



▶ Access for all: Unlocking the Outdoors

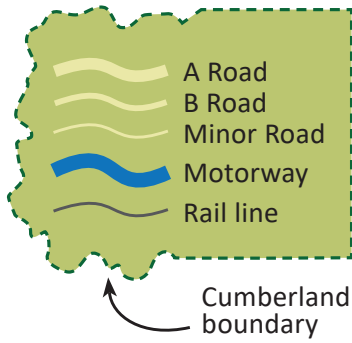
This area's natural landscapes are here for all to enjoy, no matter your ability. Accessible paths await, with Trumper hire and activities for all. Experience the great outdoors with this two-day itinerary taking in nature, walks, and delicious food and drink.

★ Highlights

- Accessible walking routes
- Afternoon tea on a train
- England's only true mountain forest



MAP & KEY



- 1 Points of interest
- Open all year
- On public transport route
- Parking
- Accessible Parking/ Drop off point
- Wheelchair access
- Accessible toilets
- Hearing loop
- Refreshments available
- EV Charger
- Wifi
- Dog Friendly
- ACCOMMODATION ONLY:**
- Star Rating
- Price indicator
- VE/AA** Visit England / AA



Please note, this map is for illustrative purposes only. Not all routes are suitable for all vehicles.

Good to know

Tramper hire is available at several locations with **Outdoor Mobility**. Advance booking is essential to ensure availability. A range of membership options are available, from single use sessions to an annual membership which offers excellent value for money.





DAY 1

Carlisle

Begin your day around Carlisle, with a trip to a country park or nature reserve. Here, you can easily experience the great outdoors via accessible paths offering beautiful views. Choose from one of the below, and enjoy a day spent exploring.

1 Talkin Tarn Country Park Tarn Road, Brampton CA8 1HN

Just a short distance from Carlisle city centre you'll find a beautiful glacial tarn, surrounded by ancient woodlands. As well as wildlife including red squirrels and otters, the park is also home to a tramper friendly route around the water. A tramper is available to hire through Lake District Outdoor Mobility. Membership is required; be sure to book in advance.

Pack a picnic, or head to the on site cafe for hot and cold drinks, as well as light bites.



2 Watchtree Nature Reserve Nr Wiggonby, Carlisle CA5 6NL

This fully accessible, 250 acre nature reserve on the Solway Plain is home to various habitats teeming with wildlife. There's also a network of accessible trails and onsite bike hire, including a cargo trike, companion cycles and a wheelchair carrying tricycle.

Once you've explored the nature reserve, refuel at the Watchtree Cafe or enjoy an ice cream from the Three Hills Gelato Shack.



Where to Stay

Tranquil Otter

*The Lough House,
Thurstonfield, Carlisle CA5 6HB*



The Inn on the Square

Market Square, Keswick CA12 5JF



Tottergill Farm Cottages

Castle Carrock, Brampton CA8 9DP



Burns Farm Caravans, Camping & Glamping

*St Johns-in-the-Vale,
Keswick CA12 4RR*



Castlerigg Hall Caravan, Camping, Glamping Park

*Castlerigg Hall, Castlerigg,
Keswick CA12 4TE*



Irton House Farm

Isel, Cockermouth CA13 9ST



GOOD TO KNOW:

Keep an eye out for Miles Without Stiles routes: A collection of over 50+ walking routes across the Lake District National Park, suitable for those with limited mobility including wheelchair users and families with pushchairs.



© Crown Copyright / Forestry England



© Crown Copyright / Forestry England

DAY 2

Keswick and The Western Lake District

For your second day, head to Keswick and the surrounding area. Located in the Western Lake District, this area is known for its hiking trails and stunning views - and they're here for all to enjoy.

3 **Whinlatter Forest** Whinlatter Pass, Keswick CA12 5TW

England's only true mountain forest, Whinlatter makes for a great day out. Some trails are suitable for all-terrain mobility scooters, which are available to hire on site through Outdoor Mobility.

This includes the Wow trail: an immersive trail which tells the story of Whinlatter. It's suitable for some all-terrain mobility scooters, with some gradual and steeper slopes. There is also the option of a 1.1 mile sensory walk.

Also at Whinlatter, you'll find a Visitor Centre; and Go Ape - a treetop ropes course which can accommodate additional needs where possible. Staff are always happy to help, so call ahead to discuss any specific requirements.

Once you've finished exploring, the on-site Cafe Ambio is a great place to eat, with a locally sourced menu of home cooked food.

 [www](http://www.whinlatter.com)

4 **Miles Without Stiles route:** **The Keswick to Threlkeld Railway Trail** CA12 4NP

Beginning in Keswick, near Fitz Park, this Miles Without Stiles route was opened in December 2020 as a fully accessible path, with low gradients and a smooth, tarmacked surface. Following an old railway line, the trail runs for 5km each way, passing over the River Greta. Begin in Keswick and enjoy the walk to Threlkeld, where you can refuel at the Threlkeld Coffee Shop before enjoying the route back.

GOOD TO KNOW:

Tramper hire is available at several locations with Outdoor Mobility. Advance booking is essential to ensure availability. A range of membership options are available, from single use sessions to an annual membership which offers excellent value for money.



©Calvert Lakes

5 Bassenthwaite Lake Station
Bassenthwaite CA13 9YL

With an award winning accessibility offering, this quirky cafe and events venue offers breakfast, brunch, lunch and afternoon tea on board the exact Orient Express train used in the 2017 movie, Murder on the Orient Express, featuring the likes of Kenneth Branagh and Judi Dench.

[www](http://www.bassenthwaite-lake-station.co.uk)

6 Calvert Lakes
Little Crosthwaite, Keswick CA12 4QD

Located on the outskirts of Keswick and offering residential outdoor adventure holiday breaks for people with disabilities, Calvert Lakes provides a varied programme of activities alongside accommodation options for a wide range of access requirements.

Specialist staff ensure holidays are tailored to the needs of all visitors. There are a range of options, from weekend breaks to full week holidays; keep an eye out for taster sessions and shorter summer clubs for kids.

A state of the art multi-sensory swimming pool can be booked for shorter, 1.5 hour sessions. Open daily to both visitors and the local community, it offers a range of features including bubble pads, indoor and outdoor seating, and an adjustable pool floor. Advance booking is essential.

££-£££ [www](http://www.calvertlakes.co.uk)

GOOD TO KNOW:

Keswick's Theatre by the Lake offers relaxed performances for those who may benefit from a more easy-going atmosphere (for example, those with autism spectrum disorders; parents with young babies; and those with physical and learning disabilities). Keep an eye out for performances which weave BSL, captions and audio description into the storytelling too.

