2012 – autumn edition
The Lake District, Cumbria is a region of incredible beauty famous for its stunning scenery, abundant wildlife and cultural heritage. The area is made up of scenic lakes and mountains, ancient woodland and forest, river valleys and some of the most stunning coastlines found in the North West of England. The area is popular with visitors who can enjoy a wide range of the finest quality accommodation and attractions you’ll find anywhere in England.

It is our mission at Cumbria Tourism to attract visitors to this outstanding visitor destination beauty and to let the rest of the world know what we have to offer.

meet the press office team...

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Glowing sunsets, crisp golden leaves, bountiful hedgerows, bonfire scented air and burning lanterns… Cumbria shines in the autumn and its spectacular landscapes are beautifully complemented by the season’s changes. Stunning scenery, lazy long walks, fabulous food, cosy accommodation and roaring log fires all await here, along with the following autumnal events…”

Georgian Olympics
Wordsworth House and Garden
Cockermouth
Dates throughout August and September
www.nationaltrust.org.uk/wordsworth-house/things-to-see-and-do/events/#iframeEvents

Mintfest
Kendal
31 August - 2 September 2012
www.lakesalive.org

Silloth Music & Beer Festival
Silloth
6 - 9 September 2012
www.sillothbeerfestival.co.uk

Heritage Open days: Lives in the Landscape
8 - 9 September 2012
www.livesinthelandscape.co.uk

Westmorland County Show
Milnthorpe
13 September 2012
www.westmorlandshow.co.uk

Mamma Mia at Brockhole
Windermere
14 September 2012
www.picniccinema.co.uk

Buttermere Triathlon
Buttermere
15 September 2012
www.highterrainevents.co.uk/18

The World Gurning Championships
Egremont
15 September 2012
www.egremontcrabfair.com

Ullswater Outdoor Festival
Ullswater
22 - 30 September
www.golakes.co.uk/adventure-capital/challenge-events-lake-district

Taste Cumbria Food Festival 2012
Cockermouth
29 - 30 September 2012
www.tastecumbria.com

Beer ‘n’ Bangers
Different locations in Cumbria
5 – 7 October 2012
www.beernbangers.com

The Great Northern Cheese Festival
Penrith
7 October 2012
www.rheged.com

Ullswater Red Deer Rut
Ullswater
11 - 14 October 2012
www.golakes.co.uk/thedms.aspx?dms=13&feature=1093&venue=5100360

Ennerdale Trail Run
Ennerdale
21 October 2012
www.highterrainevents.co.uk/17

Carlisle Beer Festival
Carlisle
1 - 3 November 2012
www.solwaycamra.org.uk/viewnode

Carlisle Blues and Rock Festival
Carlisle
9 - 11 November 2012
www.carlislebluesfestival.com

Biggest Liar Competition
Wasdale
15 November 2012
www.santonbridgeinn.com/liar

Carlisle Fire Show
Carlisle
3 November 2012
www.carlisle.gov.uk/community_and_living/events

Lakeland Trials
Honister Slate Mine
Honister
10 November 2012
www.honister.com

Ulverston Dickensian Festival
Ulverston
24 - 25 November 2012
www.dickensianfestival.co.uk

Christmas at the Castle
Muncaster Castle
Ravenglass
26 November - 23 December 2012
www.muncaster.co.uk
be afraid in the spook district...

- **Chilling Carlisle…**
  Ghost and Ghastly Story Tours...
  Carlisle Castle
  29 October - 2 November 2012
  www.english-heritage.org.uk/daysout/properties/carlisle-castle

- **Eerie Eden…**
  The Ghostly Galleon is returning...
  Ullswater Steamers – Halloween Spooktacular
  Penrith
  31 October 2012
  www.ullswater-steamers.co.uk

- **Alarming Allerdale…**
  Party with mummies, ghosts and pumpkins...
  The Trout Hotel
  Cockermouth
  31 October 2012
  www.trouthotel.co.uk

- **Batty Barrow…**
  Meet the wildest and scariest animals...
  South Lakes Wild Animal Park
  Dalton-in-Furness
  www.wildanimalpark.co.uk

- **Creepy Copeland…**
  Get spooked in a haunted castle...
  Halloween Week
  Muncaster Castle
  Ravenglass
  27 - 31 October 2012
  www.muncaster.co.uk

- **Scary South Lakes…**
  Ghost trains and gruesome ghouls...
  Lakeside & Haverthwaite Railway
  Windermere
  31 October 2012
  www.lakesiderailway.co.uk

october half term fun for all the family...

