

dementia adventure®

Lake District

Keswick, Walking Holiday

5 days, Monday to Friday

Price: From £680 per person

Dates: 15–19 May 2017

The Location

This is a group holiday which will allow you safe and supported access on foot to some of the most famous fells of the Lake District. The emphasis of this holiday is walking, so you should be physically able to walk around **seven miles a day over hilly terrain**. Each walk has a 'get out clause' for anyone wishing to cut their day short, or for anyone who may be struggling.

We have a team of experienced walking guides and staff who are considerate, vigilant and supportive of each person's individual abilities, aiming to make a challenging walking holiday possible for people who have good mobility.

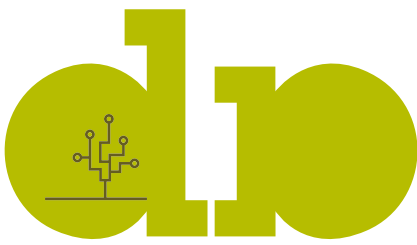
This break is run in partnership with a local organisation called *Amy's Care*. Like us, they specialise in both travel and dementia and provide excellent local knowledge and skills, adding immense value to the trip.

Your Accommodation

We will be staying in a self-catering property in Keswick. There is plenty of space outside of our en-suite rooms with comfortable communal living areas. Forget the car and let your feet do the walking, we will take care of the rest!

Meals served will be a mixture of picnics, cafés and pubs, and convivial family-style dinners in our accommodation. The aim is to make sure everyone is happy and well catered for.





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Your Itinerary

Day 1:

On arrival at our accommodation, we will get to know each other over tea and cake, familiarising ourselves with our new home for the coming week. We will then take a short walk through **Keswick** via the lake to **Castlehead View Point**. We will then head home for a hearty two course meal.

Walking distance approx. 2/3 miles.

Day 2:

After a continental breakfast, we'll walk through Keswick to begin an ascent of **Walla Crag** offering views over the town, Derwentwater and the mountains beyond. We will have a picnic lunch en route as the walk continues over **Ashness Bridge** and the **Lodore Falls**, finishing at the locally famous '**Shep's Café**' for tea and cakes. A short walk takes us to meet the Derwentwater Launch for a cruise back up the Lake to Keswick. There will be some free time in the afternoon, before a two course dinner at our accommodation.

Walking distance approx. 6.5 miles.

Day 3:

The group will take a short bus ride to the foot of **Catbells**, a mountain made famous by Beatrix Potter and the home of Miss Tiggywinkle, to begin the walk.

Walking under Catbells and along the beautiful **Newlands valley** the walk will pass through the old mine workings and on up to the Hawes; gaining views of Derwentwater from the east and **Buttermere** in the west. If the weather and the group allows there will be an opportunity to summit Catbells then drop down to the lakeshore through Bransty woods to meet the launch at **High Brandlehow** for our journey home.

An alternative would allow the group to join the **Allerdale Ramble** back to Grange, a small Lakeland Village, to catch the open top bus back to Keswick.

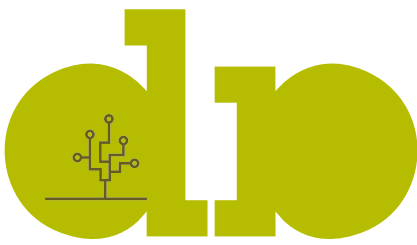
Walking distance approx. 5.5 miles.



Photo by Mark Fosh



Photo by Diliff



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Day 4:

This morning we will catch the bus to the top of **Honister Pass** to visit the **Honister Slate Mine**. This is a working mine which still produces the famous **Westmorland Green Slate**. You will have the option to take a tour of the mine, going deep into the mountain with anyone feeling more adventurous able to tackle the '**Via Ferrata**' following the original miner's route to the top of the mountain. There is an extra £20 supplement should you decide to take this option.

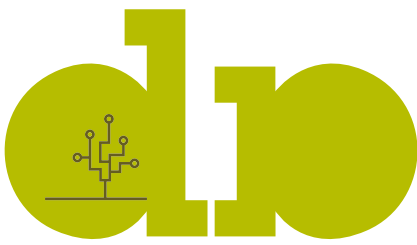
We'll have lunch in the '**Sky High Mountain Café**' and then enjoy a walk along the Buttermere lakeshore. The walk gives views of **Alfred Wainwright's** favourite mountain '**Haystacks**'. In Buttermere village we can enjoy a locally made ice cream or a Lakeland beer. Then we'll take the bus back to Keswick and our accommodation via Newlands Pass. Our final evening meal (weather permitting) will be a BBQ in the garden or by the lakeside—and we'll have the chance to celebrate our achievements this week!

Walking distance approx. 5 miles.

Day 5:

After a final breakfast at our accommodation, we will bid a fond farewell to our new found friends and head for home.





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What's Included?

- All transport after arrival at Keswick.
- 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.
- Travel from home to the Lakes, although this can be arranged at an extra cost. Let us know if you are interested in this option. The accommodation is accessible by train and bus and we can arrange for pick up at the cost of £20 pp from Carlisle.
- Alcoholic drinks with your meals.
- £20 supplement should you choose to take the 'Via Ferrata'.

Things To Bring

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

Please note; certain items may be available to hire on site and will be hired for you at your own cost if necessary.

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.