



ADVENTURES
in good company



HIKING THE LAKE DISTRICT

Trip Summary

HIGHLIGHTS

- Hiking on un-crowded paths through lush green valleys with distant summits bordering our view
- Explore the quaint market town of Keswick, situated in the northern lakes
- Visit quintessential local viewpoints and caves
- Meander through bluebell forests and verdant meadows with roaming herds of sheep greeting you along the way

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TRIP AT A GLANCE

Location:	The Lake District, UK
Activities:	Hiking
Arrive:	Your guide will meet you at Oxenholme Train Station at 12pm on arrival day.
Depart:	Your guide will drop you off at Penrith Train Station at 12pm on departure day. (Flights depart after 5pm from Manchester)

Trip Overview

The Lake District of England, with its myriad of hiking trails, glacial ribbon lakes, rugged fells, charming small villages, and outstanding beauty, has been a favorite of hikers and vacationers longing to escape for over a century. Its beauty and serenity inspired both William Wordsworth and Beatrix Potter, and in 1951 it became England's second protected National Park. This trip starts in the Southern Lakes, finishes in the Northern Lakes and meanders through the heart of The Lake District. Along the way, we visit England's highest peak and hike off the beaten trail. We'll visit some quintessential lookout points, explore a dramatic cave nestled under the hills, and stop by a local pub or two. Maximum group size: 14.

Rating

This trip is an excellent choice for women in very good physical condition with prior hiking experience. We have rated this trip a 4 as we will hike 5 to 8 hours a day with significant elevation gain and loss on several days, and on paths that can be boggy, rocky, smooth and/or slippery. Rating: 1 2 3 **[4]** 5

What's Included

- 1-2 local guides and an AGC guide (Depending on group size, there may not be an AGC guide on this trip)
- 8 nights double occupancy lodging
- All meals from dinner on the first day through breakfast on the day of departure (except lunch on your own on Day 5)
- All transportation from the Oxenholme Train Station at 12pm on Day 1, to the Penrith Train Station at 12pm on Day 9, and within the Lakes District. Vans will be smaller than a 15-passenger.
- Water and snacks while hiking
- Two ferry transfers (Days 5 & 7)
- All gratuities for activities

Not included: Transportation to the UK, alcoholic beverages, gratuities for the AGC guide and local guide(s), optional activities not on the itinerary, and any meals not included on the itinerary.

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Welcome to England! We will meet as a group at the Oxenholme Train Station at 12pm from the Manchester Airport. After a short introduction, we'll take a 30 minute transport to our hotel for the evening. We'll wind our way through the idyllic landscape, enjoying the stunning views of Lake Windermere and the surrounding mountainous peaks, before arriving at our charming hotel. Nestled at the entrance of the breathtaking Langdale Valley, it's the perfect base to explore this beautiful, wild region of England! There will be plenty of time to settle into our rooms before we enjoy a lovely welcome dinner, orientation, and mellow evening.

Overnight: Ambleside Inn, Ambleside, Lake District (D)

DAY 2

After a relaxed breakfast, we'll depart our cozy hotel to hike the quiet, heather-cloaked peak of Lingmoor Fell. We'll take a short drive leading us into our first sights of Cumbria. Lingmoor Fell, while only 1,540 feet tall, has spectacular and uninterrupted views of the surrounding landscape. From the summit, Conistone Fells, Crinkle Crag, and the Langdale Pikes dominate the skyline. Meanwhile, the valleys of Great and Little Langdale provide a beautiful expanse of contrasting color below. Later this afternoon, enjoy a visit to Cathedral Quarry – a fascinating network of twisting tunnels and eerily lit caves that lead to a cavernous chamber known as the 'Cathedral.' Upon completing this marvelous hike, we'll return for dinner together before resting for the adventure tomorrow.

Hike: 6 miles, 1,300 feet elevation gain, approximately 4 hours.

Overnight: Ambleside Inn, Ambleside, Lake District (B, L, D)

DAY 3

As morning dew lifts from the fields, fill up your water bottles and head out for another rewarding hike in the heart of the Lakes. We'll make our way to hike the Langdale Pikes. The pikes sit proudly above the Great Langdale Valley, and their craggy domed tops will beckon us from up above. We'll hike Pavey Ark, Thuncar Knott, Pike of Stickle, Harrison Stickle and Loft Crag. After winding through lush, green valleys and peaks, we'll celebrate the day's hike with a hearty meal in a friendly English pub.

Hike: 6 miles, 2,900 feet elevation gain, approximately 5 hours.

Overnight: Ambleside Inn, Ambleside, Lake District (B, L, D)

DAY 4

For our final day hiking in the Southern Lakes, we'll take a short drive to the Conistone and 'The Old Man'. It is an impressive peak that resides prominently above a crystalline lake. Before you go looking for a lost old chap, know that "Old Man" is a linguistic transformation from the ancient Celtic "Alt Maen," meaning High Stone, and Conistone originates from the Norse name Konigs Tun, meaning King's Farm. This peak was heavily mined from the 16th - 19th century for its 'Conistone Copper.' After reaching the summit and viewing the unique summit marker, we'll traverse our way down through the raw and rugged landscape that 'wows' at every turn, offering incredible photo opportunities. Upon returning to our hotel for a freshen up, we'll gather for a local dinner before resting up to make our way to the north Lakes tomorrow.

