



Welcome to Brock Cottage! We hope you enjoy your stay at our 1750s cottage. The full address is Brock Cottage, New Street, Broughton-in-Furness, Cumbria, LA20 6JE.

If you have any questions or problems, or would just like some local info, please contact Ali on 07840 977331. We will do our best to resolve any issues as soon as possible.

There is access for a small car to unload in the courtyard – access at your own risk as it is quite tight. Please park in the road or square. There is a locking point for bikes under the archway. Please use your own locks to attach to the one supplied. Dogs can also be attached here if your friend needs some fresh air but you can't keep a constant eye!

The welcome pack includes tea, coffee and sugar, plus a pint of milk and loaf of bread where possible. The initial fire is laid and a full scuttle of fuel supplied: ready to go for a cosy night in. Additional fuel is available from the garage in the village: head through the Square past the Manor Arms. Best results are with smokeless fuel.

Safety

Please use candles and tea lights responsibly and use the holders provided. Keep them well away from flammable areas and extinguish when you're out and at night.



We request that guests refrain from smoking in the house. If you smoke outside, please use the ashtray provided and discard your butts thoughtfully.

Barbeque safety: please keep children and pets well away from the cooking area. Never leave the barbeque unattended. Keep a bucket of water nearby for emergencies. Use only enough charcoal to cover the base to a depth of about 50mm (2 inches). Only use recognised fire lighters or starter fuel and only on cold coals – use the minimum necessary.

Please use the metal bucket outside for ash and only put it in the black bin when cold.

Tips for using the fire

To lay the fire, use lengths of screwed up newspaper with the ends towards you, put firelighters next, then lay kindling over at 90°. Heap coals on top, keeping them towards the middle. When you light it, make sure the ash pan isn't full, and have both the bottom and top flap open. When it is burning properly, spread out the coals and top up with another layer. Close the bottom flap, and the fire should last for several hours before needing a refill. Generally, use the fire with the top flap open and the bottom flap closed. If you want it to burn slower, close both top and bottom flaps. Never



fill above the front grate height, and if you are going out, close both flaps and use the fireguard. For ease of emptying ash, use the tool provided to remove the bottom flap, and use this tool to pull out the ash pan.

Environment

We would encourage you to recycle as much of your waste as possible: please put the black bin (general waste) or recycling boxes (glass, paper) at the entrance to the courtyard for collection on Wednesday (see leaflet for which bins: black or recycling are alternate weeks).



The cottage has a gas combi boiler: the heating is set using the unit on the shelf in the living room.

We have pre-programmed the unit for high (20°C), medium (18°C) and low (15°C) temperatures: please do not change these settings. For one hour of high temperature, press 1hr: you will get an hour of high heat. For a different temperature, please use the manual over-ride: hold OFF/MAN for 5 seconds, the room unit will go into manual mode. Press ▲ or ▼ to set the temperature you want. It will be kept at this until you deactivate manual over-ride by pressing OFF/MAN. Please ensure you deactivate this!

Please be aware of the environment and deactivate manual settings while you are out.



When you leave, please set a manual over-ride temperature of 15°C. Please DO NOT change any of the controls on the boiler itself.

Technology

Mobile phone reception at the cottage is variable: by the window in the snug or on the top floor is best.



The Wi-Fi code (also in front cover of this pack) is SKY550C8, password (security code) UEURBDBB. We have linked the Sky box to the router, so you can use the TV as a smart TV as well as for the Free-Sat.

TV: Using the Samsung remote, press  to turn TV on and select source – HDMI. This will switch to the Free-Sat. Then on Humax remote press  STB (set top box) Then use the Humax remote to navigate.

The set top box also acts as a smart TV – press HOME on Humax remote and go to On Demand. See instruction sheet in info pack.

General

We do not make a charge for pets but please do not allow them upstairs. Vacuum cleaner and brushes are provided for any cleaning. There are some spare poop scoop bags in the bottom kitchen drawer if you have forgotten yours: please leave the rest for future doggy visitors! An extendable lead for a small dog is available to borrow. Dogs should be kept on the lead at all times when walking through fields due to the presence of sheep.



