



# The Lake District



Easy-to-use  
maps

New-look  
guide

Comprehensive  
listings

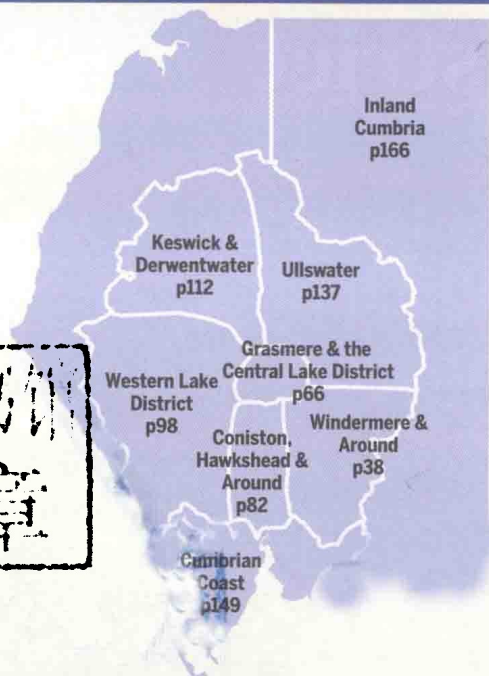
PAGE  
**36**

## ON THE ROAD

YOUR COMPLETE DESTINATION GUIDE

In-depth reviews, detailed listings  
and insider tips

州大学图书馆  
藏书章



PAGE  
**211**

## SURVIVAL GUIDE

VITAL PRACTICAL INFORMATION TO  
HELP YOU HAVE A SMOOTH TRIP

Directory A-Z .....	212
Transport .....	
Glossary .....	
Index .....	
Map Legend .....	



THIS EDITION WRITTEN AND RESEARCHED BY

**Oliver Berry**



## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Oliver Berry

Oliver's trekked through many of the world's mountain ranges, but he still finds himself returning to the fells of the Lake District year after year. He hasn't quite managed to conquer all the Wainwrights just yet, but he's well on his way, and managed to bag a few more while researching this book. He's written regularly for Lonely Planet on many guidebooks, including recent editions of *Devon*, *Cornwall & Southwest England* and *Great Britain*. He also writes regularly for

several publications including *Lonely Planet Magazine*. When he's not out on the road or up a mountain, he can probably be found on the beaches of his home county in Cornwall, UK. You can see his latest work at [www.oliverberry.com](http://www.oliverberry.com).

Read more about Oliver at:  
[lonelyplanet.com/members/oliverberry](http://lonelyplanet.com/members/oliverberry)

Published by Lonely Planet Publishing

ABN 36 005 607 983

2nd edition – March 2012

ISBN 978 1 74179 739 8

© Lonely Planet 2012 Photographs © as indicated 2012

10 9 8 7 6 5 4 3 2 1

Printed in China

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: [lonelyplanet.com/ip](http://lonelyplanet.com/ip).

and Lonely Planet have taken all reasonable steps to ensure the accuracy of this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

PAGE  
**36**

## ON THE ROAD

YOUR COMPLETE DESTINATION GUIDE

In-depth reviews, detailed listings  
and insider tips



PAGE  
**211**

## SURVIVAL GUIDE

VITAL PRACTICAL INFORMATION TO  
HELP YOU HAVE A SMOOTH TRIP

Directory A-Z .....	212
Transport .....	
Glossary .....	
Index .....	
Map Legend .....	



