



children today trek the lake district

**genuine
active
experiences**

GRADE:



Thank you for your interest in our Children Today Trek The Lake District Challenge. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

TRIP NAME:	CHILDREN TODAY TREK THE LAKE DISTRICT
TRIP CODE:	SOG6928
TRIP DURATION:	6 DAYS
GRADE TEXT:	MODERATE TO CHALLENGING - 4
ACTIVITY:	GUIDED WALKING
ACCOMMODATION:	5 NIGHTS HOTEL
DATE DETAILS:	→ 2021 16 SEP - 21 SEP

highlights

- Centre based walking challenge
- Classic English landscapes of the Lake District
- Based in the vibrant market town of Keswick
- Interesting peaks and viewpoints
- Boat rides on the Derwent Water
- Waterfalls & woodlands

the trip

Keswick is a bustling market town established in 1276 located in the north of the English Lake District and dubbed the adventure capital of the UK. Beatrix Potter found the inspiration of several of her books here and other famous visitors before you are the Romantic poets Southey, Coleridge and Wordsworth. It is here, right at the heart of Cumbria, that we have found for you the perfect guesthouse to use as a base for a series of scenic walks. Most of them circular, they offer a wide range of easier as well as harder options to explore the surrounding fells and Derwentwater Lake. Highlights of walking in this part of the Lake District include the classic English landscapes, unforgettable viewpoints and attractive woodlands & waterfalls. Plan your visit during the annual, family friendly Keswick Mountain Festival for a mix of outdoor activities and live music. And if, for whatever reason, you or some of your fellow walkers would like to take a rest for a day, there's a lot to see and enjoy in this pretty town. In the evenings, try local Cumbrian specialties such as Cumberland sausage or Tattie Pot (a rich stew including black pudding) or opt for an international meal as there is no shortage of choice.





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itinerary at a glance

Day 1	Thursday, 16 September, Arrive Keswick, in the English Lake District
Day 2	Friday, 17 September, Walk around Derwentwater 17.3 km / 10.7 miles, 4-5 hours
Day 3	Saturday, 18 September, The Newlands Horseshoe 18 km / 11.1 miles 6-7 hours
Day 4	Sunday, 19 September, Castlerigg Stone Circle and St. John's in the Vale, 21.6km /13.4 miles, 5-6 hours
Day 5	Monday, 20 September, Ascent of Scafell Pike with Simon Yates, 16km / 10 miles 6-7 hours
Day 6	Tuesday, 21 September, Arrangements end after breakfast

detailed itinerary

Note: With this centre based itinerary, we can choose the most appropriate in relation to the weather and your interests and abilities. You can save the longest and hardest walks for the days with the best weather. The Lake District can experience bad weather at any time of the year including torrential rain and low cloud. Please make sure that you are fully prepared for such conditions with layered clothing, water proof top and trousers, and a good pair of boots. Trails underfoot can be rough.

DAY 1 Thursday, 16 September, Arrive Keswick, in the English Lake District

Make your own way to Keswick located at the centre of the northern lakes and sits in a splendid situation between the shores of Derwent Water and the bulking peak called Skiddaw. It's a bustling market town with agricultural and industrial heritage centres around the old Moot Hall, an old court house and jail which is now a tourist office. It is full of outdoor shops, eateries, an old cinema, a theatre and a pencil museum as graphite was originally discovered up on the fells above and used for marking sheep! There is quite a lot to see and do even on wet days including boat trips, and of course a wide variety of pubs to frequent. This evening you will meet the rest of your group and your leader, John Millen. This evening we shall enjoy a 2 course dinner at the hotel followed by a trip briefing where you can ask John any questions you may have.