If you have a breakage then please let us know so we can replace it for the next guests.



Tea towels are for drying cooking utensils only and not for heavy duty cleaning when you leave! There are cloths in the kitchen drawers for this.

Please use the cutting boards and worktop protectors provided, do not cut directly on the worktop, use the trivets provided for hot pans, and make sure the dish draining rack spout is directed over the sink. Please use the place mats and coasters for the tables and coffee stools, including in the bedrooms.

If you want to sit in the beautiful courtyard, please feel free to temporarily move additional outdoor seating there as required. It can be a real sun trap in the afternoons!

The single sofa bed in the snug can be used if you prefer it to sharing the first floor bedroom. Please use bedding from one of the made-up twins: we don't provide additional bedding for this as it is for occasional use only.

We have provided a full set of laminated outdoor leisure maps of Cumbria for you to borrow during your stay.

There is a selection of board games and toys in the wooden chest in the upstairs snug for use during your stay, as well as a small library on the landing.



Emergencies

In the event of emergency, the stop-cock and electricity consumer unit are located in the cupboard by the front door.



There is a torch on the pegs by the back door.

A First Aid kit is in the bottom kitchen drawer.

Fire Precautions

There is a fire extinguisher on the first floor landing and a fire blanket as you enter the kitchen. There is a smoke detector on each floor: the button can be used to silence it if it goes off. There is a carbon monoxide detector in the sitting room and on the top floor landing.



Local facilities



Melville Tyson, 01229 716247 – butcher and grocer. 1, Prince's Street: at the Square, turn right, take first left. Highly recommended for pies and meats (butcher) and the variety of delicatessen, fruit, veg and general goods in the well-stocked grocer next door.

Hours: Monday – Saturday – 9am to 5.30pm, Sunday -closed

Broughton Village Bakery and Café, 01229 716284 – award-winning bakery and café. Prince's Street, past Melville Tyson. Your welcome loaf is from here! They supply freshly made artisan breads, pies, pasties, sausage rolls, desserts, cakes and tray bakes, and wherever they can they source their ingredients locally and organically. I highly recommend the café too.

Shop hours: Tuesday - Friday - 9am to 5:30pm, Saturday- 9am to 5:00pm, Sunday -closed

Café hours: Tuesday - Friday - 9am to 4:30pm, Saturday - 9am to 4:00pm, Sunday -closed

Post Office and newsagents, 01229 716220. 11 Prince's Street, past Melville Tyson and the bakery. Includes cash point and gifts.

Hours: Monday – Tuesday & Thursday – Friday - 9am to 5.30pm. Wednesday & Saturday – 9am to 12.30pm, Sunday - closed

Online shopping: Tesco and Asda will deliver from Barrow-in-Furness, 15 miles.

Tourist Information Centre – Old Town Hall, the Square. 01229 716115. Ask them for discounts on Windermere and Coniston boat cruises. Gifts.

Hours: Monday- Saturday - 10am-4pm (closed 12.30-1.30) - 1April - 31 October

Monday- Saturday – 10am-2pm - 1 November -31 March

Train station: Foxfield (1.7 miles, 5 mins drive). There is an approximately hourly service in each direction (on request) from the station on Monday to Saturdays – southwards to Barrow-in-Furness and northwards to Millom and beyond. Change at Barrow for most services to Lancaster and Preston. There is no Sunday service. TrainLine customer services: 0871 244 1545

Taxis:

South Cumbria Taxis near Ulverston 07872 975769

M&V Cars, Millom. 01229 773085

D&G Private Hire, Millom. 01229 777399

McKenna's taxis, Ulverston. 01229 582180

Eating out

For evening meals at any of the below, booking is recommended!