THIS EDITION WRITTEN AND RESEARCHED BY

**Oliver Berry**



# welcome to The Lake District



## The Home of British Hiking

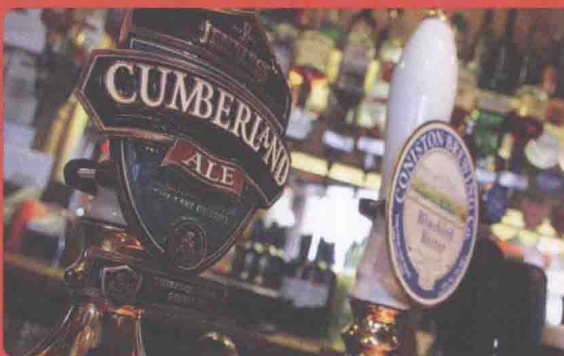
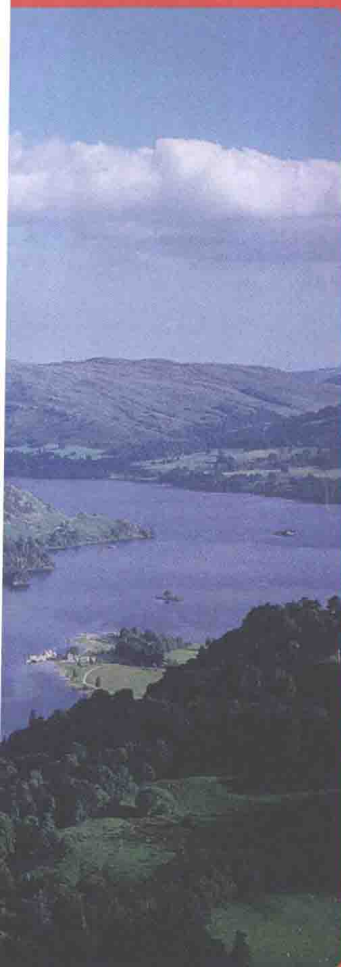
To appreciate the grandeur of the views, you need to get out on the fells. Hikers have been coming to the Lake District ever since the early days of Victorian tourism, and walking on the fells remains an essential part of the Lakeland experience. If there's one man whose spirit looms largest over the history of hiking in the Lake District, it's Alfred Wainwright: a passionate hill walker, painstaking cartographer and gifted writer, whose original Pictorial Guides are still the preferred choice of many walkers, despite the fact that they're getting on for six decades old.

## Land of History

Though modern Cumbria is a relatively young county, formed in 1974 from the old districts of Cumberland and Westmorland, its history stretches back into Britain's ancient past. Stone Age tribes, pagan druids, Viking settlers and generations of hill farmers have all left their own mark on the landscape, and for much of the Middle Ages this was a region plagued by conflict, ominously dubbed 'The Debatable Lands'. From ancient stone circles to lavish stately homes, it's a place where history often seems to be written right into the landscape.

*For lovers of the great outdoors, nowhere in Britain can compare to the Lake District. It's home to some of the nation's most breathtaking natural landscapes, as well as its most beloved national park.*

(left) View over Lake Ullswater  
(below) Traditional pub in Cumbria



## Food & Ale

Eating out in the Lake District is always a treat, whether it's settling in for a pint at a country inn, popping in for tea and cake at a village cafe or dressing up for dinner at a Michelin-starred hotel. The food here is full of heart and soul, and if you're searching for the stickiest toffee pudding, the crumbliest gingerbread, the hoppiest ales and the richest Sunday roast, you won't find anywhere to beat it in Britain.

## Grandstand Views

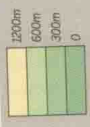
'No part of the country is more distinguished by its sublimity,' mused the grand old bard of the lakes, William Wordsworth, and two centuries on his words still ring true. Britain's largest national park is a place where you can almost hear the creak and grumble of Mother Nature's cogs at work, with a parade of panoramic landscapes that never fail to fire the imagination: wild hilltops, rugged valleys, misty tarns, emerald fields and shafts of sunlight breaking through the cloud. The Lake District has always been a place of inspiration and escape, and it's high time you found out why.

