



Stretch your legs, get active, have fun and most of all, feel great!

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.

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.



TAKE A DIP
IN THE POOL
ASHNESS JETTY,
DERWENTWATER, KESWICK



Adventure Activity

- 1 4x4 Kankku
- 2 Alpacal Ever After
- 3 Armathwaite Hall Hotel & Spa Experiences @ Graythwaite
- 4 CBA Events
- 5 Crabtree Clay Shoot
- 6 Cumbrian Heavy Horses
- 7 Fell Foot
- 8 Grizedale Mountain Bikes
- 9 Grizedale & Whinlatter Forest
- 10 Into the Outside

- 11 Lake District Wildlife Park
- 12 Lakeland Climbing Centre
- 13 Mountain Adventure Lake District
- 14 Path To Adventure
- 15 Predator Experience
- 16 Rookin House
- 17 Treetop Trek & Nets
- 18 Windermere Canoe Kayak
- 19 Brockhole
- 20 YMCA Lakeside



On Water

- 1 Armathwaite Hall Hotel & Spa Experiences @ Graythwaite
- 2 Fell Foot
- 3 Into the Outside
- 4 Watersports at Low Wood Bay
- 5 Mountain Adventure Lake District
- 6 Path To Adventure
- 7 Rookin House
- 8 Windermere Canoe Kayak
- 9 Brockhole
- 10 YMCA Lakeside



On Foot

- 1 Alpacal Ever After
- 2 Armathwaite Hall Hotel & Spa Experiences @ Graythwaite
- 3 CBA Events
- 4 Cumbrian Heavy Horses
- 5 Fell Foot
- 6 George Fisher
- 7 Grizedale Mountain Bikes

- 8 Grizedale & Whinlatter Forest
- 9 Into the Outside
- 10 Mountain Adventure Lake District
- 11 Path To Adventure
- 12 Predator Experience
- 13 Brockhole
- 14 YMCA Lakeside



On Wheels

- 1 4x4 Kankku
- 2 Armathwaite Hall Hotel & Spa Experiences @ Graythwaite
- 3 Cyclewise
- 4 Grizedale Mountain Bikes
- 5 Into the Outside
- 6 Rookin House
- 7 Windermere Canoe Kayak
- 8 Brockhole
- 9 YMCA Lakeside



Retail/Gear

- 1 Alpacal Ever After
- 2 Cumbrian Heavy Horses
- 3 Cyclewise
- 4 Fell Foot
- 5 George Fisher
- 6 Grizedale Mountain Bikes
- 7 Grizedale & Whinlatter Forest

- 8 Kendalife
- 9 Lakeland Climbing Centre
- 10 Windermere Canoe Kayak
- 11 Brockhole
- 12 YMCA Lakeside



On Ropes

- 1 Armathwaite Hall Hotel & Spa Experiences @ Graythwaite
- 2 Grizedale & Whinlatter Forest
- 3 Into the Outside
- 4 Lakeland Climbing Centre
- 5 Mountain Adventure Lake District
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- 8 Treetop Trek & Nets
- 9 Brockhole
- 10 YMCA Lakeside



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

Grid Ref: F9

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.

Grid Ref: D6

Cumbrian Heavy Horses
Baystone Bank Farm, Baystone Bank Lane, Whitcham Valley LA18 5LY (use Google Maps to find us!)
07769 588565
annie@cumbrianheavyhorses.com
Facebook: Cumbrian Heavy Horses
The worlds only Heavy Horse Riding Centre
• Shire, Clydesdale, Percheron, and Suffolk Punch heavy horses
• Magnificent well schooled horses
• Stunning fell farm scenery, private riding
• Adventurous rides, managed to suit experience levels, fast and fun...
• Beginners also catered for...call us!
• PURE POWER!

