

# 1 Helvellyn Cottages

Dear Guest

Welcome to Helvellyn Cottage. Please find enclosed information that should make your stay more relaxed and enjoyable. Whilst we recognise that the last thing you want to do is spend hours reading through a lot of information, please at least ensure you familiarise yourself with the general safety information, and refer to the rest as and when needed!

We endeavour to ensure that you have all that you need, but if you have any problems, accidents or are missing any essentials then please either give us a ring (017684 82474) or pop in and see us at Barco House.

Hopefully you'll find the information here useful and up to date, but if you find anything missing or incorrect then please let us know.

In the meantime relax and enjoy your stay!

Kind Regards

*Rob and Emma*

Rob and Emma Shephard

PLEASE NOTE THE POSTAL ADDRESS OF THE COTTAGE IS  
***1 LOW RAKE, GREENSIDE ROAD, GLENRIDDING, CUMBRIA, CA11 0QN***  
PLEASE QUOTE ADDRESS IF CONTACTING EMERGENCY SERVICES

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## SAFETY INFORMATION

We don't want to bombard you with "do's and don'ts" but the following information is important. Most of it is common sense, but it aims to ensure that your stay at Helvellyn Cottage is as safe as possible. Please take the time to read this – and ensure that everyone knows what to do in the event of a fire.

### *In the event of a fire*

- **Leave the cottage immediately.** We suggest you leave the house keys in the front door overnight so you know where they are
- If you have a mobile phone, ring 999 and ask for the fire service. The nearest phone box is at the entrance to the main car park. There is a local fire service and they will arrive as soon as possible.
- Whilst we have a fire blanket and fire extinguisher in the kitchen, these should not be used to tackle anything but the most minor incidents.

- **Escape Routes**

The best exit is of course through the front door or back doors. In the unlikely event that you cannot get access to the front door, the window in the twin bedded room opens outwards and can be used as an escape route. Lower yourself out of the window feet first.

- Assemble in front of the cottage and ensure that everyone has evacuated the cottage.
- At an appropriate time, please ring us on 017684 82474 or 07767 794225

### *General safety*

- General cleaning equipment and washing powder are stored in the cupboard under the kitchen sink. Please ensure that babies and young children do not have access to this.
- Other General equipment is stored in the utility room. Please ensure that babies and young children do not have access to this.
- The open staircase is attractive, however please be careful when using the staircase as the open treads could be dangerous, particularly for young children. The thin cast iron rails are for decorative purposes only, so will wobble when pulled! Please use the wooden banister for support if required. Please ensure that young children and babies are supervised at all times.
- The wood burning stove is also highly attractive when lit, but needless to say gets very hot. Please ensure babies, toddlers (and pets!) stay a safe distance away from the fire when lit, and please use the oven glove provided to open the door to the fire as the handle gets very hot. Please keep the door closed when the fire is alight.

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- The slates and cobbles outside can get very slippery when wet so please take care. Also the flue for the boiler outside the back door gets hot, so please do not touch it, and ensure youngsters are supervised at all times.
- Do not “overload” the wood burner, and please only burn wood and newspaper– no plastic or other materials. Please ensure the fire has gone out when you go to bed and the stove door is firmly shut.
- There are smoke and heat alarms at the cottage in the kitchen and on the way up the stairs.
- The cottage does not have an in-house telephone, but there is reception for Vodafone, EE and O<sub>2</sub>. If you have a mobile with these networks, please keep it in your bedroom overnight in case you need to contact the emergency services.

## Emergency Contact Numbers

**Serious emergency** (Police, Fire, Ambulance): 999

**Local Doctor:** Glenridding Health Centre: 017684 82297

**NHS Direct** (incl. Dentists): 111

**Police (non-emergency):** 101

## Broadband Wifi

**Network Name: BT-N2AH69**

**Wireless Key (Password!): EH4DcdQtvXpF6u**

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## Guide to the Cottage

### General

#### Breakages

Accidents do happen! If you break or damage anything, please let us know as soon as possible so that we can put it right.

#### Parking

Parking for the cottage is to the left of the terrace – in front of the “No. 1” sign (adjacent to No. 4 Low Rake). There is ample space for residents and guests and parking should not be a problem.

