

**dementia
adventure[®]**

Holidays 2024

Derwentwater Lake District

Five days, Monday to Friday

Dates & Prices:

(Prices per person, based on two people sharing a room)

✓ 15th–19th April 2024
£1,300

✓ 9th–13th September 2024
£1,350

Our holidays are available to people from all walks of life and we don't want finance to be a barrier to you getting a break. If these prices are out of reach we might be able to offer you further financial help, support you with finding additional funding, or both. Contact us for more information. We will support you to get the holiday you need.



Location

Lake Derwentwater in the Northern Lake District is as pretty as it is dramatic. Surrounded by stunning scenery and home to sheltered coves and wildlife, it has much to offer. To its west rise the fells of Cat Bells. To the east is the majestic Friar's Crag, a popular viewpoint that juts into the lake, and at its southern foot lies the entrance to the beautiful Borrowdale valley. Considered Keswick's local lake, Lake Derwentwater is only a 10-minute walk from the centre of town.

Accommodation — New for 2024

The delightful Catbells and Keepers Cottages are set into the south of The Lingholm Estate, situated on the western bank of Lake Derwentwater. Tranquil and safe, with gorgeous views of the lake and surrounding mountains, this really is a stunning location. Make use of the enclosed lawned garden and outdoor seating in good weather, or share meals and discuss the day's adventures in the spacious and comfortable open-plan living room, kitchen, and dining area, which features windows that make the most of the nature-rich scenery.

Two of the bedrooms are on the ground floor, while the other two are on the first floor. Each room has a King bed and an ensuite shower room, which may need to be accessed by a small step.

Facilities

- ✓ Bedrooms with ensuite showers
- ✓ Wifi
- ✓ Washing machine
- ✓ Parking

Activities

The Northern Lakes offer plenty of activities whatever the weather, from shoreside strolls and boat rides on the lake to short walks in the hills. There's also the option of assisted onsite watersports, such as rafting, canoeing, or sailing. The sheltered coves and islands, along with an abundance of wildlife, make this a fantastic lake to explore by boat. If you love sailing or just being by the water, this is the trip for you!

Example Itinerary

Every holiday with Dementia Adventure is unique! Your itinerary may vary depending on the date, and will be released to you in good time before your departure — usually about two to three weeks prior.

If you would like to get an idea of the kinds of activities that may be in store for you, see the example itinerary below. However, please note that this example is just a mock-up based on past years' schedules, and does not constitute your final itinerary.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Sailing on the lake with an experienced instructor	Back out on the lake for canoe rafting	Meeting with animals and birds of prey at the Lakes Wildlife Park	Late breakfast aboard Bassenthwaite Lake Station's art deco Carriage Café
Afternoon	Arrival, a café lunch, and a short walk, followed by driving to the accommodation to unpack and settle in	Lunch and hot drinks back at the accommodation, then visit with The Lingholm Estate's very own herd of tame alpacas	Lunch at the accommodation before exploring some of the local sights	Picnic lunch and then a ride on specially-adapted bicycles through Watchtree Nature Reserve	A final walk around Dubwath Silver Meadows Wetland Nature Reserve
Evening	Enjoy a home-cooked evening meal at the accommodation	Enjoy a home-cooked evening meal at the accommodation	An evening meal out at one of the charming local pubs	Enjoy a home-cooked evening meal at the accommodation	

Who is this holiday for?

- ✓ People who enjoy fresh air and beautiful countryside
- ✓ People with good mobility — we may walk 3 miles in a day, with breaks
- ✓ People who want to share a holiday with three other pairs who are looking for the same chance to unwind and have a great time among gorgeous, natural surroundings
- ✓ People who are comfortable with being close to and out on the water



What is included?

The price you pay includes:

- ✓ Four nights' full board accommodation
- ✓ All meals, including lunch and dinner on the first day and breakfast and lunch on the last day. Some of these will be in cafés and pubs as part of the planned itinerary, and some at 'home' in the accommodation
- ✓ Complimentary soft drinks, tea, and coffee
- ✓ All activities and venue entrance charges
- ✓ Transport throughout the holiday
- ✓ Around-the-clock support from the Dementia Adventure team, on location and throughout the holiday
- ✓ Pre- and post-booking support
- ✓ Organisation, remote support, and personal communication in the run-up
- ✓ One free photobook per booking



Book your Derwentwater holiday:

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For more information on this, please contact us:

📞 01245 237548

✉ adventures@dementiaadventure.co.uk

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