



Lake District Explorer (Self-Guided)

Please email us at info@ukexploratory.com or call us on +44 (0)1729 823 197 to chat about this holiday. You'll find all the latest information at www.alpineexploratory.com/holidays/lake-district-explorer.html.



A reflection on Rydal Water near Ambleside

About these Holiday Notes

These Holiday Notes help you decide whether this holiday is right for you. Before your trip we send you final detailed information.

Details

- Start Ambleside
Finish Keswick
Region English Lake District
Country England
Length 6 walking days and 7 nights
Typical day 10km (6 miles), 400m ascent
Highest altitude 600m
Grade Intermediate

Introduction

Let us show you the best of the Lake District. This self-guided holiday aims to appeal both to those new to the area and to those who know it well but would like to see more.

We offer this holiday as a chance to join us in planning your ideal trip. We'll discuss what kind of walking you like to do, what scenery you like, and where you'd like to stay - challenging or easy, wild or pastoral, modest or luxurious.

Our standard itinerary given below is therefore no more than a starting point. So many options exist to tweak your trip.

What will you see? Small lakes, often tightly enclosed by hillsides. High, rocky fells. Woodland and fields in a patchwork with good paths leading you through.

Our approach

Your walks

A choice of routecards lets you walk as much or as little as you like each day. Some routes climb small hills and are short in terms of distance; others explore valleys or circle lakes with ever-changing scenery...

Routecards and maps

Each day's route is explained in detail on your routecards, to bring you the end of your walk whether this is a new destination or back to base. We give you the real maps for you to follow, not print-outs or photocopies.

Getting there and back

Your holiday starts in Ambleside and ends in Keswick. Travel to Ambleside and from Keswick is not included in the holiday price - we leave it to you to make the arrangements that suit you best.

Itinerary

Day 1: Arrival in Ambleside

Evening arrival in Ambleside. This small town has plenty of good restaurants. Valley base, Ambleside

Day 2: Easedale Tarn

As an excellent first walk, gain height on the modest walk to Easedale Tarn, a pleasant spot in the hills. Other options include explorations of Grizedale Forest or the Tarn Hows area. Valley base, Ambleside

Day 3: Great Langdale

Move on to a new area and on the way take in one of the prettiest of Lakeland valleys. Your routecards guide you along the right footpaths for some superb views. Farm stay or country house hotel

Day 4: Circuit of Derwent Water

Shift your base up to the North Lakes and the hub of activity there, Keswick, at the Northern end of Derwent Water. A great target for anyone based in Keswick is to walk round Derwent Water itself. Options exist for walks into the higher hills nearby. Valley base, Keswick

Day 5: Buttermere and Ennerdale

Reach Buttermere (village and lake of the same name) and set off over the hills for Ennerdale. Ennerdale is one of the more remote Lakeland valleys but happens to have an enjoyable little hostel in its upper reaches. Remote hostel

Day 6: Honister and Borrowdale

Return to base via the Honister Pass and some rough ground. A particular pleasure of the Lakes is in walking from one valley to the next, and the aim of this walk is to reach picturesque Borrowdale. Valley base, Keswick

Day 7: Back o'Skiddaw

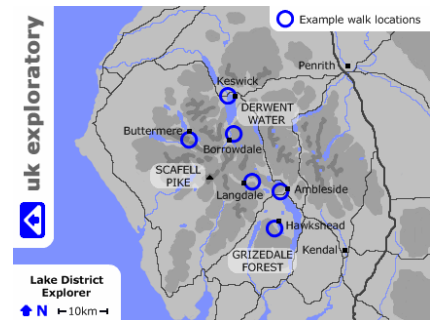
Head North today to reach an area that contrasts greatly in scenic terms with what has been seen so far. This is the dramatic open moorland, enclosed by mountains, between and 'behind' Skiddaw and Blencathra. A final night in Keswick will be one to savour. Valley base, Keswick

Day 8: Departure

Morning departure from Keswick.

Your info pack contains a choice of routecards for each day; this itinerary is thus only an example of what you might choose to do.