Accommodation: Keswick for 5 nights at The Crow Park Hotel with free parking on site. The hotel is well located a few minutes walk from the centre of town.

meals: D

DAY 2 Friday, 17 September, Walk around Derwentwater 17.3 km / 10.7 miles, 4-5 hours

This walk can be done in most weather conditions, and takes you on a complete perambulation around Derwent Water. The walk can be reduced in length by taking a ferry to one of several points upon the lake. The walk undulates around the side of the water and also follows sections of road where the path does not have direct access to the lake. On the way you should notice the beautiful sculpture of the Centenary Stone in the water. A short diversion takes you to the spectacular (after rain) Lodore Falls. Cross the 'Chinese Bridge' at the southern side of the lake and return to Keswick via the cafe and walled gardens at Lingholm, a home of Beatrix Potter. There is some attractive mixed woodland to pass through on the way and perhaps on a really warm day you may want to take a swim in one of the quieter little bays or beaches on the south western side of the lake.

meals: B,L,D



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DAY 3 Saturday, 18 September, The Newlands Horseshoe 18 km / 11.1 miles 6-7 hours

This beautiful walk is probably the best of the holiday and should be reserved for a good day. Newlands is a hidden gem of farms and pastures tucked away behind the popular peak called Catbells and a world away from the bustle of Keswick. After a pause for breath and to drink in the views, the walk then continues up via Maiden Moor to High Spy. From here you follow cairns over moors and down to Dale Head Tarn then up steeply to Dale Head at the head of the Newlands Valley. After a short flirtation with the head of Buttermere, the course changes and it is steeply down through the heather and bracken via the Hindscarth Ridge into the Newlands Valley. Off the fells you walk through farms into Little Town – hardly even a village! There is no public transport into the valley and no pub although there is normally one farm which has a licensed café towards the end of the walk, before we continue back to Keswick.

meals: **B,L,D**

DAY 4 Sunday, 19 September, Castlerigg Stone Circle and St. John's in the Vale, 21.6km / 13.4 miles, 5-6 hours

A lovely 'figure of 8' shaped walk which although ascends to the popular Castlerigg Stone Circle, soon takes minor trails to the unfrequented St. John's in the Vale, a very pretty valley with a small church. Following the valleyside above St. John's Beck, a beautiful lane is followed through woods and pastures passing Low Bridge Farm where quite often teas are available. Then it's up to cross the A591 road where we then take a minor road around the head of Thirlmere before taking tracks via Shoulthwaite and Shaw Bank to retrace an earlier section of path in reverse before diverting across fields and into the trees of 'Springs Wood' before returning to Keswick.

meals: **B,L,D**

DAY 5 Monday, 20 September, Ascent of Scafell Pike with Simon Yates, 16km / 10 miles 6-7 hours

After a short bus ride to the hamlet of Seathwaite, today we climb England's highest peak, Scafell Pike at 977m. Our 850m ascent takes us via the Corridor Route, which is considered to be one of the best routes up the Pike and takes around 4 hours to climb the 8km to the summit. Today we shall be in good hands as we are joined by one of Britain's foremost mountaineers, Simon Yates. Famous for Touching the Void, Simon will help guide us today to the top of England. Simon lives locally in Penrith and the Lakes are literally his back garden. Today is a long but rewarding day in the hills but the views of some of the Lake District's most famous valleys and impressive rock scenery will be outstanding. We return to Keswick by bus for our celebration dinner at the hotel. Simon will be joining us and after dinner will regale us with a presentation about his climbing exploits around the world. A fine finale to your Lake District Challenge.

meals: **B,L,D**

DAY 6 Tuesday, 21 September, Arrangements end after breakfast

NIL

meals: **B**

inclusions

- 5 nights in a comfortable Keswick B&B or Guesthouse
- 5 breakfasts, 4 lunches, 5 dinners
- Experienced leader
- Simon Yates joining on Scafell Pike
- Public bus to Seathwaite

items not included

- Travel to the start and from the end point of the tour
- Personal expenses & drinks



