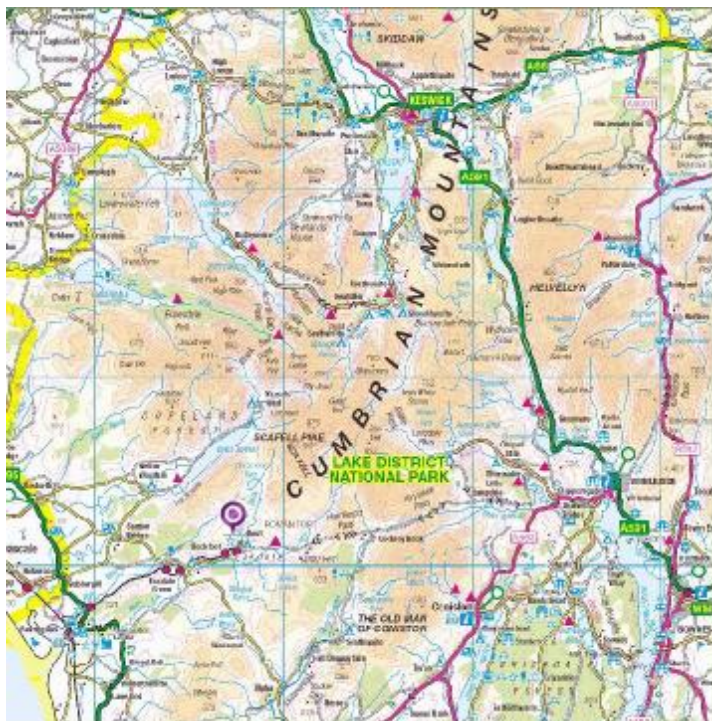


## Lakes Trip for London LDWA - June 2013

**Explore more of the Lake District**, or make your first trip, in a series of led walks during the long days of June 2013, with two/three centres offered, including a long weekend aimed mainly at London group members, all with public transport options. This pdf contains more details. Similar trips have been run for the last several years with the organisers/leaders the late Steve Singleton, and Paul Lawrence who is organising this year (contact details below). Accommodation soon gets booked up, so early booking is recommended.



Full day walks will be offered each day with the route selected the day before depending on weather and preferences. The walks involve substantial ascent, rocky ground and occasional scrambling options (with a walking alternative). Car shares operate to the walk starts.

**Monday 17 June** based in **Eskdale** (arriving by car or by train) and walk/stay there until the Friday 21st. **Eskdale** (purple icon on the map) is in the western Lakes and is more remote and less visited. There are options to bag less accessible Wainwrights, visit new valleys and ridges, such as Wasdale and the secluded Miterdale, and ascend some major peaks, like Sca Fell, by different routes. There is a daytime narrow gauge railway from Ravenglass up Eskdale as another option, or to reach accommodation. Trains run to Ravenglass from Euston, hourly via Preston/Barrow taking about 5-5.5hrs, with one or two changes, and an evening pick up can be provided. Book your own

accommodation, (see Accommodation below). There are b&b, hotel and self catering (the YHA has been full for this period but may be worth enquiring), and if these are not on the car route to the walk start, pick ups each day can be arranged from the listed accommodation.

**Friday 21 June** move to **Keswick** for 'London' group weekend. This will extend to Monday 24 June (half and full day options) and on Tuesday, if demand, there will be a half day option. **Keswick** (top of map) is a major walking centre in the north western Lakes with a large range of accommodation (please book your own, see Accommodation below) and access to many valleys, ridges and major peaks, including from Borrowdale. Euston trains go to Penrith via Preston hourly taking about 3-3.5hrs. An hourly bus links to Keswick taking 40mins, so it is practical to do an afternoon walk on arrival.

**For anyone also interested in the previous weekend, 14-17 June, there may be options based in Ambleside, please contact the leader.** The Three Rings of Shap, a Cumbria group challenge event from Shap, is on the Saturday and all the 3 Rings overnight is a 100 qualifier for 2014. **Ambleside** (right of map) is a major walking centre in the central Lakes with a wide range of accommodation (please book your own, see Accommodation below). Trains from Euston to Windermere hourly via Preston take 3.25-3.5hrs and buses link to Ambleside taking 15mins, so it is practical to do an afternoon walk on arrival.

### Walks Programme

Full day walks will be offered each day with the route selected the day before depending on weather and group preferences. The walks involve substantial ascent, rocky ground and occasional scrambling options (with a walking alternative). Car shares operate to the walk starts. We will normally decide the walks the day before, depending on the weather, from a good weather or bad weather option.

