

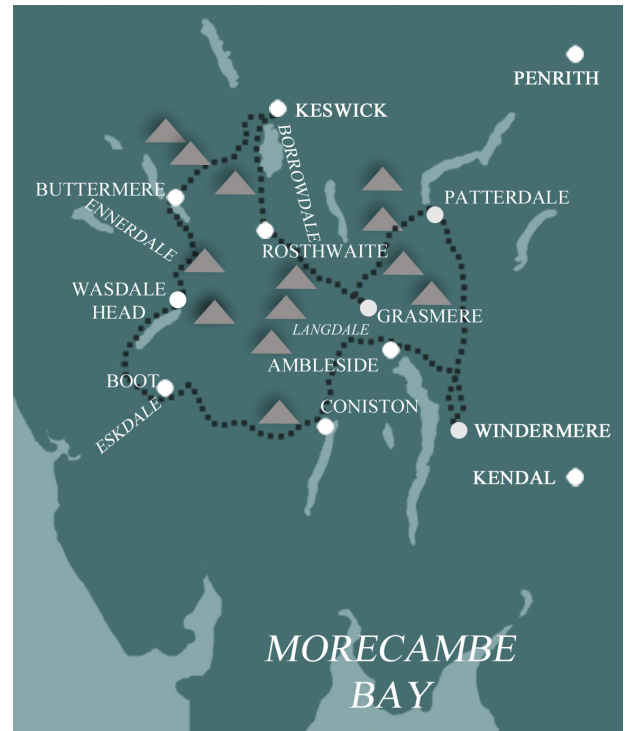


Walking Holidays in Britain's most Beautiful Landscapes

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Tour of the Lake District

The Tour of the Lake District is a 93 mile circular walk starting and finishing in the popular tourist town of Windermere. This trail takes in each of the main Lake District valleys, along lake shores and over remote mountain passes. You will follow in the footsteps of shepherds and drovers along ancient pathways from one valley to the next.

Starting in Windermere, the route takes you through the picturesque towns of Ambleside, Coniston, Keswick and Grasmere (site of Dove Cottage the former home of the romantic poet William Wordsworth). The route takes you through some of the Lake District's most impressive valleys including the more remote valleys of the western Lake District such as Eskdale, Wasdale and Ennerdale, linked together with paths over high mountain passes. One of the many highlights of this scenic tour is a visit to the remote Wasdale Head in the shadow of Scafell Pike, the highest mountain in England.



Summary

Why do this walk?

- Stay in the popular tourist towns of Keswick, Ambleside, Grasmere, and Coniston.
- Walk along the shores of Windermere, Buttermere and Derwentwater.
- Explore the dramatic and remote valleys of Eskdale, Ennerdale and Wasdale.
- Visit the remote Wasdale Head in the shadow of Scafell Pike, England's highest mountain.

Essential Info

Length	4 - 10 nights
Full Route Length	93 miles / 149 km
Shortest Break Length	36 miles / 58 km

Grade

Moderate to Challenging



How Much Up & Down? The average daily ascent is 625m / 2050ft, but the actual climbing varies each day from 360m / 1180ft (Windermere to Ambleside) to around 900m / 2950ft (Coniston to Boot).

What's it like underfoot? The paths and tracks that are followed on this route are well defined and maintained. There are occasional sections where

the path, while still well defined, becomes rougher on higher ground.

Signposting: There are no official route waymarks and you will need to use your route description and map to follow the paths and tracks on the ground.

Navigation: The paths are well defined, but you will need to read a map and use the route description. You spend some time on higher ground and may encounter mist and hill fog so the ability to use a compass is essential. While the footpaths the route follows are marked on the map, the route itself is not highlighted.

Weather: You may be lucky enough to encounter warm, dry weather over the whole route and enjoy dry paths and tremendous views, but you must be prepared because the weather can change quickly. Remember you are spending time on higher ground, where it will be colder than in the valleys. Good clothing and waterproofs essential!

Route

Windermere to Coniston

Your first day begins in the popular tourist town of Windermere. Leaving Windermere on well-defined paths, you gain height and are rewarded with great views over Lake Windermere and the ground you will cover in the next day or so. The route continues along the old drovers road past historic Townend

farm, which is open to the public and offers a great insight into 17th Century Lakeland life. Further along the viewpoint at Jenkin Crag is worth a short detour before continuing to the bustling town of Ambleside. On leaving Ambleside, the route climbs below Loughrigg Fell, past Loughrigg Tarn on easy to follow trails before arriving in the village of Elterwater which guards the entrance to the beautiful Langdale Valley in the heart of the Lake District. From Elterwater, a well-defined path through Little Langdale leads out of the valley to the charming village of Coniston, the one-time home of the poet John Ruskin.

