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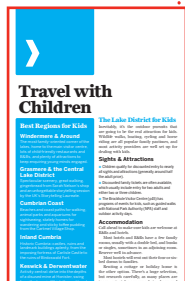
# PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions  
to help you put together your perfect trip

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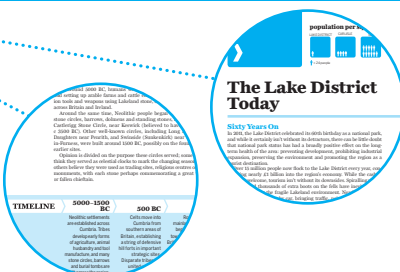
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# UNDERSTAND THE LAKE DISTRICT

GET MORE FROM YOUR TRIP

Learn about the big picture, so you  
can make sense of what you see

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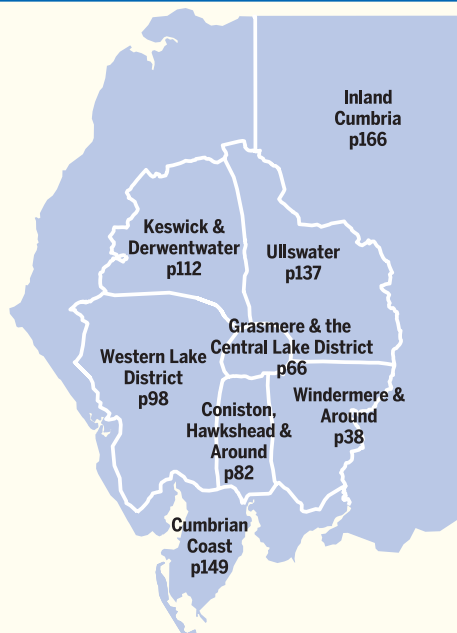
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➤ Every listing is recommended by our authors, and their favourite places are listed first

➤ Look out for these icons:



Our author's top recommendation



A green or sustainable option



No payment required

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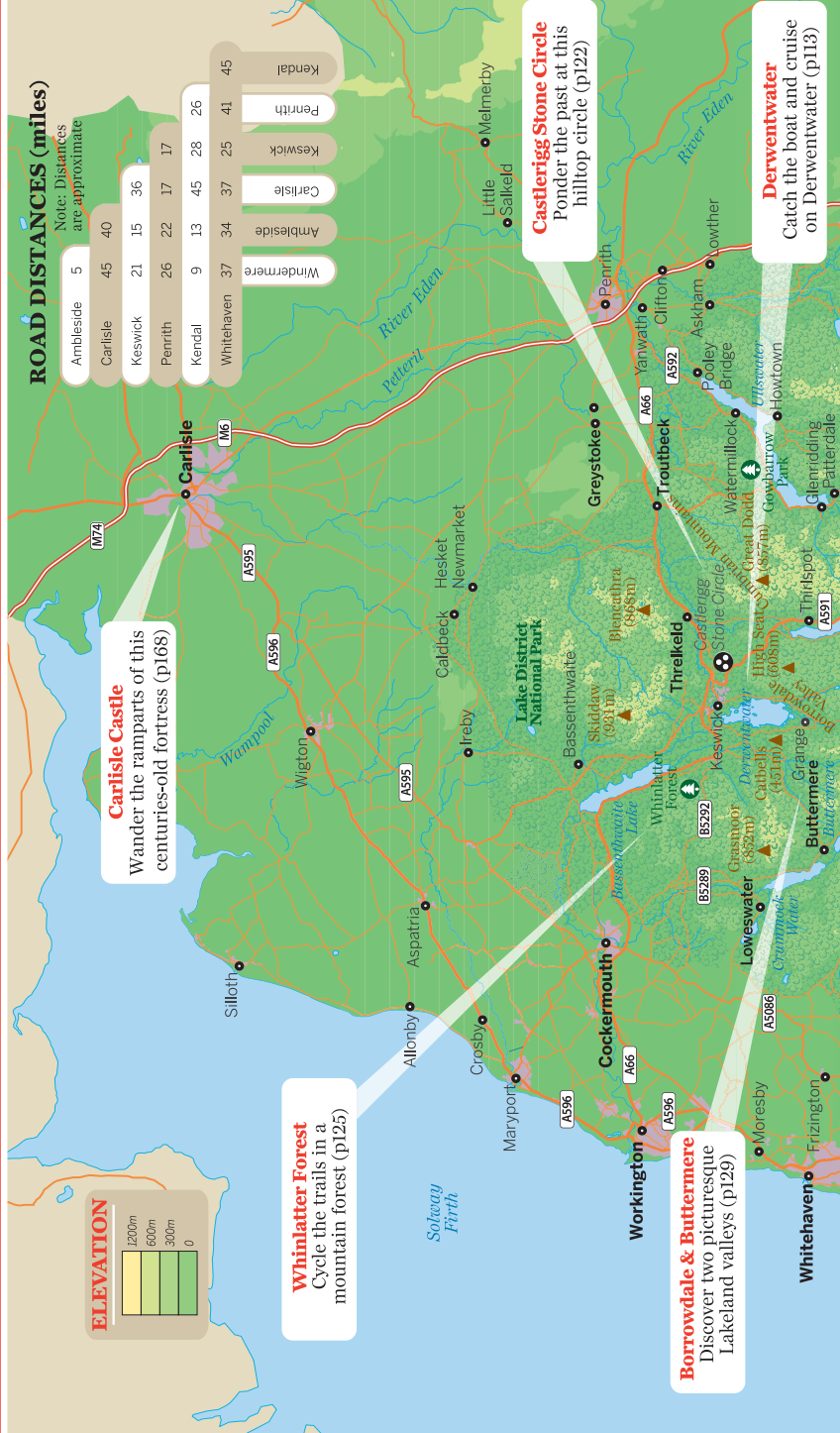
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Taste the nation's most famous gingerbread (p69)

