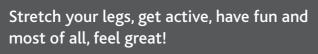
Welcome to the Lake District, Cumbria

With such a reputation for excellence in outdoor exploits, the Lake District, Cumbria, truly is the place where beauty and adventure collide. The home of England's highest mountain, Scafell Pike, and its deepest lake, Wastwater, this is the UK's newest UNESCO World Heritage site.

Make the most of the outdoors by horse riding along a beach, fell-running, sailing, climbing, white water rafting, kayaking, or even leaping out of a plane for a spot of skydiving. Tackle a high-ropes course, fly down a zipwire or speed down a hillside on your mountain bike. You can also explore by bike along the nationally-recognised 'Bay Cycleway', linking an 81-mile route taking in all of the south Cumbrian coast.

WITH THIS ADVERT IN-STORE

AVAILABLE AT



Pick your way across rope bridges above mighty valleys, take a dip in one of our many lakes and tarns or celebrate the world-class landscape at outdoor adventure festivals. Whatever your level of fitness, capability or confidence, there's no place better than The Lake District, Cumbria.



The Lake District, Cumbria, is a national park for all – and that includes the children. From exploring forests to rowing across a lake, fun is never far away.

From human bowling to caving adventures and scrambling up a hillside, there's nothing quite like the sight of children enjoying what Cumbria has to offer.

So, with the roots of classic tales like Peter Rabbit and Swallows & Amazons firmly embedded in the Lake District's famous landscape, why not have your next family adventure right here?

Whatever you choose to do - do your research, be prepared and stay safe.

For more details and help with bookings, check out www.golakes.co.uk/adventure







# **Armathwaite Hall Hotel** & Spa Experiences

Bassenthwaite Lake, Keswick CA12 4RE 017687 76551 www.armathwaite-hall.com Enjoy a collection of experiences

situated on the 400 acre estate. From clay pigeon shooting to spa days, Alpaca Walks or feeding Ring Tailed Lemurs at the Lake District Wildlife Park: let us help create a memorable experience that you will treasure.

**Cumbrian Heavy Horses** 

Baystone Bank Farm, Baystone Bank Lane, Whicham Valley LA18 5LY

(use Google Maps to find us!)

annie@cumbrianheavyhorses.com

Magnificent well schooled horses

experience levels, fast and fun...

Adventurous rides, managed to suit

Beginners also catered for...call us!

Facebook: Cumbrian Heavy Horses

The worlds only Heavy Horse Riding Centre

Shire, Clydesdale, Percheron, and Suffolk

Stunning fell farm scenery, private riding

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Punch heavy horses

PURE POWER!

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**Cyclewise Whinlatter** Bike Hire & Shop Whinlatter Forest Park Near Keswick CA12 5TW 017687 78711

enquiries@cyclewise.co.uk www.cvclewise.co.uk Mountain biking & E-biking at one of the UK's leading trail centres Expect flowing singletrack, fun descents and stunning views.

MTB rentals | Electric bikes | Guides | Skills coaching | Repairs | MTB specialist shop.



015395 31273 fellfoot@nationaltrust.org.uk

nationaltrust.org.uk/fell-foot

Dip your toe in England's largest lake or explore acres of parkland. From rowing boat and kayak hire to yoga classes and Parkruns, there's plenty to do in or out of the water. If you'd rather bring your own paddleboard or canoe, there's always a hot shower waiting in our new Active Base.







# Adventure Activity

thelakedistrict

TAKE A DIP

IN THE POOL

ASHNESS JETTY,

DERWENTWATER, KESWICK

**BOOK YOUR STAY** 

AT GOLAKES.CO.UK

4x4 Kankku Alpacaly Ever After

OBA Events

Horses

@ Gravthwaite

Cumbrian Heavy

Into the Outside

2 Alpacaly Ever After

Armathwaite Hall Hotel

& Spa Experiences

🕼 On Foot

OBA Events

Fell Foot

**Bikes** 

@ Graythwaite

© Cumbrian Heavy

George Fisher

Orizedale Mountain

- 3 Armathwaite Hall Hotel 5 Lakeland Climbing & Spa Experiences Centre
  - Mountain Adventure Lake District