Grid Ref: C11

George Fisher
2 Borrowdale Road, Keswick CA12 5DA
017687 72178
george@georgefisher.co.uk
www.georgefisher.co.uk
Since 1957, we have been one of the leading retailers of outdoor equipment and clothing in the Lake District. Regular winner of the OIA and TGO 'Outdoor Retailer of the Year' awards. We are consistently recognised by the industry as one of the best.
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 homemade food. A great place to relax, open 7 days a week.
We are most proud of our staff who are knowledgeable, friendly and always on hand to help. We have regular training sessions and opportunities to make sure staff understand and use the clothing and equipment we sell. We also offer services such as boot, pole, child carrier, running shoe and dog harness hire. As well as our famous junior boot exchange, great for growing feet.
We really are 'One Store so much to Explore'.

Grid Ref: E6



Alpacal Ever After
Alpaca walks at The Lingholm Estate, Portinscale, Keswick CA12 5TZ
Meet The Alpacas at The Lakes Distillery, Bassenthwaite Lake, CA13 9SJ
Llama Treks from Littleton Farm Guest House, Keswick CA12 5TU
017687 78328
alpacalEVERAFTER@gmail.com
www.alpacalEVERAFTER.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 outdoor enterprise with a herd of over eighty alpacas and name it alpacal 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, D7

CBA Events @ Graythwaite
Near Hawkshead LA12 8AZ
0333 241 2890 / 07720 386222
graythwaite@cbaevents.co.uk
www.graythwaiteadventure.co.uk
We offer adventure activities and country sports on the exclusive Graythwaite Estate catering for individuals and groups 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!

Grid Ref: F10

Cyclewise Whinlatter Bike Hire & Shop
Whinlatter Forest Park Near Keswick CA12 5TW
017687 78711
enquiries@cyclewise.co.uk
www.cyclewise.co.uk
Mountain biking & E-biking at one of the UK's leading trail centres is the perfect challenge. Expect flowing singletrack, fun descents and stunning views.
MTB rentals | Electric bikes | Guides | Skills coaching | Repairs | MTB specialist shop.

Grid Ref: D6

Crabtree Clay Shoot
Crabtree Farm, Cow Brow, Lupton, Kirkby Lonsdale, Carnforth, Lancashire LA6 1PJ
07818 080841
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: H11

Fell Foot
Newby Bridge, Windermere, Cumbria LA12 8NN
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.

Grid Ref: F10

Grizedale Mountain Bikes
Grizedale Forest, Grizedale, Hawkshead, Ambleside LA22 0QJ
01229 860335
hire@velobikes.co.uk
www.grizedalemountainbikes.co.uk
Mountain Bike Hire in the heart of the Lake District National Park. We offer off-road family friendly cycling with a mixture of different bikes to choose from. These include family bikes, electric bikes and full suspension bikes. We also offer guiding, bike workshop and shop.

Grid Ref: E10

#thelaceto

Blacks

gotakes.co.uk/adventure

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/whinlatter

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

Grizedale is the UK's first forest for sculpture. We have created a stunning landscape which has inspired artists to give life to an exciting 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 unrivalled views.

The Forestry Commission was created in 1919 and today it actively manages its 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 of forestry.

forestryengland.uk/100

Grid Ref: E10, D6

Into The Outside

8 Sandes Avenue, Kendal LA9 4SG 07748 764640 intotheoutside@hotmail.co.uk www.intotheoutside.co.uk

Adventure professionals Dan & Becki provide endless ways to explore the Lakes: tackle the region's exhilarating mountains on a Guided Walk; plunge into crystal clear rivers Ghyll Scrambling; reach new heights Rock Climbing; Kayak on the famous lakes or get your adrenalin fix Mountain Biking!

Grid Ref: H10, E9, F9, F7, D7, D8, C8, J10

Kendalife

Mint Bridge, Kendal, Cumbria 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 Park

Bassenthwaite, Keswick CA12 4RD 017687 76239 reception@lakedistrictwildlifepark.com www.lakedistrictwildlifepark.com

- Hands on Birds of Prey experience
- Get up close with the Lemurs
- Interact with the mischievous Meerkats
- Take our Alpacas on a stunning walk
- Keeper Experience - Groom the Tapirs, feed the Lemurs and meet the Meerkats

Booking is essential.