### ROAD DISTANCES (miles)

Note: Distances are approximate

Ambleside	5
Carlisle	45
Keswick	21
Penrith	26
Kendal	9
Whitehaven	37
Windermere	34
Ambleside	37
Carlisle	34
Keswick	25
Penrith	41
Kendal	26

### ELEVATION



### Carlisle Castle

Wander the ramparts of this centuries-old fortress (p168)

### Whinlatter Forest

Cycle the trails in a mountain forest (p125)

### Castlerigg Stone Circle

Ponder the past at this hilltop circle (p122)

### Borrowdale & Buttermere

Discover two picturesque Lakeland valleys (p129)

### Derwentwater

Catch the boat and cruise on Derwentwater (p113)





### Haystacks

Climb Wainwright's favourite mountain (p135)

### Black Sail YHA

Escape the world at a mountain hostel (p111)

### Wasdale Head

Gaze over Great Gable and Scafell Pike (p107)

### Hardknott Roman Fort

Step back in time at these Roman remains (p105)

### Helvellyn

Brave England's third-highest mountain (p144)

### Dove Cottage

Visit Wordsworth's first home in Grasmere (p68)

### Grasmere Gingerbread

Taste the nation's most famous gingerbread (p69)

### Tarn Hows

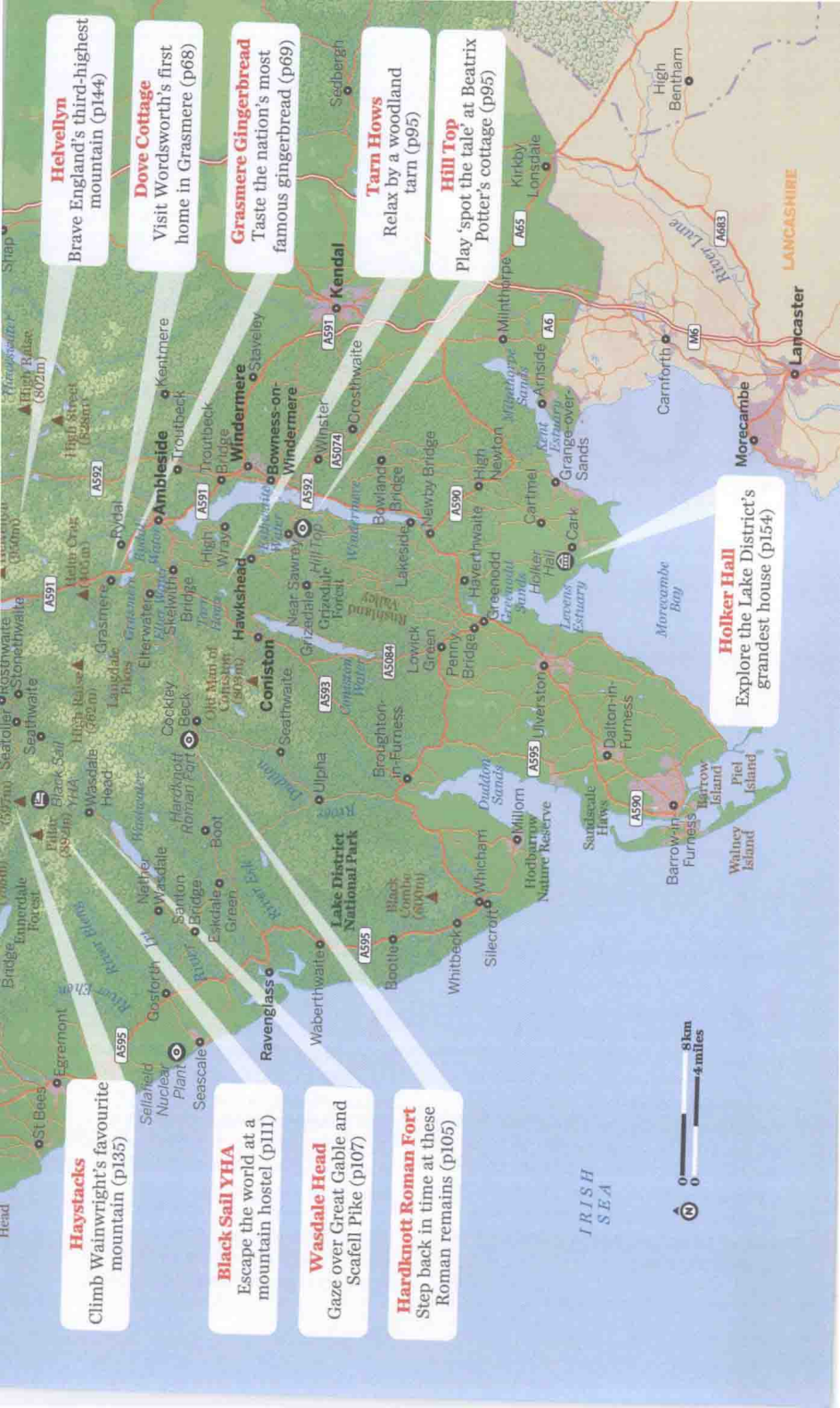
Relax by a woodland tarn (p95)