Coniston to Boot

This stage of the route follows the old Walna Scarr Road under the shadow of the Old Man of Coniston over to the peaceful Duddon Valley before climbing again over the mossy fell to Eskdale. The walking is generally easy with no steep climbing, but you will be surprised to learn that by the end of the day, following two gradual ascents of Walna Scar in the morning and Ulpha Fell in the afternoon, your total ascent for the day will be almost 900m! Skirting around the side of Harter Fell and following the River Esk for a short while brings you into Boot. The more adventurous among you can follow the high level alternative which involves climbing the Old Man of Coniston before continuing on undemanding terrain to follow the Hardknott Pass into Boot.



Boot to Buttermere

Rejoining the River Esk downstream to Eskdale Green, you cross over the old Eskdale to Ravenglass railway line. An easy climb through the ash and birch woodland of Miterdale Forest on a wooded bridleway brings you to the top of Irton Fell. Descending into the valley down the flanks of Irton Fell, the remote Wastwater finally reveals itself. You then have the choice of traversing the western side of Wastwater on loose scree slopes or the easier option of following the road along the eastern side to the Wasdale Head Inn. From Wasdale Head the route skirts Kirk Fell through Mosedale, an easy level walk along the valley floor in the shadow of Pillar before climbing up to the col of Black Sail Pass. Descending into Ennerdale, you pass the remote Black Sail Youth Hostel before a gentle climb brings you to Scarth Gap Pass. The descent into the Buttermere Valley requires care as the paths are rocky which can become slippery if it is wet, before picking up the main path along the shore of Buttermere into the village itself.

Buttermere to Keswick

Starting in the quiet woodlands of Buttermere, the route climbs steadily out of Buttermere following a well-defined path over the fell sides above Sail Beck around 200m (650ft) to the top of Rigg Beck. Once the pass is reached, the path drops down again to the peaceful Newlands valley where the route meanders on before skirting the slopes of

Catbells. Many of Beatrix Potter's stories are set in this area. A higher level route via the top of Catbells, one of the most popular short climbs in the Lake District, rewards you with spectacular views of the northern fells, Skiddaw and the lakes of Derwentwater and Bassenthwaite, en route to the bustling market town of Keswick.

Keswick to Grasmere

Leaving Keswick, you retrace your steps to Portinscale and join the Cumbria Way for a while to follow the level lakeshore path along Derwentwater through ancient oak forests into Rosthwaite in the picture postcard Borrowdale Valley. Following a clear path from Rosthwaite alongside Stonethwaite Beck, the trail then becomes more rocky underfoot before climbing up the remote Greenup Gill to Greenup Edge on a steep but obvious path. You then have the choice to take the easier route down to the valley of Far Easedale, which is often boggy underfoot or over the Lion and the Lamb on Helm Crag into Grasmere. This is a memorable day with views of Lakeland fells in all directions.

Grasmere to Patterdale

The villages of Grasmere and Patterdale are split by a high mountain range, the longest high level range in Lakeland. The route lies over the Helvellyn range and you can choose to walk either over the pass at Grisedale Tarn, or for the more adventurous, via the summit of Helvellyn, England's

3rd highest mountain, before dropping down to Patterdale on the shores of Ullswater.

Patterdale to Windermere

The last stage of the Tour sees you leaving the shores of Ullswater behind as the route follows Pasture Beck upstream under Raven Crag. The path leaves the valley floor under Raven Crag and zigzags up steeply until you reach Threshthwaite Mouth with its fantastic views of the Troutbeck Valley, formerly a royal hunting forest, and Lake Windermere in the distance. The ground is often boggy underfoot as you descend past the Tongue following Trout Beck towards Windermere and back to your starting point.

Additional Days Windermere

The linked towns of Windermere and Bowness at the heart of the Lake District have been an attraction for visitors since Victorian times. With the lake shore of Windermere so close, there is always something to do whatever the season - walking along the lakeside, enjoying panoramic views of the lake and mountains from several viewpoints, experiencing a whole host of water-based activities, luxuriating in the pleasures of travelling around the area by steamer, open-top bus or steam locomotive or discovering the lake for yourself by hiring a rowing boat, dinghy or cruiser. Away from the lake shore is a varied choice of heritage sites,



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historic houses, colourful gardens and other visitor attractions.

Ambleside

Ambleside is a bustling Lakeland town, with charming shops and a wide choice of good cafes and restaurants. The small town is known for its landmark Bridge House and its connections with writers, poets and artists including Beatrix Potter. There are many short walks that can be enjoyed from here, or you can wander down to Waterhead and take a ride on one of the Windermere "Steamers" on the lake.

