

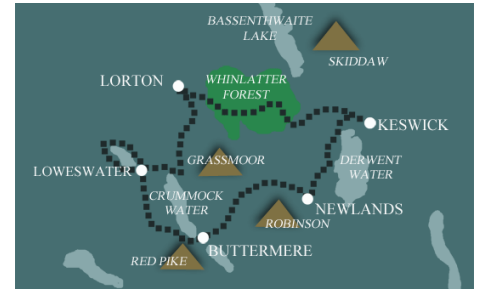


Walking Holidays in Britain's most Beautiful Landscapes

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Vale of Lorton

This is our kindest holiday in one of the quietest areas of the Lake District National Park. It is based around the peaceful lakes of Loweswater, Crummock and Buttermere in the north -west corner of the Lake District, and uses well defined paths, forestry tracks and country lanes.

The distances covered each day are relatively short with the exception of one mountain pass involving an easy climb of 200metres. The route generally keeps to relatively flat valley bottoms and there is plenty of time to take it easy, enjoy some spectacular scenery and soak up the tranquillity.



Why do this walk?

- Peaceful walking in the quieter areas of the Lake District National Park.
- Varied walking along forest trails, lake shores and remote valleys.
- Starts and finishes in the bustling market town of Keswick.

Essential Info

Length 4 - 6 nights
Full Route Length 38 miles / 62 km

Grade



Easy to Moderate

The Vale of Lorton walk is a pretty, gentle walk by Lake District standards,

generally on good paths, and with only moderate ascents and descents.

Terrain: A mixture of forest paths, wooded lake shores and tracks following the lower slopes of the fells, with one (fairly low) mountain pass between Buttermere and Newlands.

What's it like underfoot? The paths and tracks that are followed on this route are well defined and maintained. There is a short section between Buttermere and Newlands where the path, while still well defined, becomes rougher as it crosses steeper ground.

How Much Up & Down? Not too much for a Lakeland walk. There is around 200m

(700ft) between Loweswater and Buttermere, and 350m (1200ft) between Buttermere and Crummock, but much less on the other days.

Signposting: None – this is one of our own routes. You will need to use your route description and map.

Navigation: Not too difficult – the paths are well defined, but you will need to use the map and route description.

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. Good clothing and waterproofs are essential!

Route

Keswick - Loweswater

Your first day of walking begins in Whinlatter Forest Park which straddles Whinlatter Pass, between Bassenthwaite and Lorton - you will be taken here by taxi. Starting at the top of the pass the first day is nearly all downhill! Using forest, field and fell side tracks, the route makes its way to the Lakeland village of Lorton. Further on it affords beautiful views across Crummock Water and Loweswater to the Buttermere fells. The route then skirts along the base of Grassmoor before crossing the end of Crummock Water, leading to your accommodation in the hamlet of Loweswater.

Loweswater - Buttermere

Today, the trail leads through the remote valley of Mosedale before returning to the

shores of Crummock Water. Here you will find Buttermere, another quiet Lakeland hamlet situated under the higher fells, between the lakes of Crummock and Buttermere.

Buttermere - Keswick

Day 3 involves the only significant climb of the trip, as the route climbs out of Buttermere and back towards Keswick. It ascends around 200m (650ft) on well defined paths over the fell sides. 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, en-route for Keswick and the end of this walk.

Additional Days

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. We recommend Keswick for this holiday:

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.



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Getting There and Away

General travel information for the Vale of Lorton area will be in your holiday pack including train and bus timetables where available. 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. To view train times please visit www.qjump.co.uk where you can also purchase tickets in advance. For information on bus timetables please visit www.traveline.info. If you require secure car parking whilst walking this route, please contact us for information.

Getting There:

By Air: The nearest international airports are Manchester (MAN) or Newcastle (NCL). You can travel by train to Penrith (approx 2 hours from both) and then by bus or taxi to Keswick (18 miles).

By Public Transport: Keswick's nearest railway station is Penrith (PNR). You can travel on one of the regular buses to Keswick, or by taxi (18 miles). Keswick has a central bus station, and you are usually no longer than a 5/10minute stroll to your accommodation, or a couple of minutes in a taxi.

By Road: Keswick is in the Northern Lake District in the county of Cumbria. The A66 passes right along the edge of the town, and the nearest motorway is the M6.

Returning from Keswick:

By Public Transport: Travel by bus from Keswick to either Penrith railway station (18 miles) or the larger station in Carlisle (37 miles).

By Road: A66 to Penrith (18 miles) for the M6 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 your 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. You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. 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 which can then be emailed, posted or faxed to us. We will get in touch with you once we have received your booking to confirm your holiday details. Alternatively you can either book online using our website at www.mickledore.co.uk or telephone us during 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. One of the great features of our Vale of Lorton holiday is the quality of the accommodation which includes small country house hotels, guest houses, bed and breakfasts and farm house B&Bs. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail.



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Single Rooms

We are happy to book single rooms on this walk but cannot normally book more than 2 for any one group. Single room bookings include a supplement.

What We Provide

All Holidays

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

Route Description A detailed description setting out your route.

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 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 them 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 – if you 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.

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 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 at 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, drop us an email or visit us in Keswick. We specialise in UK holidays, and by concentrating on what we consider to be the best routes, we get to know the trails, accommodation, and local area really well.

- 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 are all outdoor enthusiasts – we

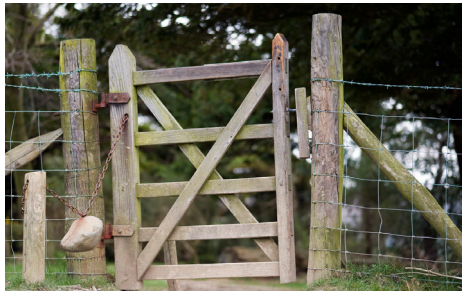


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know what makes a good holiday,
and we want you to have one!

- 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.

Client Feedback

We are proud of our reputation for quality holidays on the Vale of Lorton. There are plenty of customer reviews on our website, but here are a couple of comments to give you a flavour:

"Absolutely excellent, could not have been better. Thank you for our first experience with you. We had a great time. Thank you for great walking, good accommodation, and great organisation. We will be doing it again"

Mrs Evelyn Freer, Lincs, UK.

"Our group would like to thank you all at Mickledore; we had a wonderful walking holiday in The Lake District. We would recommend Mickledore to our friends or anyone planning a walk in the UK."

Mr Tony Stanton Soest, Netherlands

"My husband and I agree that it was one of the best adventures we've ever had. The accommodations you booked for us were wonderful, the people fun, the food delicious. Thank you so much for putting together a wonderful vacation for us."

Becky Murphy, California, USA.



Mickledore - Walking Holidays to Remember





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Our Itineraries

The Whole Lorton Vale Circular - Keswick to Keswick 27 miles/43 km

We offer two holidays in the Vale of Lorton. One is for 4 nights and the other is 6 nights. The distances covered each day are relatively short with the exception of one mountain pass involving an easy climb of 200metres. The route generally keeps to relatively flat valley bottoms and there is plenty of time to take it easy, enjoy some spectacular scenery and soak up the tranquillity.

	Lorton Vale Circular from Keswick in 3 days Walking Code: VL4			Lorton Vale Circular from Keswick in 5 days Walking Code: VL6		
		Miles	km		Miles	km
Day 1	Travel to Keswick for your first night's accommodation			Travel to Keswick for your first night's accommodation		
Day 2	Transfer to Whinlatter then walk to Loweswater	10	14	Transfer to Whinlatter then Walk to Lorton	4	8
Day 3	Loweswater to Buttermere	7	11	Lorton to Loweswater	6	10
Day 4	Buttermere to Keswick	9	13	Loweswater to Buttermere	7	11
Day 5	Depart from Keswick after breakfast			Buttermere to Newlands	6	10
Day 6				Newlands to Keswick	4	6
Day 7				Depart from Keswick 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: _____