The Square Café, 01229 716388 - most food made on the premises, they serve a range of food and drinks, with seasonally tailored meals
Hours: 10.30am – 5pm daily

Manor Arms, The Square, 01229 716286 – Free House, Furness CAMRA Pub of the Year 2015, up to 8 real ales and 3 still ciders available, tea and coffee. Hot and cold snacks served until 10.00pm.
Hours: daily from 12pm, closing at 11.30pm (12 midnight on Friday and Saturday).

Old King's Head, Church Street, 01229 716293 (at the Square, turn right, it is across the road at the corner past Prince's Street) - An old coaching inn, almost 400 years old, the Old Kings Head is one of the oldest buildings in Broughton-in-Furness. Food served.

Black Cock, Prince's Street, 01229 716529 - A 16th century inn with low beamed ceiling, a sunny courtyard garden during the summer season and a roaring log fire during the winter months.
Hours – bar: Sun - Thurs 11.30am-11pm. Fri - Sat 11.30am- 12 midnight
- food: daily 12-3pm and 5-8pm

Prince of Wales, Foxfield (2 miles), 01229 716238 - Fantastic range of real ales and ciders (brewed on the premises). Great selection of whisky and home made food. Across the road from the station, on the Duddon Estuary.
Hours: Mon- Tues closed. Wed- Thurs 2.45pm-11pm. Fri – Sat 11.45am-11pm. Sun 12pm-10.30pm, bank holiday Mon 12pm-11pm

Blacksmiths Arms, Broughton Mills, Lickle Valley (2 miles), 01229 716824 – wonderful traditional Lakeland inn dating back to 1577. Formerly a “beer house”, with the farmer serving ale in the kitchen to travellers and workers. My husband has fond memories of a jug being brought up from the cellar for all to share before there were any bar pumps! Cumberland Ale is always available, and farmhouse cider in the summer. They use local suppliers who guarantee quality produce, for example beef and Herdwick lamb, reared in the Lickle Valley. Vegetarian dishes and a children's menu available.

Other food and dining facilities:

Ulverston (10 miles, 20 mins drive): Booths, Co-op, Tesco Express, bakeries, grocer, butcher, small markets Thurs and Sat, regular festivals (music and food), numerous pubs, cafés and restaurants including Chinese, Indian, Thai, Italian, tapas, fish and chips.

Coniston (9 miles, 15-20 mins drive): small Co-op, pubs, cafés.

Barrow-in-Furness (15 miles, 30 mins drive): Asda, Tesco, Morrisons, Aldi, pubs and restaurants including Chinese, Indian, Thai, Italian. The Bo'sun's Locker on Roa Island is recommended: include in a trip to Piel Island from Roa Island, or eat on Piel Island at the Ship Inn (don't sit in the King's chair unless you don't mind standing everyone in the pub a pint!)

Millom (7.5 miles, 15 mins drive): Tesco, cafés

Things to see and do



Walking including from the cottage door, including in Broughton Park, accessed from the north west corner of the market square, with the beautiful Duddon Valley 1½ miles, and Lickle Valley 0.8 miles (see our cottage library for walk ideas, maps and guide books)

Miles Without Stiles routes include the disused railway bed: turn left at the bottom of the hill in Broughton past the garage (see route sheet in bookcase)

Wilson Park - play park: head out of the north eastern corner of the market square and follow Knott Lane past the public toilets.

Torver to Coniston along the disused railway: route in bookcase.

The Dunnerdale Fells overlooking the Duddon Valley offer low-level walking, as does the walk from Seathwaite to Seathwaite Tarn, and Wallowbarrow Crag via Rake Beck (park at High Wallowbarrow, Duddon Valley). Walna Scar Road runs from Coniston to Seathwaite – often used by mountain bikers, and gives access to mountains around Coniston Old Man.

I enjoy a walk up Caw: park at Stephenson Ground north west of Broughton Mills, take the footpath along Longmire, then make your own way up onto the top, and back down the other side (with care!) to the footpath alongside the beck for a round trip – at your own risk, beware of crags and unstable rocks underfoot coming down that way.

Head through Coniston and take the road to Tilberthwaite for access to Wetherlam and disused slate workings. The actual quarries are of most interest to rock climbers and divers, however there is a legacy of tracks and bridleway associated with them that connect with the main valleys of Yewdale and Little Langdale.

Ulverston (10 miles, 20 mins drive): The local festival town with numerous events throughout the year. Boutique clothes shops, gift shops, Art Deco cinema (Roxy), Laurel and Hardy Museum, Sir John Barrow Monument on Hoad Hill (open Sun 2-5 when flag is flying). Small markets Thurs and Sat, indoor market daily except Wed and Sun. The Coronation Hall hosts numerous classical concerts, bands and coffee mornings including the acclaimed Ulverston International Music Festival in June.

Coniston (9 miles, 15-20 mins drive): outdoor shops, Coniston Launch and Steam Gondola, boat and canoe hire, lovely walk along the lake through the grounds of Coniston Hall campsite.

Barrow-in-Furness (15 miles, 30 mins drive): high street shops, Furness Abbey (Cistercian), Piel Island (small foot passenger ferry from Roa Island off Rampside), Walney nature reserves and long beach overlooking the Irish Sea to the Isle of Man, Sandscale Haws beach and nature reserve (go sand-dune hopping), Dock Museum (see the Furness hoard!), multiplex cinema, large park including children's play park and boating lake. Play centres include PlayMax for 0-8s (Park Leisure Centre, Barrow-in-Furness, 01229 871146), Fuzzy Ed's for 6 months to 10 years (Owl and the Pussycat pub, Hindpool Road, Barrow-in-

Furness, 01229 824334), soft play for ages 2-8, LazerZone for over 8s (Custom House, 1, Abbey Road, Barrow-in-Furness, 01229 823823).

Piel Island, Barrow-in-Furness. Accessed by small passenger ferry daily in the summer season from 11am-6pm from Roa Island, this small but fascinating island has a pub, a king and a castle! Take the causeway from Rampside, via the coast road (A5087) outside Barrow-in-Furness. Ferry 07798 794550, booking not necessary but check it is running.

Coastal drive via Barrow to Ulverston taking in Conishead Priory, a magnificent Grade II* listed example of early Victorian Gothic architecture on the site of a twelfth century Augustinian Priory. The house is dominated by two octagonal towers, 100 feet high. The World Peace Temple has a stunning gold roof. There are walks to the estuary through woodland which includes an historic pet cemetery.

Dalton: the original capital of Furness, Dalton Castle is a 14th-century tower, formerly the manorial courthouse of Furness Abbey. Dalton Castle is opened on behalf of the National Trust by the Friends of Dalton Castle: open Sat 2-5pm 26 March-24 September

South Lakes Safari Zoo, Dalton – follow the brown elephant signs off A590. 01229 466086. Over 1,000 of the rarest, most endangered animals, including big cats (watch the feeding!), giraffes, rhinos, free-roaming lemurs.

Muncaster Castle, Ravenglass, CA18 1RQ, 01229 717614: the historic haunted castle, still a lived-in family home after nine centuries, commands lower Eskdale from its vantage point above the Ravenglass estuary, and is set in 77 acres of woodland and gardens against the backdrop of the Western Lake District fells. The Hawk & Owl Centre within the gardens of Muncaster Castle is open daily mid-Feb to Dec 23rd inclusive. Centre and flying display entry is included in the Gardens ticket. Adventure playground, meadowvole maze, enchanted trail. Café and shop. Highly recommended day out. Take the A595 north from Broughton.

The Ravenglass & Eskdale Railway (01229 717171) is one of the oldest and longest narrow gauge railways in England, known affectionately as La'al Ratty meaning “*little railway*” in Cumbrian dialect. Take the A595 north from Broughton. It runs from Ravenglass to Dalegarth for Boot, Eskdale. Great waterfall walk from Boot! If you book, you can take bikes on, go one way and cycle back along the track, and up and over the end of the fell (if you want to avoid the last bit on the road).