#### Pets

We would respectfully ask that all pets should use the ground floor of the cottage only, and are kept off the sofas downstairs. We suggest that when the weather is wet (quite often!) you come in through the back door of the cottage to allow the usual shaking and drying to take place in there rather than the lounge! Please also ensure that the garden area is mess free at the end of the week

#### No Smoking

We would appreciate it if you would not smoke in the cottage, and please don't leave butts lying around in the garden

#### Weather

There is a local weather service which gives a local forecast and includes information on snow and ice conditions in the winter. The telephone number is 08700 550575.

#### Departure

Please leave the cottage by 9.30am and as you found it - clean and tidy. Please ensure all lights are switched off and all the windows are closed. Please drop the keys off with us at Barco House. In the unlikely event that we are not around please pop them through the letterbox in the back door (round the house to the left).

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## The Lounge

### Books, Games and TV

We hope the lounge contains everything you need to while away the evenings. There is a selection of board games, and DVD's for guests to use as well as maps and guides to the area to help you plan your stay. Please feel free to borrow the maps /guides but do remember to return them for the use of future guests – and let us know if any of them have become too dog eared!

The television reception here is poor therefore we have installed Sky free view. Therefore to get TV channels please use the TV remote to switch the TV on, and then the Sky remote to access the channels. The instructions manuals for all these and the DVD are in the draw by the sink.

### Wood Burning Stove

With the central heating the main benefits of the stove are therapeutic and decorative rather than essentially warming! We have provided enough logs, kindling and firelighters/matches for the wood burner to get you started. The firelighters and matches are stored under the sink in the kitchen – please keep this out of reach of children.

If you require any more logs during the course of your stay they can be purchased from R&R The Corner Shop. To light the fire, lay sticks and one piece of firelighter on top. Add a couple of logs on top of that and then light the firelighter. The air flow is controlled by the metal lever at the bottom – pull out for maximum air flow when you are first lighting the fire. **Please remember to always close the stove door when the fire is lit and use the fire mitten when opening the door or adjusting the airflow.**

Please remember to empty the grate daily. Please sweep the cold ash into newspaper and place in the dustbin outside.

### Outside Lights

As you can imagine it gets very dark outside the cottage at night, so if you are heading out for the evening we strongly suggest you a) take a torch and b) switch on the outside front light. The switch is to the left of the front door as you leave the house. Please remember to switch it off again when you return!

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## The Kitchen & Utility Room

### Making a brew

The water in the cottage is safe to drink but we suggest emptying the kettle and filling with fresh water in between cuppas Extra mugs can be found in the cupboard to the left of the oven, and there should be plenty of tea and coffee in the wooden caddy. The kettle is a normal plug in kettle please don't try and warm it up on the hob (it's happened before!)

### Utensils & Cupboards

Hopefully the kitchen should contain everything you need for your stay, and nothing should be too hard to find. In a nutshell the main items are located as follows:

- Main cutlery - draw is to the left of the sink
- Plates/Bowls/Pans - cupboard under the sink on the left
- Baking trays – cupboard under the sink on the right
- Colander/Grater/additional mugs – cupboard to the left of the oven
- Other cutlery items – draw to the left of the oven
- Glasses and other items – cupboard under the toaster
- Place mats and coasters – dining room table
- Instruction manuals – kitchen drawer to right of the sink
- Cleaning materials etc – Cupboard under the sink and in utility room
- Iron – under the sink – board in the utility room
- Fuse board – in the unlikely event you need it is in the cupboard above and to the left of the back door

### Cooker

The cooker and hob are very easy to use. The manuals are in the kitchen draw should they be required but the main thing for the oven is to make sure the dial on the clock is showing a “hand” – otherwise the oven won't work! There is also a microwave in the utility room.

### Thermostat and Central Heating Controls

The thermostat is located to the left of the utility room door. The cottage warms up fairly well and we find keeping the thermostat around the 18 mark works well. We have set the heating and water programmes on the central heating controls to come on at the appropriate times of the day for most of our guests. Feel free to use the “extra hour boost” if required but we would ask that you do not reset the whole thing! The strange flashing plug with an aerial in the kitchen is the oil tank level monitor. We keep an eye on it every week, but in the very unlikely event that it starts to show “Level 1” please let us know

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## **Outside Lights**

There is an outside light at the back of the cottage. The switch for this is on the wall behind the kitchen door. Again please make sure it is switched off overnight!

## **Microwave & Fridge Freezer**

Should be fairly self-explanatory but if not the manuals are in the kitchen drawer. No metal or foil in the microwave please!

## **Washing Machine**

The instructions for using the washing machine are in the kitchen drawer. Please do not overload the machine.

## **Rubbish & Recycling**

The dustbin is located outside the back door. Please just use the white bin bags provided. We will take away the full bags when you leave the cottage. Please recycle as much as possible (see below!)

There is a recycling centre for glass, newspapers, cans and tins in the main village car park – and the proceeds go to our village, so please use it. There is also a fortnightly collection of paper, bottles and cans by the council. Please place these items in the green recycling bin by the oil tank.

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## **The Bathroom**

### **Shower**

The shower is operated by pushing the button – the other dials control pressure and temperature.

### **Cleaning the bath**

Please only use the CIF cream for cleaning the bath as she is an old enamel and tin lady that doesn't respond well to bleach and other new cleaning products

## **The Bedrooms**

All fairly straightforward – for those with younger children please take care with the window in the back bedroom as it can be opened fully. We therefore keep the key in the bedside cabinet in the front bedroom.

## **The Garden**

Please note that the other cottages have rights of access over the garden area to the side of the house to access their wood sheds. However they should not be parking cars, pitching tents or grazing cattle there – so if they do let us know! Please keep the gates closed at all times to stop marauding sheep.



# 1 Helvellyn Cottages

## Local Information

### Tourist Information Centre

Glenridding Information Centre is located in the main village car park and has comprehensive information about the local area (where to go, what to do, public transport, etc) as well local maps and guides. There are also guided walks from the Information Centre, led by National Park Voluntary Wardens. See the Events Guide for further information.

The Information Centre is open 9.30 am to 5.30 pm, 7 days a week from Easter to the end of October. In the winter, it opens from 9.30 am to 3.30 pm. The telephone number is 017684 82414.

### Local Shopping

*Glenridding Mini Market (017684 82322)* and *R&R The Corner Shop (07928 792565)* are located in the village and provide a range of provisions and souvenirs.

Gifts are available from *the Glenridding Gallery (07928 792565)*, which is opposite the Glenridding Hotel.

*Catstycam Outdoor Shop (017684 82351)* offers an excellent range of outdoor gear and equipment, including walking boots, cagoules and jackets, fleeces and accessories. There is also a store in Pooley Bridge.

Crookabeck Farm Shop in Patterdale sells excellent locally produced Angora Goat Mohair and Herdwick wool socks, gloves, scarves knit kits, and even dog leads! You can visit the farm shop by appointment – call Mary on **017684 82742**.

### Mobile Phones and Internet Access

There is limited reception for mobile phones in Glenridding – at the moment it's just Vodafone, O2 and EE. If you subscribe to other networks, you can at least get away from things! You should be able to call from any mountain summit (seriously!) or from just beyond Glenridding as you travel towards Penrith (at Glencoyne Bay where the National Trust Car Park is).

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## Eating Out

There are a wide range of places to eat locally. We have listed the main ones below with a quick overview of what is available and whether they are pet friendly or not. Please note at busy times of the year it might be worth ringing and booking a table for evening meals.

### *In Glenridding*

Name	Summary	Phone	Pet Friendly?
<b>Travellers Rest</b>	The “Local” - less than 10 minutes down the road – but uphill on the way back!) where there is a good bar menu and a range of beers. A good mix of locals and visitors!	017684 82298	Yes
<b>The Inn on the Lake</b>	4 Star hotel provides lunches and evening meals in the hotel (with good lake views) and in the <i>Ramblers Bar</i> in the grounds of the hotel. Note the <i>Ramblers</i> is sometimes closed for weddings.	017684 82444	Hotel No <i>Ramblers</i> bar Yes
<b>The Glenridding Hotel</b>	The hotel provides evening meals in the <i>Beckside Bar</i> (dog friendly) and in <i>Let it Brew Coffee Shop</i> (no dogs) during the day. The <i>Beckside Bar</i> also does a very good takeaway pizza service and has a nice beer garden at the back.	017684 82228	Yes ( <i>Beckside Bar</i> only and in the beer garden)
<b>Fellbites Cafe</b>	Opposite the TIC in the Glenridding Car Park. This is open as a café in the day and restaurant at night and offers good food and service. Please ring to check opening times as it closes at certain times over the winter.	017684 82781	No
<b>Helvellyn Country Kitchen</b>	Just before the Glenridding Public Hall open during the day for delicious home cooked meals, great breakfasts and lunches, teas, coffees and delicious cakes.	017684 82598	No
<b>Fairlights Guesthouse</b>	Offers a café throughout the day serving all day breakfasts and lunches. It is at the end of the road on your way into Glenridding on the left.	017684 82397	No

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## Eating Out (continued!)

### *Patterdale and within 15 minutes Drive*

Name	Summary	Phone	Pet Friendly?
<b>The White Lion Inn Patterdale</b>	Lovely old traditional pub. It is pet friendly serving pub grub with large portions. Booking a table for evening meals is essential in half terms and busy times!	017684 82214	Yes
<b>The Patterdale Hotel</b>	Serves bar meals to non guests at certain times of the day. Great beer garden overlooking the fells which is a sun trap when the sun shines!	017684 82231	No (beer garden only)
<b>Old Water View Riverside Bar</b>	Old Water View B&B just over the road from us at Barco House offers a riverside bar which is a great place to enjoy a quiet drink.	017684 82175	Yes
<b>The Brotherswater Inn</b>	Keep going on the A592 past Barco House on the way to Kirkstone and the Inn is on the right hand side at the foot of Kirkstone by (unsurprisingly!) Brotherswater. Good honest pub grub in a nice atmosphere. A good walkers pub, as well as catering for the next door Sykeside campsite.	017684 82239	Yes
<b>The Royal at Dockray</b>	Head north out of Glenridding along the lake road (A592) and turn left just before Aira Force to Dockray. The Hotel is just over the bridge on the left. Food served all day and in the evenings. Lovely large beer garden and a “gallery” café.	017684 82033	Yes (Bar and garden only)

You could also try one of the hotels along the western shore of Ullswater, which include the **Leeming House Hotel** (017684 86622), **Another Place Lake District** (017684 86442), and the **Brackenrigg Inn** (017684 86206). All reachable within 20 minutes by car – just head along the A592 towards Penrith.

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## Eating Out (yet more!)

*A bit further afield but worth the effort.....*

<b>Name</b>	<b>Summary</b>	<b>Phone</b>	<b>Pet Friendly?</b>
<b>The Troutbeck Inn (A66)</b>	Between Keswick and Penrith off the A66, CA11 0SJ. Head through Dockray and Matterdale towards the A66. About a 20 minute drive. Dinner reservations essential.	017684 83635	No
<b>The Queens Head Troutbeck (Windermere)</b>	Elizabethan coaching Inn on the other side of Kirkstone just before you get into Windermere. Great food and atmosphere. Again booking advisable for evening meals. About a 30 minute drive – over the top of Kirkstone so always entertaining at night!	015394 32174	Yes (in bar)
<b>Kirkstone Pass Inn</b>	Worth a trip during the day for the views (assuming it's not misty!) Great location at the top of Kirkstone Pass with views down towards Windermere.	015394 33888	Yes

If you find any other places that you feel we should include during the course of your stay please just let us know!

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## Local Attractions

There are a host of places to see in the area and there should be leaflets for most things in the cottage. Here are a selection of our favourites.

### Ullswater Steamers

The Ullswater Steamers sail every day to Howtown and Pooley Bridge. An up-to-date timetable is provided in the back of this folder. You can take the boat to Howtown and then walk back to Patterdale and Glenridding (about 7 miles/11 km) – described by Wainwright as one of the best walks in the Lake District! Phone 017684 82229

**Glenridding Sailing School**, located on the opposite side of the beck to the Steamers, provides sailing, kayak and canoe tuition and boat hire. Ideal for messing about on the lake! The team are hugely knowledgeable and very friendly. If you've never been sailing then we recommend booking yourself in for a taster session. Open from Easter to the end of October. Phone 017684 82541

**St Patrick's Boathire:** just outside Glenridding on the way to Patterdale on the left. Rowing boats, kayaks and motor boats can be hired. A great way to see the Lake and Jared and the team will make sure you're safe and in control before you set off! Phone 017684 82393.

**Aira Force:** National Trust Waterfall on the western side of Ullswater. Head north towards Penrith on the A592 and it's about 10 minutes drive from Glenridding. A nice circular woodland walk takes you to the waterfall itself – which is great at any time of the year but especially after heavy rain (so quite often!). There is also a good café.

**Fishing:** Mostly for Brown Trout (15th March to 30th September) and Perch (June to March). In Ullswater, Goldrill Beck and Brother's Water you do not require a permit, but a National Rivers Authority rod licence must be held, and can be purchased on a daily, weekly or annual basis from either the Pooley Bridge or Glenridding Tourist Information Centre.

### Other Attractions worth a visit:

**Dalemmain House** - on the way to Penrith. Tours of the house you can also wander through the lovely gardens and eat in the old great hall. (Phone 017684 86450 Postcode CA11 OHB)

**Threlkeld Mining Museum** – quirky small attraction gives you the chance to go underground on a tour of the old mine workings as well as seeing some of the machinery once used. There is also an exhibition charting the mining activities throughout the lakes, including the Greenside mine in Glenridding up the road from the cottages. (Phone 01768 779747 Postcode CA12 4TT).

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## Children's Activities

For children, there is a **small playground** at the bottom of Greenside Road on the left hand side. As well as the Steamers, Boats and Sailing listed above we also recommend the following Children's Activities in the area.

**Pony Trekking at Sockbridge** (at the Northern end of the Lake) Caters for all age groups and levels of ability; their rides are along pretty country lanes and fells overlooking Ullswater. (Phone 01768 863468).

**Reach Beyond Adventure** - A great local outdoor adventure company offering a wide range of outdoor activities in and around Ullswater including canoeing, guided walking, ridge scrambling, climbing, ghyll scrambling, bushcraft, outdoor first aid training and more. Ideal for individuals, families & groups. Phone Sue on 01768 483867.

**Brockhole Visitor Centre in Windermere** has an array of things to keep children entertained including an excellent outdoor play area, crazy golf, and a small climbing wall. There is also Tree Top Treks (similar to Go Ape). You can walk down to the shores of Windermere and paddle in the lake and also get the Steamer from the pier to tour the lake. There is also a cafe and a small indoor play area. (Phone 015394 46601 Postcode LA23 1LJ)

**Whinlatter Forest Park** is the other side off Keswick off the A66. It has a fantastic play area for kids set in the forest. There is also the Whinlatter Go Ape for older children and adults. There are also a number of mountain bike trails through the woodland and you can hire mountain bikes there. The centre has an excellent cafe and restaurant (although it can get a little busy!) And you can even watch the Ospreys on Bassenthwaite via a video link. (Phone 01768 778469 - Postcode CA12 5TW)

**Trotters World of Animals** near Bassenthwaite has a wide range of animals as well as indoor and outdoor play areas and cafes. (Phone 01768 776239 Postcode CA12 4RD)

There are also some good aquariums at Newby Bridge and Maryport.

A trip to Windermere would not be complete without a visit to one of the many shrines to the great Beatrix Potter. We recommend the **World of Beatrix Potter Attraction** which is ideal for smaller children and has a good cafe. (Phone 015394 88444 Postcode: LA23 3BX)

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## Local Walks

There are of course literally hundreds of walks in the area and there are plenty of maps and guides in the cottage and available at the TIC and all the local shops. Please make sure you're equipped with a OL5 Ordnance Survey Map (there's one in the cottage and if it's getting a little dog eared please let us know!) and also you have the right gear. In an emergency please call 999 and ask for Mountain Rescue, and of course please follow the country code – no littering, close all gates and respect the local wildlife! If you want a guide for your walks we recommend Steve from Glenridding (Phone 017684 82957).

To give you a flavour here is a summary of some of our favourite walks from the cottage....

### **Helvellyn – moderate to tough!**

The “must do” walk in the area! Can be reached by walking up the mine and heading left up to Red Tarn, but our favourite ascent is actually via the Grisedale Valley to Hole in the Wall, along Striding Edge to the Summit, back down via Swirral Edge to Red Tarn, and then back down via Greenside back to the cottage door. To get to the Grisedale Valley you can either walk along the road to Patterdale and turn right before the playing field or for a more scenic start head across the valley from the cottage to Gillside Farm and go to Lanty's Tarn, and then drop down the other side into Grisedale Valley. A word of caution – the weather can close in very rapidly and it can be very windy and slippery on the top – especially on Striding Edge. Our rule of thumb is generally if you can't see the summit because of the cloud then it's probably not worth going all the way! Red Tarn is a great destination in its own right. Also note that on Striding Edge there is a path on the north side of the ridge which switches to the south side just before the chimney – worth bearing in mind if you don't fancy the ridge itself!