Hike: 5 miles, 2,000 feet elevation gain, approximately 5 hours.

Overnight: Ambleside Inn, Ambleside, Lake District (B, L, D)

DAY 5

After several days of long and fulfilling hikes, we get to rest our legs this morning with a 45 minute scenic drive through the heart of the Lake District to the market town of Keswick situated in the northern lakes, surrounded by high peaks in every direction. This afternoon, we'll enjoy some free time to explore the markets and soak in the rich history and culture of the town. Lunch on your own today gives you the chance to try a local pub or 'hubble' (hubbub) cafe; the choice is yours! After lunch, we'll drive to the Keswick Launch and board a ferry that will take us the length of the local lake, Derwentwater, to our hotel for our final 4 nights. Upon arrival, we'll be tucked in the folds of the idyllic Borrowdale Valley, framed by valleys, and deciduous trees. After a day through the Heart of the Lakes, we'll rejoin for dinner and settle in for some downtime.

Overnight: The Borrowdale Hotel, Keswick (B, D)

DAY 6

As we awaken to our first day in the North Lake District, zip up your jacket, lace up your boots, and join your guides to hike up Blencathra. This is one of the most northerly hills in the Lake District that features sweeping views of the valley from above. As we begin our hike, we'll listen for the electronic call of lapwings and the cat-like 'kee-yaa' of buzzards. We'll take a break just below the summit at 'Scales Tarn,' a lovely spot to enjoy a drink and a good snack before the final ascent to the summit. From the top, we'll soak up the stunning views before descending the impressive ridgeline back down into the green lock of the valley. After the hike, we'll enjoy an aperitif in the aromatic gardens and a delicious dinner in good company.

Hike: 5 miles, 2,100 feet elevation gain, approximately 4-5 hours.

Overnight: The Borrowdale Hotel, Keswick (B, L, D)

DAY 7

After a good night's sleep, we'll enjoy a point-to-point hike from the doors of our hotel over to a local favorite, Cat Bells. We'll take a ferry and make the ascent up and onto the Cat Bells ridgeline to take in the panoramic views of the stunning lake, valley, and rolling hillside. Before descending down to Lingholm for a well-earned afternoon tea, we'll take some photos and overlook the octagonal walled garden. Beatrix Potter crested this garden as her inspiration for Mr McGregor's garden in *The Tale of Peter Rabbit*. After feeling charmed, we'll enjoy our tea and the whisper of the wind. When the time is right, we'll enjoy our dinner together and relax comfortably.

Hike: 4.5 miles, 1,200 feet elevation gain, approximately 3-4 hours.

Overnight: The Borrowdale Hotel, Keswick (B, L, D)

DAY 8

After enjoying our breakfast this morning, we'll gather to hike up Haystacks. Our circular route will take us from the breathtaking sheer-sided valley of Buttermere up to the sizable undulating summit. The first part of the hike climbs quickly and is marked by little cairns. After reaching the ridge, you'll be treated to expansive and breathtaking views, with hazy mountain tops tinged with lavender in the light. We'll celebrate a week of exciting summits at the top before descending to our cozy hotel for a final celebratory meal. Alas, we'll toast to our woman-powered accomplishments of the week.

Hike: 5 miles, up to 1,200 feet elevation gain, 4-5 hours.

Overnight: The Borrowdale Hotel, Keswick (B, L, D)

DAY 9

Enjoy the scenic views that unfold beyond the window as you wind your way back through Borrowdale Valley and the northern fells, towards Penrith. Arrive at Penrith station at noon to depart anytime after, and say goodbye to your guides and fellow participants. Hop on the train for a 2-hour journey home. Flights can be booked to depart anytime after 5pm.
(B)

ADDITIONAL TRIP INFORMATION

Getting There

Our trip starts at the Oxenholme Train Station in Oxenholme. You can fly directly to Manchester (MAN) and take the train from the airport. The travel time from MAN to Oxenholme train station is 2-3 hours. More detailed options will be provided in the Pre-Departure document.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exitto Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exitto charges a one-time, non-refundable processing fee of \$50 per passenger.

Accommodations

We will spend the first 4 nights at [The Ambleside Inn](#) in the town of Ambleside in double occupancy rooms with ensuite bathrooms. The Ambleside Inn has a charming, dim-lit lobby that looks to be inspired by Shakespeare. Our rooms are cozy and comforting, which may inspire a glass of tea upon arrival. From here, we will then move to [The Borrowdale Hotel](#) near the lake "Derwentwater" for the following 4 nights. We will have double occupancy rooms with ensuite bathrooms. The Borrowdale Hotel features classic English architecture with a posh interior. The rooms feel like a home-away-from home with English countryside charm.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)