Wildlife Park

Path To Adventure 5 Crabtree Clay Shoot Predator Experience Rookin House

Grizedale & Whinlatte

Mountain Adventure

Into the Outside

Lake District

YMCA Lakeside

Path To Adventure

Predator Experience

Forest

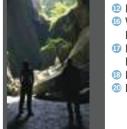
Brockhole

- Treetop Trek & Nets Fell Foot Windermere Canoe Grizedale Mountain Kayak Bikes
- Brockhole Grizedale & Whinlatter YMCA Lakeside Forest



- 3 Armathwaite Hall Hotel 2 Windermere Canoe & Spa Experiences
- Brockhole OBA Events YMCA Lakeside @ Graythwaite
- Fell Foot Into the Outside
- Watersports at Low Wood Bay Mountain Adventure
- Lake District Path To Adventure









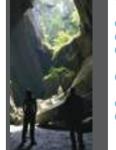


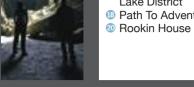












Key to Symbols & Listings



4x4 Kankku 1 Into the Outside Armathwaite Hall Hotel Rookin House



# (A) Retail/Gear

- Alpacaly Ever After Cumbrian Heavy
- Cyclewise
- Fell Foot George Fisher
- Grizedale Mountain
- Grizedale & Whinlatter

# On Ropes

® Kendalife Lakeland Climbing

**George Fisher** 

george@georgefisher.co.uk

Since 1957, we have been one

of the leading retailers of outdoor

District. Regular winner of the OIA

and TGO 'Outdoor Retailer of the

Year' awards. We are consistently

recognised by the industry as one

With 5 floors, we stock an extensive

range of clothing and kit for walking, running, skiing, climbing and camping. On the top floor we have

a kids play area and rooftop café with views across the fells, serving fresh nomemade food. A great place to relax, open 7 days a week.

We are most proud of our staff who

are knowledgeable, friendly and

regular training sessions and

opportunities to make sure staff

understand and use the clothing

services such as boot, pole, child

exchange, great for growing feet.

We really are 'One Store so much

to Explore'

carrier, running shoe and dog harne

hire. As well as our famous junior boot

and equipment we sell. We also offer

always on hand to help. We have

equipment and clothing in the Lake

www.georgefisher.co.uk

2 Borrowdale Road, Keswick CA12 5DA

017687 72178

- Centre Windermere Canoe Kayak
- Brockhole
- ② YMCA Lakeside



# 🕽 Armathwaite Hall Hotel 🏻 🗓 Path To Adventure & Spa Experiences Rookin House

- George Fisher Grizedale & Whinlatter Brockhole
- Forest Into the Outside
- Lakeland Climbing Centre



the lake district



**ADVENTURE** 

GUIDE

THE LAKE DISTRICT, CUMBRIA

4x4 Kankku Victoria Forge, Victoria Street, Windermere LA23 1AD 015394 47414 drive@kankku.co.uk ww.kankku.co.uk Discover a different side to the Lake District from the driving seat of a

Experience your own adventure, perfect for complete beginners to experienced 4x4 drivers. Take the wheel of a Kankku vehicle whatever the weather, seven days a week, all year round.

CA13 9SJ



**Alpacaly Ever After** Alpaca walks at The Lingholm Estate, Portinscale, Keswick CA12 5TZ Meet The Alpacas at The Lakes Distillery, Bassenthwaite Lake

Llama Treks from Littletown Farm Keswick CA12 5TU 017687 78328 alpacalveverafter@gmail.com

www.alpacalveverafter.co.uk

And so it was once upon a time in the land of the lakes when the only sensible thing to do was to set up an independent social enterprise with a herd of over eighty alpacas and name it alpacaly ever after..

We offer outstanding, world famous alpaca and llama experiences surrounded by the beauty of The Lake District World Heritage Site.

Come and meet #thewoollyarmy at one of our stunning locations and find out why we are Trip Advisor's number 1 activity for Cumbria and the whole of the North West!