Lakeland Motor Museum, off A590 between Newby Bridge and Haverthwaite, 015395 30400. 140 classic cars and motorbikes, history of the Dolly Blue mill. Riverside café serving locally sourced home-made food, freshly baked scones and cakes, Lake District cheeses, Cumbrian meats, sticky toffee pudding .

Fell Foot Country Park, off A590 at Newby Bridge onto A592 signed Windermere – 1 mile. Includes canoe access, children's adventure play park, picnic areas, boat hire, café (National Trust, parking charges apply). You can catch the ferry across to Lakes Aquarium (May-Oct).

Lakeside and Haverthwaite Railway, A590, Haverthwaite near Newby Bridge. Catch a stream train along the short stretch of railway to Lakeside. Regular events e.g. Thomas the Tank Engine days. 015395 31594.

Lakes Aquarium, Lakeside, LA12 8AS (south end of Windermere), turn off A590 at Newby Bridge, follow the brown fish signs. Parking charges apply. You can catch the ferry to Fell Foot, or take a boat cruise up to Ambleside, Bowness and Wray Castle from here.

Boat cruises on the Lakes – see leaflets in letter rack. Broughton Tourist Information advertises discounts if booked through them.

Dove Cottage and the Wordsworth Museum, Grasmere, LA22 9SH (015394 35544). Dove Cottage was Wordsworth's first family home. Don't forget to pop into Grasmere itself for some of Sarah Nelson's famous Grasmere gingerbread! The gingerbread shop is next to the church.

World of Beatrix Potter, Bowness-on-Windermere, LA23 3BX (0844 504 1233). Interactive exhibits tell the story of Potter's writing and her importance to Lakeland conservation. Kids love it!

Hill Top, Near Sawrey, LA22 0LF: home of Beatrix Potter (National Trust)

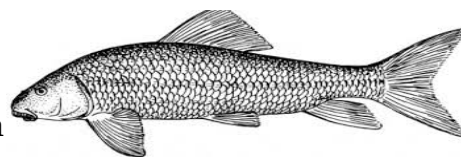
Wray Castle, Low Wray, Ambleside, LA22 0JA (National Trust). From the south take the B5285 through Hawkshead where this becomes the B5286. Continue on this road for 2.5 miles, then take the right hand turn to Wray Castle. From the north and Ambleside, take the A593 to Clappersgate, then take the B5286 signed to Hawkshead. After 2.5 miles take the left turn, to Wray Castle. This neo-gothic house is not your typical National Trust property. There are free tours to find out about its varied history, and rooms are filled with all sorts for children to do: dressing up, castle-building spaces, perfect for a wet day in the Lakes! Outdoors there is a rope swing, den-building and trails, and a lovely walk down to and along the lake. Car park often full by 11am, but you can combine it with a boat trip as it docks here.

Ambleside Climbing Wall, 101 Lake Road, Ambleside, LA22 0DB, 015394 33794. Includes 35 foot lead climbing wall.

Honister slate mine, Honister Pass, CA12 5XN, 017687 77230. The last working slate mine in Cumbria, it includes a *via ferrata* for the intrepid, mine tours, café and shop.

Fishing

There is plenty of sea fishing in the area, including Silecroft, Bootle, Walney, the coast road between Barrow and Ulverston (A5087), and Arnside.



You need a fishing rod licence to fish for salmon, trout, freshwater fish, smelt and eel with a rod and line in England. You can buy your licence online <http://www.postoffice.co.uk/rod-fishing-licence>, call the Post Office to buy a licence by phone on 0344 800 5386 or go to a Post Office to buy a licence in person. You can go fishing as soon as you have paid for your licence - take your Post Office till or email receipt

with you.

There is plenty of coarse fishing: search 'where to fish in Cumbria' for ideas. This includes in Broughton Tower ponds behind the cottage (Millom and District Angling Association, 01229 777648).

