



## Westmorland Way

The scenic Westmorland Way is a 95 mile walk through the old county of that name, which now forms the south eastern segment of Cumbria.

The route begins in Appleby, the county town of Westmorland, the perfect starting point in the shadow of the Pennine Chain. It then travels west and generally southwards, winding its way through some of the finest Lake District scenery, passing Ullswater, Grasmere and Windermere, before visiting the market town of Kendal. From there it follows the canal and tracks through woodlands and meadows to Westmorland's only port, Arnside, on the shores of Morecambe Bay.

To book please visit [www.mickledore.co.uk](http://www.mickledore.co.uk) or call +44 (0) 17687 72335



## Summary

### Why do this walk?

- A great introduction to the North Western and Central Lakes along generally good paths.
- Explore Ullswater, one of the most interesting of the Lakes, from the nearby fells and lakeshore.
- Stay in Grasmere, site of Dove Cottage, William Wordsworth's home.
- Explore bustling Lakeland villages and towns – lots of outdoor shops and good food!

### Essential Info

Length	4 – 10 nights
Full Route Length	95 miles / 152 km
Shortest Break Length	65 miles / 104 km

### Grade



#### Moderate

**Terrain:** Rolling hills and moorland, Lakeland fells, then the lowlands of South Cumbria.

**What's it like underfoot?** Generally good tracks and paths, but some of the early sections are not as well maintained as other routes. The section through the Lake District is a bit rougher, but good paths for the hills.

**How Much Up & Down?** Rolling countryside for much of the route, with more ascent and descent in the central section through the Lakes. The biggest climb is 450m up to Grisedale Tarn from Patterdale.

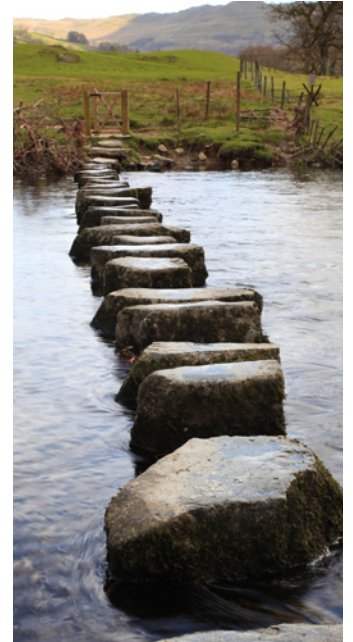
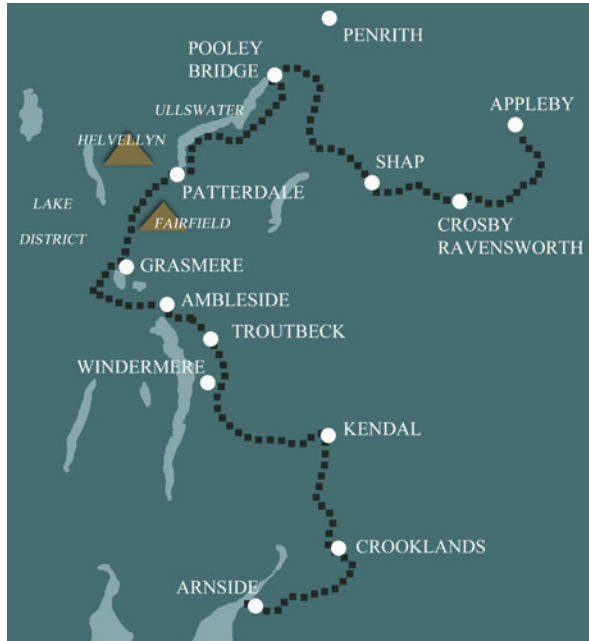
**Signposting:** None.

**Navigation:** You will need to use your map and guidebook – no signposts and less well defined tracks in the early part, but well defined paths from Pooley Bridge onwards. You might encounter hill fog going over Grisedale – but the path is good. It is important to be able to use a map and compass.

### Route

#### Appleby - Pooley Bridge, Ullswater

The first day begins under the Pennines and ends on the fringe of Lakeland. Starting along the River Eden, the route leads through fields and quiet lanes linking Great Ormside and Great Asby, two lovely Eden Valley villages, and past the charms of



Rutter Force. Carrying on over higher ground the trail carries on to Crosby Ravensworth, a secluded settlement. Shap is then reached by way of a stone circle and some typical limestone scenery. Although this is a fairly strenuous first day, the following days are more gentle.