Booking in advance is essential!



Grid Ref: D6

**CBA Events** 

@ Graythwaite

Near Hawkshead LA12 8AZ

Grid Ref: H11



# 0333 241 2890 / 07720 386222

graythwaite@cbaevents.co.uk ww.graythwaiteadventure.co.uk We offer adventure activities and country sports on the exclusive Gravthwaite e catering for individuals and gro on the shores of Lake Windermere. Join us on the Lake District's only purpose built BORDA approved 4x4 course or for clay pigeon shooting, archery, paddleboarding, canoeing, bushcraft, RIB rides and more!





**Crabtree Clay Shoot** 

Cow Brow, Lupton, Kirkby Lonsdale,

Crabtree Farm,

07818 080841





Grid Ref: D6

Carnforth, Lancashire LA6 1PJ info@crabtreeclayshoot.co.uk www.crabtreeclayshoot.co.uk

Thinking about giving clay pigeon shooting a go? Or maybe you're an old hand? We have the facilities to offer a great day of sporting shooting or team shooting at any level. Anyone can come along and get involved. We can also provide everything you need to get started.









Grid Ref: F10

# **Bikes** Grizedale Forest, Grizedale



Grid Ref: E6

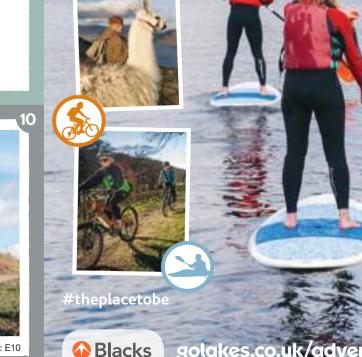
mixture of different bikes to choose from. These include family bikes. electric bikes and full suspension bikes We also offer guiding, bike workshop

**Grizedale Mountain** 

Hawkshead, Ambleside LA22 0QJ









On Water





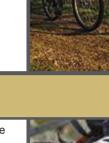














# Grizedale & **Whinlatter Forests**

Grizedale Forest. Grizedale, Ambleside LA22 0QJ 0300 067 4495 forestryengland.uk/grizedale Whinlatter Forest,

Braithwaite, Keswick CA12 5TW 01768 778469 forestryengland.uk/whinlatte

Your Lake District Forests, Grizedale and Whinlatter, provide the perfect day out for

Grizedale is the UK's first forest for sculpture. We have created a stunning landscape which has inspired artists to give life to an evolving masterpiece within our forest. Visitors can enjoy waymarked walking and biking trails, discover our many sculptures, or fly through the valley canopy with Go Ape.

Whinlatter is England's only true mountain forest. From children's play trails and Go Ape to beautiful walking, mountain biking and running trails, we've got it covered. There is even a tramper for hire for those with limited mobility, so everyone can catch a glimpse of our rare wildlife and enjoy the

The Forestry Commission was created in 1919 and today it actively manages ts forests to benefit people, nature and the economy. So step, pedal or ride into the forest this year and discover all that Grizedale and Whinlatter have to offer whilst helping us celebrate 100 years

forestryengland.uk/100





Grid Ref: E10, D6



Grid Ref: F9



Low Wood Bay, Ambleside Road, Windermere LA23 1LJ 015394 47186 info@treetoptrek.co.ul

Vindermere, Cumbria LA23 1LP vatersports.lowwood@englishlakes.co.uk englishlakes.co.uk/low-wood-bay/

vww.treetoptrek.co.uk Treetop Trek: High ropes adventure. Swing and climb through the woodland ocated in the heart of the Lake District canopy across breathtaking aerial National Park UNESCO World Heritage Site obstacles then race down the 250m triple one of the most enviable destinations in the zip! Treetop Nets: Scramble, bounce and vorld, is The Watersports Centre at Low slide your way through the amazing nets



suspended high in the trees.



Grid Ref: F9



**Windermere Canoe** Kayak 015394 44451

office@windermercanoekavak.com www.windermercanoekayak.com From the best locations on Windermere we offer you guided tours, have-a-go sessions or full & half day hire including kayaks, canoes, stand-up-paddleboards (SUP) and bikes for all ages.

