There are spring, summer, autumn and winter feasts to be had. Fruit and vegetables, ice cream and clotted cream, breads and fish, cheeses, juices and beers. A smorgasbord of culinary delights. Enjoy. You're on holiday. Taste the view.

### 4. Chill out, switch off, look up...

We can see the stars at night here! Switch off and look up, it's a celestial feast. You can't do that everywhere these days. You can stand at night here, look up and hear... nothing. Bar that owl you're sure you heard last night, or those bats sweeping past; when was the last time you actually heard this little? Breathe it in. This is peace incarnate. It's good for your soul.

### 5. When in Rome...

And there's so much of it. Sink into the landscape, switch your head off, stop and drink it in. You'll see others doing the same. We love it. That's why we live here. And it's good to share. This place is where you can recharge, rethink, replenish. It's outstanding and it's easy to see why.

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## Small steps...big impacts

CoaST is working with everyone to keep the outstanding bits of Cornwall very special.

[www.cornwall-aonb.gov.uk](http://www.cornwall-aonb.gov.uk)

[www.coastproject.co.uk](http://www.coastproject.co.uk)

[www.visitcornwall.com](http://www.visitcornwall.com)