

dementia adventure®

Lake District

Windermere

TAKE FIVE: 5 days, Monday to Friday

Price: From £680 per person

Dates: 24–28 April 2017 and 2–6 October 2017

The Location

Enjoy early Spring or Autumn and its myriad of colours whilst staying in luxurious, accessible and cosy accommodation in the Lake District. This holiday is based at Windermere, England's largest natural lake. It is a supported group holiday that allows you to make friends and experience the natural landscape and heritage of our largest National Park. It is suitable for those with limited 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

Our base will be three apartments in the Windermere marina village, with plenty of space outside of your bedroom in comfortable, communal living areas. Most rooms have ensuite showers or bathrooms and level access to the outdoors.

We aim to create a family atmosphere on this break. Dementia Adventure organise a meal plan and the shopping. We work together as a group to cook breakfasts and evening meals and prepare picnic lunches. We will have a variety of meals both in the accommodation and out at local cafés and pubs.



Photo by Stuart Yeates



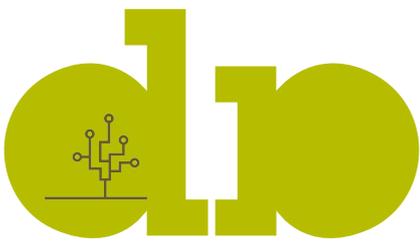
Photo by Paul Hermans



Photo by calffier001



Photo by Mkonikkara



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Disclaimer note:

Although we do our best to ensure that everything runs smoothly, we are at the mercy of the weather and as such this itinerary may be altered slightly during the trip due to this or the abilities of the group on the day. We also aim to allow time for both carers and people living with dementia to relax and enjoy time both together and apart.

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 week before then taking a short walk or trip around the surrounding area before heading back to our apartments for a hearty home-cooked meal.

Day 2:

After breakfast, we will take a short walk to Bowness to catch the **Windermere Steamer** to the **Brockhole Visitor Centre**. Access along the paths is level and wheelchairs can access the ferries. We also have transport for anyone who doesn't want to walk to the ferry.

At Brockhole we enjoy a relaxed specialised tour of the gardens, the history of the house and local heritage exhibition, including a chance to experience the zip wire! After lunch in the café, we will move down to the lakeshore for an accessible boat ride and/or crazy golf Lakeland style. The group will then catch the Steamer around the head of the lake back to Bowness on Windermere and return back to the apartments.

Tonight we head out for dinner at a traditional Lakeland pub, cosy and full of character.

Day 3:

We will take the bus to the **Wrynose** and **Hardknott** passes, stopping for refreshments—and perhaps a walk—at the **Hardknott Roman Fort**. We will then make our way down to **Boot** in the **Eskdale Valley** to catch the 'La'al Ratty', a mining heritage miniature steam train, for a 40 minute ride through the valley to the small coastal village of **Ravenglass**.

After lunch in a local café we will take in views of Ravenglass estuary and drive over a Southern Lakeland pass to Haverthwaite to take another full size original steam train to the Lakeside. The journey will be completed by boarding the steamer to cover the Southern half of Windermere back to Bowness.

This evening we have a two course dinner at our accommodation.

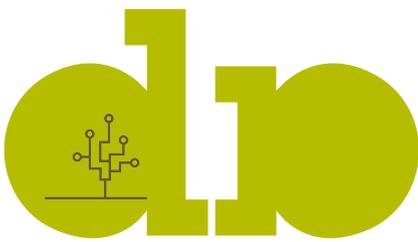
Day 4:

Today we have a history and heritage morning at a local beauty spot. We get up close and personal with Birds of Prey and try some traditional Cumbrian games. Later we meet a Lakeland shepherd, his sheep and dogs, and we can have a go at herding ourselves! This afternoon, we finish off with a 'Self Drive' small boat trip around Belle Island, seeing every bit of Windermere first hand.

In the evening we will finish off our holiday in style with dinner out at a Lakeland pub.

Day 5:

After a final breakfast, we will bid a fond farewell and make our way back home.



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What's Included?

- All transport after arrival at Windermere.
- 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 may be available to be arranged for you on this holiday with notice.
- Travel from home to Windermere, although this can be arranged at an extra cost. We do advise taking the train if coming from the south of England and can arrange for you to be met at the station.
- Alcoholic drinks with your meals.

Things To Bring

- Sturdy walking boots or shoes.
- Waterproof jacket, fleece, hat, scarf and gloves for train.
- Sunscreen and sun hat.
- 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.