On leaving Shap the way passes Keld Chapel and Shap Abbey before arriving at the river Lowther. Later, a climb up to the lovely village of Askham will provide some wonderful views. The route then drops down to a Norman church at Barton where it meet the River Eamont. Follow the river to Pooley Bridge which is located at the end of Ullswater, England's second largest lake.

#### Pooley Bridge - Grasmere

From Pooley Bridge the walk climbs gently on to the slopes of Barton Fell, where easy routes lead past an impressive stone circle before commencing a classic descent towards Howtown, with tremendous views down to the Lake. The route then takes in isolated and scattered communities of farmsteads and churches before heading to the lakeshore for a fine walk to Patterdale.

The villages of Patterdale and Grasmere are separated by a high mountain range, the longest high level range in Lakeland. The initial miles are through the side valley of Grisedale which penetrates deep into the folds of the Helvellyn range, before a climb to Grisedale Tarn. From here it is a short descent to Grasmere, directly below you, the home of William Wordsworth's Dove Cottage.

#### Grasmere - Kendal

Between Grasmere and Troutbeck you will walk through central Lakeland and two popular valleys, finishing in a third. Three separate climbs will be encountered, all on easy paths and enjoying amazing views.

From Elterwater in the beautiful Langdale valley, the way follows the River Brathay into bustling Ambleside. The final stretch encounters Jenkin Crag, which provides glorious views across Windermere (England's largest lake) to the Langdale Pikes, before dropping down to Troutbeck.

Troutbeck is famous for its beautiful 17th



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Century farmhouses with mullioned windows and tall cylindrical chimneys, so characteristic of Westmorland. From Troutbeck, field paths are largely used to approach the attractive fell of School Knot, a major local landmark, before charming undulating paths lead you to Underbarrow, in the Lyth Valley.

A final climb up to Scout Scar with a picturesque walk along the edge is followed by a gradual descent into the medieval market town of Kendal, for your overnight accommodation.

#### Kendal - Arnside

The final day is the longest, but with generally easy terrain. On leaving Kendal the river Kent will accompany you for several miles, before being replaced by the Lancaster Canal and its towpath with undulating countryside and fine views. Woodland paths take over, and after climbing the Fairy Steps you will head down to the Pele Tower at Hazelslack. The final climb is 500 feet to the crest of Arnside Knott which leads to fine views over Morecambe Bay, before descending to the end of the walk, on the Kent estuary in Arnside.

#### Additional Days

We can arrange extra nights at any of the overnight stops, allowing for rest days, or giving you more time to explore the locality. Here are a couple of suggestions:

##### Patterdale

Patterdale offers spectacular scenery in a peaceful

location. Boat trips can be taken on the Lake Ullswater Steamers to Pooley Bridge. This tiny village in the heart of the English Lake District will give you a well-earned rest before heading onwards on your walking route.

##### Grasmere

Grasmere is a great location to spend a well-earned rest day. A charming village right in the heart of the Lake District National Park, it was once the home of the famous poet William Wordsworth. Today you can visit two of his former homes - Dove Cottage and Rydal Mount. Also in the centre of Grasmere is St. Oswald's Church, with the Wordsworth family graves lying in the adjoining churchyard. The village itself has narrow bustling streets with cafes, shops and pubs. The frequent local bus service connects Grasmere with Keswick and Ambleside if you want to explore further into the Lakes.

#### Getting There and Away

General travel information on the Westmorland Way area will be in your holiday pack including train and bus timetables where available.

Detailed instructions on getting to your first night's accommodation by car, or on foot from the nearest train or bus station, will also be included in the holiday pack on individual accommodation maps.

To view train times please visit [www.qjump.co.uk](http://www.qjump.co.uk)

where you can also purchase tickets in advance.

For information on bus timetables please visit [www.traveline.info](http://www.traveline.info)

If you require secure car parking whilst walking this route, please contact us for information.