### Meeting Points

For the Eskdale part, the evening rendezvous is likely to be the Woolpack Inn in Eskdale and for Keswick, the Moot Hall in Keswick centre, again at 7.30pm, details below. In Eskdale car share arrangements and any pick-ups will be arranged the previous evenings. In Keswick the normal meeting point for car shares is at south end of Borrowdale Road (NY267230) where there is free parking (short stay).

**Eskdale** evening meeting point Monday: Woolpack Inn, Hardknott Pass. Eskdale, Cumbria, CA19 1TH Tel: +44 (0)1946 723 230 , [www.woolpack.co.uk](http://www.woolpack.co.uk), Email: [office@greendoor.me](mailto:office@greendoor.me). OS GR NY190010.

**Keswick** meeting point Friday: Moot Hall, TIC, Moot Hall, Market Square, Keswick, CA12 5JR Tel: 017687 72645, [www.keswickplus.co.uk/keswick-information.html](http://www.keswickplus.co.uk/keswick-information.html)

## Accommodation List

Some possible accommodation is listed below. In Keswick, any location within the town should be suitable and not too far to walk to the town centres and the walk start points. We have not listed individual b&bs in the towns as there are too many, only general websites. In Eskdale there is less choice and distances are longer; pick-ups should be possible from those listed, unless stated. The organiser will be staying at the marked ones (\*). If you are not familiar with youth hostels (YHA) they provide basic dormitory beds at low cost; there are also several independent hostels (search via google). Please book a place that will do an 8am breakfast as otherwise it delays the departure times; many b&bs do not want to serve until 8.30!

**Keswick** accommodation lists on the [official site](#).

\* [Springs Farm](#), Keswick, Cumbria. CA12 4ANTel: 017687 72144, has both b&b, and self catering cottages in a courtyard. Homely working dairy farm, on the edge of Keswick below Walla Crag town but walking distance to centre. [Keswick YHA](#), Station Road, Keswick, Cumbria, CA12 5LHT: 0845 371 9746, Email [keswick@yha.org.uk](mailto:keswick@yha.org.uk). OS GR NY267235. Close to town centre by the river.

### Eskdale:\*

\* [Stanley House](#), Eskdale, CA19 1TF, Tel: 01946 723 327. Well located, on road but quiet at night, opposite train halt (from Ravenglass, steam train, daytimes only). Use of free stocked larder/fridge/freezer and kitchen to make up packed lunches and hot drinks included in tariff. Also amenable to 'self-catering' use of the kitchen area to prepare own meals. The house has nice lounges and grounds and parking. There is a composite £55pppn rate for dinner, b&b eating dinner at the Woolpack; mention LDWA group to get this rate. The other rooms include: 2 twins with shared bathroom (11/12); 2 standard twin or double ensuite; 4 deluxe rooms (can add extra bed for 3) with £5pppn supplement; 2 doubles (single occupancy at extra cost). Possible 'taxi' service to eat at the Woolpack. This was once a CHA house so is well set up for groups. One of us (Paul) has stayed here in 2012. Next door is The Chalets, a separate business offering self catering. [Eskdale YHA](#). YHA Eskdale, Boot, Holmrook, Cumbria, CA19 1TH, T: 0845 371 9317, Email: [eskdale@yha.org.uk](mailto:eskdale@yha.org.uk). OS GR NY195010. Well located, good views, set off road. Showing full for this period.

Penny Hill Farm, boot, Eskdale, CA19 1TH. Margaret Jackson. Tel: 019467 23274. OS GR NY194007. B&b and self catering in National Trust farmhouse, not ensuite, but lower cost. Long unmade driveway, pick-ups from Woolpack Inn (8 mins walk)

Dale View, Boot, Eskdale, Cumbria CA19 1TG, Tel: 019467 23236. E-mail: [daleview@booteskdale.co.uk](mailto:daleview@booteskdale.co.uk). In Boot hamlet with two double, one twin and one single all with wash basins and shared bathroom.

Wha House Farm, Boot, CA19 1TH, Tel: 019467 23322 Mr & Mrs D Crowe. Email: [whahousefarm@aol.com](mailto:whahousefarm@aol.com). B&b and self catering (walkers cottage sleeps 2) in National Trust farmhouse, so not ensuite, but lower cost. GR NY200008.

Further east off the main road from the YHA, about 5 mins walk (pick ups from YHA). Views.