Grid Ref: D6

Lakeland Climbing Centre

Lake District Business Park, Kendal LA9 6NH 01539 721766 info@kendalwall.co.uk www.kendalwall.co.uk

Visit the award winning Lakeland Climbing Centre and discover adventurous activities for the whole family from age 5 upwards. Try our indoor Via Ferrata (Skyline), CrazyClimb, a taster session or a private session. Open daily whatever the weather. Book online or call us now.

Grid Ref: G10

Watersports at Low Wood Bay

Low Wood Bay, Ambleside Road, Windermere, Cumbria LA23 1LP 015394 39441 watersports.lowwood@englishlakes.co.uk englishlakes.co.uk/low-wood-bay/watersports

Located in the heart of the Lake District National Park UNESCO World Heritage Site, one of the most enviable destinations in the world, is The Watersports Centre at Low Wood Bay.

With its extensive range of equipment and an inspiring setting against a backdrop of the Lakeland fells, it is a great location for getting out on the water.

We offer a wide variety of watersports instruction and boat hire suitable for all ages and abilities including: Paddleboarding, Waterskiing, Flyboarding, Canoeing and Kayaking.

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

We are situated on the A591, about 3 miles north of Windermere Town and 1 mile south of Ambleside. Look for the brown 'Watersports Centre' signs.

Ample free parking for customers only.

Grid Ref: F9

Treetop Trek & Nets Lake District

Treetop Trek, Brockhole, Windermere LA23 1LJ 015394 47186 info@treetoptrek.co.uk www.treetoptrek.co.uk

Treetop Trek: High ropes adventure. Swing and climb through the woodland canopy across breathtaking aerial obstacles then race down the 250m triple zip!

Treetop Nets: Scramble, bounce and slide your way through the amazing nets suspended high in the trees. Fun & Adventure for all ages.

Grid Ref: F9

Windermere Canoe Kayak

015394 44451 office@windermerecanoeandkayak.com www.windermerecanoeandkayak.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. All bookings on-line. No experience necessary.

Grid Ref: F9

SAY YES TO AN ADVENTURE

golakes.co.uk/adventure

Grid Ref: F9

BROCKHOLE ON WINDERMERE

YOUR ADVENTURE STARTS HERE

Join us for what the Lake District does best – action and adventure in the great outdoors!

- Waterbikes
- Boat Hire
- Kayaks & Canoes
- Archery
- Laser Clay Shooting
- Bike Hire
- Raft Building
- Brave the Cave
- Adventure Playground
- Gallery
- Treetop Trek & Nets
- Fell Tarn Friends Soft Play Area
- Shop
- Café & Restaurant

brockhole.co.uk f/brockhole

Grid Ref: F9

YMCA Lakeside

NEW FOR 2019...

- climbing
- kayaking
- canoeing
- zipline
- abseiling
- archery
- fell walking
- sailing
- rafting

FAMILY ACTIVITY DAYS

1.5 hour sessions from 9.30am, subject to availability and weather conditions.

Discover YMCA Lakeside for yourself & spend more time with your family this year with the YMCA.

from £15

Holiday memories last a lifetime

01539 539000

YMCA Lakeside Newby Bridge LA12 8BD

www.lakesideymca.co.uk

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

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



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

Be AdventureSmart

Ask yourself three questions before you set off:

Do I have the right gear?
Stay warm and dry: wear walking boots and carry layers and waterproofs

Do I have the right gear?
Carry a torch & whistle in case you get caught in the dark

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 Water
- On Wheels
- On Ropes
- On Foot
- Retail/Gear
- Adventure Activity

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the lake district Cumbria

ADVENTURE SMART.UK