In addition to your rod licence, Millom and District Angling Association offers a single day fishing permit for £20, or a 5-day permit for £80, for non-members. This enables you to fish at:

- Devoke Water, about one mile long, brown trout
- River Duddon 366 yards of East bank below Duddon Bridge on the A595, salmon and sea trout
- River Duddon, Hall Dunnerdale, Ulpha, salmon and sea trout and occasional brown trout
- River Irt, Carleton Marsh, Holmrook, salmon, sea trout and occasional brown trout
- River Irt, Drigg Holmes, Holmrook, salmon, sea trout and occasional brown trout
- River Esk, Brantrake Eskdale, salmon and sea trout
- River Esk , Muncaster Castle Estate, salmon and sea trout
- River Annas, Bootle, salmon and sea trout
- River Lickle, near Duddon Bridge, salmon and sea trout
- Black Beck, The Green, Millom, salmon and sea trout
- River Lazy, Haverigg, Millom, salmon and sea trout

Note the following restrictions:

Salmon fishing from 1st February until 31st October

Sea Trout fishing from 1st April until 30th September

Brown Trout fishing from 15th March until 30th September

Nature reserves

Duddon Mosses National Nature Reserve (Cumbria Wildlife Trust, free) one of England's few remaining peatland habitats, with striking views over the Lakeland Fells and the sea.



Morecambe Bay is world-renowned for bird life. There are nature reserves at **Leighton Moss**, Silverdale, (admission fee) and **Hest Bank**. The sandflats and saltmarshes of Morecambe Bay are vital feeding grounds for a quarter of a million wading birds, ducks and geese. It's the second most important estuary in the UK. The coast road from Barrow-in-Furness to Ulverston offers many places to stop and view.

Haybridge is a small but interesting nature reserve through Bouth off the A590 before Newby Bridge. As it is privately owned, please contact the warden to arrange to visit: 01229 861727.

Ospreys now nest at **Foulshaw Moss** nature reserve (Cumbria Wildlife Trust, free). The moss is a unique habitat, an example of a raised moss (A590 between Grange-over-Sands

and Levens).

North Walney nature reserve (RSPB, free) is one of the preserves of the Walney geranium, and Natterjack toads.

Grey seals, various gull species, greenshanks, redshanks, eiders, short-eared owl are some of the species inhabiting **South Walney** nature reserve (Cumbria Wildlife Trust, small entry fee).

The tidal island of **Foulney** between Rampside and Roa Island, Barrow-in-Furness sees Arctic and little tern breed during the summer whilst in autumn and winter it is a great site to see waders. During the summer permission to walk up the centre of the island only, in order to protect ground nesting birds.

Hodbarrow nature reserve, Millom (RSPB, free entry): tern colony, waders and wildfowl, orchids and other flowers in the grasslands

St Bees Head (RSPB, free): have a walk along the cliff-top path to view the seabird colony, enjoy the display of coastal flowers and butterflies, watch rock pipits in Fleswick Bay while having a picnic on the beach

Biking

Bike riding:

If you are feeling energetic, you can cycle from the cottage to Coniston (approx. 9 miles each way): head up New Street, take the A593 towards Coniston, take next left on the small road over Woodland Fell and Subberthwaite Common, drop back onto the A593, then right on A5084 followed soon by a left onto Rectory Lane. Head right on the bridleway which takes you down to the shores of Coniston, follow this through the grounds of Coniston Hall campsite into Coniston itself. Enjoy a well-earned break!



