

The carbon footprint and nature trail on Bennachie

The trail is set in pine woodland by the Bennachie Visitor Centre.

The trail encircles the area of woodland needed to capture the annual greenhouse gas emissions from the average UK citizen, around the trail there are various everyday installations.

At some of these installations, roped areas show the amount of conifer woodland needed to capture the greenhouses gases emitted by various items and activities in everyday life.

1



Food

In the UK about a quarter of the average person's carbon footprint is food.

Pizza

It's the topping that counts – the carbon footprint of a meat feast pizza is twice as big as a margherita pizza.

What also makes a difference is how the pizza is delivered – by bike is better than by car. What you do with the box when you've finished with it?

2



Food

A week's shopping.

People who eat meat and dairy have a bigger carbon footprint than those who are vegetarian or vegan. Food which is transported by air has a big footprint too, so choose local food if you can.

The massive amount of food waste is also a big concern in the UK.

3



Home

Shower or bath?

What makes the difference is how much water is used and how the water is heated. Heating water with renewables such as solar panels or wind energy is better than using fossil fuels.

4



Clothes and washing line

Drying clothes on a washing line is more climate friendly than using a tumble drier.

Clothing and textiles make up about 2% of the footprint of the average UK citizen, but it can be 5 to 10 times higher for people who like fast fashion and buy lots of clothes.

An area of woodland 5m x 5m is needed to capture the greenhouse gases emitted from the manufacture of a single pair of jeans.

5



Travel - commuting

People's travel patterns vary a lot depending on where they live and work (or go to school).

This installation shows how much woodland is needed to capture the CO₂ emitted when commuting between Inverurie and Aberdeen using different modes of transport.

Most powered vehicles are powered by fossil fuels, so it's better to share cars or use public transport if possible. Driving alone in a fuel-guzzling SUV is not planet-friendly.

6



Travel – holidays and business

Many people never fly at all, but those people who are frequent flyers have a large carbon footprint. taking a holiday including a long-haul flight significantly increases your carbon footprint.

It's more climate friendly to travel to London by train than by plane.

Transporting goods by air, such as asparagus from Peru, tends to make their carbon footprint much larger than goods which are transported by land or sea.

7



Electronic gadgets

A lot more carbon is used to manufacture (called embodied carbon) the electronic gadgets we use at home and in the office than when we actually use them – whether this is watching TV, making a phone call or sending an email.

Recycling our electronic gadgets is a good thing to do, but moving to a [circular economy](#) is better.

What about the flowers? Out-of-season cut flowers are grown either using artificial heat or are flown to the UK often from places as far away as Kenya, neither are good news for the climate change – “one of the most carbon-unfriendly ways of getting rid of your cash”. Grow and pick your own flowers if you can or buy locally grown flowers.