#### Getting There:

**By Air:** The nearest international airports are Manchester (MAN) or Newcastle (NCL). You can then travel by train to Appleby (approx 3 hours from both). When traveling from Newcastle airport, take the Metro rail to the city centre railway station - the airport has its own Metro station (you will need some change for the ticket machine). The journey time from the airport to Newcastle Central Station is around 20 minutes.

**By Public Transport:** Appleby has a railway station which connects with all major railway lines.

**By Road:** Appleby in Westmorland is situated in the county of Cumbria. The M6 and A66 both pass in very close proximity. If you travel on the M6 to Penrith, Appleby is just 14 miles along the A66.

#### Returning from Arnside:

**By Public Transport:** Arnside has a railway station for connections with the west coast rail line.

**By Road:** From Arnside take the B5282 to the A6 and then join the M6.

#### How our Holidays Work

We specialise in self-guided walks because we think it's the best way to really experience local

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landscapes, cultures & history. You walk under your own steam, at your own pace, safe in the knowledge that we have organised everything, and help is only a phone call away. We book all your accommodation, move your luggage between overnight stops, provide you with maps and guidebooks and all the details you need for a successful holiday. You just turn up and walk!

### Inbuilt Flexibility

Our holidays are designed to be flexible and can therefore be tailored to suit your requirements. If you're looking for something different, or extra, from the holidays described here, give us a ring and we'll do our best to please.

You can start on any day you like and we can arrange extra nights at any of the overnight stops allowing for rest days, or giving you more time to explore the locality. You can book part of a walk if you don't have the time to complete the entire distance.

### How to Book

Once you have decided which holiday you wish to book, please fill in the form at the back of this brochure which can then be emailed, posted or faxed to us. We will get in touch with you once we have received your booking to confirm your holiday details.

Alternatively you can either book online using our website at [www.mickledore.co.uk](http://www.mickledore.co.uk) or telephone us during office hours.

### Accommodation

Good accommodation and friendly hosts are an essential part of any holiday. We make a special effort to find the hidden gems, as well as keeping a close eye on the quality of the more mainstream accommodation.

As well as visiting the accommodation ourselves, we ask all our customers to complete a short evaluation on each night's accommodation, which then gives us an insight into the day-to-day operation, and lets us spot any potential issues before they become a problem. We have three former Keswick guest house owners on the staff – so we know the industry well.

One of the great features of our Westmorland Way holidays is the quality of the accommodation, including small country house hotels, guest houses, bed and breakfasts and farm house accommodation. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail.

#### Single Rooms

We are happy to book single rooms on this walk but cannot normally book more than 2 for any one group. Single room bookings include a supplement.

### What We Provide

#### All Holidays

**Accommodation** Overnight accommodation in selected hotels, farmhouses, village inns, guest houses and family run B&Bs including a Full

English or Continental breakfast.

**Guidebook** A guidebook with route information, maps, photos and background information.

**Information of Services Along the Route** A comprehensive Service Info sheet, including services such as cash points, banks, post offices, village shops, inns, cafes and taxis.

**Maps** The appropriate map or maps covering the whole route.

**Personal Itinerary** A personal itinerary setting out each overnight stop, including large scale maps of each accommodation, to ensure you find it easily.

**Emergency Telephone Support** If you get into difficulties during your holiday, we are always available to help, even out of office hours.

**15% discount at Cotswold Outdoors** We will issue you with a 15% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.

### Options

**Luggage Transport** We will transfer your luggage between each overnight stop – if you leave your luggage at the accommodation when you set off in the morning, it will be moved on to your next B&B. You only need to carry a small day sack with the clothes and provisions you require during the day's walk.

**Packed Lunches** Provided for each day's walking and recommended on this holiday as there will not always be a handy shop or cafe on the route.

**Off Road Parking** If you are travelling by car

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we can usually arrange off road parking for the duration of your trip. (There may be a small charge for this).

**Arrangement of return transport** We can also arrange your transfer back to your car, (or advise you when public transport is a better option)!

## What's Not Included

**Evening Meals** Your evening meal isn't included in the package, but we include full details and recommendations for each evening meal in your itinerary. You will normally be within walking distance of a pub and/or restaurant, or where there is good food available at the accommodation, we'll book that for you. Allow about £20 per night.

**Transport to the Start & Away from the Finish** You will need to pay for your own transport, but we can help you to make arrangements.