A spot of Glamping…
Holgates
Silverdale
www.holgates.co.uk

Become a chef for the day…
Little Cooks, Augill Castle
Kirkby Stephen
www.stayinacastle.co.uk

Enjoy a fairytale day out…
World of Beatrix Potter
Bowness-on-Windermere
www.hop-skip-jump.com

Explore history & become a weatherman…
The Beacon
Whitehaven
www.thebeacon-whitehaven.co.uk

Get lost in a maze…
Lakeland Maize Maze
Kendal
www.lakelandmaze.co.uk

It’s a village, but in a hill!
Rheged
Penrith
www.rheged.com

Meet the puppets…
Upfront Gallery and Puppet Theatre
Penrith
www.up-front.com

Explore mysterious water worlds…
Lakes Aquarium
Newby Bridge
www.lakesaquarium.co.uk

Choo Choo… All aboard!
Ravenglass & Eskdale Railway
Ravenglass
www.ravenglass-railway.co.uk

Forget the October weather…
Brockhole
Windermere
www.brockhole.co.uk

Set sail on Windermere…
Windermere Lake Cruises
Windermere
www.windermere-lakecruises.co.uk

Ride like the wind…
Eden Valley Riding Centre
Kirkby Stephen
www.edenvalleyridingcentre.com

Back to the 1920s…
Lakeland Motor Museum
Ulverston
www.lakelandmotormuseum.co.uk

Explore the Caribbean…
The Rum Story
Whitehaven
www.rumstory.co.uk

Enjoy the tale of Beatrix Potter…
Hill Top
Ambleside
www.nationaltrust.org.uk
The Lake District, Cumbria is the country’s biggest adventure playground and is breathtaking, in every sense of the word! Whether you are looking for a gentle stroll or a mountain scramble, a coastal cycle or a sporting challenge, this dramatic landscape of lakes, mountains, countryside and coast has something for everyone. Get away from it all and try something new… Find out more at www.golakes.co.uk/

adventure-capital

1. Mountain biking
The Lake District, Cumbria is one of the most exciting places in the World to come mountain biking. If you want to challenge yourself on England's highest peaks, enjoy an epic day out over endless miles of stunning countryside, or to journey for several days, barely touching tarmac, this is the place to visit. www.golakes.co.uk/onwheels

2. Ghyll Scrambling
Hands-on fun that makes a big splash! Without doubt, ghyll scrambling is one of the most exciting activities in the Lake District, Cumbria! Adventurers scramble over rock faces, wade through mountain streams, climb cascading waterfalls and experience places that most walkers and climbers will never see. www.golakes.co.uk/onropes

3. Go Ape in the Forest
Are you wild enough to climb 30ft up a rope ladder, Tarzan Swing into a giant rope net then zip wire through trees, crawl through tunnels and tackle high wire rope bridges? Yes...? You’re ready to Go Ape! Go Ape have created giant obstacle courses - ladders, walkways, bridges and tunnels made of wood, rope and super strong wire - in two of Cumbria’s forests, Grizedale and Whinlatter. www.goape.co.uk

4. Via Ferrata, Keswick
Honister Slate Mine’s Via Ferrata was a first for England and the Lake District, Cumbria. It allows the average person to climb further and higher than they ever thought possible! Don a hard hat and negotiate the craggy sheer cliff-face of Fleetwith Pike - the reward is uninterrupted views of the magnificent Buttermere, Crummock, Loweswater and across the Solway to Scotland. www.honister.com

5. Climbing
Famous as the birthplace of modern rock climbing, the Lake District, Cumbria is the perfect place to begin your climbing career. Indoor climbing walls provide the perfect starting point and it’s easy to progress to the outdoors with easy-access roadside crags. www.golakes.co.uk/onropes

6. Paddlesports
Get a fresh perspective on the amazing scenery of the adventure capital by exploring the many lakes and rivers by canoe or kayak. A great experience it can be as exciting or as relaxing as you want. So what are you waiting for? www.golakes.co.uk/onwater