The Boot Inn, Eskdale, CA19 1TG. Tel: 01946 723711. Nine en-suite rooms, self catering, in Boot hamlet, with restaurant, short walk from Dalegarth station. Views. Due to change hands in 2012.

[Brook House Inn](#), Boot, Eskdale, Cumbria CA191TG, Tel: 01946723288. Email: [stay@brookhouseinn.co.uk](mailto:stay@brookhouseinn.co.uk). OS GR NY175008. Near Dalegarth station. More expensive b&b with nice restaurant. Good location with views.

## Group Contact

- If you are planning to catch a specific train or have a planned time back to London please let us know
- If anyone is planning to do the Friday led walks please let us know so we can arrange to meet you.
- If you have a mobile phone number let us have it please
- If you have a first aid qualification, and will have a kit with you (one of us has an REC certificate) let us know.

Contact for London Group:

Paul Lawrence 07768 585657 or [paulmlawrence.stats@googlemail.com](mailto:paulmlawrence.stats@googlemail.com)

## Equipment, Packed Lunches and Membership Cards

The weather in the Lakes is cooler and much wetter than in southern England and it can be very wet, cold and windy, even in June, sometimes with hail, so good quality waterproofs and a warm layer are essential, and boots are advised as this is mostly rough ground. Equally it may be dry, hot and sunny, so sunscreen is useful. Bring a map and map case and compass in case you get lost or misled.

Each day you will need a packed lunch, as there are **no facilities** on these walks. The YHAs and many b&bs will provide this (at cost, often £5 or more), ask on arrival, or you can buy from shops or make your own up. In Eskdale facilities are limited, so you may want to bring in provisions. Stanley House and the YHA have fridges and Stanley House a free-to-guests open larder useful to make packed lunches.

Remember to bring any useful membership cards with you: Ramblers or LDWA will get you discounts in some gear shops, YHA membership cards will be needed if staying in the hostel, National Trust will get some free car parking, English Heritage (possibly), railcards and any national bus passes will save money. Also any insurance/medical cards, such as AAC, BMC etc.

Bring any mobile phone and charger, they work in many areas (even if a weak signal, texts may still work and you can often be located if your phone is left on). Put an ICE contact in the phone if you wish and also your details in case it's mislaid. You may find a GPS useful, or altimeter watch if you have one.

## Maps and Books

The four OS **Explorer maps** for the Lakes are: 7 - *The English Lakes - South Eastern area*; 6 - *The English Lakes - South Western area*; 5 - *The English Lakes - North Eastern area*; and 4 *The English Lakes - North Western area*.

The **Landranger maps** most useful for these areas are 90 - *Penrith & Keswick, Ambleside*, and 89 - *West Cumbria, Cockermouth & Wast Water*. These are all available from the *Buy a Map* page on the LDWA website and from usual stockists. Harvey Maps are a good alternative and BMC do a good mountain map.

Remember in the Lakes many rights of way on the fells are not the paths now walked, and some may be impassable, while the black-dotted paths may be those now used. The Wainwright guides show the walkers routes (now a bit out of date).

Useful **books** on the Lakes are:

*Wainwright's Pictorial Guides* These are the classic fell guides, still good today, with line drawings of all the routes and detailed basic maps, summit toposcopes/panoramas etc. The seven books cover 214 fells, now called the 'Wainwrights'. See *Wainwright Boxed Set Pictorial Guides to the Fells 1-7* (Frances Lincoln - 2007) for basic information, and click to Amazon for the individual books, at a discount. These are widely available locally in Keswick and Ambleside and also in London at such as Stanfords. If available, get the updated versions, revised by Chris Jesty.

*Lakeland Fellranger walking guides* (Cicerone Press - 2009) These books by Mark Richards are a 'modern' equivalent of the classic Wainwright's Pictorial Guides, describing many routes in detail, with Harvey Maps mapping included. Richards is still working on some in the series.

*Walking the Wainwrights: With Stuart Marshall* (Sigma Leisure - 2009) is a guide to walking all the 214 'Wainwrights' in 36 walks, though does not cover any walk in great detail and has only simple maps.

These may all be purchased via the LDWA website with the links above.

I will bring these books, plus two guides to walks around Windermere that provide lower level walking - Windermere - Walking Around the Lake and Windermere Way.

## Weather Forecasts

There are online long and short-range forecasts for Cumbria at:

<http://www.metcheck.com/V40/UK/FREE/14days.asp?zipcode=cumbria>

and

<http://www.mwis.org.uk/ld.php> that has a daily PDF to download with a chart etc.

(Revised version, March 2013)