



## WalkingWomen The Lovely Lake District from Kendal

**Duration:** 5 days

**Goat guide:** 2 goats

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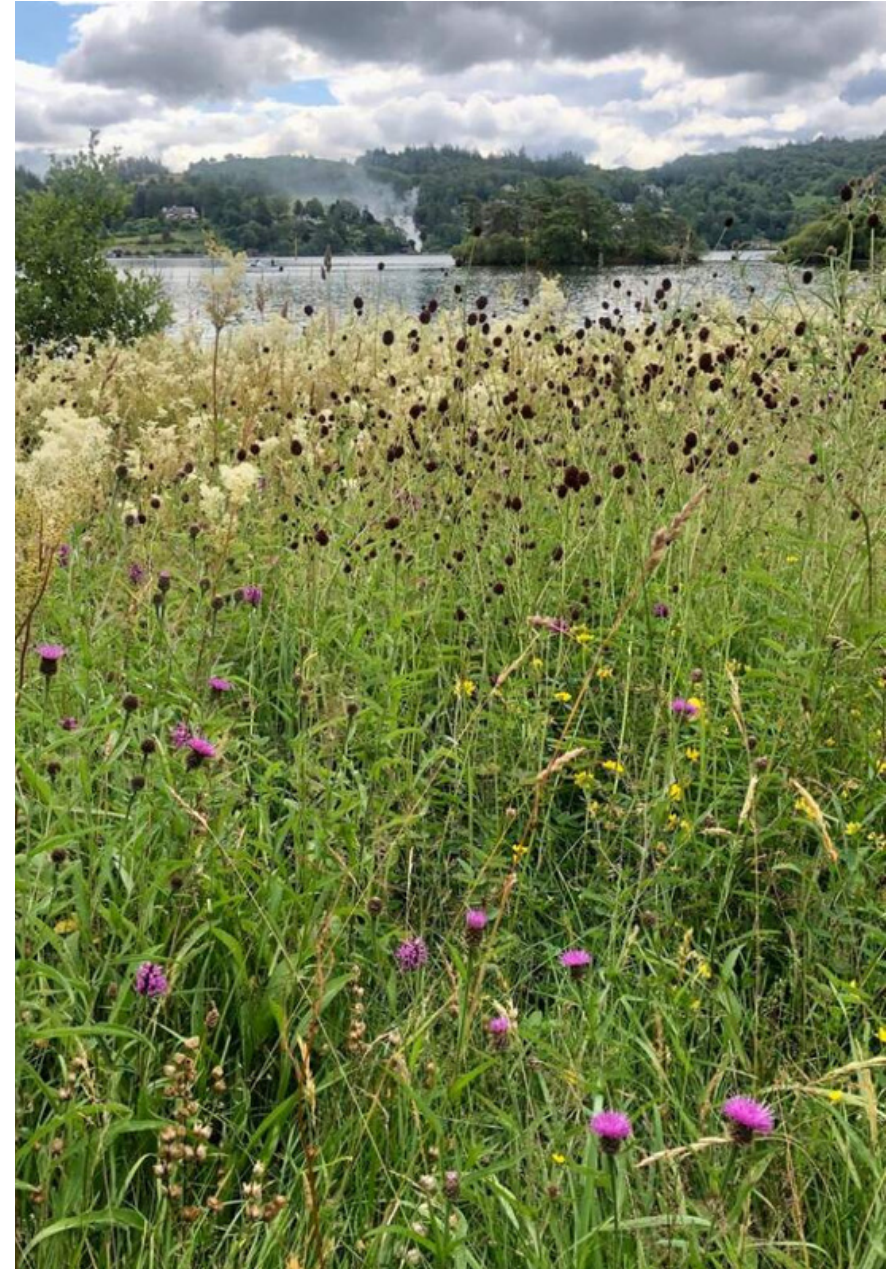
## About this trip

The Lake District is one of the most beautiful spots for walking in England. Kendal was so popular that we return again. It is a chance to stay in a typical English market town and explore the area directly from the door of the hotel. This holiday has all your costs covered. Some photos by our guide Bridget.