Conistون

A pleasant Lakeland Village on the shores of Lake Conistون. Take a cruise on the lake on the steam launch "Gondola". Visit historic Brantwood, nineteenth century home of John Ruskin. For the more energetic, Conistون Old Man is a great walk with tremendous views over the Lake District and Morecambe Bay.

Keswick

Keswick is a bustling market town centred around the historic Moot Hall, with a vast array of outdoor shops – if you need any outdoor gear, you will get it here! There is a wide choice of places to eat or have a coffee, and a range of galleries to visit. Enjoy one of the easy, short walks down to the lakeshore from where there is a regular launch service around Derwentwater. Or pop into our

offices to say hello or book your next holiday!

Grasmere

Grasmere is a charming village right in the heart of the Lake District National Park and a great location to spend a well earned rest day. It was once the home of the famous poet William Wordsworth and today you can visit two of his former homes - Dove Cottage and Rydal Mount. In the centre of Grasmere is St. Oswald's Church, which contains the Wordsworth family graves. The village itself has narrow bustling streets with cafes, shops and pubs. The frequent local bus service connects Grasmere with Keswick and Ambleside if you want to explore further into the Lakes.

Patterdale

Patterdale offers spectacular scenery in a peaceful location. This tiny village in the heart of the English Lake District will give you a well earned rest before heading onwards on your walking route. Boat trips can be taken on the Ullswater Steamers to Pooley Bridge, with several opportunities to disembark and explore the lakeshore attractions along the way.

Getting There and Away

Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps.

Getting There:

By Air: The nearest international airports are Manchester (MAN), Newcastle (NCL) or Glasgow (GLA). You can travel by train to Windermere.

By Public Transport: Train to Windermere from Oxenholme main line station.

By Road: From the South: From the M6 take the A65 (Junction35), then the A591 to Windermere. About 20 minutes from the motorway.

From the North: From the M6 take the A66 (Junction 40), then the A591 to Windermere. About 40 minutes from the motorway.

How our holidays work

We specialise in self guided walks because we think it's the best way to really experience local landscapes, cultures & history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all you accommodation, move your luggage between overnight stops, provide you with maps and guidebooks, and all the details you need for a successful holiday. You just turn up and walk!

Inbuilt flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please!



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You can start on any day you like. We can arrange extra nights at any of the overnight stops, allowing for rest days or giving you more time to explore the locality. Or you can book part of a walk if you don't have the time to complete the entire distance.

How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure and either post or fax it to us. We will get in touch with you shortly afterwards to confirm your holiday details.

Alternatively you can book on our website – www.mickledore.co.uk, or telephone us in office hours.

Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We make a special effort to find the hidden gems, as well as keeping a close eye on the quality of the more mainstream accommodation.

As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight in to the day-to-day operation, and lets us spot any potential issues before they become a problem. We have three former Keswick guest house owners on the staff – so we know the industry well.

We use a variety of accommodation, including small country house hotels, guest houses in market towns, bed and breakfasts in farm houses, country cottages and Victorian town houses. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. For example, over the course of your trip you might stay in a village inn, a bed and breakfast in a converted barn, a Victorian guest house, on a working farm, and in a Georgian hotel.

Single Rooms

We are happy to book single rooms on this walk at a supplement, but can't normally book more than 2 single rooms for any 1 group.

What We Provide

All Holidays

Accommodation Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family B&Bs. Full English or Continental breakfast.

Guidebook A guidebook with route information, maps, photos and background information.

Information of Services Along the Route

A comprehensive Service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafes and taxis.

Maps 4 Ordnance Survey Explorer (1:25000)

maps covering the entire route.

Personal Itinerary A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

Emergency Telephone Support If you get in to difficulties during your holiday, we are always available to help, even out of office hours.

15% discount at Cotswold Outdoors We will issue you with a 15% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

Options

Luggage Transport We will transfer your luggage between each overnight stop – leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk. We ask you to limit your luggage to one bag per person, up to 18kg.

Packed Lunches Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or cafe on the route.

Off Road Parking If you are travelling by car we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

Arrangement of return transport We can also



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arrange your transfer back to your car, (or advise you when public transport is a better option)!

What's not Included

Evening Meals Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £20.00 per night.

Transport to the Start & Away from the Finish

Taxi or Bus transport if you need to miss a stage (but we'll help you organise it if you need help)

Travel Insurance Even if you are based in the UK travel insurance is worth having.

Prices

Detailed prices for all our holidays are available on the website www.mickledore.co.uk.

About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of the leading specialists in self guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really

matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone or drop us an email, or call in and see us if you're in Keswick.

