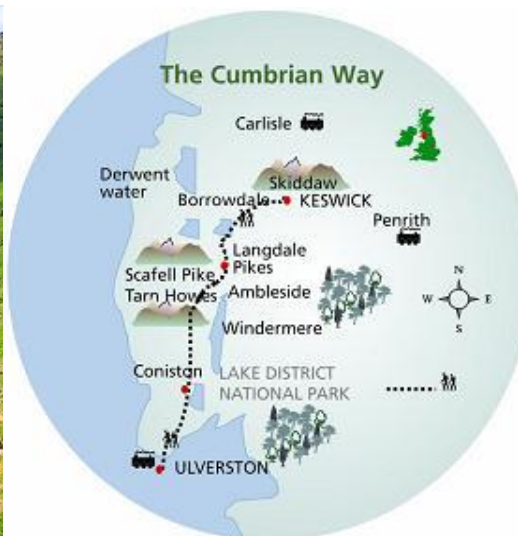


## ENGLAND – THE LAKE DISTRICT

**EARLY BOOKING ESSENTIAL**

8-days/ 7-nights **SELF-GUIDED** inn-to-inn walking holiday along the Cumbrian Way



Lakeland has never been so popular with walkers of every interest, experience and ability and this is a walk with some testing challenges. As a self-guided walk it provides an excellent introduction to the many charms and views of Lakeland, England's most mountainous area. As one of the most popular holiday destinations in the country with its market towns, picturesque villages and hamlets, you need to book early to secure accommodation in some centres. Walking here is unquestionably the best way to see this celebrated landscape, hailed over the years by poets, authors and painters. Wordsworth, Tennyson, Arthur Ramson, Beatrix Potter and Wainwright have all left their mark and indelible memories for us all.

The distances covered each day are fairly short so there is ample time to pause and admire the unsurpassed scenery. The route is very much a classic although it largely avoids upland areas where navigation would become a problem in poor weather. It should be borne in mind that the Lake District is the wettest region of England and the going underfoot can be wet, rough and rocky; you should come suitably prepared – with quality waterproof footwear and rain gear so ask for our advice and detailed equipment list.

**Departs:** Daily from mid March to early October

**Cost from:** \$1825 per person twin share. Single room supplement from \$275

**Starts:** Ulverston **Ends:** Keswick

**Includes:** 7 nights of bed & breakfast accommodation with private (mostly en-suite) bathroom facilities where available, luggage transfers (1 bag per person, max. 20kg) from inn-to-inn each day as shown, full route notes and map package, emergency assistance.

**Grade:** Moderate. Daily distances 13 to 20km, around 4 to 6 hours of walking each day. There are some steep climbs and descents; however the walking is generally undulating. Mixed weather can be expected so be prepared for strong wind and rain. We would not recommend this route for first time walkers.

**Accommodation:** Our usual choice of accommodation is described in the itinerary. Accommodation in small towns is limited so on occasion we may have to find alternatives (supplement may apply) and you will be informed at the time of booking. Note that UK public holiday weekends are busy and should be booked well in advance (Easter, May bank holidays, August bank holiday). You may also want to avoid periods of the Spring and Summer Buddhist festivals (22-27 May, 24 July - 8 August) in Ulverston as accommodation availability is limited during the festivals. Properties in Langdale and Keswick generally have a 2-night minimum stay over weekends so bear this in mind when choosing a start date or consider a 2-night stay in these villages.

**Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations**



## Suggested itinerary:

### Day 1: Arrive Ulverston

Take a train from London Euston station via Preston to Ulverston; the journey time is around 5 hours. Aim to arrive mid-afternoon into Ulverston, an historic market town close to the shores of Morecambe Bay. Your first night is in a family-run 4-star guesthouse in a Georgian townhouse in the heart of this attractive town, just five minutes' walk from the train station. All rooms have ensuite bathrooms.

### Day 2: Ulverston to Lowick Bridge via Beacon Tarn

walking @ 8 miles (13km)

A fairly easy stroll beside the shores of Morecambe Bay, famous for its seafood and shellfish, and through 'Blawith'. Walk through gently undulating farmland with views of the mountains to come and frequent stiles or 'kissing gates'. Stay this night in a traditional British pub; all rooms are ensuite and have a simple modern feel.

### Day 3: Lowick Bridge to Coniston

walking @ 10 miles (16km)

A delightful walk following the western shoreline of the famous Coniston Water, an icon of the Lake District. Your accommodation is a traditional, single-storey Lakeland cottage in the centre of Coniston village. All rooms are ensuite and there is a guests' lounge with TV. Evening meals are available in the many pubs and restaurants nearby. Coniston is a superb base for walks and you spend two nights here.

### Day 4: Free day in Coniston

optional walking

From your base in Coniston you can tackle Coniston Old Man or take a variety of scenic walks. You can take a trip on the lake, visit Grisedale forest or simply relax in this pleasant village. This is a classic Lakeland village, the setting for *'Swallows and Amazons'* and an inspiration for Beatrix Potter.

### Day 5: Coniston to Langdale

walking @ 13 miles (20km)

You pass the exquisite little lake at Tarn Hows and enter the Langdale valley with its tiny hamlets at Elterwater and Chapel stile. This is Lakeland scenery at its best. Stay at a family-owned hotel nestled beneath the Langdale Pikes and Pavey Ark in 6 acres of mature garden and pasture. If arriving into Langdale on a Friday or Saturday you may be booked to stay in Ambleside, a short bus journey from Langdale (at own cost).

### Day 6: Langdale to Borrowdale

walking @ 8 miles (13km)

Hike to the head of Langdale then over Stake Pass (1600ft / 488m) between Bow Fell and the Pike of Stickle. Down to the remote Langstrath valley and Borrowdale. You stay in a small guesthouse, set in a beautiful small hamlet, a popular and peaceful retreat. No ensuite bathroom facilities tonight in this historic listed building.

### Day 7: Borrowdale to Keswick

walking @ 9 miles (14km)

A walk through the delightful woodlands of Borrowdale and along the shores of the spectacularly beautiful Derwentwater to Keswick, a lively and attractive market town at the heart of the Lake District. There is time for an afternoon visit to the Caldbeck ring. In the market town of Keswick stay at a 4-star hotel set right on the old market square. To climb Skiddaw, the mountain that towers over the town, you need to stay an extra night.

### Day 8: Departure day

Tour ends after breakfast in Keswick. Take a bus or taxi (no buses on Sundays) from Keswick to Penrith or Carlisle, then train to Manchester (journey time around 2½ hours) or to London Euston (4 hours).

**Outdoor Travel** offers many walking holidays – guided in small groups or self-guided with inn-to-inn luggage transfers and meals – in many parts of the UK and across Europe.

## Contact Outdoor Travel for more details and reservations

- Call toll free on 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: [info@outdoortravel.com.au](mailto:info@outdoortravel.com.au)
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia