

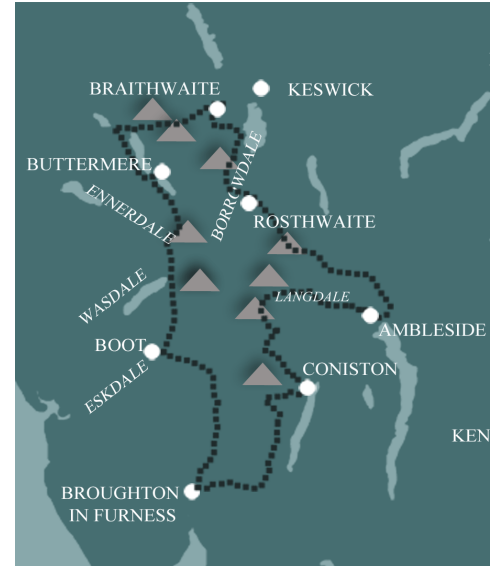


Walking Holidays in Britain's most Beautiful Landscapes

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The Inn Way to the Lake District

The Lakes Inn Way is a 90 mile circular walk starting and finishing in the popular tourist town of Ambleside. This trail takes in some of the more remote corners of the Lake District, and takes you through the Lake District's stunning deep sided valleys, along lake shores and over remote mountain passes – as well as past over 40 traditional Lakeland inns.

The full route takes you through the popular tourist towns of Ambleside, Coniston, and Grasmere (site of Dove Cottage, former home of the Romantic Poet Wordsworth), as well as through a few of the Lake District's most impressive valleys – Borrowdale, Ennerdale, and Great Langdale, linked together with paths over high mountain passes, with great views of the surrounding fells. A highlight is a visit to remote Wasdale Head, in the shadow of Scafell Pike, the highest mountain in England.

Why is the route known as the Inn Way to the Lake District? Because it is devised so that at each day the route passes a pub at lunchtime and there will always be one nearby – or you will be staying in one – at each overnight stop. There are many traditional Lakeland Inns to choose from, – so you can plan your trip looking forward to log fires, local ales and good food, often made with local produce.



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Summary

Why do this walk?

- A challenging circular walk encompassing the best the Lakes has to offer.
- Visit picturesque Lakeland villages and hamlets.
- Explore the dramatic and remote valleys of Ennerdale and Wasdale.
- Refresh yourself in some of the 40 traditional inns and pubs along the way!

Essential Info

Length	4 - 9 nights
Full Route Length	90 miles / 144 km
Shortest Break	40 miles / 64 km

Grade

Challenging



How Much Up & Down? Every day will involve at least one significant ascent. There are several climbs of over 500m, with over 700m of climbing on your last day, taking you to 802m on the summit of Swirl How.

Signposting: None. You will need to use your route description and map.

Navigation: The paths are well defined, but you will need to read a map and use

the route description. You spend some time on higher ground and may encounter mist and hill fog. While the footpaths the route follows are marked on the map, the route itself is not highlighted.

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. Remember you are spending time on higher ground, where it will be colder than in the valleys. Good clothing and waterproofs essential!

Route

Ambleside – Rosthwaite

Your first day begins in the popular tourist town of Ambleside. The trail takes you through Grasmere before climbing over Greenup Edge and descending into Rosthwaite. Most of the route is well maintained trails and bridleways – however the approach to Greenup Edge does include some boggy moorland. Descending Greenup Gill is quite steep and involves some pitched steps before picking up a clear path leading to Rosthwaite.

Rosthwaite – Braithwaite

After leaving Rosthwaite you ascend High Spy via Dale Head Tarn and proceed along

to Maiden Moor before dropping down into Little Town. After passing the Swinside Inn you then head up Stoneycroft path and pass between Barrow and Outerside before finishing in Braithwaite. This days walking is all on well-defined paths, however some sections, such as Stoneycroft path are rocky and uneven under foot.

Braithwaite – Buttermere

Leaving Braithwaite you follow Coledale Beck along an even path underneath Grisedale Pike. Once you cross Coledale Beck at the old mine the trail becomes steeper and rocky as you climb Coledale Hause, from where you follow Liza Beck down to the northern end of Crummock Water. You then follow the western shore of Crummock Water to the small settlement of Buttermere. Most of this section is on clear, well maintained trails, however the section over Coledale Hause is somewhat rocky under foot.

Buttermere – Boot

After walking along the shore of Buttermere you ascend Scarth Gap Pass and drop down into the Ennerdale valley before then climbing again and crossing Black Sail Pass and descending into the Wasdale valley. After leaving Wasdale you then cross Eskdale Fell passing the remote Burnmoor Lodge before following Whillan Beck into Boot. From Buttermere to



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Wasdale the trail is clear, stone tracks. After leaving Wasdale you are mainly on grassy tracks passing Burnmoor Tarn before picking up a stony trail into Boot.

Boot – Broughton-in-Furness

After briefly following the river Esk the trail then skirts around the side of Harter Fell and descends into Seathwaite before then climbing over the Dunnerdale Fells before reaching Broughton-in-Furness. This days walk includes a mixture of stony trails, grassy paths and walled tracks.