7. Jennings Adventure Ale Trails
Combining stunning scenery, cosy accommodation, good food and real ale from Jennings, the Adventure Ales trails are one of the best ways to explore the Lake District, Cumbria. With 6 routes of 2, 3 and 4 days starting from towns and villages throughout Cumbria there is something for all abilities and appetites! www.golakes.co.uk/jennings

8. Open water swimming
Immerse yourself in the very thing that makes the Lake District, Cumbria famous – its water! Coniston Water, Derwentwater, Ullswater and Windermere are all navigable lakes which mean you can get out and explore in any of these waters. Not ready to go it alone? Take part in an organised swim like the UK’s largest open water swim, the Great North Swim, or Keswick Mountain Festival’s Derwentwater swim. www.golakes.co.uk/onwater

9. Walking and Cycling with Polartec
These walking and cycling routes from Polartec are designed to put you and your outdoor clothing to the test. Starting from towns and villages across Cumbria, the routes vary in length and difficulty meaning everyone from the novice rambler to the seasoned explorer can have a go! www.golakes.co.uk/polartec

10. Be challenged
The Lake District, Cumbria is the country’s biggest adventure playground and has an adrenaline fuelled calendar of inspirational outdoor events and exciting challenges every year - it’s the perfect way to embrace your adventurous side and it’s all set against one of England's most spectacular backdrops. www.golakes.co.uk/oncourse
Cumbria has an abundance of amazing ingredients unique to its very special landscape as well as Michelin stars, luxury accommodation and some unusual courses, taste your way around the county with our top ten of foodie things in Cumbria… Find out more at www.golakes.co.uk/do/food-and-drink

1. Taste Cumbria Food Festival 2012, Cockermouth
29 - 30 September 2012
Set in the heart of Cumbria, Cockermouth plays host to the annual food festival. It boasts a bustling traditional farmers’ market, demonstrations from celebrity chefs, along with the area’s very best culinary talent, informative master classes and workshops from Cumbrian food heroes. There is also live music and street entertainment, plus an interactive children’s area where they can learn about food production, simple recipes and healthy eating. www.tastecumbria.com

2. Agricultural Tourism
Cumbria’s link to Agriculture is key to our food industry. Upland farming is tough but brings the best quality results in terms of Cumbrian meat and dairy products; Herdwick Lamb, Game, Cheeses from Appleby Creamery, Thornby Moor, Wardhall dairy… to name a few. Visit Westmorland County Show in Milnthorpe every September to learn more. www.westmorlandshow.co.uk

3. L’Enclume, Cartmel
L’Enclume has quickly established itself as one of the premier restaurants in the UK under chef proprietor Simon Rogan. The Michelin Star restaurant, situated in Cartmel, prides itself on pushing the boundaries of cooking using the finest locally sourced ingredients complimented with wild herbs and flowers. www.lenclume.co.uk

4. Kendal College - Castle Dairy, Kendal
The Castle Dairy is a Grade I listed building which has undergone a major refurbishment as a restaurant/ patisserie and art gallery run by Kendal College. Staffed by Kendal College apprentices and watched over by chef Robert Stacey, the restaurant provides a unique experience in Kendal for anyone who is passionate about fine dining. www.castledairy.co.uk

5. Cask Ale
Cumbria has the largest number of microbreweries in the country. Do a Hawkshead or Jenning’s Brewery tour or find one of our unique brewery pubs and try a selection of the county’s finest. www.golakes.co.uk/do/food-and-drink

6. Overwater Hall - Winners of Taste of Cumbria 2012 Award, Ireby
Overwater Hall is an 18th century hall which stands in 18 acres of private grounds, surrounded by the Northern Lake District’s unspoilt beauty and the awe-inspiring backdrop of Skiddaw and the Uldale Fells. The elegant hall offers award-winning food, boasting a scrumptious menu, it’s the ideal place for an escape to peace, quiet and indulgence. www.overwaterhall.co.uk

7. Historic Food - Ivan Day, Penrith
This guy works with Heston + Gordon, to name but a few. There is nothing he doesn’t know about Cumbrian food and where it comes from. Historic Food offer a range of different courses to suit everyone’s taste. www.historicfood.com

8. Westmorland Services, Tebay
A home grown approach to motorway services. Since opening in 1972, Award winning Tebay Services has built a strong reputation for quality, individuality and are world renowned for serving fresh food made by its enthusiastic chefs using local produce. www.westmorland.com

9. The Cottage in the Wood, Keswick
This is a former 17th Century coaching inn situated in the tranquil heart of the Whinlatter forest near Keswick, in one of the most beautiful and dramatic areas of the Lake District national park, boasting Cumbria’s best kept secret—its menu! Local ingredients are a real feature on the menu and Liam, one of the owners, trained as a chef at The Savoy in London so the menu is promising. www.thecottageinthewood.co.uk

10. Sticky Toffee Pudding
This mouth-watering pudding is a Cumbrian classic. Consisting of a very moist sponge made with freshly chopped dates and covered in a rich, toffee sauce, it is a perfectly delicious treat for any time of the day. Visitors can decide which is their favourite recipe – take a trip to Sharrow Bay for a high class offering or buy a take home version from Cartmel Sticky Toffee Pudding Co. Ltd. www.sharrowbay.co.uk / www.cartmelvillageshop.co.uk
There’s so much to keep everyone occupied that you’ll always be entertained in Cumbria. Whether you’re interested in old or new, our culture and heritage will help you refuel your imagination and restore your inspiration… Find out more at www.golakes.co.uk/culture

1. **Brewery Arts Centre, Kendal**
The Brewery Arts Centre is a multi-purpose complex housing a theatre, cinema, music venue, and bars, restaurant and a gallery. A diverse programme includes dance, comedy, literary events, drama, live gigs, and the latest films. [www.breweryarts.co.uk](http://www.breweryarts.co.uk)

2. **Grizedale Sculpture Trail, Grizedale**
Home to the largest collection of site-specific art in the environment in the UK, Grizedale Forest holds over 60 permanently sited artworks created by leading international artists in response to the landscape. Created over the past 30 years, Grizedale Sculpture is the first collection of its kind in the UK. [www.grizedalesculpture.org](http://www.grizedalesculpture.org)

3. **Abbot Hall, Kendal**
Meander through the gallery rooms of Abbot Hall for a tranquil and uplifting experience. The autumn programme includes an exhibition by Hughie O’Donoghue, one of the most ambitious artists working in the UK today. The gallery also has an innovative programme of activities, events and displays from its own extensive permanent collection - including a display of works by Kurt Schwitters shown alongside Helen Petts’ poetic and inspirational film. [www.abbothall.org.uk](http://www.abbothall.org.uk)

4. **Blackwell Arts and Crafts, Windermere**
Blackwell is one of England’s most important surviving houses from the turn of the 20th century. Designed by M. H. Baillie Scott between 1898 and 1900, it is a superb example of Arts and Crafts movement architecture. The house is a wonderful combination of architecture, craft and the applied arts. [www.blackwell.org.uk](http://www.blackwell.org.uk)

5. **The Old Laundry Theatre, Bowness-on-Windermere**
The Old Laundry hosts a lively annual season of music, theatre, comedy and film from August until December. The season includes Shakespeare Globe’s new touring production of Hamlet, from Tuesday 14 to Friday 17 August in the spectacular lakeside setting at Storrs Hall and in the theatre: The Hired Man, Bowness Theatre Festival’s own production of Melvyn Bragg’s Cumbrian Musical in September and Alan Ayckbourn’s newest play, Surprises, from the Stephen Joseph Theatre in November. [www.oldlaundrytheatre.co.uk](http://www.oldlaundrytheatre.co.uk)

6. **Lowther Castle and Gardens, Penrith**
Lowther is a truly lost garden, of which only traces remain in the ghostly remnants of follies and temples, flights of grand stone steps that now lead to and from nowhere, and stone-built features transformed into peculiar creatures through the accretion of years of moss. A conservation team is hard at work and it will take them 20 to 25 years to fully restore it. [www.lowther.co.uk](http://www.lowther.co.uk)

7. **Brantwood, Coniston**
The former home of John Ruskin is home to a stunning diversity of flora and fauna including ancient semi-natural woodlands which make up half of the 250 acre estate. Elsewhere the estate ranges from lakeshore meadows to high open fell, with eight unique and beautiful gardens to explore. [www.brantwood.org.uk](http://www.brantwood.org.uk)

8. **Farfield Mill Arts and Heritage Centre, Sedbergh**
Discover this unique Arts and Heritage Centre set in the midst of the inspirational Howgills. Spacious galleries displaying quality art and crafts, resident artists’ studios, heritage displays, original working looms, changing exhibitions, riverside tearoom – all complemented by this interesting historic building. [www.farfieldmill.org](http://www.farfieldmill.org)

9. **Theatre by the Lake, Keswick**
Situated at the side of Derwentwater, the Daily Express claimed ‘There is surely no lovelier nor more dramatic setting for a theatre in Britain’. As well as hosting a wide range of visiting drama, music, dance, talks, comedy and film, the theatre also offers a summer season of 6 eclectic plays, a Christmas show and an Easter production. [www.theatrebythelake.com](http://www.theatrebythelake.com)

10. **Zeffirellis, Ambleside**
For delicious food, the latest films and contemporary jazz performances couples should head to Zeffirellis cinema, restaurant and jazz bar. Live jazz music can be enjoyed on Fridays and Saturdays in the relaxed café bar and nearly all performances are free. Visitors can indulge in its very own ‘vegeterranean’ restaurant ‘Fellinis’ for a wonderful choice of food and drink. [www.zeffirellis.com](http://www.zeffirellis.com)
New openings in Cumbria...

- **The Leathes Head Hotel, Borrowdale**
  With superb views across the valley and easy access to Keswick, this is the perfect place for a relaxing short break. The Leathes Head Hotel offers affordable accommodation in Borrowdale, where the Lakeland scenery is at its absolute best. The entire Borrowdale valley is ringed by glorious fells known and loved by seasoned walkers. Lake cruises, water sports, mountain biking trails and plenty of other Lake District activities are all within easy reach of the hotel. [www.leatheshead.co.uk](http://www.leatheshead.co.uk)

- **Daffodil Hotel and Spa, Grasmere**
  The Daffodil Hotel and Spa is set to re-open this summer after a multi-million pound extension and refurbishment. The 80-room hotel has had 45,000sq.ft building added to the original 27,000sq.ft hotel, creating up to 70 full and part-time jobs. The Daffodil is situated on the edge of Grasmere, offering lake views, wedding and function facilities and a spa and health facility. It will re-open as a four to five-star property in August. [www.daffodilhotel.co.uk](http://www.daffodilhotel.co.uk)

- **Askham Hall, Askham**
  In the picturesque village of Askham, the beautiful gardens and a new café at Askham Hall have opened their doors to the public. Just a couple of miles from Penrith, visitors are now able to enjoy Askham Hall’s twelve-acres of gardens, visit their animals and relax in the Kitchen Garden Café. [www.askhamhall.co.uk](http://www.askhamhall.co.uk)

- **Tree Top Treks, Windermere**
  A brand new treetop adventure park set on the shores of Windermere. [www.treetoptrek.co.uk](http://www.treetoptrek.co.uk)

- **Windermere Marina**
  A £3.5 million project to create 21st century visitor facilities at Windermere Marina Village has been hailed as another “landmark” investment in the Lake District tourism industry in the space of a month. Windermere Marina Village – the largest marina in the whole of the North - has inked a major deal with the award-winning Barrow-based Leck Construction Limited to undertake an ambitious modernisation of the Marina resort. [www.wmv.co.uk](http://www.wmv.co.uk)

- **Lowther Castle and Its Hidden Gardens, Penrith**
  A major restoration project has begun and visitors can see the conservation and restoration team in action. [www.lowthercastle.org](http://www.lowthercastle.org)

- **Via Ferrata Xtreme , Keswick**
  A brand new HIGH OCTANE mountain adventure experience nine times higher than The BIG One rollercoaster. [www.honister.com](http://www.honister.com)

- **Carus Green Golf Club and Driving Range, Kendal**
  Opened its new multi-million pound Clubhouse at the end of last year. Great new venue for members and non-members boasting fantastic new facility for golfers with a popular new bar and restaurant, as well as a function room for hire for weddings and meetings. [www.carusgreen.co.uk](http://www.carusgreen.co.uk)

- **Luxury 5 star boutique hotel for the Lake District, Langdale**
  Construction is currently underway for a spectacular new property in the heart of the Langdale Valley, due to open in Spring 2013. The hotel development, named ‘Brimstone’, will be a collection of sixteen stunning new suites at Langdale Hotel and Spa. [www.langdale.co.uk](http://www.langdale.co.uk)