

## ENGLAND – THE LAKE DISTRICT FROM WINDERMERE TO KESWICK

8-days/ 7-nights **SELF-GUIDED** inn-to-inn walking through the heart of the English Lake District



This self-guided walking tour explores some of the most beautiful and remote places in the English Lake District, including the unspoilt valleys of Dunnerdale, Eskdale and Wasdale. The Lake District is England's most mountainous region, where peaks and fells loom over deep blue glacial lakes and picturesque tarns. Cobblestone streets and laneways, whitewashed cottages, and traditional English pubs abound in the villages and market towns of Lakeland, and walking is unquestionably the best way to link them, criss-crossing the landscape so celebrated by Wordsworth, Tennyson, Beatrix Potter, Arthur Ransome and Wainwright.

The walks have been carefully chosen to represent the best of Lake District walking; experience the varying landscapes – bleak moors, rocky peaks, verdant valleys – with opportunities for sweeping views and the chance to take refreshment at ancient coaching inns. You can choose from moderate or challenging walks, and on the longer days you can shorten the day's walk using public transport or taxi transfer. You have two free days, one in Coniston and one in Eskdale, allowing you to choose scenic walks, climb a summit or two, or simply soak up the charms and delights of these classic Lakeland villages.

**Departs:** Daily from 23<sup>rd</sup> April to 14<sup>th</sup> October, 2019

**Cost from:** **Superior accommodation** from **\$1420** per person twin share  
Single room supplement from \$495

**Standard accommodation** from **\$1240** per person twin-share  
Single room supplement from \$295

Solo traveller supplement from \$250 - \$320

**Included:** 7 nights' twin-share superior or standard accommodation, breakfast daily, luggage transfers (1 bag per person maximum 20kg), route notes, map package, welcome briefing, boat ride on Derwentwater.

**Not included:** Lunches or dinners, drinks, entry fees, personal expenses, unscheduled transfers/taxis used during the trip. Transfer on Day 7 from Keswick back to Windermere is not included – we recommend you take the local bus, but taxi transfer can be pre-booked for additional cost if required - ask when booking the walk.

**Accommodation:** We offer **Superior** or **Standard** accommodation. Superior accommodation is small hotels, inns or luxury B&Bs / guesthouses, with ensuite bathroom facilities. Standard accommodation is in guesthouses, B&Bs or farmstays where rooms typically offer ensuite or private bathroom facilities but on occasion may have shared facilities. Accommodation options limited Bank Holiday weekends (early May, late May, late August) and some places may have minimum stay requirements over those weekends.

**Walk grading:** Moderate to challenging. Walks are generally over undulating terrain, with some steeper climbs and descents, sometimes rough or rocky underfoot. The weather in the Lake District can be wet and changeable so prepare for rain and wind. You can shorten most walks using public transport or taxis (at own expense). Those wanting to attempt to summit Scafell Pike should pre-book an extra night at Wasdale Head.

**Call OUTDOOR TRAVEL on 1800 331 582 for details and reservations**

## Suggested itinerary:

### Day 1 Arrive Windermere

Arrive mid-afternoon into Windermere. This small picturesque town beside Lake Windermere has a railway station and it is easily accessible by train from London (@ 4 hours) or Manchester (@ 2 hours). Settle in to your accommodation and collect your route notes, maps and information. At around 6.00pm our local representative will call to brief you on the week ahead and answer any questions you might have.

### Day 2 Windermere to Coniston via Hawkshead

**walking @ 11 miles (18km)**

A choice of routes to Hawkshead – either walk via the village of Sawrey (where Hill Top, Beatrix Potter's farmhouse is located) or a more scenic and strenuous route via Claife Heights, keeping an eye out for red and roe deer and rare red squirrels. Hawkshead is a charming village of whitewashed cottages and cobblestone streets, with several good options for lunch. From Hawkshead walk through farmland and forest to the viewpoint over Tarn Hows, a picturesque artificial lake, then descend alongside tumbling streams to the head of Coniston Water and into Coniston, where you stay two nights.