Broughton-in-Furness – Coniston

Leaving Broughton you head to east towards Coniston Water before then heading north and climbing the side of The Old Man of Coniston. You then descend into the charming village of Coniston.

Coniston – Ambleside

Immediately upon leaving Coniston you start the biggest climb of the walk to the top of Swirl How before then descending to Three Shire Stone then passing in the shadow of Pike of Blisco and into the Langdale Valley. From Langdale you walk down the valley, over the lower slopes of Loughrigg, and back into Ambleside.



Additional Days

Ambleside

Ambleside is a bustling Lakeland town, with charming shops and a wide choice of good cafes and restaurants. The small town is known for its landmark Bridge House and its connections with writers, poets and artists including Beatrix Potter. There are many short walks that can be enjoyed from here, or you can wander down to Waterhead and take a ride on one the Windermere "Steamers" on the lake.

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.

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 Public Transport: Train to Windermere, then bus to Ambleside (timetable in holiday pack) 15 min travel time.

By Road: From the South: From the M6 take the A65 (Junction35), then the A591 to Ambleside. About 30 minutes from the motorway.

From the North: From the M6 take the A66 (Junction 40), then the A591 to Ambleside. About 50 minutes from the motorway.

Returning:

By Public Transport: Travel by bus or taxi to Windermere (4 miles) for rail travel connecting with the west coast main line.

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 you 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!



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

We use a variety of accommodation, including small country house hotels, guest houses in market towns, bed and breakfasts in farm houses, country cottages and Victorian town houses. In selecting the accommodation we look for helpful, friendly hosts with good quality, characterful accommodation close to the trail. For example, over the course of your trip you might stay in a village inn, a bed and breakfast in a converted barn, a Victorian guest house, and in a Georgian hotel. Occasionally we may use a chain hotel.

Single Rooms

We are happy to book single rooms on this walk at a supplement, but can't normally book more than two 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. 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 Three waterproof 1:25000 OS 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 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 – 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.

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're 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.



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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're proud of our reputation for quality holidays in the Lake District. There are plenty of customer reviews on our Website but here are a couple of comments to give you a flavour:

Once again thank you for a very enjoyable holiday. We have walked in the Lake District for many years but this year, walking the Inn Way, have gained a new insight and perspective.

Very impressed by Mickledore's concern for our safe arrival back in Ambleside on the final day.

John Chatley, Northamptonshire UK

All accommodations and helpful information, services, etc., were perfect for first-time visitors from the U.S. like us. We've not encountered such "walking holiday" tours before here in the States, even though we've hiked here at home fairly extensively, and we now understand what a pleasure it is to experience a travel service such as yours.

Jamie Childs, Arkansas USA



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The Whole Inn Way to the Lake District

The Inn Way to the Lake District in 7 Days Walking Code: L18				The Inn Way to the Lake District in 8 Days Walking Code: L19		
		miles	km		miles	km
Day 1	Travel to Ambleside for your first night of accommodation			Travel to Ambleside for your first night of accommodation		
Day 2	Ambleside to Rosthwaite	12	19	Ambleside to Rosthwaite	12	19
Day 3	Rosthwaite to Braithwaite	12	19	Rosthwaite to Braithwaite	12	19
Day 4	Braithwaite to Buttermere	12	19	Braithwaite to Buttermere	12	19
Day 5	Buttermere to Boot	12	19	Buttermere to Boot	12	19
Day 6	Boot to Broughton in Furness	14	23	Boot to Broughton in Furness	14	23
Day 7	Broughton in Furness to Coniston	13	21	Broughton in Furness to Coniston	13	21
Day 8	Coniston to Ambleside	15	24	Coniston to Langdale	8	11
Day 9	Depart from Ambleside after breakfast			Langdale to Ambleside	7	13
Day 10				Depart from Ambleside after breakfast		

The Western Lakes				The Central Lakes		
The Western Lakes: Braithwaite to Coniston in 4 Days Walking				The Central Lakes: Coniston to Braithwaite in 3 Days		
		miles	km		miles	km
Day 1	Travel to Braithwaite for your first night of accommodation			Travel to Coniston for your first night of accommodation		
Day 2	Braithwaite to Buttermere	12	19	Coniston to Ambleside	15	24
Day 3	Buttermere to Boot	12	19	Ambleside to Rosthwaite	12	19
Day 4	Boot to Broughton in Furness	14	23	Rosthwaite to Braithwaite	12	19
Day 5	Broughton in Furness to Coniston	13	21	Depart from Braithwaite after breakfast		
Day 6	Depart from Coniston after breakfast					
Day 7						



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Booking Form

Contact Details

Address

Mobile Telephone..... Landline telephone.....

Email.....Emergency Contact no

Your Holiday

Holiday Code.....Holiday Name.....

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	Y/N	No. Double Rooms <input type="text"/>
Packed Lunches	Y/N	No. Twin Rooms <input type="text"/>
Off Street Parking	Y/N	No. Single Occupancy Rooms <input type="text"/>
Return Transfer required (additional charge)	Y/N	

Comments (special diets, other requirements etc):

Upon receipt of your booking form Mickledore will send by email a confirmation with the full price and 20% deposit cost required. You can pay by card or cheque (GBP only for cheque).

How did you hear about Mickledore Travel?



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