There is a short ride (4.5km/ 2.8 miles return) up the old railway track to Woodland Valley (start at bottom of hill past garage in Broughton) – suitable for children

Mountain biking: there are several routes in south west Cumbria – routes to borrow in plastic sleeves in bookcase

Wasdale and Wastwater, Eskdale Trail, Duddon Valley, Haverigg Seascape, Black Combe, Grizedale Forest

Horse-riding

Cumbrian Heavy Horses, 01229 777764: head towards Millom (A595), go past the first turn for Millom (do not turn to Millom) and they are 1 mile left further down the road approximately 100 yards after the turn for Brockwood Hall. Suitable for riders of varying ability, with steadier rides and mounts for novices and Clydesdale, Shire and Ardennes horses for more experienced riders



Murthwaite Green Trekking Centre, Silecroft, 01229 770876: take A595 towards Millom, do not take the turning into Millom. Turn left at the junction at Silecroft, the centre is on

the right. Murthwaite Green Trekking Centre is a family-run horse riding centre specialising in beach rides, with direct access onto Silecroft beach with its five miles of golden sands and shallow waters. They are also an approved Pony Club Centre and offer training in both stable management and riding to children from ages 4 years upwards.

Golf

Dunnerholme Golf Club, Askam-in-Furness (8.7 miles), 01229 462675

Silecroft Golf Club, Silecroft, near Millom (10.2 miles), 01229 774250

Eskdale Golf Club, Ravenglass (13 miles), 01229 717680

Barrow Golf Club, Barrow-in-Furness (15 miles), 01229 825444

Furness Golf Club, Central Drive, Walney Island, Barrow-in-Furness (18 miles), 01229 471232



Swimming and fitness

Tennis courts in Broughton-in-Furness: book at the Post Office

(01229 716220), £4 per hour plus £5 refundable key deposit. Head

across the square, past the garage, the courts are at the school up the hill on the left.



The Park Leisure Centre, Barrow-in-Furness, 01229 871146: 25m pool, leisure pool (waves, 20m water slide, pirate cove interactive water play zone), fitness suite, roller-skating sessions Tues 5-5.45, Sat 10.15-11.15am, 11.30am-12.30pm, 12.45-1.45pm

Dalton Leisure Centre, Dalton, 01229 463125: 20m free-form warm-water swimming pool with integrated toddler area and splash zone, fitness classes, gym (1 hour induction required), squash courts

Ulverston Leisure Centre, Priory Road, Ulverston, 01229 584110: indoor and outdoor leisure centre with a 25m swimming pool, fitness gym, Cumbria's largest tennis centre

Wild swimming – at your own risk!

Ulpha Bridge, Duddon Valley: a popular area of grassy riverside with 300m stretch of pool and shallows, deep section under bridge from which the brave jump. Easy parking, post office and shop nearby.

Birks Bridge, Duddon Valley: a clear stream in a gorge beneath an old packhorse bridge. Swim upstream from the rocks to the waterfall.

Buckstones Jum, Rydal (upstream of Rydal Hall): a triangular plunge pool in the fells, open with large pebble beach and large rock slabs. Views down to Rydal Beck. Deep under waterfall or gorge (3m).

Loughrigg Tarn near Ambleside: beautiful small tarn, relatively warm, under skyline of Langdale Pikes.

Tongue Pot, Eskdale: a long series of pools. Tongue Pot is dramatic with high jumps possible (5m deep), many small pools above. **Kail Pot** below is sunnier, shallower (1-2m) and more secluded. From the bottom of Hardknott Pass (western side) take the path up the valley (up the farm drive on the right; there's an old-style red phone box on the corner), following the River Esk until it forks. Kail Pot is lower down, but easily spotted.

Gill Force, Eskdale: a small rocky gorge and pool on the Esk, close to the village of Boot. Near the little riverside church. Shady, deep section with rocks to jump from.

Kayaking, canoeing, sailing

Coniston Boating Centre, 015394 41366. Parking charges apply.

Lake District Visitor Centre, Brockhole (between Windermere and Ambleside on A591), 015394 46601. Parking charges apply.

River Deep Mountain High, Lowick Old School, Lowick Green, Ulverston (head towards Ulverston on A595 and A5092, don't turn off for Ulverston, keep going and it's on your left at Lowick), 015395 28666

Low Wood Bay Watersports Centre, (just south of Ambleside on A591), 015394 39441. Open daily 1st April – 31st October.