### Taxi or bus transport along the way

If you need to miss a stage you will need to pay for the cost of a bus or taxi, but we can help you to organise it.

**Travel Insurance** Even if you are based in the UK travel insurance is worth having.

## Prices

Detailed prices for all our holidays are available on the website at [www.mickledore.co.uk](http://www.mickledore.co.uk)

## About Mickledore

Mickledore Travel is based in Keswick at the heart of the English Lake District. We are one of

the leading specialists in self-guided walking and cycling holidays in the UK, and provide a friendly, professional and flexible service.

We are walkers and cyclists ourselves, so it really matters to us that you have a good holiday. We are still a small business, with a lot of local knowledge, and personal enthusiasm for the outdoors. If you've got any queries, we're always happy to help, so don't hesitate to pick up the phone, drop us an email or visit us in Keswick.

We specialise in UK holidays, and by concentrating on what we consider to be the best routes, we get to know the trails, accommodation, and local area really well.

- All your accommodation has been carefully selected and is regularly monitored.
- We listen to you and tailor each holiday to meet your requirements.
- We have an excellent level of customer service.
- We have 15 years experience, and very high levels of customer satisfaction.
- Peace of mind – help is only ever a telephone call away.
- We are all outdoor enthusiasts – we know what makes a good holiday, and we want you to have one!
- 15% discount card for all your outdoor equipment purchases from Cotswold Outdoors.
- 100% financial protection – in the very unlikely event of Mickledore's financial failure, you receive a full refund.

## Book With Confidence Financial Protection

Your payments are fully protected against our financial failure. We are members of the Association of Independent Tour Operators (AITO), and have arranged bonding through ABTOT. This means that in the unlikely event of our financial failure, any monies you have paid to us will be refunded. This bonding is fully compliant with the Package Travel Regulations and provides 100% financial protection.

### AITO Quality Statement



Mickledore Travel is a member of the Association of Independent Tour Operators. The Association represents Britain's leading independent tour operators. It promotes high levels of professionalism and a shared concern for quality and personal service. The Association encourages the highest standards in all aspects of tour operating.

Mickledore Travel abides by AITO's Code of Conduct and adheres to the Quality Charter which can be viewed at [www.aito.com](http://www.aito.com). Visit the website to find out more about the Association or call 020 8744 9280.

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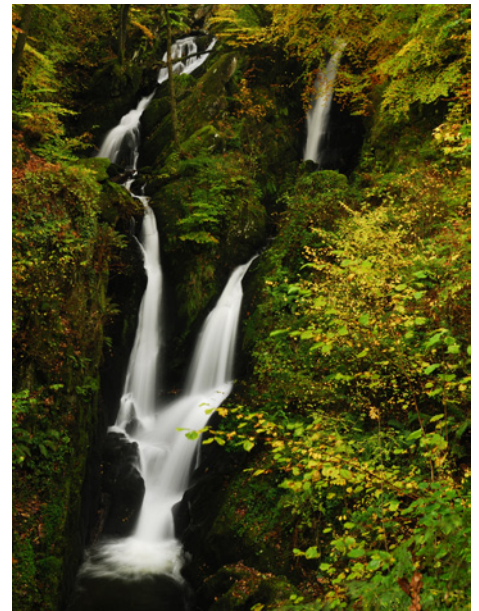


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## Client Feedback

We are proud of our reputation for quality holidays on the Westmorland Way. There are plenty of customer reviews on our website, but here are a couple of comments to give you a flavour:

*"We really did have a great time, and we are very satisfied with the arrangements that Mickledore made for us. Thanks for helping to make this a*

*great vacation. We will certainly be in touch next time we decide to take a walking holiday in the UK."*

**Mrs Janice Farber**

*"We had a wonderful time! The different B&Bs were all marvellous where each had their own "personality". The service and follow-up was without exception - perfect from our point of view.*

**Mr Eirik Brekke**

*"Absolutely excellent, could not have been better. Thank you for our first experience with you. We had a great time. Thank you for great walking, good accommodation, and great organisation. We will be doing it again"*

**Mrs Evelyn Freer**

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## Our Itineraries

### Westmorland Way - Appleby to Arnside 95 miles / 152 km

We offer 3 holidays along the full length of the Westmorland Way, the longer the holiday, the shorter you have to walk each day.

