

# 4 Night Northern Lake District Self-Guided Walking Holiday

**Trip style:** Self-guided walking

**Destination:** 📍 Lake District

**Trip code:** DBK04-POA06

**Grades:** ul 1, 2, 3, 4 & 5

**Carbon Footprint:** 🌱 56kg CO2



## HOLIDAY OVERVIEW

The perfect introduction to the Northern Lake District, this self-guided walking holiday gives you the flexibility and freedom to do as much or as little as you please. You can bag a hatful of Wainright walks straight from the doorstep of our country house, or even take on Scafell Pike - England's tallest mountain. Activities within easy distance include watching slate being riven (meaning split or torn apart) at Honister Slate Mine, spotting rare wildlife at Whinlatter

Forest, trying your hand at kayaking or windsurfing at Derwent Water Marina, and visiting Derwent Pencil Museum - home to one of the largest colouring pencils in the world.

## WHAT YOU'LL LOVE

- Enjoying a lake cruise around Derwentwater
- Watching a performance at Theatre by the Lake
- Walking Wainrights straight from the doorstep
- Admiring the picture-postcard valleys of Buttermere and Borrowdale
- Making use of our detailed route notes and recommendations
- Staying at Derwent Bank, our country house near Keswick

## WHAT'S INCLUDED

- En-suite accommodation in our 4-star country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Easy-to-follow routes, maps, and information available in our Discovery Point if you want to explore independently

## TRIP SUITABILITY

Explore at your own pace and choose the best walk for your pace and ability.

## ITINERARY

### **Day 1:** Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

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### **Day 2-4:** Full on Walks

These walks are ideal for those with more stamina who can push themselves to go that extra mile. Some routes will start from the house, but some may require the use of a car. Public transport may not be possible for every route in this category due to remote locations. The walks you'll find in our Discovery Point at Derwent Bank range from 5 to 13 miles and visit popular fells such as Blencathra, Scafell Pike, and Haystacks.

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### **Day 2-4:** Laid Back Walks

Our easiest selection means walking at a relaxed pace, often stopping and spending time at places of interest along the way. Some are circular walks that start and end on the doorstep of our country house; others make use of local transport whilst remaining close to the property. The walks you'll find in our Discovery Point at Derwent Bank range from 1 to 5 miles and visit popular areas such as Friar's Crag, Latrigg, and Ashness Bridge.

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### **Day 2-4:** Leg Stretcher Walks

These are a selection of longer walks on well-graded paths that allow you to discover local highlights and viewpoints. These routes are often further from the house but still offer walks that start and end on the doorstep of the property, plus options for guests travelling by public transport or car. The walks you'll find in our Discovery Point at Derwent Bank range from 5 to 9 miles and visit popular areas such as Cat Bells Terrace, Borrowdale, and Newlands Valley.

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### **Day 5:** Departure Day

Enjoy a leisurely breakfast before making your way home.

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## Derwent Bank

Adored by poets, painters, and literary giants for centuries, the Lake District has always had an irresistible pull. It's no surprise, then, that this country house near the market town of Keswick holds such appeal, not least for its setting in lovely grounds that slope down to the shores of Derwentwater. The location couldn't be more perfect; to the west is Cat Bells, to the east is Keswick, Walla Crag, and Latrigg, and to the south is the entrance to the Borrowdale valley. There's a wealth of big-name attractions within easy travelling distance, including Blencathra, Helvellyn, and Ullswater. Also visit-worthy for walkers is Scafell Pike for its well-trodden routes and trails and the 73-mile-long Cumbria Way for its mist-shrouded peaks, glacial valleys, and many excuses for pit-stops and picnics.

### A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

### Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

### Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

### The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

### Walking safety - SHARED WITH ALL (Self-guided)

Please complete and hand in your registration card to the House Manager on the first evening of your holiday. Please complete our Independent Walker Card each day before heading out on your self-guided walks. Please note the phone number of the accommodation where you are staying (see Travel details section of your trip notes). Check the weather forecast - this is updated regularly and displayed on the Discovery Point. Be prepared for the weather to change during the day and wear appropriate footwear such as walking boots. We would recommend that you wear or carry a waterproof jacket and trousers, a spare warm jumper or fleece, hat and gloves. In addition, we recommend a water bottle, spare food, map, compass, torch, whistle, small first aid kit and survival bag. Take a copy of a map and a route card. Be aware of ticks - more information can be found at the Discovery Point.

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### Packing list - UK Guided Walking

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

For holidays operating October through to the end of March, please also bring the following on your walks: spare warm clothing spare high energy food head torch and spare batteries please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hydrostatic head - this is the rating given on waterproof jackets) of 10,000mm+ Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera
- Walking poles

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