
Welcome to Woodend

We welcome you to your stay at Woodend and hope it will be a memorable one.

Please bear in mind that we are situated within a working sheep and cattle farm. Other than the field that we own (further information on Page 6 and 24), the farm fields are out of bounds to guests and dogs.

If you haven't yet found our website, then please check it out at www.woodendhouse.co.uk as there is useful information on things to do in the area.

Please read the notes which follow - they're important and we hope you'll find them useful and informative.

We pride ourselves in combining comfortable and cosy accommodation within a quiet relaxing environment and we aim to provide everything you are likely to need for your stay.

If you have any problems during your stay then we will try our best to resolve them but please remember, **we can only help if you ask**, so please don't put up with something that you are unhappy with and only tell us on your return home!

The origins of Woodend go back to the 16th century and being located high on Birker Fell you have incredible views, (weather permitting), towards Scafell Pike, Crinkle Craggs and Bowfell.

We hope that you enjoy your break and will return.

Paul and Jella

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At the Back

Bird Spotting Birds at Woodend

Maps Please help yourself to a copy

- | | | | |
|-----|----------------------------------|-----|--------------------|
| 1 - | Bypass the farm to Devoke Water | 2 - | Scenic Drives |
| | Woodend to Stanly Ghyll | | The Eskdale Valley |
| | Driving Eskdale & Duddon Valleys | | The Duddon Valley |
| | Wastwater and Scafell Pike | | |

General Information

Parking

Sometimes there may be half a dozen cars at Woodend so when parking please allow for this. The obvious place to park is by the Buttery metal railings and gate but you can park anywhere between the concrete markers on that side of the car park. Please park with your bonnet towards the wall and do not park parallel to the wall.

That way we can park 3 cars side by side!

Laundry

You are welcome to bring washing to the barn to clean and tumble dry. We can provide washing powder and fabric conditioner so don't buy any if you don't have any.

Please come to see us to make arrangements.

There is a clothes airer in the Schoolhouse.



Smoking

We request that guests refrain from smoking in the Schoolhouse. If you smoke outside, discard your butts thoughtfully.

Walking

The road leading from the fell road to the cottage and farm is a public foot path. It runs through the farmyard and out the other side and carries on to Devoke Water. However, if the farmyard has cattle in it the farmer has asked that you take the stone steps on the left, just after the farmhouse, and walk around the back of the barns and the sheep pens where you will find a wooden gate that takes you out onto the fell.



If you wish to avoid the farmyard altogether, because of the working dogs, this is another route. This takes you through our field, (which you are welcome to use, it's the one just beyond the poly tunnel with the chickens and sometimes pigs) and behind Woodend.

Please do not remove this map from the folder.
There should be spare copies at the back.



Rubbish and Recycling

All bins are clearly marked so please follow the instructions.

Nb. Only put kitchen **BIN BAGS** into the Wheelie bins
NOTHING LOOSE please!



MAIN CAR PARK - Between Carport and Bath

WHEELIE BINS	SMALL DUSTBIN	METAL DUSTBIN
		
HOUSEHOLD WASTE ie. ONLY Bin liners from kitchen waste bins	Doggy bags, small bags & loose items (eg. Car rubbish!)	Loose Ash Emptied from your ash storage box

TOP CAR PARK - between the Bothy and Schoolhouse

- Recycling area for:
GLASS, TINS, CARD, PAPER & PLASTIC

WHEELIE BINS

Unlike town collections, our bins are emptied by hand and not tipped into a large refuse collection vehicle, so please **DO NOT** put loose items in the wheelie bins, they are for your kitchen waste bin bags. It is frustrating that when being asked not to, small rubbish is still put into wheelie bins and we must reach in and empty them, which is not a pleasant experience!

Because we have dogs and foxes in the area, please don't leave loose bin bags anywhere other than in the wheelie bins.

Recycling

Woodend doesn't qualify for a recycling collection, because of the restricted vehicle access, so we have taken on this responsibility ourselves.

However, as this will be done by hand, and taken to the recycling centre in our car. We would appreciate it if all bottles, tins and plastic packaging were **thoroughly washed** and **plastic bottles squashed** before being put into the appropriate container.



Everything else (paper sheets, plastic bags and flimsy plastic sheet, foil, etc.), can be put into your kitchen waste bin and that bag must be put into a wheelie bin in the main car park.