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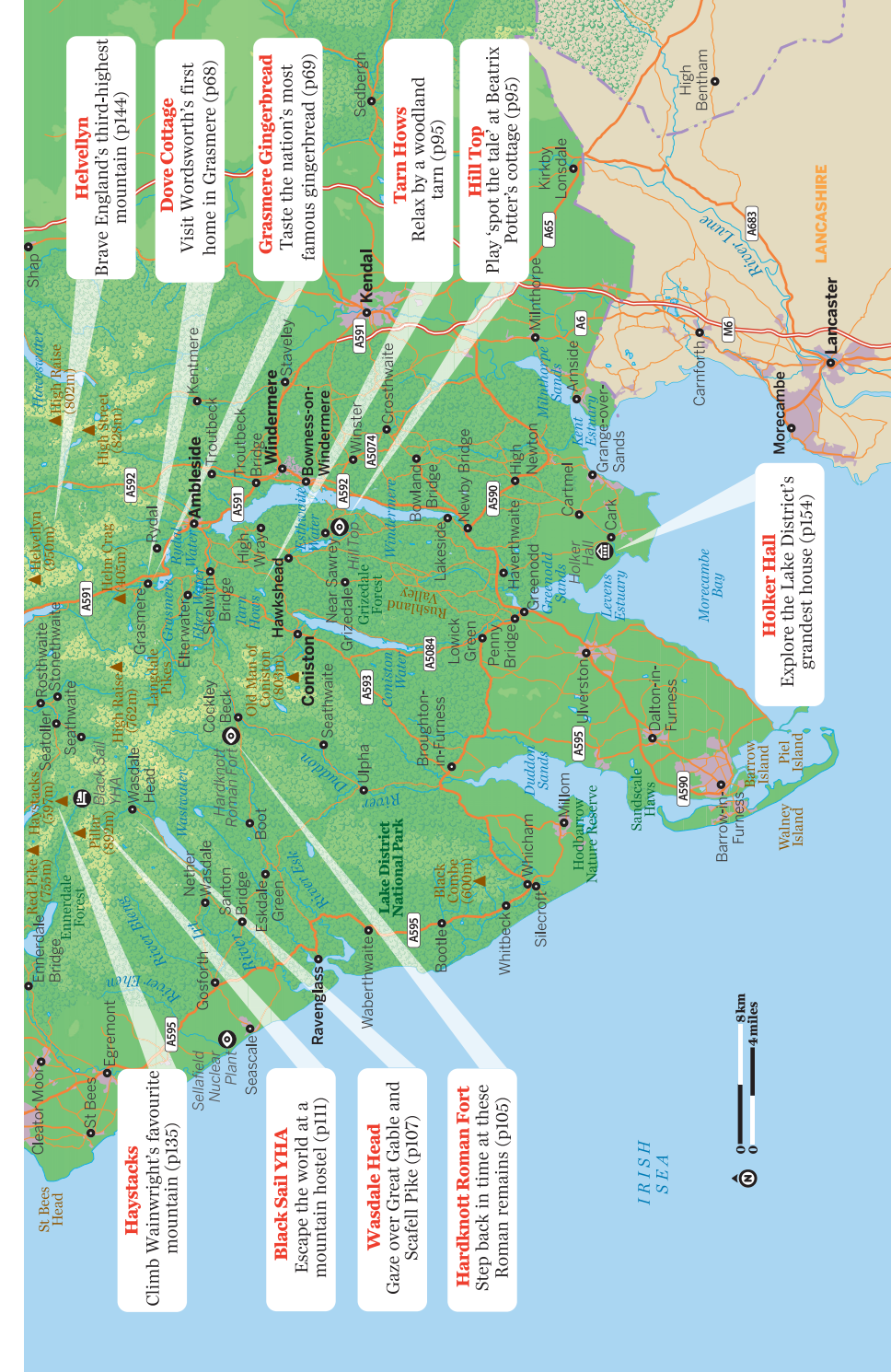
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### Hill Top

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

### Holker Hall

Explore the Lake District's grandest house (p154)





## 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)

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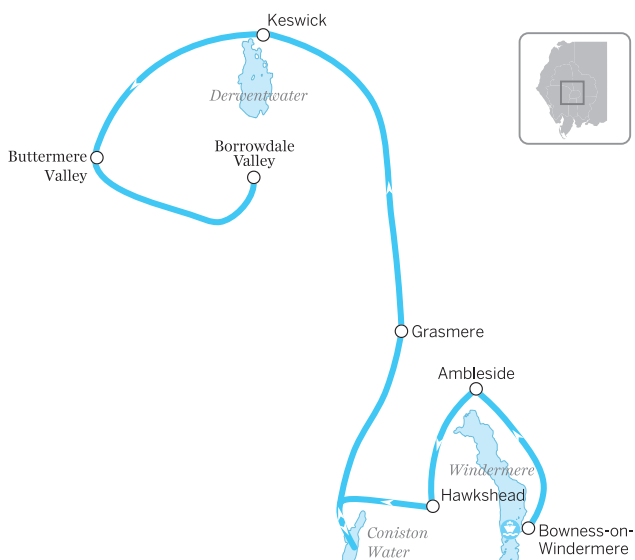
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# itineraries