### Hill Top

Play 'spot the tale' at Beatrix Potter's cottage (p95)

### Holker Hall

Explore the Lake District's grandest house (p154)





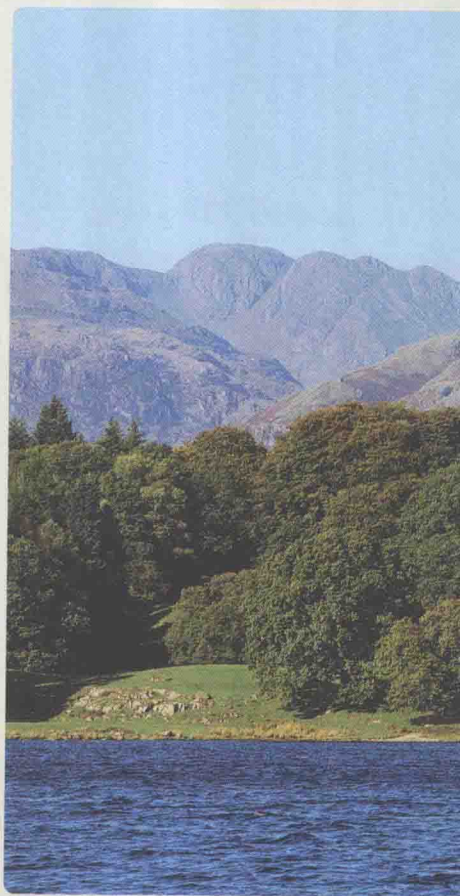
# 17 TOP EXPERIENCES

## Cruising on the Lakes

**1** You couldn't come to the Lake District and not venture out on at least one of its namesake lakes. Cruising has been a popular pastime since the mid-19th century, and stately boats still putter out across several lakes, including Windermere, Coniston and Ullswater. For scenery, though, it's tough to top Derwentwater (p113). Studied by wooded islands and fringed by fells, it was one of Beatrix Potter's favourite lakes, and seen from the deck of the Keswick Launch on a crisp autumn evening, it's easy to understand why.

## Climbing Helvellyn via Striding Edge

**2** The ascent of Striding Edge to the summit of Helvellyn (p144) is renowned as one of the most thrilling fell walks in the Lake District, and rightly so. It's a classic, halfway between a challenging hike and a full-blown mountain scramble: from Glenridding or Patterdale, the route climbs up along a classic knife-edge arête, formed eons ago by a long-disappeared glacier. There are dizzying drops to either side, but the views are mind-bogglingly grand – and they get even better as you make your descent along Swirral Edge.