Grid Ref: F9



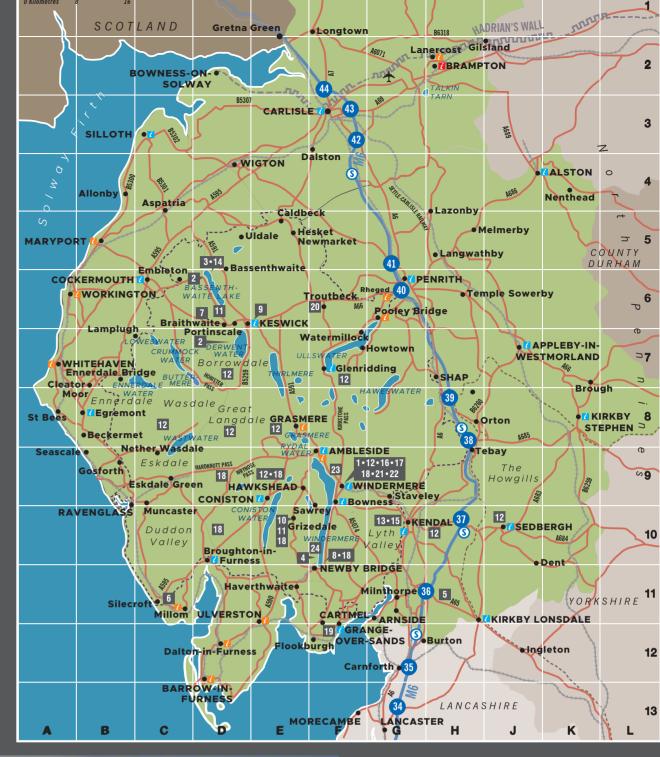
& spend more time with your family this vear with the YMCA.



Discover YMCA Lakeside throughout the year, visit us on one of our many programs including; Day Camps, Family Activity Sessions, School & Youth Group Residential Outdoor Education Programs, Corporate Team Building & Retreats, Birthday Parties, Celebrations, Weddings and More!



Grid Ref: F10





07748 764640

intotheoutside@hotmail.co.uk www.intotheoutside.co.uk Adventure professionals Dan & Beck provide endless ways to explore the akes: tackle the region's exhilarating nountains on a Guided Walk; olunge into crystal clear rivers Ghyll Scrambling; reach new heights Rock Climbing: Kavak on the famous akes or get your adrenalin fix

Into The Outside

8 Sandes Avenue

Kendal LA9 4SG









01539 877100 enquiries@kendalife.com www.kendalife.com

Kendalife smoothies are made with real fruit and form an ideal balance of protein, carbohydrates and good fats. With 24 vitamins and minerals to help sustain you on the go.

Available at www.kendalife.com. E H Booths and our factory shop.





Grid Ref: G10



Lake District Wildlife

reception@lakedistrictwildlifepark.com





01229 889183 / 07891 79834

info@pathtoadventure.co.uk www.pathtoadventure.co.uk Immerse yourself in nature's playground and take home memories! Admire the maiestic mountains on our guided sunset canoe journey or ry an adrenalin filled gorge scramble leaping from up to 10m high into crystal clear pools. We have many great adventures waiting you. What will yours be?

**Path To Adventure** 

Operating in the Southern

and Western Lake District

Grid Ref: D9, D10, E9, E10, F9, F10



Grid Ref: F9

**Predator Experience** Barn Close, Ayside, Grange-over-Sands, Cumbria LA11 6HY

07733 366748 info@predatorexperience co.uk www.predatorexperience.co.uk

www.lakedistrictwildlifepark.com Interactive natural history experiences • Hands on Birds of Prey experience with a range of predators, including walking wolf hybrids, meeting foxes Get up close with the Lemurs a golden eagles. hawks and owls Interact with the mischievous Meerkats Walk on the ecological wild side, foot by Take our Alpacas on a stunning walk paw and talon, in the stunning Lakeland Keeper Experience - Groom the Tapirs. feed the Lemurs and meet the Meerkats BOOKING ESSENTIAL.