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- Bus, taxi and boat transport that may be used in conjunction with the walks
- Travel insurance

trip grading -

We grade this tour as moderate to challenging (grade 4). Anyone used to hill / mountain hiking with a daily height gain / loss of around 3,300 feet (1000metres) per day on some at times steep and rough tracks should find the tour within their capability. The walks average between 5-7 hours walking time. There are a couple of shorter and longer options. Care is needed underfoot on some of the trails, although in general the paths are fairly broad, there are in some places, especially at viewpoint areas that could be subjectively exposed for some people. Some of the walks can be shortened as desired. Reasonable navigational ability is required especially if you intend walking in poor weather.

meal inclusions

Breakfasts provided will be a mix of either a Full English or Continental. It is important for you to tell us if you have any dietary requirements when you book your holiday so that we can inform everyone that you are staying with. Packed lunches will be provided though you might like to carry high energy snacks. Evening meals are provided in the hotel or local pubs and restaurants.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

getting there

BY CAR

Keswick is easily reached via junction 40 of the M6 (Penrith) and the A66 or via the A1 and the A66. For a scenic route coming from the South leave the M6 at junction 36 and take the A591 through Windermere, Ambleside and Grasmere. Using motorways from Manchester it takes approximately 2 hours, whilst from the Midlands Keswick is around a 3 hour drive. The average driving journey time from London is approximately 5 1/2 hours.

PARKING & TRANSFERS

The Crow Park Hotel has free parking for the duration of the holiday.

BY TRAIN

The nearest railway station to Keswick is Penrith on the West Coast Main Line. Trains from London Euston Station generally run 1-2 times an hour taking around 3 hours. From Glasgow they run 1-2 times an hour taking around 1 hour 40 minutes. From Edinburgh train run hourly taking between 1 hour 30 and 2 hours. From Manchester 1-2 trains an hour take around 1 hour 45 minutes often with a change at Wigan.

From Penrith, a distance of 17 miles from Keswick there is an hourly bus service, taking forty minutes, connects Penrith railway station with Keswick Bus Station. Taxis from Keswick will meet trains at Penrith by prior arrangement. Buses take you to bus terminal at the main supermarket. From here take a taxi, or walk to the B&B - up to 25 minutes walk.

In Britain you will save a lot of money if you can prebook your train in advance of travel. Please bear in mind that if you are flying into the country and your flights are delayed to the point that you miss your train connection you may have to purchase new tickets.



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BY BUS

National Express offer one bus a day from London Victoria at around 09.00, it takes over 9 hours to reach Keswick. The 555 bus plies between Penrth and Keswick (45 mins) and other buses from Lancaster and other areas of the U.K

TRANSFER SERVICE

Davies Taxis from Keswick can be prebooked to collect you from Penrith Railway station and transfer you directly to your accommodation.

fast facts

COUNTRIES VISITED

England

CLIMATE

The climate of northern England is variable with rainfall occurring throughout the year (though more likely from October to April). The sunniest and warmest month is July. On average temperatures between April and October range from 4°C (39°F) -19°C (67°F), although it may be cooler on the higher sections of the trail especially if wind chill is factored in. Being prepared with the correct clothing and equipment for the conditions is important. A full clothing and equipment list is provided on booking. Long days prevail in the summer months.

MOBILITY REQUIREMENT

This trip is not suitable for people with limited mobility.

IMPORTANT NOTE

THESE TRIP NOTES REPRESENT THE MOST CURRENT INFORMATION FOR THIS ITINERARY, AND MAY SUPERSEDE ANY INFORMATION IN THE CURRENT BROCHURE, INCLUDING BUT NOT LIMITED TO THE ITINERARY AND PRICE. THE ITINERARY SHOULD BE SEEN AS A GUIDE ONLY. THIS ITINERARY MAY CHANGE AT ANY TIME DUE TO INCLEMENT WEATHER, FORCES OF NATURE AND OTHER CIRCUMSTANCES BEYOND OUR CONTROL.