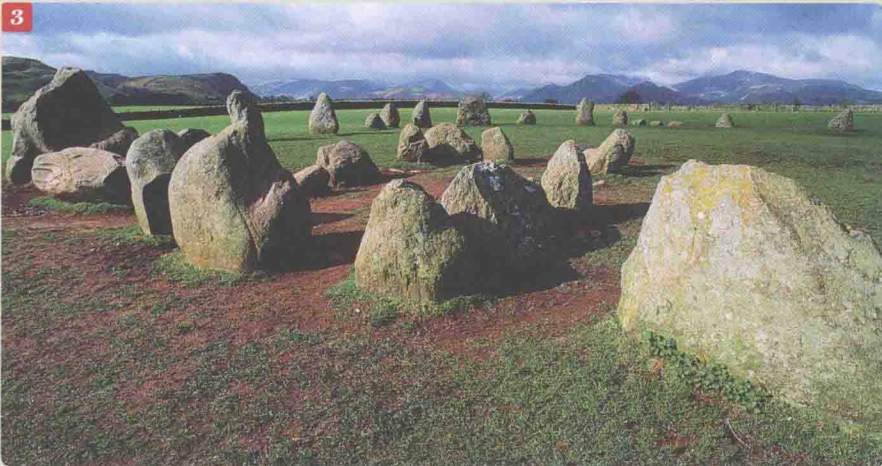


## Castlerigg Stone Circle

**3** Those ancient Britons certainly knew a good building site when they saw one. Avebury and Stonehenge might steal the limelight, but this hilltop circle (p122) near Keswick beats them hands-down when it comes to location. Nestled on a high plateau, ringed by a natural amphitheatre of mountains, it has the most impressive setting of any of Britain's ancient monuments. Although the circle's exact purpose remains unclear, it just goes to show that location, location, location was just as important in Neolithic Britain as it is today.

## Dove Cottage & Rydal Mount

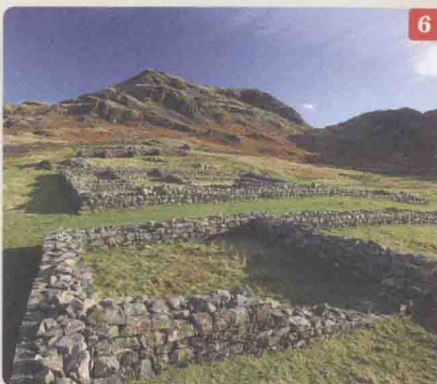
**4** Wordsworth's home at Dove Cottage (p68) has become a mecca for the Romantic movement, but the poet actually spent most of his life at Rydal Mount (p74). Both houses are open to the public, and allow a fascinating glimpse into the private life of one of England's greatest poets. The houses are littered with fascinating artefacts – look out for William's picnic box, spectacles and ice-skates as you wander round – and don't miss the chance to sit in the summer house where he liked to read his latest verse aloud.





5

STUART WALKER/ALAMY ©



6

ASHLEY COOPER/CORBIS ©



7

STEPHEN BRADLEY/ALAMY ©

## Whinlatter Forest

**5** England's only mountain forest (p125) covers the hilltops to the west of Keswick, 790m above sea level. Created by the Forestry Commission in an attempt to make up for timber shortages following WWI, the forest has since become one of Cumbria's most popular woodlands, with mountain-bike trails, a tree-top assault course and forest walks to explore. It's also become an important habitat for the endangered red squirrel – you can watch live video feeds from squirrel nests in the Whinlatter visitor centre.

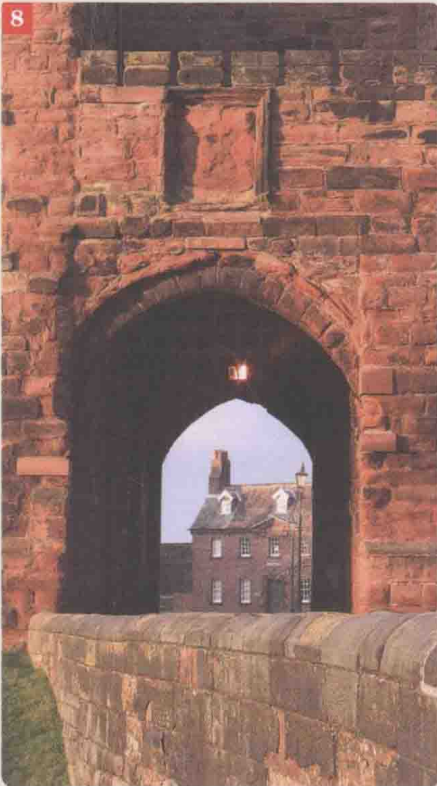
## Hardknott Roman Fort

**6** The Roman fort of Mediobogdum (p105) guarded the vital supply route from the Cumbrian coast to the forts along Hadrian's Wall. Perched on one of Lakeland's highest passes, surrounded by empty hilltops stretching to every horizon, it must have been one of the loneliest postings in the Roman Empire – especially since most of the conscripts came from the Dalmatian Coast, now in present-day Croatia. Not much of the fort remains, but you can still make out its essential layout, and the views to the coast are wonderful.

## Wasdale Head

**7** It's official: Wasdale Head (p107) is the nation's favourite view (or at least it was according to a recent TV poll). Popularity contests aside, it's hard to better Wasdale in terms of scenic drama. Gouged out by glaciers, the valley is surrounded by a parade of some of England's highest summits, including the daddy of them all, Scafell Pike. It's also one of the few places where it's genuinely possible to appreciate the majesty of the Lakeland landscape without actually having to slog your way to a summit. Wasdale Head Inn, at the head of Wasdale

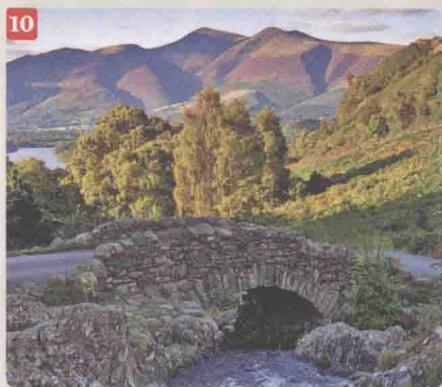




ASHLEY COOPER/ALAMY ©



CHRIS HODGKINSON ©



JONATHAN ALISTON/GETTY IMAGES ©

## Carlisle Castle

**8** Carlisle's rust-coloured castle (p168) bears the scars of several centuries of conflict, a reminder of the troubled days when Scotland and England were still arch enemies and marauding bands of Border Reivers regularly plundered the frontier. Clambering along the battlements is a great way to cast your mind back into the city's war-torn past. Look out for the castle dungeons and the infamous Licking Stone, supposedly worn smooth by parched defenders during one of the castle's many sieges.

## Traditional Inns

**9** There's nothing like warming your toes in front of a flickering fire, pint of ale in hand, and you'll find the Lake District has some of the cosiest inns anywhere in England (p207). In days gone by they would have provided welcome refuges for hill farmers and coach travellers, but these days they're more likely to be frequented by hikers and bikers. While some have gone down the gastropub route, the best have remained true to their roots: slate floor, crackling hearth, wonky beams, real ale and all. The Kings Arms, Hawkshead

