



Three hours from London Euston,
two hours from Glasgow,
under an hour and a half from Manchester...

The Lake District, Cumbria, is an easy retreat to escape to, with something to do to suit everyone of any age.

Each year England's most beautiful county wakes from its winter slumber, as the snow and ice melt and you know spring is in the air in this stunning landscape.

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lake district news spring walks...

spring edition 2012

Acorn Bank Garden and Watermill Temple Sowerby, Nr Penrith

A delightful walled garden displaying spectacular roses, shrubs and herbaceous borders. Its herb garden has the largest collection of medicinal and culinary herbs in the North, along with sheltered orchards and fruit trees.

www.golakes.co.uk



Brantwood, Coniston

The former home of John Ruskin represents spring time in Cumbria perfectly. It 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. A truly beautiful and fresh spring time walk.

www.brantwood.org.uk



Holker Hall and Gardens Cark-in-Cartmel, Grange-over-Sands

25 acres of formal and woodland gardens with rare trees, shrubs and a limestone cascade. The Good Gardens Guide says Holker is “amongst the best in the world for design and content – it is an oasis of peace and tranquillity”. 2012 sees the 20th year of The Holker Festival celebrating the best of gardens, countryside and food and is set to be the biggest and best yet.

www.holker-hall.co.uk



Rydal Mount, Ambleside

Wordsworth was a keen landscape gardener and the four acre garden remains very much as he designed it. There are rare shrubs and, in season, the daffodils, bluebells and rhododendrons produce a spectacular display of colour. Spring is the perfect time for a stroll around the gardens to enjoy them at their very best as things just begin to bloom.

www.rydalmount.co.uk

Lowther Castle and Gardens

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 will take them 20 to 25 years to fully restore it. Come and see them at work and witness spring alive in this magical setting.

www.lowther.co.uk



lake district news mother's day treats...

spring edition 2012

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01539 825052

Posh Nosh hits the spot at the Sun Inn

A five-star Cumbrian Inn is hosting an exclusive foodie event in honour of Mother's Day 2012, providing the perfect antidote for frazzled mothers in need of some time out. On 12th March 2012, the award-winning Sun Inn in Kirkby Lonsdale will be holding its exclusive 'Posh Nosh' event, taking diners on a four-course journey in to the culinary delights of New Zealand. www.sun-inn.info

Cream tea and a cruise with Ullswater Steamers

Treat your mum to a cream tea and a cruise. A round the lake trip on board the 'Steamers' and a cream tea at Dalemain Mansion. Gift vouchers available online at £15 per head - valid for three months.

www.ullswater-steamers.co.uk/

Feel like a princess at the cinema

Whether whiling away a sleepy Sunday afternoon or providing the children with a temporary distraction in order for parents to enjoy a leisurely breakfast together, the brand new cinema room of Augill Castle perfectly compliments the castle's unique and ultra-relaxing home-from-home ethos. Boasting fairytale turrets and towers, roaring log fires and 15 acres of beautiful private grounds, Augill makes a magical break for all mother's.

www.stayinacastle.com

A lakeside picnic at Storrs Hall

Storrs Hall on the shores of Windermere is renowned for its Ultimate Picnic. Priced at £1566.60 for two people it's a feast of some of the best ingredients in the world...Loch Fyne Oysters, Beluga Caviar, British Rare White Beef...There are seven 'platters' in total, finishing with a dessert selection which includes exotic fruit trifle with gold leaf vairhona chocolate shavings and accompanied with good wine and Cristal champagne. For those who can't quite stretch to this but still want to give a Mother's Day treat, Storrs Hall can also offer picnic hampers priced at £25 and £30 per head. www.elh.co.uk



Relax and soak up a SPA day at Rothay Garden Hotel

With the brand new Riverside Spa at Rothay Garden Hotel, mother's can sit back and relax with amazing floor-to-ceiling windows that allow you to enjoy the beautiful views of the surrounding fells in Grasmere.

www.rothaygarden.com



Take your mum to the circus... if she's brave enough!

The Circus of Horrors is back rockin' and shockin' with their fangtastic new show. The sensational new show, the Ventriloquist, takes you on a whirlwind journey through 1921 Berlin. With a brilliant and awe-inspiring cast, The Circus of Horrors features some of the greatest, most bizarre and beautiful circus acts on earth. Without a doubt, the Ventriloquist is the most sinister and sensational Circus of Horrors show to date, so only take mothers who do not scare easily!

www.theforumbarrow.co.uk



lake district news easter escapades...

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Meet the real Easter Bunny at Walby Farm Park

The award-winning Walby Farm Park, near Carlisle, Cumbria, is celebrating Easter 2012 with a special guest appearance of none other than the Easter Bunny himself. In addition to the farm's usual great attractions, visitors to the farm over Easter will be able to take part in Walby's annual Easter egg hunt, offering chocolate-seekers an exciting and challenging route around the farm's pretty nature trail, adventure playground and the animal barn.

www.walbyfarmpark.co.uk

Eggtastic fun! Ravenglass and Eskdale Railway 31st March—15th April, 2012

Eggtastic fun with La'al Ratty! Join in with Ratty and his line quiz and you could win a prize. It is also the launch of Ratty's Kids Club; so if you love the railway, want to find out the latest goings-ons, win prizes and get fantastic offers - now is the time to join!

www.ravenglass-railway.co.uk



Little Red... you know who! Theatre by the Lake March 2012

Freehand Theatre return to take a well-known traditional story and create a spell-binding play for young children that follows a magical path through the woods. Join them on a memorable and reassuring journey with its delightful use of puppetry, colour and specially composed music. Suitable for ages 3 - 7. www.theatrebythelake.co.uk

The Great Peter Rabbit Easter Egg Hunt 5th—9th April 2012

Join in the annual Easter fun with Peter Rabbit and hunt for his special eggs throughout Cumbria. This year there are 110 eggs to be found to celebrate Peter Rabbit's 110th birthday. 2012 is also the centenary year of 'The Tale of Mr Tod'. If that wasn't enough, why not spend Easter with the world's most famous bunny? Peter Rabbit is having a tea party on the 15th April and everyone's invited! www.hop-skip-jump.com



Fell Foot Park, Newby Bridge

A trip to Windermere would not be complete without experiencing the breathtaking views from Fell Foot Park, which was recently named as one of Britain's best picnic spots. Children will love the adventure playground and the unspoilt natural beauty that can be found at this Victorian country park. www.nationaltrust.org.uk/main/w-fellfootpark

Flutter off for a butterfly friendly Easter escape at Holgates

As the Easter holidays approach, award winning Cumbrian holiday park, Holgates is offering something extra special for families looking to make the most of England's glorious spring time. Easter visitors to Holgates Silverdale Park, recently voted 'England and Overall AA Campsite of the Year', will be amongst the first to see some of the UK's rarest butterflies emerging after the cold winter, whilst enjoying an array of Easter events in an unspoilt area of outstanding natural beauty. There will also be Holgates annual Easter Egg hunt for everyone to enjoy!

www.holgates.co.uk



lake district news events not to miss...

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Way of the Warrior: Epic Movie Arms and Armour, 14th January - 19th March 2012, Tullie House Museum and Art Gallery

Way of the Warrior is a visually stunning, touring exhibition of movie arms and armour, used in epic historical blockbuster movies. The exhibition will include 11 full warrior costumes containing 'screen used' props from some of the biggest historical movies including; Gladiator, Alexander, King Arthur, Centurion, Kingdom of Heaven, and The Last Samurai.

www.tulliehouse.co.uk/way-warrior-epic-movie-arms-and-armour



Keswick Film Festival 23rd—26th February 2012

Only at Keswick Film Festival can you choose from an exciting and original mix of 30 UK and international films, previews and UK premieres and experience the stunning views of the Lake District all in one weekend. www.keswickfilmclub.org

Western Lake District KiteFest 2012 12th - 13th May 2012, Wilson Park, Haverigg, Cumbria.

Land based kite display teams from across northern England will descend upon the coastal village of Haverigg for two full days of displays. Specialist kite display teams with professional commentary, a public kite flying area, kite making workshops and a teddy bear parachute drop all situated adjacent to the award-winning beach at Haverigg. www.kite-fest.co.uk

Arts and Book Festival 2012 20th—22nd January 2012, The Wordsworth Trust Dove Cottage

This three day Arts and Book festival will feature guest speakers all weekend including John Murray discussing the major exhibition a 'Tour of the English Lakes with Thomas Gray and Joseph Farington', which is starting on 4th May 2012 and running until 15th April 2013 at Dove Cottage. www.wordsworth.org.uk

From Maryport to the Titanic 2012 24th March - 12th May 2012, Maryport Maritime Museum at the Wave Centre

2012 also sees the 100th Anniversary of the launch of the Titanic and to mark the world famous ship's connections to the area, the Maryport Maritime Museum in conjunction with the Wave is hosting a unique exhibition, starting in March and running until May, featuring original artefacts from the time and items from the ship, alongside costumes from the internationally renowned film by James Cameron.

www.thewavemaryport.co.uk

Brewery Arts Centre Comedy Festival 23rd—27th May 2012

Tickle your funny bone at Kendal's cultural hub, Brewery Arts Centre as it will be showcasing the crème de la crème of the comedy world during its renowned 'Free range' comedy Festival. It takes place all over the Lake District between 23rd to 27th May and will see comic acts take to the fells, woods, gardens and allotments in a comedy festival unlike anything else you may have seen before.

www.breweryarts.co.uk

lake district news trim the tummy for summer...

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Go for a walk...

The Lake District is a walker's paradise but you don't have to tramp up England's highest mountain to bag a good view. To download walking guides go to www.golakes.co.uk

Get active AND do something worthwhile...

Give your extra hour to someone else by volunteering for a good cause. Fix the Fells and the National Trust are always looking for people to help them keep Cumbria beautiful. You'll get out in the fresh air, burn off a few calories, meet different people and can sleep sound in your bed that night, tired and happy that you have contributed to maintaining the spectacular Lake District landscape. www.fixthefells.co.uk

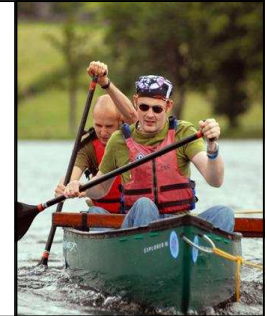
Get on your bike...

Another good thing about all the hills in the Lake District is that you can cycle down many of them! Cumbria is home to thousands, yes thousands of different cycle routes depending on your type of bike, and many of them are of the off-road variety in forests, woods, and open countryside. You can hire bikes, find out about providers, routes, maps, guided rides, rental centres and much more by going to www.golakes.co.uk/adventure-capital/cycling-lake-district

Go Gorge Scrambling...

It doesn't sound all that logical but walking up a mountain river sure is a lot of fun and burns a lot of calories! An opportunity to climb up waterfalls and dive into rock pools. What's more, trips are organised for most abilities and it's up to you just how wet and daring you get. Rain or shine, guaranteed thrill factor.

www.lakesactivities.co.uk/activitiesgroup/adventure



Go to the beach...

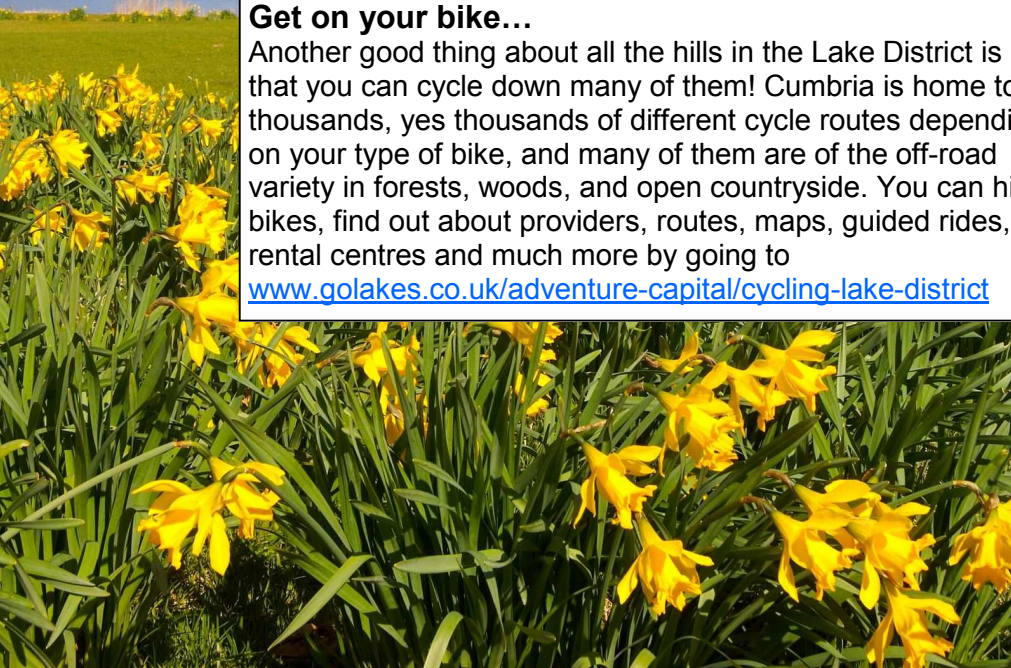
There's more to the Adventure Capital than lakes and fells. There is a stunning, peaceful coastline too. Venture out of the central honey-pot areas to escape the crowds for some quiet cycling and walking or even horse riding on the beaches. Kayakers and kite-surfers will find loads of empty beaches and quiet shorelines to get out for more of an adrenaline rush.

www.western-lakedistrict.co.uk



Go Ape...

Enjoy a forest like never before by taking part in this high adventure assault course up to 60 feet off the ground as you negotiate the tree tops of Whinlatter Forest. You will tackle a series of breath-taking zip-wires, hair-raising Tarzan swings and wobbly rope bridges in two-hours of adrenaline-soaked fun. Definitely not one for the faint-hearted. www.goape.co.uk



lake district news news around cumbria...

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The Whitehaven Diamond Jubilee Inventors Competition

To celebrate the Diamond Jubilee of Her Majesty the Queen, the Whitehaven Festival Co and main backers, Britain's Energy Coast are delighted to announce the Diamond Jubilee Inventors Competition. It's open to all new inventions which in a nutshell means anything not yet in production. The Prize is a whopping £10k with no strings attached to it so the winner can invest it in his or her business idea or use it to pay the costs of getting an idea patented and trialed.

www.thewhitehavenfestival.co.uk

Taste Cumbria Food Festival

It has been announced that the Taste Cumbria food festival will take place on the **22nd—23rd September 2012**. Set in the heart of Cumbria, Cockermouth plays host to the annual food festival, which boasts bustling traditional farmers' markets, demonstrations from celebrity chefs, along with the area's very best culinary talent, informative master classes and workshops from Cumbrian food heroes, 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

Brand new Clockwork Forest at Grizedale

A series of interactive sensory installations has been launched as part of the first phase of the reinvigoration of the sculpture programme at Grizedale Forest - the UK's first forest for sculpture. The Clockwork Forest has been developed for the Ridding Wood Trail, the most popular walking trail within Grizedale due to its accessibility to all. www.grizedalesculpture.org

Theatre by the Lake announces line up

Theatre by the Lake in Keswick has unveiled its 2012 programme of plays that includes Artistic Director Ian Forrest's usual mix of the classic, the contemporary, the uproarious and the challenging. Find out the programme by visiting www.theatrebythelake.com.

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Abbott Hall celebrates 50 years with Turner exhibition

Abbot Hall Art Gallery, Kendal, Cumbria, will be exhibiting more than 40 outstanding works from the magnificent Turner and his Contemporaries: The Hickman Bacon Watercolour Collection assembled almost one hundred years ago from **12th January—14th April 2012**. Abbot Hall, which itself possesses a fine collection of Lake District watercolours, is a fitting venue for what promises to be a beautiful and inspiring show.

www.abbothall.org.uk

Brewery Arts Centre celebrates its 40th Anniversary—September 2012

There's always plenty going on at the Brewery but the cultural hub is currently preparing for some rather large milestone events. As if a beer flavoured pizza was not enough, Kendal's Brewery Arts Centre will be celebrating its 40th birthday in September 2012 and it's going to be a big one! www.breweryarts.co.uk

Ireby Festival is back again this June

The popular annual festival is back for an even better fun filled weekend on the 1st—2nd June 2012. With merely 150 inhabitants and just one local pub, the small picturesque farming village of Ireby creates an unforgettable and unique atmosphere at its yearly music festival.

www.irebyfestival.co.uk