Our usual schedule of accommodation might not be available, especially if there is not much time between booking and your trip starting. We will book accommodation as closely as possible to this itinerary and present you a schedule for you to check before we proceed.



Accommodation

This suggested itinerary stays in Ambleside and Keswick as two main bases, in friendly guesthouses and B&Bs. Stay on a working farm or a country house hotel for one night and later walk to a hostel in a remote valley for a night of something quite different.

We book ensuite rooms wherever possible. Accommodation in the hostel is comfortable, in shared dormitories.

Your info pack contains full details of your accommodation including contact details and directions.

Food

The food of the Lake District is hearty and often locally produced. Classic dishes include Cumberland sausages or lamb shank with mashed potato; steak and kidney pie; and of course fish and chips. Fish and game are often seen.

There are plenty of shops and bakeries along the way at which to buy lunch ingredients. Some of the walks pass cafés or shops; your routecards point out these places.

We include breakfast on all mornings except for those in hostels.

The walking

Terrain

The terrain is a mix of the following and more:

Paths in woodland
Walled tracks
Paths through fields (some indistinct)
Country lanes

On some routecards you will also find:

Paths over the open hillside (some indistinct)
Steep rocky paths or steps

While most of the walking is simple and in the valley, the landscape should be treated as wild terrain in which you will need to be self-reliant. We strongly recommended that you know how to navigate with a map and compass; the skills are easy to learn and your notes include details of some good books.

Signposts and waymarks

Directions on the ground are not universal; paths might have wooden finger posts or small yellow arrows as waymarks, but might also have no markings at all. Please be prepared to navigate!

Your own routes

While your routecards make up the walking for the trip, you are of course free to walk wherever you choose, taking side trips or going by a different route of your own choice. Please note that if you follow your own route you will have left the holiday for the duration.

Local transport

Local transport by bus is used to great effect by this holiday to reach some walks not immediately accessible from your base. Your info pack contains details of local transport options and times. It is possible, but not necessary, to bring a car.

Language

English is the local language.

Weather

The weather in the Lake District between April and October is generally very suitable for walking. While snowfall is in theory possible on higher ground all year round, it is very rare in the summer months. April and May can often be excellent months for warmth and relative dryness. Any time in June, July and August is likely to be warm enough for comfort but with a good chance of rain on at least some days. Towards the autumn, September and October can be quieter and very pleasant, though colder.

This all means that it is sensible to come equipped for and expecting all the types of weather that might be experienced in a typical summer in the UK: from heavy rain storms with a chill in the air, to hot sunshine.

Equipment

You will need the usual equipment for walking in the UK. Especially important are good walking boots, waterproofs and sun protection. No bedding is needed for the hostel night. Your info pack contains a suggested equipment list. Please also see the Equipment page of our website for more information.

Insurance

We recommend, but it is not compulsory, that you have insurance cover for personal liability, cancellation and your baggage and money. Your info pack contains details of suitable insurance policies.

Money in the UK

The currency is the Pound Sterling (GBP).

Local expenses

Local expenses include food and drink other than breakfasts, plus any local transport, attractions and extras.

Guided days

Hire a professional mountain leader to join you on this self-guided holiday, for one or more days. A leader helps plan and carry out each day's walking and adds interest to your holiday by pointing out local features. Please contact us for prices and more information.

Groups

Walk by yourself or in your own group, or see if we can match you up with other like-minded walkers on the same holiday. Any group will be a maximum of 8 people.

Hazards

Health

The UK does not require tourists to take any vaccinations. However, it is recommended to keep tetanus vaccines up to date.

Safety

This is adventure travel! This holiday takes you to some relatively remote areas, in particular some areas of moor and fell where navigation can be difficult in poor weather. The weather can also be a hazard in itself. During any walking, whether following a routecard or making your own route, you are responsible for your own actions and safety and you should join the trip with suitable skills, experience and equipment.

Further information

Please email us with any questions at info@ukexploratory.com.

Disclaimer

This information is given in good faith and is believed to be correct at the time of issue. UK Exploratory cannot be liable for any loss or injury incurred.