Local history, archaeology and geology

Duddon Bridge Iron Furnace (take A595 towards Millom, cross Duddon Bridge, first right Corney Fell road, shortly on your left, approx. 2 miles from Broughton). Established in 1737, it was supplied with charcoal from the ancient coppiced woodland nearby. The pitheads of the charcoal workers can still be found. Further information can be seen at the site of the furnace, which has recently been restored.



Donkey Rock, or as I call it, the vertical beach! Take the road to Foxfield from Broughton, the rock is on your left. Formerly Eccleriggs Quarry, Donkey Rock is 400 million years old. Once a shallow tropical sea it was the currents in the water that caused hollows that over time filled with iron rich deposits that hardened into solid rock. The movement of the Earth later pushed the layers into an upright position.

Swinside stone circle (NGR SD 172 882) is one of the three most important stone circles in Cumbria, and consists of 55 stones set in a ninety foot diameter circle. Although the circle is located on private ground, it can easily be viewed from a nearby public footpath. The walk from the nearest parking area to the circle, which is located on the eastern flank of Black Combe, takes around half an hour return.

Birkrigg Common is a wonderful example of limestone pavement, with great views across Morecambe Bay and towards the Furness Fells. Excellent for dog walking!

Birkrigg Druids Circle, Birkrigg Common, Ulverston (NGR SD 292 739). There is much evidence of prehistoric occupation in the area around Birkrigg. Several bronze age tumuli can be found on the Common. The Druid's Circle lies on the south-east side of Birkrigg Common about half a kilometre from the coast, overlooking the village of Bardsea. It consists of two roughly concentric stone rings.

Frith Hall is visible as a romantic ruin on the skyline as you drive up the Duddon Valley. Four hundred years ago it was a hunting lodge overlooking the deer park of Ulpha (Frith means 'in the wood').

Ravenglass Roman Bath House, fort (Glannoventa) and vicus. The Roman army arrived at Ravenglass around AD120 during their conquest of northern England. From the station car park, follow the tarmac path towards the steam railway bridge. Turn left and away from the railway, where the tarmac ends and the smooth surface path heads gently down to the road. Turn right on to the tarmac road to the bath house ruins. There is an off-road path by the side of the road, which leads to, and slightly beyond, the bath house. After 1 km, you reach the bath house, and information panels. There is also a Roman fort in a fantastic

location at the head of Eskdale valley.

Hardknott Roman fort, the remains of the Roman fort Mediobogdum, located on the western side of the Hardknott Pass (head up the Duddon Valley, Hardkott Pass takes you into Eskdale)

Furness Abbey (English Heritage), 0370 333 1181: this was one of the richest Cistercian monasteries in England, exceeded only by Fountains Abbey in Yorkshire. The soaring ruins of red sandstone soak up the grandeur of this 900 year old site. Adjacent grassy amphitheatre and footpaths toward Barrow and Dalton.

Emergency numbers



Police/ fire/ ambulance: 999

NHS Direct: 111

Nearest hospital: Furness General Hospital, Dalton Lane, Barrow-in-Furness. 01229 870870 (including A&E)

Doctor: Duddon Valley Medical Practice, Ellerfeld/ Foxfield Road, Broughton-in-Furness. 01229 716337

Dentist: A. B. Smith, Lodge Terrace, Broughton-in-Furness. 01229 716746 (take Knott Lane off the north eastern corner of the square, first right, follow the road round)

Vet: Browne & McKinney, East View, Church Street, Broughton-in-Furness. 01229 716230

Nearest chemists:

Murrays, 2, King Street, Ulverston. 01229 582003 – open until 5.30pm Mon-Sat

Murrays, Ulverston Health Centre, Stanley Street, Ulverston. 01229 484022 – open 8.45-1pm & 2-6.30pm Mon-Fri

Boots, 32 Market Street, Ulverston. 01229 582049 – open until 5.30 Mon-Sat

