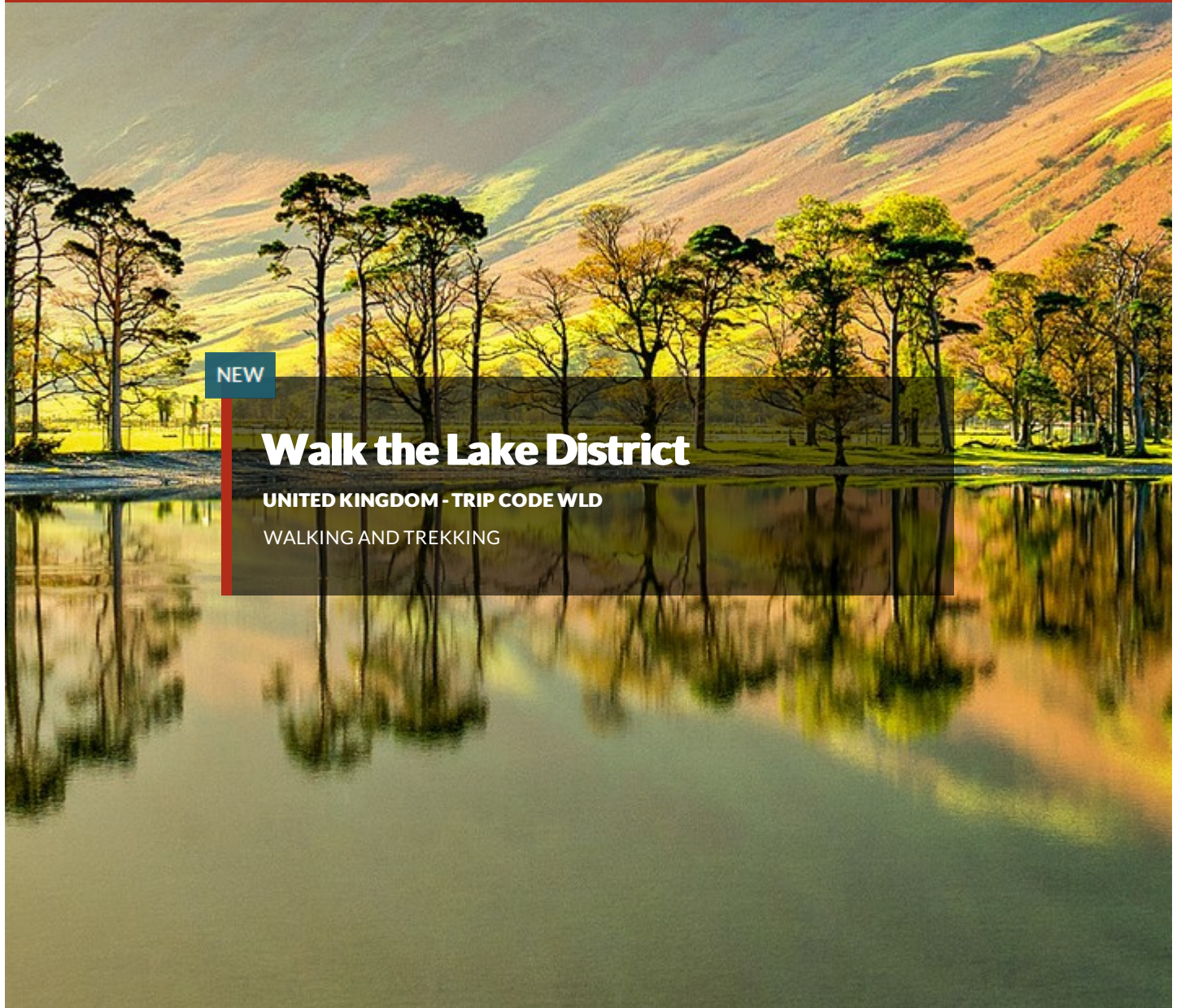


EXPLORE!

Book with confidence



NEW

Walk the Lake District

UNITED KINGDOM - TRIP CODE WLD

WALKING AND TREKKING

Why book this trip?

