

Fresh Air is Free

short walks from Cote How

Loughrigg and Elterwater

The walk up Loughrigg Fell can be started from Cote How's garden gate, walking along Rydal water and following the terrace path to the top of the fell, where fantastic views of the lakes can be seen.

A gentle paced circular walk taking in the fell, Loughrigg Tarn and Rydal Caves will take between 2-3 hours, with picnics, feeding the ducks and swimming (for the hardy in most weathers!) all optional.

From the summit of Loughrigg, a longer walk to Elterwater takes you to the Britannia Inn, a traditional Lakeland pub which serves local real ale. If your legs don't work on the way back, the 516 bus is available.

Maps, timetables and real ale advice available from Cote How.



Stockghyll Force and Wansfell

Stockghyll Force waterfalls are an easy (all be it uphill) walk from the centre of Ambleside. For the more active, a pleasant circular walk follows the Coffin Route from Rydal into Ambleside, climbs to the waterfalls and yomps up to the summit of Wansfell where the views are amazing (and worth the climb, we promise). On a clear day you can see the length of Windermere lake, and practice identifying your Lakeland summits.

A downward stroll takes you to Troutbeck, where you can either pick up the Kirkstone Rambler (to Windermere) at the Queens Head in the summer months, or walk back through the woodland at Jenkins Crag into Ambleside.

This walk is strenuous, a fair distance and is best done in good weather, but the views (and the food at the Queens Head) are worth it.

Maps and timetables available from Cote How (and a hot bath afterwards).



Keswick Lakeside Rambles

The lively market town of Keswick is within easy reach of Cote How. Take the bus route 555 from Rydal Church, buses run between every half hour and hour.

After exploring the shops and hidden gems of the town centre, you can follow signs "To the Lake" to discover the breathtaking Derwentwater Foreshore and superb views across the lake for the iconic Cat Bells and down to the Borrowdale Valley.

The most famous lakeshore walk in Keswick is that of Friar's Crag, easily reached from the main foreshore besides the Theatre. Take a traditional Launch across to Hawes End to explore the quieter side of the lake and wander amongst the trees and tranquil bays or walk up Cat Bells, a family friendly fell walk with great views. Boats leave Keswick every hour in summer between 10am and 5pm, and 3 times daily in winter.

Timetables, guides and further information on this walk available from your host at Cote How.



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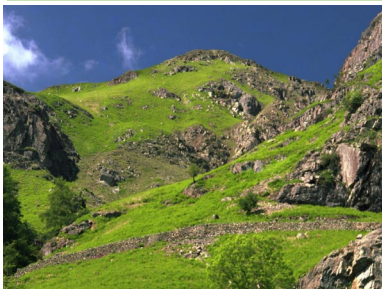
Fresh Air is Free long walks from Cote How

Great Langdale and Dungeon Ghyll

The Langdale Valley is a walker's paradise which can be experienced from Cote How's door. Walking from Rydal, this route takes you off the beaten track and traverses the tops of the Langdale Fells from Dow Bank to Blea Rigg, before dropping to Stickle Tarn. From the tarn the adventurous could tackle the famous Jacks Rake scramble on Pavey Ark, before descending to the Langdale Valley and the 516 bus home.

The bus stops outside both the Old and New Dungeon Ghyll pubs, which offer good food and drink. This is a challenging high level route of about 11km, taking 5-6 hours to reach the Langdale Valley bottom. The views on a good day are fantastic however, and well worth the effort. Even on a poor weather day, the Langdales are a beautiful and impressive experience.

Maps, timetables and weather forecast available from Cote How, good navigation skills required.



Fairfield Horseshoe

Probably the most famous of the Lake District rounds, this large circular walk takes in all the peaks that surround Rydal. Most of the Lake District peaks, including excellent views of Helvellyn, are visible from the top. Traversing the heights of the horseshoe, the route includes several peaks - Low and High Pike, Dove Crag, Hart Crag, Great Rigg, Heron Pike and Nab Scar, in addition to Fairfield itself - staying high above Rydal valley until descending to Rydal Mount and its tea room or the Glen Rothay pub for a very well earned drink.

At almost 11 miles long, and with over 1000 metres of ascent, this fantastic route is a full day's mountain experience. For a more relaxing outing, on a good summer's day make the most of the gorgeous falls and pools of Rydal Beck. A lovely woodland walk up from Rydal gives an ideal opportunity for picnicking.

Maps and weather forecast available from Cote How. This is a challenging mountain walk which should be attempted with appropriate outdoor equipment and fitness.



Nab Scar, Great Rigg and Stone Arthur to Grasmere

This lovely walk gives a flavour of the Fairfield Horseshoe, without its commitment. Great views are combined with a good pub stop, making it a popular choice. The walk ascends the traditional descent route from the Horseshoe, however at Great Rigg, instead descends toward Stone Arthur and from there towards (though not into) Grasmere.

The walk takes about 4 hours, and directly passes the Swan Hotel. With its cosy walkers bar, open fire and comfy sofas, you might not reach home, but rescue is available in the form of the 555 bus to Rydal. Alternatively the historic Coffin Route leads you back to Cote How.

Maps and timetables and weather forecast available from Cote How.