Based in the historic market town of Kendal, we explore the surrounding limestone area using lesser walked paths in the Lake District National Park. Our walks are varied from fells to woodland, limestone escarpments to rivers. This is a great time for wildflowers. Although the uphill climbs are moderate, the walks are designed to give you fantastic views of mountains and open wild country.

The Riverside Hotel is located on the banks of the River Kent, close to train and bus stations. We aim to keep our carbon footprint as low as possible on this holiday so either walk direct out of the hotel door or take the local buses.

Kendal has a wealth of independent shops and its “yards” make for interesting exploration in the evening.



## Trip Overview

**Guide:** Bridget Turnbull

**Walking Grade:** 2 Goats

**Base:** The Riverside Hotel, a family-owned converted 18th-century tannery, is situated on the banks of the River Kent in Kendal beneath the ruins of the town's 12th-century castle. A short walk away is the centre of this famous market town with its bustling shops, galleries and museums.

We chose this hotel for its location on the river and easy access to walks. At the end of the day, you can ease your aching limbs in the spa. The spa includes:

- a small heated swimming pool
- Sauna
- Steam room
- Hot tub
- Gymnasium and Exercise studio

**Directions to the hotel: Sat Nav:** If using Google Maps or Sat Nav please enter LA9 6FS as the destination postcode – this should bring you directly to the front door. You will find the covered car park a further 30 yards down the road on the left, the barrier will lift automatically upon approach. The hotel is within walking distance of Kendal railway station.

**Arrival:** For check in at 15.00 to settle in and have a short walk at 17.00 with your guide to familiarise yourself with the town before dinner at the hotel.

**Departure:** This is after a morning walk on Monday finishing around 14.00. Plan travel for after 14.00.

## Holiday Includes

- Solo Occupancy Ensuite Room
- Bed and Breakfast, Dinners at the hotel for 4 nights, 1 night at a local restaurant
- Packed lunches on 3 walking days
- Local travel required for walks
- Specialist guided walks
- Access to spa facilities

### Not included:

- Travel to Kendal
- Drinks at the bar or additional drinks during the day

# Itinerary

*Itinerary – this may change subject to weather and at the discretion of the guide. We ask you to trust our guides as they are highly experienced and they will always plan to give you the best holiday.*

## Walk 1

**17.00** An introductory afternoon walk around the historic market town of Kendal and its castle to stretch your legs and get to know your fellow guests.

## Walk 2

**10 ½ miles (16.6 km) 926ft (282m) total ascent**

Setting out from the hotel door we wander over the limestone escarpment of Scout Scar which gives great views out over Kendal and the surrounding area. We drop down to Sizeargh Castle (National Trust) for our picnic and return to Kendal along the banks of the River Kent passed a Roman fort.

## Walk 3

**7.5 miles (12 km) 1148ft (350m) total ascent.**

Today we visit Grasmere a beautiful village in the heart of the Lake District. A lovely place to wander around and buy any local products or souvenirs. There is gingerbread made here using the same recipe used for over 100 years. A place steeped in tradition! We walk from here along an ancient coffin trail to Rydal, where the poet William Wordsworth lived. Our walk takes us to Rydal Cave and around two lakes, Rydal Water and Grasmere, where we get far-fetching views of the higher Lakeland Falls.

We return by local bus.

## Walk 4

**9 miles (14.5 km) 983ft (300m) total ascent**

Taking the local bus we walk from Ings across lower fell sides up the Kentmere valley with its horseshoe of mountains surrounding us. It's here that the River Kent starts and our return from the head of the valley follows it down to Staveley for a welcome cuppa before returning to Kendal on the bus.

## Walk 5

**6 1/2 miles (10 km) 1100ft (335m) total ascent**

Walking from the hotel we say our farewells to this beautiful and varied landscape from the top of Cunswicke Scar. We then drop down through ancient woodland and tracks before returning to Kendal by 2pm.



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