This walking holiday explores the trails and scenery of the beautiful Northern Lake District. From our comfortable 3-star hotel base located in the beautiful Borrowdale Valley, we have easy access to some of the best walking in Wainwright country such as Scafell Pike, Haystacks and Cat Bells.

- **Northern Lakes** - Superb hiking amongst the rugged hills and mountains
- **All meals included** - Excellent dinners with seasonal ingredients
- **In expert hands** - Knowledgeable and experienced mountain Leader



INCLUDED MEALS

Breakfast: 6
Lunch: 5
Dinner: 6



TRIP STAFF

Explore Tour
Leader(s)
Driver(s)



TRANSPORT

Bus
On Foot



ACCOMMODATION

6 nights
comfortable hotel



WALKING GRADE:

Moderate



GROUP SIZE:

10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in Seatoller in the Borrowdale Valley

Arrive at the hotel in Seatoller, a hamlet with a handful of houses and farms. Our peaceful and comfortable base for the week is located in the Borrowdale Valley with commanding views of the surrounding fells. It is a perfect location for exploring the hiking trails of the northern Lakes.

Check in is possible from 3pm. There is a car park for hotel guests. If arriving by train, Penrith Station is around 40 minutes away by taxi - advance booking through the hotel is better value than picking up at station.

The Tour Leader plans to meet you in reception at 6pm for the introductory briefing, followed by a chance to get acquainted with your fellow guests over dinner.



ACCOMMODATION:

Glaramara House (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: DINNER

DAY 2 - Hike to Keswick via Cat Bells

We start our first walk from the door of our hotel after breakfast. Heading up through open countryside we hike for 45 minutes and then make a short, steep ascent to a mountain pass over-looking Dale Head and the tarn below. We continue up to High Spy and then ramble along the top of this wide ridge for an hour to reach Maiden Moor and then on to Cat Bells. There are fabulous views over Derwent Water and mountain peaks in all directions. At Cat Bells there are 360-degree views of the surrounding fells and from here we descend to the valley floor and continue walking to Keswick. This pretty market town is home to some great shops, cafés, pubs and restaurants. Later this afternoon we head back to the hotel in our minibus.

Today's moderately-graded walk will take approximately 6 hours and will cover a distance of 14 kilometres with a total ascent of 700m and 530m descent.



ACCOMMODATION:
Glaramara House (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - Hike Buttermere and Haystacks

A short drive from the hotel over Honister Pass takes us past stark, rocky scenery towards Buttermere Lake. From here, we start our hike up towards the imposing band of rocks that stand like the wall of a fortress. Our route ascends through the hills and soon we reach the top of Haystacks (597m) with fabulous views across Ennerdale Valley and to the great peaks of Pillar and Great Gable. Haystacks gained fame thanks to the writings of Alfred Wainwright as his favourite fell-top of all, and his ashes were scattered here. We continue towards High Crag on the Red Pike Ridge before descending along a different route with beautiful views of Buttermere and Crummock Water.

Today's moderately-graded walk will take approximately 5-6 hours and will cover a distance of 11 kilometres with a total ascent of 700m and 600m descent.



ACCOMMODATION:
Glaramara House (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Scafell Pike: highest mountain in England (978m)

The ascent of Scafell Pike is the most challenging hike of the week and takes us to some of the most spectacular scenery in the UK. After a very short drive we start at the hamlet of Seathwaite and follow the river to the 18th century packhorse Stockley Bridge. We continue beside Grains Ghyll to the impressive gullies of Great End and then to Sprinkling Tarn. From here we make our way through heather and grasslands and on to rocky terrain following a good path through the scree and boulders. We reach the summit plateau of Scafell Pike in around 4 hours. The views from the top on a clear day are outstanding with Moasdale and West Water below us and the Irish Sea and Southern Lakes in the distance. We will descend, steeply at first, with some scree to join up with the classic Corridor Route that leads us past Styhead Tarn and eventually back to our start point. There is one very short section of easy scrambling.

Today's challenging-graded walk will take approximately 7 hours and will cover a distance of 15 kilometres with a total ascent of 970m and 970m descent.

Please note that if you prefer an easier guided walk, there is the option to do the two tarns hike which follows the same route from Seathwaite and along Grains Ghyll to the impressive gullies of Great End. We descend to Sprinkling Tarn and enjoy the views of some of the highest mountains in England before descending to Styhead Tarn. We then follow the path down Styhead Pass, past the lovely waterfall of Taylor Ghyll Force, and the famous Stockley Bridge back to Seathwaite.

This alternative easy-moderate graded walk will take approximately 4 hours and will cover a distance of 10 kilometres with a total ascent and descent of 510m.



ACCOMMODATION:
Glaramara House (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Drive to Keswick; Walk up Latrigg and Lonscale Craggs

We drive the short distance back to Keswick where our circular hike commences. After crossing the River Greta we gently climb through the forest on the Cumbria Way. There are lots of birds and wildlife and the views of Derwent Water get better as we climb. We will take a breather at Latrigg, with wonderful views over Keswick and Derwent Water below and Skiddaw and Blencathra above us. We continue up above Latrigg and on to Lonscale Craggs. Our return route takes us through Brindholme wood and eventually we join the dismantled railway and follow its course, crossing the river a number of times. We end back in Keswick with time for visits to teashops and pubs before driving back to our hotel.

Today's moderate-graded walk will take approximately 5 hours and will cover a distance of 14 kilometres with a total ascent and descent of 350m.



ACCOMMODATION:
Glaramara House (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 6 - Walk from Stonethwaite to Grasmere

For our final walk of the holiday, we make a short journey by bus to the pretty hamlet of Stonethwaite. Starting here, we cross the river and briefly follow the Cumbria Way and then the path south that runs next to the river. Very gently we gain height as we head towards a small pass at Greenup Edge, just under High Raise. There are wide views of the valley that we just hiked up and over to the valley on the other side. Hike amongst the hills of Grasmere Common and on to the beautiful Easedale Tarn before heading into Grasmere itself. Grasmere is associated with the Lake Poets, most notably William Wordsworth. Finally, we drive back to our hotel.

Today's moderate-graded walk will take approximately 5-6 hours and will cover a distance of 13 kilometres with a total ascent and descent of 650m.



ACCOMMODATION:
Glaramara House (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Trip ends in Seatoller

The trip ends after breakfast at our hotel.



MEALS PROVIDED: BREAKFAST

Trip information

Climate and country information

United Kingdom

Climate

The UK has a temperate but very variable climate. In general the summers are warm with July and August being the warmest. The winters are cool and the lowest temperatures are recorded during January and February. Whatever the season it is advisable to be prepared for rain!

Time difference to GMT	Plugs	Religion	Language
0	3 Pin Flat	Christian	English

Budgeting and packing

Clothing

A warm sweater or fleece and long trousers are advisable, especially in early and late season when the weather tends to be cooler. Come prepared for all weather - waterproof jacket and trousers, fleece, warm layers, hat, gloves as well T-shirts, sunhat, good sun cream and sunglasses.

Footwear

We recommend you bring walking boots - leather or fabric are both fine. Waterproof boots are advisable. Some of the paths are rocky underfoot and you could twist an ankle if not wearing boots. Trainers are not recommended. Make sure that your boots are worn-in and comfortable before the start of the trip. Comfortable footwear to change into after the walk.

Luggage

20Kg

Luggage: On tour

One main piece of baggage and a waterproof rucksack large enough to carry what you need for the day - waterproofs, warm layer, water, picnic, sun-cream, phone etc. On hot days you will carry more drinking water.

Equipment

Bring a rucksack for the walks and a water bottle. You may like to bring trekking poles. If your rucksack doesn't have a waterproof cover then consider plastic bags to keep things dry should it rain. It is important to stay well hydrated during the walks. Tap water is fine to drink but there won't always be places to refill on the walks. We encourage our clients not to buy mineral water because of the negative environmental impact with plastic bottles.

Tipping

Explore leader

At your discretion you might consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

United Kingdom

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£10	£18	£4	£0.8

Foreign Exchange

Local currency	Recommended Currency For Exchange
Pounds Sterling.	Carry a combination of UK Sterling cash, ATM and credit cards.

Where To Exchange	ATM Availability
Your tour leader will advise you on arrival.	ATM's are widely available in main towns.

Credit Card Acceptance
Widely accepted.

Travellers Cheques
Can be exchanged at most banks and post offices.

Transport, Accommodation & Meals

Transport Information

Bus, On Foot

Accommodation notes

We stay at the comfortable and inviting Glaramara House located in the heart of the Northern Lake District on the doorstep of the fells amongst some outstanding scenery. All of the rooms are en-suite and recently refurbished to a good standard. There is ample parking, a restaurant, lounge and a bar with real ales and plenty of wines. There are log fires, Wi-Fi (intermittent) and a drying room for wet gear. Don't rely on having mobile phone coverage, if urgent reception has a landline.

All breakfasts, picnic lunches and dinners are included. Meals are prepared using local in-season ingredients. The hotels caters to most diets and have a range of vegetarian options.

Essential Information

Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign, Commonwealth & Development Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

UK: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you

intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

United Kingdom

Vaccinations

Nothing compulsory, we recommend protection against tetanus, diphtheria, polio and hepatitis A. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed before departure.

Walking and Trekking information

DAILY DISTANCES

Day 2	14km	6hrs
Day 3	11km	5-6hrs
Day 4	15km	7hrs
Day 5	14km	5-6hrs
Day 6	13km	5-6hrs

Walking grade

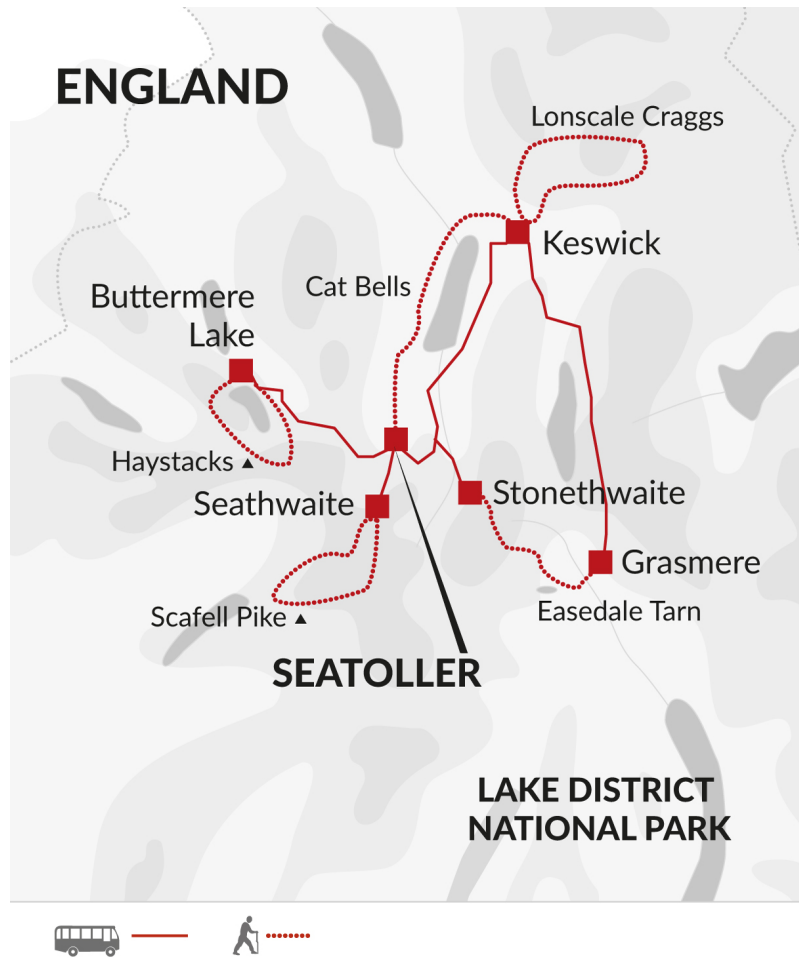
Moderate

Trek details




Walks on 5 full days for between 5 to 6 hours amongst some of the best mountain scenery in England. Scafell Pike is a more challenging 7 hours with an alternative easier 4-hour guided walk available. We follow well-maintained trails on flat or undulating terrain with some steep hills. The upper reaches of Scafell are rocky with some scree. We have graded this trip as Moderate.

We may need to change the order of the hikes according to the weather.

Additional Information



Reviews

 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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