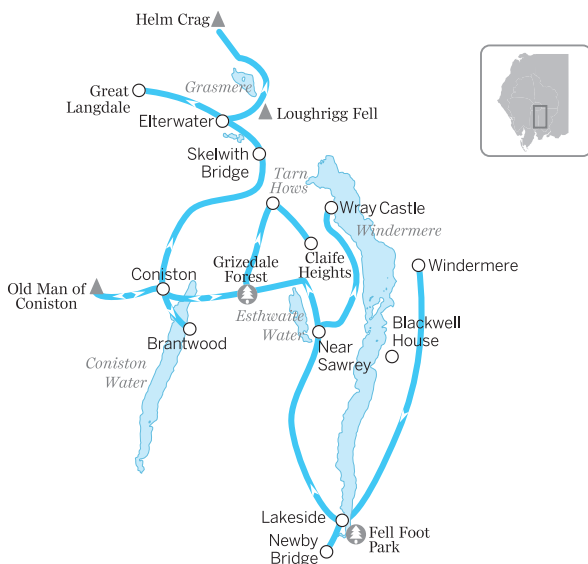
*Whether you've got six days or 60, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to [lonelyplanet.com/thorntree](http://lonelyplanet.com/thorntree) to chat with other travellers.*



10 Days

## Lakeland Classics

Kick-start this trip with a cruise from the jetties at **Bowness-on-Windermere** and a stroll around its bustling streets. On day two head along the lakeshore to **Ambleside**, a lively market town where you can shop till you drop, dine till you whine and walk to your heart's content. From here, take a scenic spin south for a circuit of the picture-perfect village of **Hawkshead** and the grand lake of **Coniston Water**, where you can take your pick from two different cruise boats (one solar-powered, the other a converted steam yacht). Then it's time to head north to **Grasmere**, the heart of Wordsworth country: don't miss the poet's former homes at Dove Cottage and Rydal Mount, tied together with an afternoon exploring the excellent Wordsworth Museum. From Grasmere, drive north to **Keswick**, another lovely Lakeland town where you should spend at least a couple of days cruising the lake and hiking the fells: perhaps Catbells if you're a beginner, or Skiddaw if you're more experienced. Finish up with a tour around the gorgeous valleys of **Buttermere** and **Borrowdale**, interspersed with an underground tour of the old Honister Slate Mine.



10 Days

## Central Circuit

The centre of the national park is where you'll find many of its most fascinating sights. Begin with a couple of days exploring the area around **Windermere**. There are lots of family-friendly attractions around **Lakeside** and **Newby Bridge**, including the Lakes Aquarium, the Lakeside & Haverthwaite Railway and the relocated Lakeland Motor Museum. If the sights are too busy, refuge is never far away: you could explore **Blackwell House**, one of Britain's finest Arts and Crafts mansions, or take a peaceful walk around **Fell Foot Park**, a lakeside estate owned by the National Trust.

Next, travel round to the east side of the lake to Beatrix Potter's storybook cottage at Hill Top in **Near Sawrey**, followed by lunch at the Tower Bank Arms and an afternoon wandering the landscaped grounds of **Wray Castle**.

From here, head over to **Coniston**. Spend the morning cruising across the lake for a visit to John Ruskin's wonderful house at **Brantwood**. Have lunch at the homely Jumping Jenny cafe, then spend the afternoon slogging to the top of the area's most iconic peak, the **Old Man of Coniston**.

Devote the next day to exploring the treetop assault course and woodland trails in **Grizedale Forest**. Follow this up with a day wandering around the renowned beauty spots of **Tarn Hows** and **Claife Heights** – ideally including a slap-up lunch at the Drunken Duck Inn, one of the Lake District's most renowned gastropubs.

Spend the next day exploring the beautiful valley of **Great Langdale**, famous for its scenic hikes and country inns. The classic trek takes you along the string of summits known as the Langdale Pikes, followed by post-hike drinks in the hugger-mugger hiker's bar of the Old Dungeon Ghyll Hotel. If time allows, it's well worth detouring through the quaint hamlets of **Elterwater** and **Skelwith Bridge**, where the walks are gentler but the pubs are just as cosy. Don't miss a stroll to the waterfalls of Skelwith and Colwith Force.