## Borrowdale & Buttermere

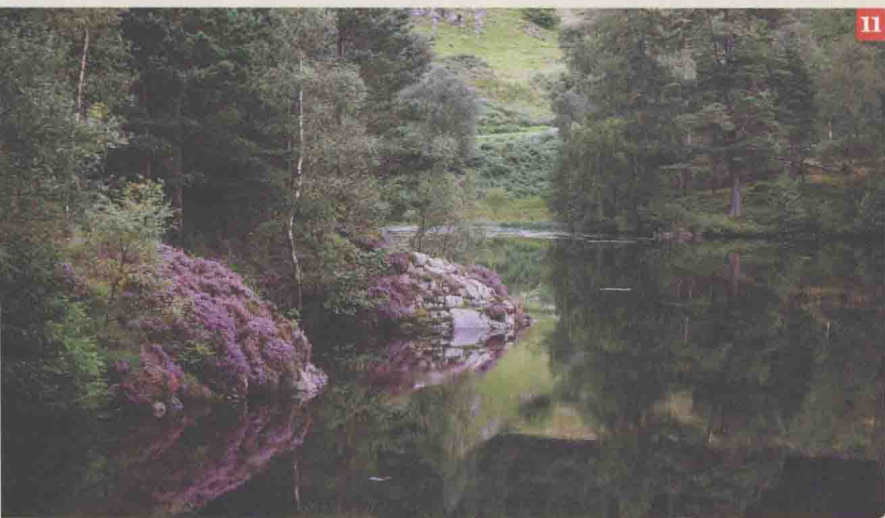
**10** The neighbouring valleys of Borrowdale and Buttermere (p129) are for many people the loveliest of the Lake District's dales. From Keswick, the valley of Borrowdale rolls past a patchwork of green fields and drystone walls all the way to Honister Pass, before tumbling down the other side towards the gleaming lakes of Crummock Water and Buttermere. These twin valleys are equally beloved by hikers and sightseers, and on quiet autumn evenings feel a world away from the hustle and bustle of the outside world.

## Tarn Hows

**11** Mother Nature's done a grand job of creating the scenery in this corner of Britain, but occasionally it doesn't hurt to give her a helping hand. Tarn Hows (p95) looks like a postcard that's come to life: a just-so combination of quiet tarn and sun-dappled woodland, perfectly framed by the surrounding hills. In fact, if it looks a little too good to be true, that's because it is: it's actually a superb example of the art of Victorian landscape gardening, created by local landowner James Garth Marshall in 1862.

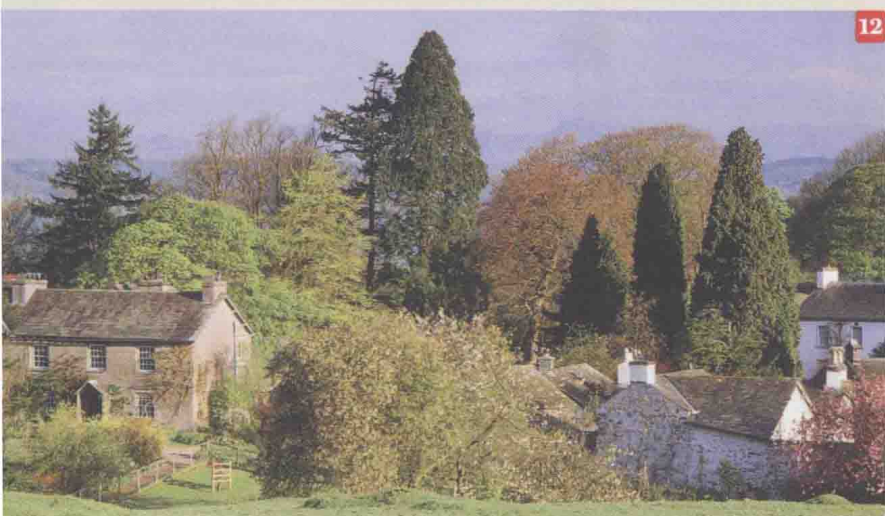
## Hill Top

**12** The fairy-tale farmhouse of Hill Top (p95) is a must-see for any Potterite. It was purchased by Beatrix Potter in 1906, funded by the proceeds of her first book, and was used regularly as an artistic retreat until she finally moved for good to nearby Castle Farm in 1913. The house inspired many of her best-known tales, and fans will spot numerous elements from her books – most notably in the kitchen garden, where you half expect the fluffy tail of Benjamin Bunny to pop out at any minute.