### **Place Fell – moderate!**

Our local fell and also generally quieter than Helvellyn but offering some superb views across the valley of Ullswater and across to Helvellyn. The easiest ascent is via Patterdale. Head over Goldrill Bridge (near us at Barco House). Follow the road to the end and veer left and head up onto the fell through the gate on the right. Take either of the right hand paths to Boredale Hause and then veer left and follow the new path to the summit. There is one slight scrambley chimney which can be avoided towards the top by taking the path to the left. Once you reach the summit keep going to the cairn – it's great up there and there are plenty of water pool and peat bogs to wallow in if you're a dog! You can then either descend the way you came up, or keep heading north and drop down via Howtown. For a more rapid and exciting descent try coming down Kilbert How to the Lake shore. This is the route of the annual Boundary Walk we do and also makes for a more direct uphill ascent if you're in the mood. This path starts/end just before Silver Point.

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## **Favourite Walks (continued)**

### **Angle Tarn - moderate**

Another favourite of ours – a magical place at all times of the year. Again head from Patterdale up to Boredale Hause but bear off to the right and either take the “low” path or go up and over Angle Tarn Pikes to Angle Tarn itself. When you’re at Boredale Hause it’s worth taking 10 minutes to go straight ahead and take in the view down into Martindale below High Street. In the autumn you’ll see the Red Deer herd and in October you’ll probably hear and see the Stags in full rut mode!

### **Greenside Mine Morning Walk (fairly easy)**

A good morning wake up walk from the cottage for you and the dog! Head right from the cottage up towards Greenside Mine (now the Helvellyn YHA). Once there head past the YHA and take the bridge over the beck just above the Dam and then follow the path back down the far side of the valley towards Gillside Farm and then come back up the road to the cottage. Takes about 45 minutes depending on your energy levels!

### **Howtown to Patterdale**

The classic walk. Take the Steamer from Glenridding to Howtown Pier and then walk back along the Lake Shore to Patterdale. It’s about 7 miles or so walking on the way back and it’s not all gentle lakeside strolling with a fair bit of ups and downs but a great walk nonetheless and one for all the family (we first took our son when he was 3!)

We have loads of other favourites of course so if you want some inspiration let us know!

### **Walking With Dogs in the Dale**

One of the joys of this part of the country is that it is ideal for walking dogs off the lead. However there are many temptations so please make sure your dog is under control at all times and especially during the run up to and during the course of the lambing season which runs from March to May. You should also make sure your dog is on the lead whenever you’re in a field with sheep in. Also watch out for the cows, especially in Glenamarra Park (behind us in Patterdale) between Easter and September. We’ve found the trick with cows and dogs is to let the dog off the lead, walk through the cows yourself and then call the dog. Whatever you do don’t run but feel free to make plenty of noise and wave your arms if the cows start following you (as they have a habit of doing!)

### **Wildlife**

As well as the sheep and cows you’ll hopefully see an array of other wildlife on your holiday. We often get red squirrels up by the cottages as well as badgers, who sometimes try and investigate the bins on a Thursday night!



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## **Bus and Trains**

The nearest train stations are Penrith (North) and Windermere (South). For train times please call the National Rail Enquiries Line on 08457 48 49 50. On the buses, Stagecoach runs the 108 service from Penrith to Glenridding and Patterdale. There is also a 517 service from Ambleside to Patterdale and Glenridding operating in the summer. For further details call Traveline on 0870-608-2608. The nearest bus stop is at the bottom of the Greenside Road near the TIC.

## **Local Churches**

St. Patrick's Patterdale (Anglican and Methodist). Tel: 017684 82209. Located about half a mile down the road from us on the left hand side of the road just past the school.

## **Local Taxi**

M&A Private Hire (Glenridding) 017684 82372. Mobiles: 07770444159 / 07766634299 – best booked in advance. Also operate a Lake District Tour service.

## **Other Local Info**

If you wish to watch (or avoid!) any major sporting events on Sky TV, these are normally shown in the Ramblers Bar at the Inn on the Lake and the Ratchers Bar in the Glenridding Hotel.

The local cinemas are in Penrith, Keswick, Bowness and Ambleside (Zeferellis). Keswick also boasts an excellent theatre – the Theatre by the Lake. Full programme details are in the local press (Cumberland Herald for northern Lake District and Westmoreland Gazette for southern Lake District).

## **Other Useful Phone Numbers:**

**Barco House:** 017684 82474

**Serious emergency** (Police, Fire, Ambulance): 999

**Local Doctor:** Glenridding Health Centre: 017684 82297

**NHS Direct** (incl. Dentists): 0845 4647

**Police:** 01768 891 999 or 01768 217 580

**Local Taxis:** 017684 82372