	7 days walking (8 nights) Code: WW8			8 days walking (9 nights) Code: WW9			9 days walking (10 nights) Code: WW10		
		Miles	Km		Miles	Km		Miles	Km
Day 1	Travel to Appleby for your first night's accommodation			Travel to Appleby for your first night's accommodation			Travel to Appleby for your first night's accommodation		
Day 2	Appleby to Shap	17	27	Appleby to Crosby Ravensworth	12	19	Appleby to Crosby Ravensworth	12	19
Day 3	Shap to Pooley Bridge	14	23	Crosby Ravensworth to Bampton Grange	9.5	15	Crosby Ravensworth to Bampton Grange	9.5	15
Day 4	Pooley Bridge to Patterdale	11.5	19	Bampton Grange to Pooley Bridge	9.5	15	Bampton Grange to Pooley Bridge	9.5	15
Day 5	Patterdale to Grasmere	9	14	Pooley Bridge to Patterdale	11.5	19	Pooley Bridge to Patterdale	11.5	19
Day 6	Grasmere to Troutbeck	11	18	Patterdale to Grasmere	9	14	Patterdale to Grasmere	9	14
Day 7	Troutbeck to Kendal	15	24	Grasmere to Troutbeck	11	18	Grasmere to Troutbeck	11	18
Day 8	Kendal to Arnside	17.5	28	Troutbeck to Kendal	15	24	Troutbeck to Kendal	15	24
Day 9	Depart from Arnside after breakfast			Kendal to Arnside	17.5	28	Kendal to Crooklands	7.5	12
Day 10				Depart from Arnside after breakfast			Crooklands to Arnside	10	16
Day 11							Depart from Arnside after breakfast		

### Best of the Westmorland Way - Pooley Bridge to Ambleside 29 miles / 46 km

The most dramatic and interesting section of the Westmorland Way for those with limited holiday time. 29 miles / 46 km

	3 days walking (4 nights) Code: WWW4		
		Miles	Km
Day 1	Travel to Pooley Bridge for your first night's accommodation		
Day 2	Pooley Bridge to Patterdale	11.5	19
Day 3	Patterdale to Grasmere	9	14
Day 4	Grasmere to Ambleside	9	14
Day 5	Depart from Ambleside after breakfast		

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## Booking Form

### Contact Details

Address: .....

Telephone: ..... Mobile / Alternative Tel: .....

Email: ..... Emergency Contact No: .....

### Your Holiday

Holiday Name: ..... Holiday Code: ..... (*Hadrian's Wall: Add an "R" if starting in the West*)

Date of First Night: ..... Date of Last Night: .....

### Party Members

Title	First Name	Last Name	Date of Birth

Options	Rooms Required:	Rest Days (give date & location)
Luggage Transport <input type="text"/>	No. Double Rooms <input type="text"/>	
Packed Lunches <input type="text"/>	No. Twin rooms <input type="text"/>	
Off Street Parking (there is normally a charge for this) <input type="text"/>	No. Single Rooms <input type="text"/>	
Transfer required (additional charge) <input type="text"/>	No. Triple Rooms (Double & Single) <input type="text"/>	

Comments (special diets, other requirements, etc): .....

### Payment

Holiday cost per person <input type="text"/>	I enclose a cheque for the deposit value (made payable to Mickledore Travel Ltd)
Rest Days <input type="text"/>	<b>OR</b> please debit my Visa/Visa Debit/Mastercard/Mastercard Debit/Solo (delete as appropriate)
Total cost per person <input type="text"/>	Card number: .....
Number in group <input type="text"/>	Valid from: ..... Expires: ..... Security number*: .....
Total group cost <input type="text"/>	*The last 3 digits on the back of the card
Deposit (20% of Total Cost) <input type="text"/>	I authorise Mickledore Travel to charge a 20% deposit to my card now and the remaining balance 6 weeks before commencement of my holiday, (for card payments only). I confirm that the above details are correct and that I have read and accept the terms and conditions available on the website.
Single and solo supplements will be added where applicable.	Signed: ..... Date: .....
	Name: .....

2% charge for credit cards, no charge for debit cards

How did you hear about Mickledore Travel: .....