We specialise in UK holidays, and by concentrating on what we consider the best routes, we get to know the trails, accommodation, and local area intimately.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We're all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

Book With Confidence

Financial Protection

Your payments are fully protected against our financial failure. We are members of the

Association of Independent Tour Operators (AITO), and have arranged bonding through ABTA. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

AITO Quality Statement

Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at www.aito.com. Visit the website to find out more about the Association or call 020 8744 9280.





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Our Itineraries

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Tour of the Lake District – Windermere to Windermere 93 miles/150 km

The Tour of the Lake District in 9 Days Walking Code: TL10				The Tour of the Lake District in 10 Days Walking Code: TL11		
		Miles	km		Miles	km
Day 1	Travel to Windermere for your first nights accommodation			Travel to Windermere for your first nights accommodation		
Day 2	Windermere to Ambleside	6	10	Windermere to Ambleside	6	10
Day 3	Ambleside to Coniston	11	18	Ambleside to Coniston	11	18
Day 4	Coniston to Boot	11	18	Coniston to Boot	11	18
Day 5	Boot to Wasdale Head	11	18	Boot to Wasdale Head	11	18
Day 6	Wasdale Head to Buttermere	8	13	Wasdale Head to Buttermere	8	13
Day 7	Buttermere to Keswick	10	16	Buttermere to Keswick	10	16
Day 8	Keswick to Grasmere	15	24	Keswick to Rosthwaite	8	13
Day 9	Grasmere to Patterdale	8	13	Rosthwaite to Grasmere	7	11
Day 10	Patterdale to Windermere	13	21	Grasmere to Patterdale	8	13
Day 11	Depart from Windermere after breakfast			Patterdale to Windermere	13	21

The Western Tour - Windermere to Keswick 57 miles/92 km

This is a shorter option to the full route, but still takes in the quieter western Lakes, including the remote valleys of Ennerdale, Wasdale and Eskdale, as well as the popular tourist towns of Ambleside and Coniston before finishing in Keswick.

The Western Tour – Windermere to Keswick in 6 days Walking Code: TLW7			
		Miles	km
Day 1	Travel to Windermere for your first nights accommodation		
Day 2	Windermere to Ambleside	6	10
Day 3	Ambleside to Coniston	11	18
Day 4	Coniston to Boot	11	18
Day 5	Boot to Wasdale Head	11	18
Day 6	Wasdale Head to Buttermere	8	13
Day 7	Buttermere to Keswick	10	16
Day 8	Depart from Keswick after breakfast		



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The Eastern Tour - Keswick to Windermere 36 miles/58 km

This is a shorter option for those with less time, taking in the popular tourist hotspots of Keswick and Grasmere before finishing in Windermere.

The Eastern Tour – Keswick to Windermere in 3 days Walking Code: TLE4

		Miles	km
Day 1	Travel to Keswick for your first nights accommodation		
Day 2	Keswick to Grasmere	15	24
Day 3	Grasmere to Patterdale	8	13
Day 4	Patterdale to Windermere	13	21
Day 5	Depart from Windermere after breakfast		





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Booking Form

Contact Details

Address: _____

Telephone: _____ Mobile / Alternative Tel: _____

Email: _____ Emergency Contact No: _____

Your Holiday

Holiday Name: _____ Holiday Code: _____ *(Hadrian's Wall: Add an "R" if starting in the West)*

Date of First Night: _____ Date of Last Night: _____

Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required:	Rest Days (give date & location)
Luggage Transport <input type="text"/>	No. Double Rooms <input type="text"/>	
Packed Lunches <input type="text"/>	No. Twin rooms <input type="text"/>	
Off Street Parking (there is normally a charge for this) <input type="text"/>	No. Single Rooms <input type="text"/>	
Transfer required (additional charge) <input type="text"/>	No. Triple Rooms (Double & Single) <input type="text"/>	

Comments (special diets, other requirements, etc): _____

Payment

Holiday cost per person <input type="text"/>	I enclose a cheque for the deposit value (GBP only, made payable to Mickledore Travel) <input type="checkbox"/>
Rest Days <input type="text"/>	I would like to pay by card (we will contact you to arrange this). <input type="checkbox"/>
Total cost per person <input type="text"/>	I would like to pay by bank transfer (we will contact you to arrange this). <input type="checkbox"/>
Number in group <input type="text"/>	
Total group cost <input type="text"/>	I confirm that the above details are correct and that I have read the terms and conditions available on the website. Signed _____ Date _____ Name _____
Deposit (20% of Total Cost) <input type="text"/>	
Single and solo supplements will be added where applicable.	

How did you hear about Mickledore Travel: _____