

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.

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	29 miles / 46 km

Grade

Moderate



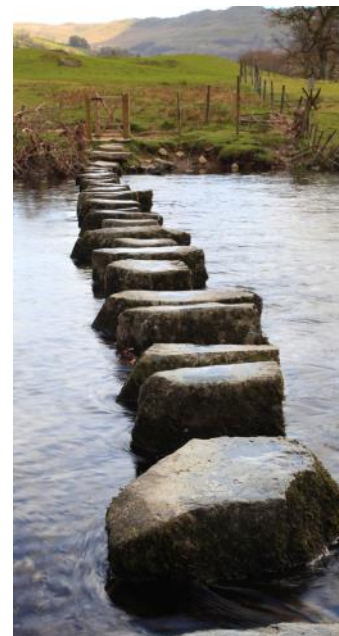
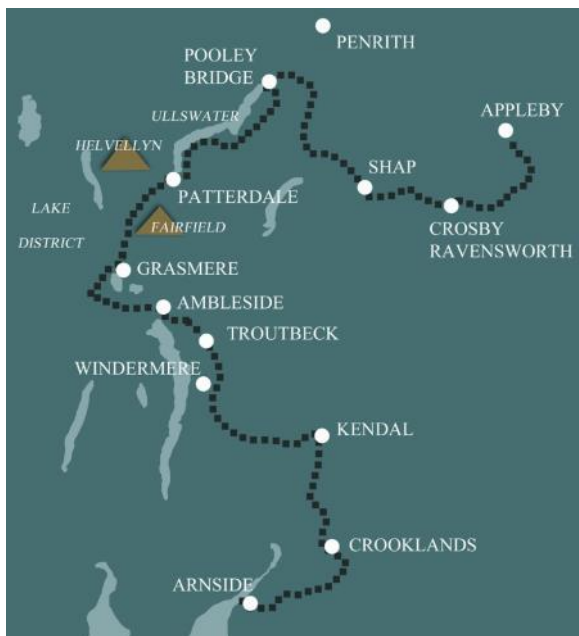
Terrain: Rolling hills and moorland, Lakeland fells, then the lowlands of South Cumbria.

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 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 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.



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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 *How to Book*

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 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.

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

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



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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 two 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 Unfortunately the guidebook for this route is out of print, so we have walked the route several times and can provide written notes to assist you.

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 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.

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 about £30 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 mickledore.co.uk



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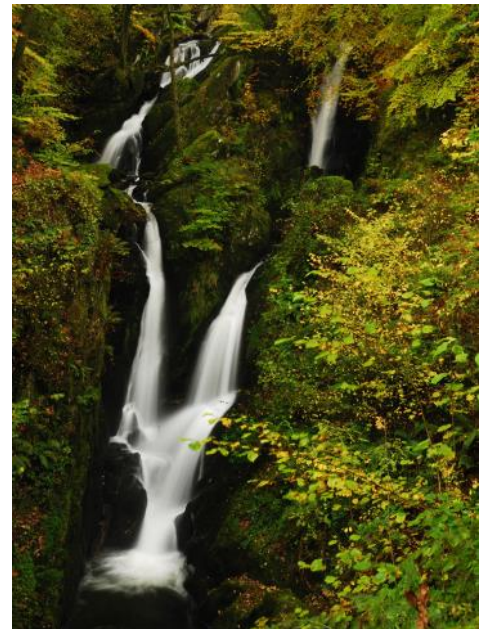


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About Mickledore

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.



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Book With Confidence Client Feedback

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.

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, New York, USA

"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, Odda, Norway

"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, Lincs, UK.



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Westmorland Way

Appleby to Arnside in 7 Days Walking Code: WW8				Appleby to Arnside in 8 Days Walking Code: WW9				Appleby to Arnside in 9 Days Walking Code: WW10			
		M	km		M	km		M	km		
Day 1	Travel to Appleby for your first night of accommodation			Travel to Appleby for your first night of accommodation			Travel to Appleby for your first night of 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	10	15	Crosby Ravensworth to Bampton Grange	10	15		
Day 4	Pooley Bridge to Patterdale	12	19	Bampton Grange to Pooley Bridge	10	15	Bampton Grange to Pooley Bridge	10	15		
Day 5	Patterdale to Grasmere	9	14	Pooley Bridge to Patterdale	12	19	Pooley Bridge to Patterdale	12	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	18	28	Troutbeck to Kendal	15	24	Troutbeck to Kendal	15	24		
Day 9	Depart from Arnside after breakfast			Kendal to Arnside	18	28	Kendal to Crooklands	8	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

Pooley Bridge to Ambleside in 3 Days Walking Code: WWH4			
		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 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

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	
Packed Lunches	Y/N No. Twin Rooms	
Off Street Parking	Y/N No. Single Occupancy Rooms	
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?