

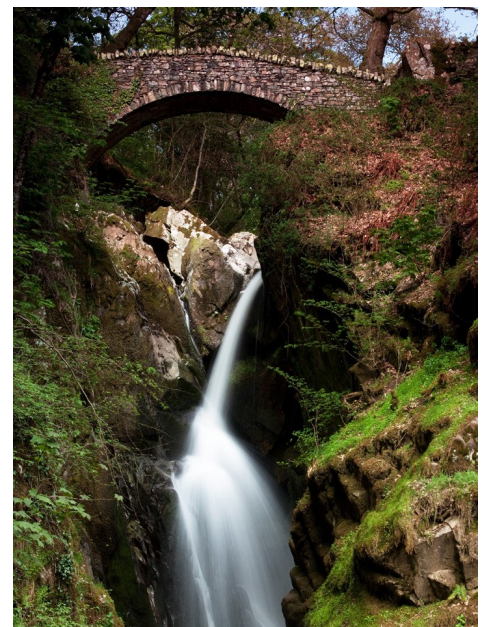
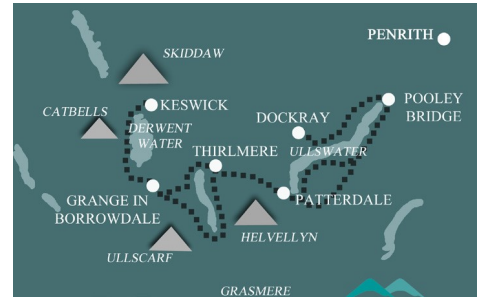


Walking Holidays in Britain's most Beautiful Landscapes

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North Lakes Traverse

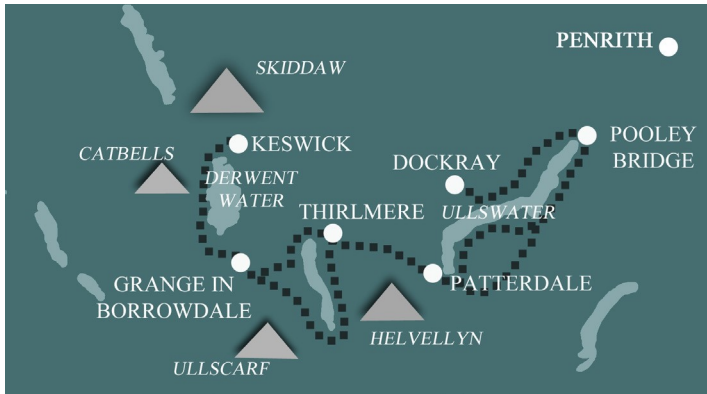
This is one of our own routes, winding around the Lakes of Ullswater, Thirlmere and Derwentwater, then climbing over the mountain passes that separate them. This route takes in the lake shores, fells and mountain passes of the Northern Lakes, stopping in some of the prettiest villages of Lakeland. On the way you will experience quiet woodlands, plunging waterfalls and spectacular views as you climb over the fells.

Wherever possible we have built in high and low level alternatives, so the route can be adapted to suit your ability, or the weather! This route is a fine introduction to the North Eastern lakes, encompassing plenty of variety.



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Summary

Why do this walk?

- Off the beaten track – explore some of the quieter paths of the North East Lakes.
- Great views of Ullswater, the Helvellyn range and the Borrowdale Fells.
- Visit the delightful hamlet of Watendlath hidden away in the fells.
- Stay in a variety of friendly, characterful accommodation.

Essential Info

Length	4 - 6 nights
Full Route Length	43 miles / 70 km
Shortest Break Length	26 miles / 41 km

Grade



Moderate

The North Lakes Traverse has been designed to cater for a variety of fitness levels and experience. Any reasonably fit person should be able to complete the lower level option, whilst the higher level alternatives provide something for the more experienced fell walker.

Terrain: A mixture of typical Lakeland countryside, from fields in the valley bottoms and wooded lower slopes, to

higher mountain passes as the route crosses the Helvellyn range, and remote moorland en route for Borrowdale.