### Day 3 Coniston

**free day - optional walking**

Your free day in Coniston offers up many options – you may like to walk up to the summit of Coniston Old Man or choose another of the many scenic walks in the area, take a cruise on a Victorian-era steam-powered yacht, or visit Brantwood, the home of artist, writer, environmentalist and social reformer John Ruskin. Or simply relax in this classic Lakeland village, the setting for Ransome's *'Swallows and Amazons'*.

### Day 4 Coniston to Eskdale via Dunnerdale

**walking @ 12 miles (20km)**

Walk on old mine roads, skirting Coniston Old Man, then drop into the peaceful and unspoilt Dunnerdale (Duddon Valley), to the tiny village of Seathwaite with its 16<sup>th</sup> Century inn, an ideal spot for lunch. From here you can either walk the remaining 4½ miles (7km) from Dunnerdale up and over into the valley of the River Esk, or take the pre-arranged taxi transfer (included in cost as long as it is pre-booked) to Eskdale

### Day 5 Eskdale

**free day - optional walking**

A free day to choose circular walks and there are many to choose from. There are easier walks along the banks of the River Esk or to Ravenglass, the only coastal town in the Lake District National Park (perhaps returning on the Ravenglass & Eskdale Steam Railway). If you want to 'bag' Scafell Pike, England's highest peak at 3210 feet (978m), there is a challenging route from here but we recommend the route from Wasdale.

### Day 6 Eskdale to Wasdale Head

**walking @ 6 miles (10km)**

From Eskdale, ascend to Burnmoor Tarn, one of the largest natural tarns in Lakeland. On a clear day there are sweeping views of Scafell and the Wasdale fells. The former gamekeeper's lodge beside the tarn and the corpse road are the only signs of human habitation. The alternative route is more challenging, through Miterdale then via the dramatic ridge of Illgill Head, from where there are views over the Wastwater Scree and Wastwater itself. Wasdale sometimes called 'The Walker's Valley' offers spectacular scenery, many paths and trails, fells and peaks, and challenging but rewarding terrain. Pre-book an extra night at Wasdale Head if you wish to attempt to summit Scafell Pike, a challenging and weather dependent hike of about 6 miles (10km)

### Day 7 Wasdale Head to Keswick via Lodore & return to Windermere

**walking @ 11 miles (18km)**

From Wasdale Head follow old bridle paths to Styhead Pass, with its small tarn near the top of the pass. From here descend to Seathwaite in Borrowdale and onwards to Seatoller. From Seatoller take a traversing path with fine views across the valley of the River Derwent towards Derwentwater. A ride on the Keswick launch from either Brandelhow or Lodore jetty is a delightful way to round off your tour of Lakeland. From Keswick return to Windermere by local bus (bus ticket cost is approximately £10 and is paid locally, journey time about 1 hour). Alternatively we can organise a taxi to the accommodation in Windermere again at additional cost.

### Day 8 Departure

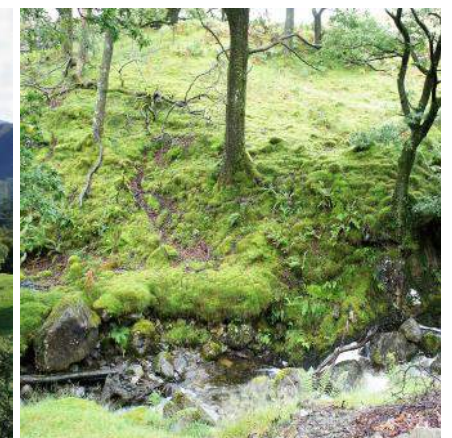
Tour ends after breakfast in Windermere.

**Outdoor Travel** offers many walking holidays – guided in small groups or self-guided with inn-to-inn luggage transfers and meals – in many parts of the UK and Europe including the spectacular and challenging **Coast to Coast** trail, **West Highland Way** in Scotland, the **Way of St James** or **Camino de Santiago** from Le Puy in France to Santiago in Spain or the **Via Francigena**, the pilgrims' *road to Rome* from Switzerland to Italy.

### Contact Outdoor Travel for more itinerary details and reservations

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