Complete the journey with a day exploring a few of the central fells: the lofty viewpoints of **Loughrigg** and **Helm Crag** near Grasmere provide some of the most memorable vistas anywhere in the national park, not to mention a suitably scenic end to the trip.



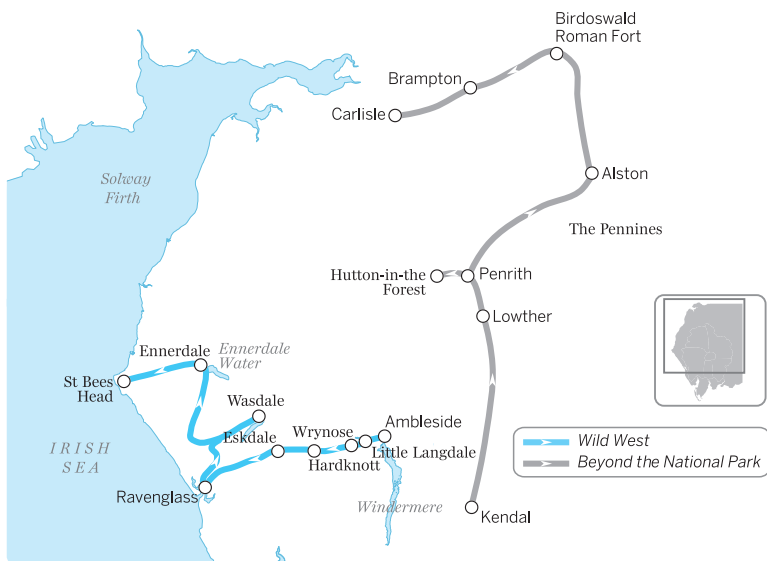


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ALAN NOVELLI/GETTY IMAGES ©

- » (above) View across Little Langdale valley
- » (left) First light at Brougham Castle, near Penrith



## One Week Beyond the National Park

Some people never take the time to explore outside the park boundaries, but they're missing out on a whole chunk of Cumbria. This journey explores some of the county's inland attractions, beginning in the stout grey town of **Kendal**, which makes an ideal base for exploring the surrounding sights, such as the country house of Levens Hall and the superb farm shop at Low Sizergh Barn. From here, it's a trip up the A6 to see the renovations in progress at **Lowther**, currently the focus of a £9 million restoration project. Make time for a wander around nearby **Penrith** and the stately halls and lavish gardens of **Hutton-in-the-Forest**. Then it's time for a memorable road trip along the A686 into the bleak beauty of the **Pennines**, where you can spend a day riding the rails with the South Tynedale Railway from the terminus town of **Alston**. From here, it's a long loop north to Gilsland and the nearby Roman fort of **Birdoswald**, followed by a drive west along the course of Hadrian's Wall to **Brampton**. Complete the trip with a day or two in Cumbria's capital city, **Carlisle**, where you should definitely factor in time for visits to the castle, the cathedral and the Tullie House Museum.

## Five Days The Wild West

This trip searches out the Lake District's wildest views. Begin in **Ambleside**, and head into the valley of **Little Langdale**, which marks the start-point for one of Britain's most breathtaking roads: the humpbacked drive up and over the passes of **Wrynose** and **Hardknott**, where the gradients sometimes reach 1 in 3 and the passing places are few and far between. Once you've crossed the passes, drop down into the lovely valley of **Eskdale** and its comforting country pubs, and continue west to the quiet coastal town of **Ravenglass**, where you can visit the ruins of a Roman bathhouse and hop aboard a historic railway. Travel north for scenic detours into the spectacularly wild valley of **Wasdale**, framed by several of England's highest peaks, and the nearby valley of **Ennerdale**, which is currently the focus of a project to return the landscape to its once-wild state. Finish up with a journey to Cumbria's most westerly point at **St Bees Head**, which is also home to one of northern England's largest seabird colonies. The cliff tops feel fantastically wild, and there's nowhere better in Cumbria to watch the sun set.

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