What's it like underfoot? The paths and tracks followed over most of the route are well defined and maintained. There are however sections of relatively high and remote mountain terrain, where the paths are rougher, and boggier.

How Much Up & Down? The climb over Sticks Pass between Patterdale and Thirlmere is 600m, and the following day the route climbs over 400m en route for Borrowdale. The other days involve less ascent and descent.

Signposting: None – this is one of our own routes. You will need to use the route description and map.

Navigation: Pretty straightforward, on the lowland sections, but you may encounter hill fog or low cloud on Sticks Pass and between Thirlmere and Borrowdale (where the path is indistinct for a while) – so you need to be able to navigate.

Route

Dockray to Pooley Bridge

You will be transferred to the start of the route at Dockray. The route passes through rolling farmland north of Dockray before descending through woodland to

Aira Force, one of the Lake District's most renowned waterfalls. From here woodlands above Ullswater lead to Pooley Bridge, a small village at the head of Ullswater, for the first overnight stop.

Pooley Bridge to Patterdale

From Pooley Bridge the lower level route takes the eastern shore of Ullswater over its entire length, to the second night's halt at Glenridding. The path follows the lakeshore closely through fields and woodlands skirting the lower fell sides of Hallin and Place fells. The alternative higher level route goes through the remote hamlet of Martindale to the summit of Place Fell, with spectacular views over the lake to Helvellyn.

Patterdale to Thirlmere

The third day takes the route to Sticks Pass (750m), high on the Helvellyn ridge, on an established path past the old mine workings, before dropping more steeply down to Thirlspot, the next overnight stop. Thirlmere, Bassenthwaite, Ullswater, Skiddaw and Blencathra can all be seen from the pass.

Thirlmere to Grange in Borrowdale

There are two alternatives for this day. They both climb out of the Thirlmere valley over the Ullscarf ridge to Watendlath, a secluded farming hamlet complete with tarn, ducks and tea shop!



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The route continues through wooded valley sides into Borrowdale, one of Lakeland's prettiest valleys, for the night's halt.

Grange in Borrowdale to Keswick

The final day passes along the shores of Derwentwater and for the higher level route, over Cat Bells en route to Keswick, the end of the trip. From the top of Catbells there are spectacular views of the Northern fells, Skiddaw and the lakes of Derwentwater and Bassenthwaite.

The lower alternative takes the lakeshore path along Derwentwater, through ancient oak forests.

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 some suggestions:

Keswick

Keswick is a bustling market town centred around the historic Moot Hall, with a vast array of outdoor shops – if you need any outdoor gear, you will get it here! 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 lakeshore from where there is a regular launch service around Derwentwater. Or pop into our offices to say hello or book your next holiday!



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.

Getting There and Away

General travel information for the North Lakes 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 trainline.com where you can also purchase tickets in advance. For information on bus timetables please visit 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 Penrith (approx. 2 hours from both) and

then bus or taxi to Keswick (18 miles).

By Public Transport: Keswick's nearest railway station is Penrith (PNR). You can then take one of the regular buses to Keswick, or a taxi (18 miles). Keswick has a central bus station, and you are usually no longer than a 5/10minute stroll to your accommodation, or a couple of minutes in a taxi.

By Road: Keswick is in the Northern Lake District in the county of Cumbria. The A66 passes right along the edge of the town, and the nearest motorway is the M6.

Returning from Keswick:

By Public Transport: You can travel by bus from Keswick to either Penrith railway station (18 miles) or the larger station in Carlisle (37 miles).

By Road: A66, which passes by Keswick, to Penrith (18 miles) for the M6 motorway.

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



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you with maps and guidebooks and all the details you need for a successful holiday.

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 or posted 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 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 in to the day-to-day operation, and lets us spot any potential issues before they become a problem.

One of the great features of our North Lakes Traverse 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. Occasionally we may use a chain hotel.

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.

Route Description A route description detailing both high and low level alternatives.