11

KARL BLACKWELL/LOVEY PLANT IMAGES ©



12

THE NATIONAL TRUST PHOTOGRAPHY/ALAMY ©

## The Summit of Haystacks

**13** Alfred Wainwright fell head over heels for the Lake District while walking on Orrest Head in 1930, and his seven Pictorial Guides to the Lakeland Fells remain the guidebooks of choice for many walkers. He died in 1991, and his ashes were scattered at the top of his favourite mountain, Haystacks (p134). It's become a point of pilgrimage for people wishing to pay their respects to Wainwright – or AW, as he's affectionately known to his readers.

View from the top of Haystacks

13



14



## Scenic Railways

**14** A century ago the countryside would have echoed with the sound of chuffing steam engines, transporting timber, minerals, slate and iron from the Lakeland mines to England's rapidly expanding industrial cities. Several of these railways have been saved for prosperity, including the Ravenglass and Eskdale Railway on the Cumbrian Coast, and the Lakeside and Haverthwaite Steam Railway near Windermere. But for true connoisseurs, there's only one train trip that fits the bill, and that's the Settle–Carlisle line (p172), which clatters for 72 exhilarating miles across England's northern counties.





15

THOMAS JEFFALAMY ©



16

DAVID ELSE/ALAMY ©



17

SHOSHITH COLLECTION/ALAMY ©

## Staying at Black Sail YHA

**15** The YHA owns some magnificent properties in the Lake District. Black Sail (p111) is one of the humblest: a former shepherd's bothy with just a couple of rooms, a minuscule kitchen and facilities that would make most prison blocks look luxurious. But it's not the trappings that sell this hostel, it's the setting: lost among the high hills to the east of Ennerdale, where there are no roads, no telephones and no traffic to break the silence, and the only light pollution comes from the stars overhead.

## Holker Hall

**16** Few stately homes in Cumbria can match the pomp and ceremony of Holker Hall (p154). It's a marvel of Victorian ostentation, rebuilt in lavish fashion after a fire in 1871. The grand rooms are brimming with Chippendale furniture, priceless porcelain and oil paintings, but for many visitors it's the landscaped estate that steals the show. Keep your eyes peeled for fallow deer grazing on the lawns, and a gigantic lime tree that's said to be the biggest in England. The maze sculpture in Holker Hall gardens

## Grasmere Gingerbread

**17** Halfway between a crumbly biscuit and a gooey cake, the homemade gingerbread sold at Sarah Nelson's famous shop in Grasmere (p69) is still made to the same secret recipe laid down by its founder over 150 years ago. It's a must if you're a fan of all things sweet and sinful, but it's certainly not the only treat on offer in the Lake District – sticky toffee pudding, Cumberland Rum Nicky and of course Kendal mintcake are just a few of the other things with which to indulge your sweet tooth. Sarah Nelson's Gingerbread Shop



# need to know

## Currency

» Pounds sterling (£)

## Language

» English

## When to Go



### High Season

- » July and August are the busiest months in the national park.
- » Half-terms and school holidays (especially Easter and Christmas) are also very busy.
- » Accommodation prices are at their highest and traffic jams are common.

### Shoulder Season

- » Crowds thin out substantially in spring and autumn.
- » Off-season deals are often available at B&Bs and hotels.
- » Weather is often settled but beware of sudden downpours.
- » Autumn colours transform woodlands.

### Low Season

- » Many attractions and activities close in January and February.
- » Snow usually covers the high fells between November and March.
- » Winter temperatures can reach several degrees below freezing.

## Your Daily Budget

### Budget Under

**£60**

- » Dorm room in a hostel £15–20
- » Self-catering from supermarkets £15
- » Getting around by bus £5
- » Hiking on the fells £0

### Midrange

**£60–150**

- » Double room in a B&B £70–100
- » Mid range meals in pubs and cafes £15–20
- » Petrol for the car £10
- » Admissions and tickets £10

### Top End Over

**£150**

- » Room in a luxury hotel £150–200
- » Three-course dinner with wine £40–60
- » Guided minibus tour £50