**Park** 

Bassenthwaite

017687 76239

Keswick CA12 4RD

Booking is essential.





Grid Ref: F12





**Rookin House Equestrian** and Activity Centre

Troutbeck, Penrith, Cumbria CA11 0SS 17684 83561 eborah@rookinhouse.co.uk www.rookinhouse.co.uk

Rookin House Equestrian & Activity Centre is a wonderful option for an action packed family or friends day out.

There are so many activities to choose from including Horse Riding, Escorted Quad Treks. Go Kart Rally Cross. Clay Shooting, Archery and so much more...





Archery Laser Clay Shooting Bike Hire Raft Building Brave the Cave Adventure Playground Gallery Treetop Trek & Nets Fell Tarn Friends Soft Play Area Shop

brockhole.co.uk 17/brockhole

Café & Restaurant



Grid Ref: F9

#theplacetobe TAKE THE WINDOW SEAT SIT BACK AND ENJOY THE VIEW, WINDERMERE BY RAIL

The Lake District, Cumbria is easily accessible by rail and boasts 123 miles of stunning track, which can whisk you into the heart of the Lakes or along our lesser-explored coastline a lot quicker than you think.

**GETTING HERE BY RAIL\*** 

You can reach Windermere in just 3hrs from London and only 2hrs from Liverpool and Manchester. Carlisle is only 1hr from Edinburgh, or 1.5hrs from Glasgow and Newcastle.

**GETTING AROUND BY RAIL\*** 

Once you're here, the Lakes Line can take you to Windermere in 20 mins. The Furness Line can take you to foodie heaven within an hour and the Cumbria Coastal Line stretches on for miles over a leisurely 2 hrs 20 mins.

PLAN YOUR TRIP AT GOLAKES.CO.UK/TRAVEL

the lake district

\*All times are approximate and based on the fastest route. Actual travel times may vary.

All set for your adventure in the Lake District, Cumbria?

Be AdventureSmort

Ask yourself three questions before you set off:

Stay warm and dry: wear walking boots and carry layers and waterproofs

Carry a torch & whistle In case you get caught in the dark

Respect the water: wear a well fitted & maintained flotation device

Do I know what the weather will be like? Visit lakedistrictweatherline.co.uk for a detailed forecast

On Twitter @LakesWeather provides the latest Information

Do I have the knowledge & skills for the day? Know where you going: carry a map/chart & compass & know how to use them

Know your limits & plan for the least able member of your group

Why not go with a qualified guide/instructor or sign up for some training? Visit golakes.co.uk/adventure for a great selection



# Key to map

\*\*\*\*\* Railway

---- National Park Boundaries

Line of Hadrian's Wall

# **Tourist Information Centres**

Open all year (possible limited) opening during winter months)

Seasonal

Visitor Information Points

# Key to symbols



On Wheels On Ropes

On Foot Retail/Gear

**Adventure** Activity

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thelakedistrict



01539 721766 Visit the award winning Lakeland Climbing

Lakeland Climbing

Lake District Business Park,

Centre

Kendal LA9 6NH

CrazyClimb, a taster session or a private Open daily whatever the weather. Book online or call us now.











We are open 7 days a week from 1st April o the end of October. Outside of these dates, please call to check availability.

With its extensive range of equipment and

an inspiring setting against a backdrop of

he Lakeland fells, it is a great location for

We are situated on the A591, about 3 miles north of Windermere Town and mile south of Ambleside. Look for the rown 'Watersports Centre' signs.

Ample free parking for customers only.

atersports

Wood Bav.

getting out on the water

golakes.co.uk/adventure

**BROCKHOLE** 

ON WINDERMERE

YOUR ADVENTURE

STARTSHERE

Join us for what the

action and adventure

in the great outdoors!

Waterbikes

Kayaks & Canoes

Boat Hire

Lake District does best -

All bookings on-line. No experience necessary

SAY YES TO AN ADVENTURE

**Loke District**