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 Two Ordnance Survey Explorer (1:25000) maps covering the entire route.

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

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

12.5% discount at Cotswold Outdoors We will issue you with a 12.5% Discount Card valid at all Cotswold Outdoor stores, and online, for the whole year on confirmation of your booking.



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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 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 £30 per person each 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 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.



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- 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 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. 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 North Lakes Traverse. 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."

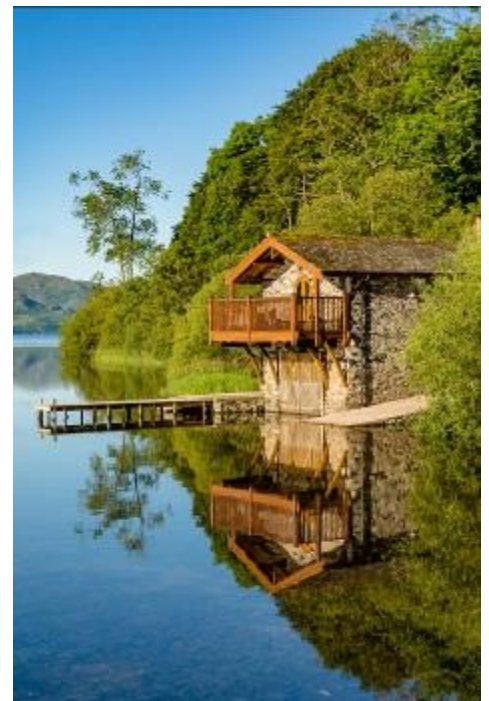
Mrs Janice Farber, New York, USA

"We were very happy with everything provided by Mickledore. We thought the holiday pack was very thorough. The maps and accommodation instructions were terrific. Mickledore was recommended to us by a friend in England and we would not hesitate to pass on your details to others and have already done so in a couple of cases. We did enjoy it immensely, and if we are in a position in the future to come over there and do something else we will certainly contact you."

Mrs Wendy Johnson, Victoria, Australia

Would you use Mickledore again? No need to ask me this question! Yes, no hesitation. Once again my Mickledore holiday went smoothly and was most enjoyable. Everything went like clockwork, as it always does when I book through Mickledore.

Mr Clive Thundercliffe, West Yorkshire, UK



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North Lakes Traverse

Keswick to Keswick 43 miles / 68 km

The whole North Lakes Traverse route which starts at Dockray near Keswick, visits the North Eastern lakes and mountain passes and then returns to Keswick. This is a fine introduction to the North Eastern Lakes, encompassing plenty of variety. Wherever possible we have built in high and low level alternatives, so the route can be adapted to suit your ability, or the weather!

North Lakes Circular from Keswick in 5 Days Walking Code: NL6

		miles	Km
Day 1	Travel to Keswick for your first night of accommodation		
Day 2	Transfer to Dockray then walk to Pooley Bridge	8	13
Day 3	Pooley Bridge to Patterdale	12	19
Day 4	Patterdale to St Johns In The Vale	7	11
Day 5	St Johns In The Vale to Rosthwaite	7	11
Day 6	Rosthwaite to Keswick	9	14
Day 7	Depart from Keswick after breakfast		

North Lakes Short Break

Pooley Bridge to Grange in Borrowdale 26 miles / 41 km

This holiday starts at Pooley Bridge, at the head of Ullswater and concludes in Grange in Borrowdale. It is a shorter version of the full route for those with less time, but it still takes in all three lakes. It starts at Pooley Bridge, at the head of Ullswater and concludes in Grange in Borrowdale.

Pooley Bridge to Borrowdale in 3 Days Walking Code: NLB4

		miles	Km
Day 1	Travel to Pooley Bridge for your first night of accommodation		
Day 2	Pooley Bridge to Patterdale	12	19
Day 3	Patterdale to St Johns In The Vale	7	11
Day 4	St Johns In The Vale to Rosthwaite	7	11
Day 5	Depart from Rosthwaite 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: