



Useful information

Grizedale by car: Grizedale Forest is signposted from Hawkshead B5285 and the A590 at Havorthwaite. Car parking is available on site for a fee.

Grizedale by public transport: The nearest train station is Windermere. Then head to Bowness to take advantage of the Cross Lakes Experience and travel by cruise and coach to Grizedale.

This service is seasonal so please call Mountain Goat on 015394 45161 to check details before travelling.

Grizedale
Grizedale nestles in the heart of the Lake District, Cumbria between lakes Windermere and Coniston. Activities range from gentle walks to leisurely capuccinos in the cafe to swinging through the trees on Go Ape! and exhilarating mountain bike rides.

Grizedale Visitor Centre
Tel: 01229 860010
Email: grizedale@forestry.gsi.gov.uk
www.forestry.gov.uk/grizedale

Where to get on in the adventure capital

on foot on wheels on ropes on water on course on wheels

pedal or paddle, hike or climb, conquer your competitive spirit or just get out there and enjoy the lake district, cumbria your next adventure destination

www.golakes.co.uk/adventure

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Cumbria Tourism
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England

Grizedale
adventurecapital
the lake district
Cumbria

signs of adventure
on foot on wheels

Signs of Adventure at Grizedale Forest

Welcome to the Adventure Capital UK, the Lake District, Cumbria. Famous for its stunning landscapes of lakes and fells the country's biggest adventure playground is breathtaking in every sense of the word!

Most road signs tell people what can't be done or warn of danger. The ones in Grizedale Forest are very different! See some or all of the 13 road signs by following the Grizedale Trails on foot or bike using the existing network of trails.



Signs of Adventure and the Trail

Recently a series of unusual road signs were spotted in some of the Lake District and Cumbria's most iconic landscapes.

After some investigation it was found that Cumbria Tourism and daredevil Lake District rock climber Leo Houlding had photographed the signs to remind people what they could do in the Adventure Capital UK, the Lake District and Cumbria.

Leo said: "All of us obey road signs on a daily basis and these signs are about reminding people what they can do in Cumbria's higher, wilder places. We want to encourage people to come to the Adventure Capital of the UK and embrace our landscape because it's good for mind, body and spirit."

These signs are now hidden around Grizedale Forest, use the map to find all 13 signs and take in views of some of the most beautiful scenery in the Lake District.

www.golakes.co.uk/signsofadventure

Design a Sign Competition

Feeling inspired and creative? - then can you design a new "sign of adventure" perhaps it is a twist on an existing sign or something completely new, sketch your design here and either post it back or drop it in at the Grizedale Shop. The winning sign will be made into a real sign and added to the "adventure signs trail" here in Grizedale ready for next summer.

Name: _____
Telephone Number: _____
Email Address: _____
Date of birth: _____

Return to the Grizedale Shop or post to "Adventure Signs Competition" Cumbria Tourism, Windermere Road, Staveley, Kendal, LA8 9PL.

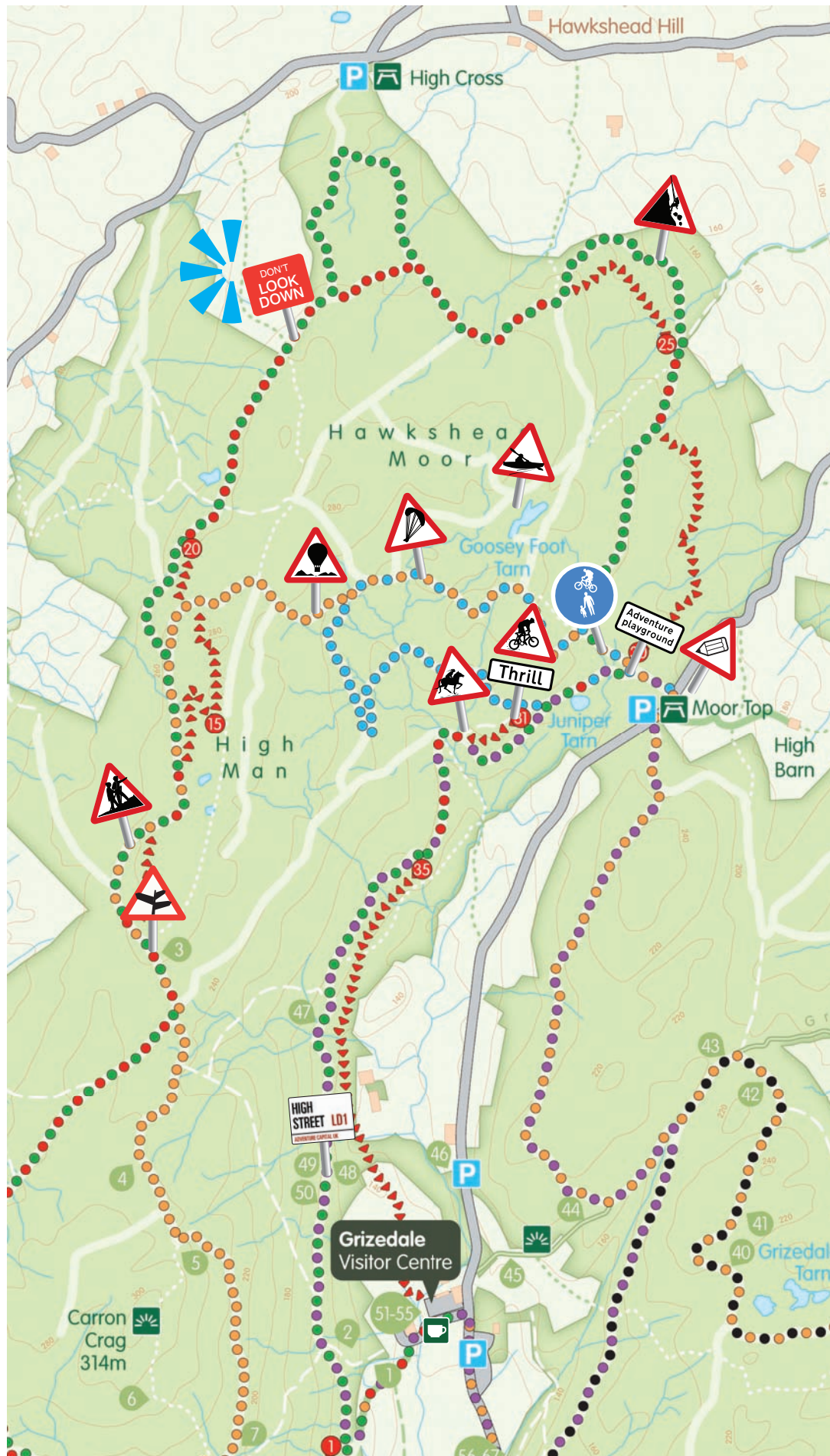
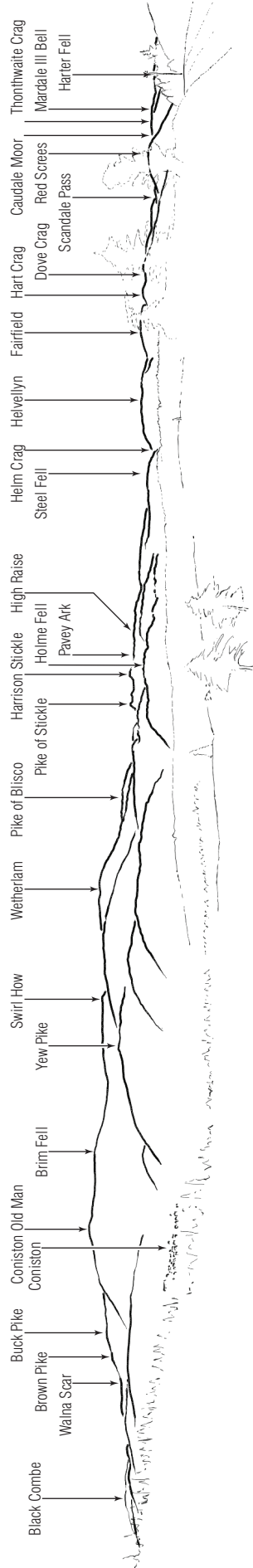
Deadline for entries 31st January 2011.
For terms and conditions see www.golakes.co.uk/signsofadventure

Tick this box if you do not wish to receive further information from Cumbria Tourism or The Forestry Commission.



signs of adventure

the Lake District panorama from the - 'don't look down' sign







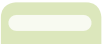



how many signs of adventure can you find?

-  **spaghetti junction**
Ignore the directions of the signs and keep on going.
-  **not just elderly people**
That's right... we mean Coniston Old Man! There is more to the Adventure Capital than fell walking. Want a change? Try mountain biking, climbing, horse riding or even a hot air balloon for a different view of the Lakes.
-  **don't look down**
And why would you? With countless walks, scrambles and climbs in the Adventure Capital the possibilities are endless. Admire the panorama, familiarise yourself with the fell names and choose which one to explore!
-  **climbing**
Known as the birthplace of modern rock climbing following Walter Parry Haskett Smith's daring ascent of Napes Needle in 1884 the Adventure Capital is home to some classic climbs.
-  **mountain biking**
Hours can be spent exploring the network of trails and bridleways that cover the Adventure Capital. A perfect place to start is Grizedale's very own The North Face Trail.
-  **adventure playground**
The natural features that make the Lake District scenery so stunning also make it a brilliant natural adventure playground. Conquer the fells, scale the crags, hit the trails and paddle or swim the Lakes that make it famous.
-  **paddling**
Have a dabble with a paddle for a different perspective on the Lake District's famous landscapes.
-  **paragliding**
Get a bird's eye view of this amazing county as you soar above fells, valleys, lakes and crags.
-  **hot air balloon**
Take to the skies and relax while getting a different view of what's going on in the Adventure Capital.
-  **horse riding**
Forest tracks, bridleways and beaches, there's lots to explore. In fact many of the most popular tourist trails go along old pack horse routes and Victorian tourist trails designed with horses in mind.
-  **thrill**
Climbing, mountain biking, scrambling, paragliding or even just a good old fashioned map and compass adventure there is something for thrill seekers of every persuasion in the Adventure Capital.
-  **artists at work**
Design your own sign and enter our competition overleaf - see your sign in the forest.
-  **high street**
With around 2,225 miles of footpaths, including the famous 'High Street', you can spend a lifetime exploring the Adventure Capital.

Follow the Forest Code

- Guard against all risks of fire
- Protect and respect wildlife, plants and trees
- Keep dogs under control
- Take your litter home
- Respect the quiet of the forest
- Take only memories away

Key

-  Cafe
-  Picnic area
-  Viewpoint
-  Sculptures
-  Forest track
-  Bridleway
-  Footpath
-  numbered posts