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relaxing cultural days out from Cote How

John Ruskin Explorer

John Ruskin (1819-1900) was one of the greatest Victorians; his range of interests and achievements were quite staggering. He was an artist, art critic, amateur geologist, a teacher, writer, social critic and philosopher. He thought that it was fundamental to make links between all subjects and disciplines - for example, science and religion; nature and art.

You can visit his former home of Brantwood, possibly one of the most beautifully situated houses in the Lake District along the shore of Coniston Water.

To explore Brantwood from Cote How, either walk or take the bus to Ambleside, and buy a Ruskin Explorer ticket. This ticket offers brilliant value for money, allowing you to combine bus (the 505 between Ambleside and Coniston) and boat (the Coniston Launch) return transport, as well as covering the entrance fee to Brantwood. All this saves you money for cake at Brantwood's lovely restaurant, Jumping Jenny. Travel advice available at Cote How.



Beatrix Potter Experience

Beatrix Potter lived and wrote many of her famous tales whilst at Hill Top cottage in the Lake District. She was inspired by the natural beauty of the area and went on to be a key conservationist for the landscape and its treasures.

Discover more about her life and the inspiration behind Peter Rabbit, Squirrel Nutkin and others by using the Cross Lakes Experience. This ticketing scheme allows you to travel by boat across England's largest lake, Windermere, in addition to a return bus service to Hill Top and Ambleside.

Alternatively, make your way on foot to Waterhead promenade in Ambleside and take the 505 bus service to Hawkshead village. You can buy a joint ticket and visit the Beatrix Potter Gallery and enjoy a walk through the rolling countryside to Hill Top in Near Sawrey. Full travel advice is available at Cote How.



Discover William Wordsworth

William Wordsworth, one of the greatest poets of all time, wrote many of his masterpieces in the breathtaking landscapes of the Lake District.

From Cote How you can easily stroll across to Rydal Mount, which was Wordsworth's best loved home until he died there in 1850. Open daily from spring until autumn, with shorter winter opening times. Full details of opening times and prices available from Cote How.

From the bottom of the road from Rydal Mount, catch the 555 bus for a 10 minute ride into Grasmere. Here you can visit Dove Cottage, Wordsworth's former home and a fascinating museum which has not only conserved his cottage, but is also home to the Centre for British Romanticism, hosting a wealth of manuscripts, books, drawings and pictures, and also its own poet in residence.

Full details of opening times and prices available from Cote How.



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cultural days out from Cote How

Wordsworth Walks

From the garden of Cote How, you follow the shores of both Rydal Water and Grasmere to Grasmere village. In the village you can visit Wordsworth's Grave and then follow the historic Coffin Route back to Rydal, giving lovely views across the meres and fells at the heart of the lakes.

The Coffin Route is the path along which the dead from Ambleside were transported to the church at Grasmere. As you walk the path, imagine how treacherous this route must have been by foot, carrying a coffin!

On a lighter note, be sure to try the award winning Grasmere Gingerbread, Tweedies real ale, and visit Rydal Mount, Wordsworth's home of 37 years as you return to Rydal.

Full maps and other details available from Cote How.



Keswick Tourer

On a rainy day the Honister Rambler bus is a great way to see the whole of Keswick and its surrounding fells. Route-wise, this bus journey couldn't get much better, passing pretty Portinscale, through the mountain forest of Whinlatter, beside breathtaking Crummock Water and Buttermere and returning to Keswick over the dramatic Honister Pass and lovely Borrowdale Valley.

Hop on and off the bus to make the most of mountain biking, rope access courses and forest walking at Whinlatter. At Honister, there is a working slate mine and museum, as well as a Via Ferrata for the fearless. Borrowdale is just, quite simply, stunning, and has a number of great cream teas on offer.

If visiting during the summer months, you can visit Keswick's stunning Ospreys which live at Dodd Wood. Whilst here you can also visit Mirehouse, 17th century country home. Take the Osprey Bus to visit their home and viewing platform, or alternatively watch the live video feed from Whinlatter Visitor Centre. Buses run between every 1-2 hours. Full timetables and other advice to make the most of your day available from Cote How.



Visitors to the Lake District now drive on average 50 miles per day during their stay. Cumbria County Council and Lake District National Park Authority have identified a sustainable transport system that gives people the option to travel in low carbon ways as an urgent priority.

By taking up some of the ideas in these Fresh Air is Free resources, you'll be reducing carbon and congestion, getting fitter and giving yourself time and space to take in the stunning scenery and local culture while you're at it.

Using your car less this holiday will help keep this beautiful part of the country special for many more years. You will be surprised what's just around the corner, so stay local and enjoy the freedom and relaxation of a car free day out.

The Fresh Air is Free campaign is being delivered by local award winning responsible tourism charity, Nurture Lakeland. It is providing accommodation providers across the Lake District with car free resources; itineraries, maps, discounts and special offers with local businesses for guests choosing to Fresh Air is Free activities.

Further information about this campaign can be found on:
www.freshairisfree.org.uk

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nurture lakeland
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Nurture Lakeland is a part of Nurture Cumbria, a charity registered in England and Wales with the charity number 1130453 and company number 3317259