



*Walking Holidays in Britain's most Beautiful Landscapes*

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## *Cumbria Way*

The Cumbria Way bisects Cumbria from the market town of Ulverston, near the coast of Morecombe Bay in the south, to the historic city of Carlisle on the Scottish Border in the north. In between the two it passes through some of the Lake District's most famous and spectacular scenery.

The route uses the valley systems wherever possible and therefore over most of its length it avoids the high fells. Lakeshore paths, ancient green lanes and paths at the bottom of steep sided valleys all form part of this stunning route.

There are two sections in the higher fells, both on well-established paths: between Langdale and Borrowdale, over Stakes Pass and between Keswick and Caldbeck, over the flanks of Skiddaw.



100% Financial Protection



## Summary

### Why do this walk?

- Explore the very heart of the Lakes, with striking views of Lakeland's high fells.
- Some great valley walking too – through Langdale and Borrowdale, the most famous Cumbrian Valleys.
- Walk under the craggy Langdale Pikes and along the shores of Derwentwater and Conistown water.
- Enjoy a day in the wilderness of the "Back o' Skiddaw".
- Atmospheric accommodation in old inns and farmhouse B&B's.

### Essential Info

Length	3 - 9 nights
Full Route Length	70 miles / 112 km
Shortest Break Length	28 miles / 45 km

### Grade

Moderate to Challenging



The Cumbria Way uses well defined and maintained paths and tracks over nearly all of its route. Please bear in mind that the climb over Stake Pass, and the Eastern route around the back of Skiddaw, pass through relatively high and remote mountain terrain, where the paths are rougher. Although some of the route is waymarked, these sections are not, so the ability to navigate is essential. You need some walking experience to do this route.

**Terrain:** Most of the walk follows valleys and lakeshores, but the climb over Stake Pass and the Eastern route around Skiddaw pass through relatively high and remote mountain terrain, where the paths are rougher.



**What's it like underfoot?** On the whole the paths are well defined and maintained, but at times it can be rough underfoot with some muddy paths, so good footwear is essential. The Western route around Skiddaw to Caldbeck can be boggy.

**How Much Up & Down?** Most days are rolling with gentle ascent and descents. The climb of Stake Pass is about 300m, on a well maintained path. Between Keswick and Caldbeck the Western route has a climb of about 300m, again on good, but sometimes boggy paths. The Eastern route has a further 300m climb taking you up to 658m on High Pike, on less well defined paths.

**Signposting:** Sporadic. You will need to use your guidebook and map.

**Navigation:** Pretty straightforward, on the lowland sections, but you may encounter hill fog or low cloud on Stake Pass and between Keswick and Caldbeck – so you need to be able to navigate.



**Weather:** You may be lucky enough to encounter warm, dry weather over the whole route and enjoy dry paths and tremendous views, but you must be prepared because the weather can change quickly. Good clothing and waterproofs are essential!

## Route

### Ulverston to Conistown

The route starts at Ulverston, a market town on the southern edge of the Lake District. It then passes through rolling farmland north of Ulverston before reaching open bracken covered moorland and foothills around Blawith. It then descends to the lakeshore of Conistown Water which it follows to the village of Conistown.

### Conistown to Langdale

The route continues on green lanes and wooded paths to Tarn Hows, one of the celebrated features of the Lakes. More





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woods and moorland lead to the Lakeland village of Elterwater, before the path enters the Langdale Valley.

Overshadowed by the dramatic high crags of the Langdale Pikes and Bowfell, this is perhaps the most famous place in the Lakes.

#### **Langdale to Keswick**

A steep climb up Stakes Pass at the head of Langdale leads down to the long and remote valley of Langstrath, punctuated through its length by deep pools and waterfalls. The route continues through the densely wooded Borrowdale Valley, before passing over the slopes of Cat Bells, above Derwentwater and on to Keswick, a bustling tourist town and the hub of the Northern Lake District.

#### **Keswick to Carlisle**

Paths meander through rougher, open moorland and mountain sides leading onwards from Keswick and over the slopes of Skiddaw before descending to the village of Caldbeck at the foot of the northern Fells.

The final day is a contrast to all that has gone before - gentler, rolling countryside takes over as the path follows the meandering River Caldew downstream to the historic border city of Carlisle, and the end of the trail.

### **Additional Days**

#### **Coniston**

A pleasant Lakeland Village on the shores of Lake Coniston,. Take a cruise on the lake on the steam launch "Gondola". Visit historic Brantwood, nineteenth century home of John Ruskin. For the more energetic, Coniston Old Man is a great walk with tremendous views over the Lake District and Morecambe Bay.

#### **Keswick**

Keswick is a bustling market town centred around the historic Moot Hall, with a vast array of outdoor shops. There is a wide choice of places to eat or have a coffee, and a range of galleries to visit. Enjoy one of the easy, short walks down to the lake shore from where there is a regular launch service around Derwent water. Or pop into our offices to say hello or book your next holiday!

#### **Carlisle**

Carlisle is an historic border city, complete with castle and cathedral. Tullie House Museum has a lot of Roman artefacts and is worth a visit. The cathedral was founded in 1122 and is open every day. The castle has dominated the city for 9 centuries, and also houses a military museum – there are guided tours daily. There are plenty of shops and lots of places to eat or have coffee.

### *Getting There and Away*

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.

#### **Getting There:**

**By Air:** The nearest international airport is Manchester (MAN) - you can travel direct by train to Ulverston (ULV) which takes approximately 2 hours.

**By Public Transport:** There is a direct train from Manchester (MAN) to Ulverston (ULV). There are also regular trains from Glasgow, London, Lancaster or Preston. National Express Coaches run to Windermere where you can then take a local bus to Ulverston.

**By Road:** Ulverston is situated in the south of the Lake District National Park. The closest motorway to the village is the M6.

#### **Returning from Carlisle**

**By Public Transport:** Carlisle has a large railway station for regular train services north and south on the west coast mainline.

**By Road:** The M6 runs within 2 miles of the city.



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## How our holidays work

We specialise in self guided walks because we think it's the best way to really experience local 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. We can arrange extra nights at any of the overnight stops, allowing for rest days or giving you more time to explore the locality. Or 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 and either post or fax it to us. We will get in touch with you shortly afterwards to confirm your holiday details.

Alternatively you can book on our website [mickledore.co.uk](http://mickledore.co.uk), or telephone us in 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.

The Cumbria Way includes a great variety of accommodation, including small country hotels, guest houses, bed and breakfasts, farm house accommodation, and Victorian town houses. 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 at a supplement, but can't normally book more than 2 single rooms for any one group.

## What We Provide

### All Holidays

**Accommodation** Overnight Bed and Breakfast accommodation in selected hotels, farmhouses, village inns, guest houses and family 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** A waterproof 1:40000 map from Harvey 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.



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**Emergency Telephone Support** If you get in to 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 – 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. We ask you to limit your luggage to one bag per person, up to 18kg.

**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 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 £30.00 per night.

**Transport to the Start & Away from the Finish**

**Taxi or Bus transport if you need to miss a stage** (but we'll help you organise it if you need help)

**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 [mickledore.co.uk](http://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 or drop us an email, or call in and see us if you're in Keswick.

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

- 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.



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## 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 ABTA. 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 [aito.com](http://aito.com). Visit the website to find out more about the Association or call 020 8744 9280.

## Client Feedback

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

*We would like to say how much we enjoyed our walk and without your excellent service this would not have been possible, many thanks and we look forward to next time.*

**John Hyde, Hertfordshire UK**

*I just completed my fourth trip with Mickledore and have been consistently delighted with their service. Their routes are terrific, attention to details in the trip planning process has been thorough, accommodations very good. We are already planning our next trip! Great work, Mickledore! It's a delight to work with such a reliable partner.*

**Dr Mark Harris, Ontario Canada**



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## The Whole Cumbria Way

Ulverston to Carlisle in 5 Days Walking Code: CW6				Ulverston to Carlisle in 6 days Walking Code: CW7			Ulverston to Carlisle in 8 Days Walking Code: CW9		
		M	km		M	km		M	km
Day 1	Travel to Ulverston for your first night of accommodation			Travel to Ulverston for your first night of accommodation			Travel to Ulverston for your first night of accommodation		
Day 2	Ulverston to Coniston	14	23	Ulverston to Coniston	14	23	Ulverston to Lowick	8	13
Day 3	Coniston to Langdale	12	19	Coniston to Langdale	12	19	Lowick to Coniston	7	11
Day 4	Langdale to Keswick	16	26	Langdale to Rosthwaite	7	11	Coniston to Langdale	12	19
Day 5	Keswick to Caldbeck	16	26	Rosthwaite to Keswick	9	14	Langdale to Rosthwaite	7	11
Day 6	Caldbeck to Carlisle	14	23	Keswick to Caldbeck	16	26	Rosthwaite to Keswick	9	16
Day 7	Depart from Carlisle after breakfast			Caldbeck to Carlisle	14	23	Keswick to Bassenthwaite then transfer back to Keswick	9	16
Day 8				Depart from Carlisle after breakfast			Transfer to Bassenthwaite then walk to Caldbeck	9	16
Day 9							Caldbeck to Carlisle	14	23
Day 10							Depart from Carlisle after breakfast		

## Cumbria Way Highlights: Ulverston to Caldbeck

Ulverston to Caldbeck in 4 Days Walking Code: CWC5				Ulverston to Caldbeck in 5 Days Walking Code: CWC6			Ulverston to Caldbeck in 7 Days Walking Code: CWC8		
		M	km		M	km		M	km
Day 1	Travel to Ulverston for your first night of accommodation			Travel to Ulverston for your first night of accommodation			Travel to Ulverston for your first night of accommodation		
Day 2	Ulverston to Coniston	14	23	Ulverston to Coniston	14	23	Ulverston to Lowick	8	13
Day 3	Coniston to Langdale	12	19	Coniston to Langdale	12	19	Lowick to Coniston	7	11
Day 4	Langdale to Keswick	16	26	Langdale to Rosthwaite	7	11	Coniston to Langdale	12	19
Day 5	Keswick to Caldbeck	16	26	Rosthwaite to Keswick	9	14	Langdale to Rosthwaite	7	11
Day 6	Depart from Caldbeck after breakfast			Keswick to Caldbeck	16	26	Rosthwaite to Keswick	9	16
Day 7				Depart from Caldbeck after breakfast			Keswick to Bassenthwaite then transfer back to Keswick	9	16
Day 8							Transfer to Bassenthwaite then walk to Caldbeck	9	16
Day 9							Depart from Caldbeck after breakfast		



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## Best of the Cumbria Way: Coniston to Keswick

Coniston to Keswick in 2 Days Walking Code: CWB3				Coniston to Keswick in 3 Days Walking Code:		
		miles	km		miles	km
Day 1	Travel to Coniston for your first night of accommodation			Travel to Coniston for your first night of accommodation		
Day 2	Coniston to Langdale	12	19	Coniston to Langdale	12	19
Day 3	Langdale to Keswick	16	26	Langdale to Rosthwaite	7	11
Day 4	Depart from Keswick after breakfast			Rosthwaite to Keswick	9	14
Day 5				Depart from Keswick 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"/>	OR 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).
Single and solo supplements will be added where applicable.	I confirm that the above details are correct and that I have read and accept the terms and conditions available on the website.
	Signed: ..... Date: .....
	Name: .....

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

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