

dementia adventure®

Lake District Ireby

5 days, Monday to Friday

Price: From £680 per person

Dates: 5–9 June 2017

The Location

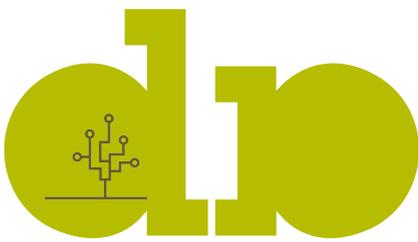
For this holiday we have chosen the village of Ireby. Situated in the Northern Lake District, this holiday gives a real taste of Cumbria and all it has to offer—mountains, lakes, fell villages and the coast!

This break is run in partnership with a local organisation called *Amy's Care*. Like us, they specialise in both travel and dementia and provide excellent local knowledge and skills, adding immense value to the trip.

Your Accommodation

We are base is the Woodlands Country House hotel in the village of Ireby. All rooms are en-suite, and there are a number of ground floor rooms available. The team here are wonderfully obliging and the food is delicious and plentiful, always served with a smile! Accommodation is comfortable and private and our group have exclusive use of the hotel for the week.





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Your Itinerary

Day 1:

On arrival we take afternoon tea and have a chance to get to know one another and our accommodation for the week. We then head out for a breath of fresh air and take in the views towards Scotland visible from the edge of the village.

Day 2:

After breakfast we take our minibus to Keswick, 12 miles away. There we plan a walk up the fell, **Latrigg** which affords 360° views of the lakes and mountains, and also has a wheelchair accessible path. We will enjoy a picnic lunch together, after which we board the launch on Derwentwater. The launch has seven stops should we decide to disembark and take a further short walk, or we can simply relax and take in the wonderful scenery.

Day 3:

After breakfast we take the minibus to **Caldbeck Village** where we take a guided walk along **The Howk**—a limestone gorge with waterfalls and the picturesque ruins of an old bobbin mill. There will be the opportunity to look at village shops including the Fairtrade shop, Wool Clip, Cherrididi and Potting Shed. After taking the minibus back to Ireby we have lunch in the **Old Chapel Gardens**.

This evening, we have a treat in store: '**A Taste in Time**' presentation by Cumbrian Chef John Crouch. John will take us on a historical tour of cooking with memorabilia from everyone's childhood. An opportunity to touch, feel, smell and taste and allow cognitive linking to reality and history. John will then cook us a dinner with a Cumbrian theme—always well received.

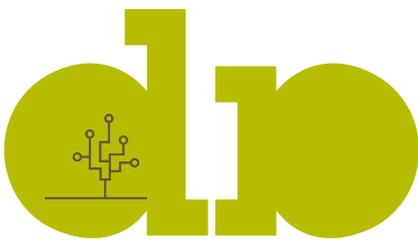
Day 4:

After breakfast in the hotel, we will take the mini bus to **Silloth**, one of the finest examples of a Victorian seaside resort in the North of England, which is an easy 16 miles away. Silloth developed in the 1860s around the terminus of a railway from Carlisle. The town reached the peak of its popularity in the late 19th and early 20th centuries. We'll return to the hotel via the Harby Pele Tower, a scheduled monument built during the reign of King Edward VI.

We can blow the cobwebs away with a walk along the beach or the promenade, or enjoy the traditional greensward. After a proper **Fish and Chip** lunch eaten out of the paper we'll return to the hotel for free time.

Day 5:

After breakfast we will bid a fond farewell to our found friends and make our way back home.



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What's Included?

- All transport on arrival in the Lakes.
- All meals and soft drinks, tea and coffee.
- Accommodation.
- Entrance fees and tickets.

What's Not Included?

- Travel insurance is advised, especially in the case of illness causing cancellation or curtailment.
- Personal care—if you are not self-caring, the carer who comes with you will need to be able to do this for you. Other care can be arranged for you on this holiday given advance notice and at your own cost.
- Travel from home to Ireby, although this can be arranged at an extra cost. Keswick is accessible by train and bus and we can arrange for pick up from Carlisle station for £20 per person.
- Alcoholic drinks with your meals—there is a licensed bar in the hotel and we can access shops/pubs in Keswick.

Things To Bring

- Sturdy walking boots or shoes.
- Waterproof jacket, fleece, hat and gloves.
- Sunscreen and sun hat, gloves and scarf.
- Water bottle and lunch box for picnics.

How Much Does The Holiday Cost?

Thanks to our many supporters and particularly players of **People's Postcode Lottery**, Dementia Adventure is able to make these holidays more affordable for people living with dementia and their carers. This means your first holiday with Dementia Adventure in a calendar year will always come at less than cost price. Prices start from **£680** per person, but we would not want cost to be the reason you felt you could not access this break. If you need further information about funding, please visit us at www.dementiaadventure.co.uk.



How To Book?

If you have any questions, call us on **01245 237548** or email info@dementiaadventure.co.uk. We will go through a detailed questionnaire with you and ask you about your abilities, interests and expectations. We will do everything we can to support you to take part. We look forward to seeing you on this break!

Please read this in conjunction with our group holiday terms and conditions.