

Girl About The Lake District's 48 hours in **THE LAKE DISTRICT**

**MY 2 NIGHT ITINERARY FOR ADVENTURES
& BREATHTAKING SCENERY**



"The Lake District is England's biggest national park and is packed FULL of adventure. From some of the most popular activities in The Lake District, like hiking and biking, to some of the more obscure like wild swimming, ghyll scrambling, SUP and canyoning."

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From some of the most popular activities in The Lake District, like hiking and biking, to some of the more obscure like wild swimming, ghyll scrambling, SUP and canyoning. Here is your 48hr itinerary for an amazingly wild weekend in The Lakes!



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Friday afternoon

You have arrived in The Lake District and it can be a little overwhelming to decide what to do. The scenery is beautiful and there are endless options for adventure in The Lake District. However, you're in the home of the mountains in England so why not do the best free thing you can do here... go for a walk.

There are literally hundreds of options but one of my favourites is Aira Force. The 65ft waterfall in The Lake District, near Ullswater, with on-site National Trust parking.

The circular walk to the waterfalls and back is great for families. You can go further by exploring the pools beyond, or Gowbarrow, the closest Wainwright.

These can all be walked from the car park and have amazing views so whether you're after a quick leg stretch or a challenging walk or run then this is the perfect place to start your adventures in The Lake District.

There are plenty of other National Trust sites you can park up at and use for your Adventures in The Lake District. See the link below for more information.

Friday evening

Once you've checked in to wherever you're staying, have a relaxing bath (hopefully with a view) then why not head to Keswick to eat somewhere that really celebrates adventure.

The Fellpack and The Round are all about encouraging and inspiring you to get out and enjoy an adventure in The Lake District.

The Fellpack will cater if you are after a romantic meal, seasonal dishes, and healthy options. The Round is a burger bar that's family-friendly, has great portion size, vegan and veggie options. Ideal post-adventure food.

Satisfied from dinner, you can pop into The Pocket. One of the newest bars in Keswick, but already a big hit with locals and visitors alike. They have great vibes, amazing beer and live music, perfect! Recently they've even set up their own Swim-Run challenge around Derwentwater – I can't wait to have a go at it!





Saturday morning

Waking up, feeling refreshed and raring to go for a full day of Adventure in The Lake District. Make sure you fuel up and get ready for your day and pack your bag with sun cream and waterproofs! You never know!

We are jumping straight in and getting out on some Lake District rock. The Lake District has been known as the birth of trad climbing – climbing and placing your own gear in rock. Don't worry, we are starting with something a little less daunting.

You can head up to Honister Pass for the Via Ferrata or book for someone to take you out to have a go at climbing or abseiling. Get a real feel for why people have been coming to adventure in The Lake District for so many years. People to take you climbing in The Lake District include Keswick Adventures, Esther Foster, Lake District Mountaineering, West Lakes Adventure and Ambleside Adventure.

Saturday lunch

Adventure in The Lake District lends itself to grabbing a takeaway lunch on the go. Some of my top lunch spots are; Chesters by the River – Skelwith Bridge, Jans Lakeland Sandwich Shop – Keswick, The Sandwich Box – Ambleside, The Apple Pie – Ambleside, Sykes Farm, Rattleghyll – Ambleside, Lucia's – Grasmere, Granny Dowbekin's – Pooley Bridge.

Get it on the move, sit by a lake or stop at a viewpoint. When you're on an adventure in The Lake District I think food tastes better outside anyway. My Brownie Recommendations to take on the lake with you (because snacks are important.)

Jaspers Cafe, Homeground Cafe, Chesters By the River, Saw Mill at Wasdale, Joey's Castle, Arnside Beach Hut, Sykes Farm and Rattleghyll.



Saturday afternoon

After a morning in the mountains, it's time to get on the water. There's a huge amount of water-based activities you can take part in and, come rain or shine, they still happen on the lakes.

One of my favourites has always been stand-up paddleboarding (SUP.) If you've never done it before then you can book taster sessions with the following: LakeSUP, Lake District Paddleboarding, Keswick Adventures, and Mountain Memories.

If you've done it before and feel confident that you could go out on your own then you can hire them from Derwentwater Marina, Windermere Canoe and Kayak and Ullswater Paddleboarding.

Derwentwater, being my home lake is always a favourite but I love taking a day out with the paddleboard, it's the perfect way to fully immerse yourself in nature, paddle out into the middle of the lake and munch on your awesome brownie!

Saturday evening

Let's make the most of your time outside and head out to a perfect spot to watch the sunset. Whether you are after a hike up a hill or a relaxing evening by a lake there is something in my piece, 'Top 10 Sunset Spots in The Lake District', for everyone. Two of my favourites are Surprise View and Orsett Head. Both are really convenient and have stunning views over lakes and mountains.

How about some fish and chips from some fantastic chip shops? Some of my favourite The Lake District are Kingfisher – Keswick, The Old Smithy – Ambleside, The Chippie Van – Pooley Bridge.





Sunday morning

Now you've seen a sunset in the lakes, I always think it's worth getting up for a sunrise.

Depending on what time of year you visit will dictate how early you get up. It's always worth it. Some amazing sunrise spots include Pooley Bridge, Knott Rigg, and Helvellyn – if you don't mind the early start, Harrop Tarn, Under Catbells, Wray Castle and Haweswater.

It's your last morning so go out with a bang. You can get in the water and have a go at wild swimming with local guide Always Swimming Wild or head over to Whinlatter or Gisdale Forest to hire bikes and explore the area on two wheels instead! Both of these are the perfect way to finish your weekend of adventure in The Lake District.

Don't forget to pick up a brownie for the road home and see you again soon for even more!.



My favourite places to stay

- >> Another Place - Ullswater (pictured above)
- >> The Brimstone Hotel - Langdales
- >> No. 10 Romney Grange - Waterhead
- >> Grasmere Glamping
- >> Greater Langdale Glamping
- >> Storrs Hall - Windermere
- >> Sally's Cottages
- >> Armathwaite Hall Hotel - Bassenthwaite
- >> Low Wood Bay - Windermere