We recycle



- GLASS - Bottles, Jars, etc
- TINS - Washed please.
- CARDBOARD (Flattened), NEWSPAPERS and MAGAZINES
- PLASTIC - Bottles and Rigid Packaging - Washed (please!) and SQUASHED as small as possible, and **not plastic bags**

Pets

We do not make a charge for pets, but we would like to bring your attention to the following:

- Pets are not allowed on the beds or the sofa.
- You as the owner take responsibility for the additional cleaning and sweeping of the living areas that may result at the end of your stay. i.e. fouling, chewing and especially moulting!

Because we do allow dogs and there may be several here at one time, the working dogs from the farm can be nose-y and sometimes roam up here, so please ensure that your dog is kept under control. We can only apologise if they foul the area, we try to be vigilant and clear this up but don't get to everything.



If you hear the farmer's quad or tractor approaching, then he probably has his dogs with him. Please keep dogs on leads if you think they are prone to chasing sheep and especially during the lambing season.

If you wish to wash the dog there are hosepipes by the Buttery, Schoolhouse and at the top of the drive just past the carport. Please **DO NOT** wash your dog in the bath as this is acrylic and will scratch.

There is a small dustbin by the wheelie bins for "doggy waste bags"

In the very rare case of your dog getting a tic, there is a Tic removal tool in the first aid box along with antiseptic wipes. If you're not familiar with their removal, there is plenty of information online about this.



Breakages and Damage

If you have a breakage, then please let us know so we can replace it for the next guests. We generally don't make a charge for small items such as glasses but glass for the log burner is £25 and the coffee pot jug is £8.

It may seem obvious but please keep tea towels away from the cooker when it's alight. We do get the occasional scare when we see scorched and even burnt tea towels. Tea towels are for drying cooking utensils **ONLY** and not for heavy duty cleaning when you leave!

Services

Gas



The cooker runs off LPG and the bottles are located outside in the patio garden by the coal bunker. If the bottle runs out, there is usually a spare ready but you may need to switch the empty one (the lightest) off and turn the full one (heaviest) on and change the position of the lever on the changeover valve.

Gas Cooker

A safety feature means that the control knobs must be held in whilst the ignition switch is pressed, and you should then hear a clicking before it lights. The main reason that people struggle to light it (especially the oven and grill), is that they don't hold the button in!



Dishwasher

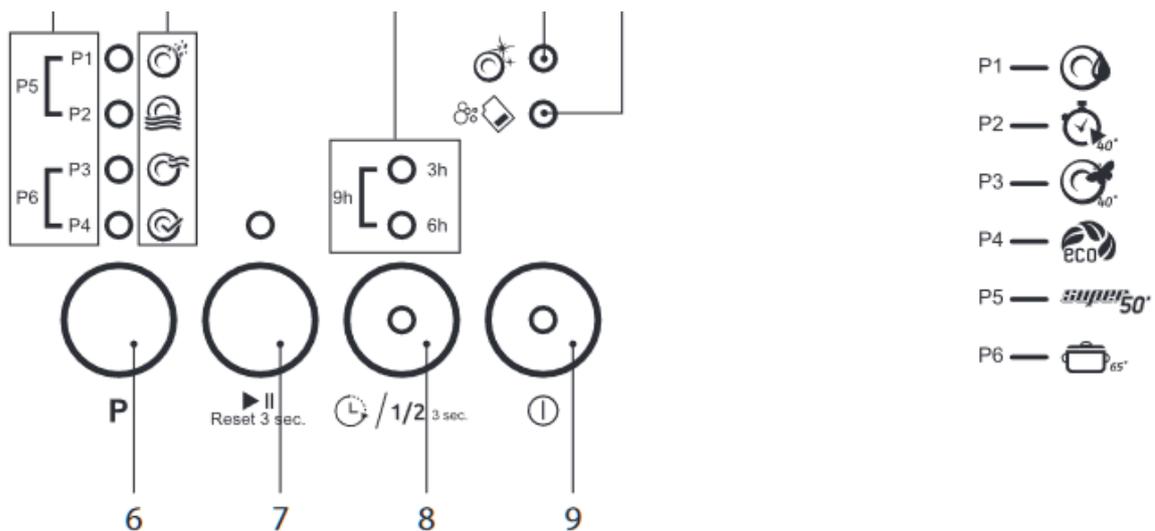
Here are some instructions if it's not too obvious how it works.

There are some dishwasher tablets under the sink.

Cycle times range from "Prewash" (Prog 1) – 15 minutes
and "Eco" (Prog 4) – 3 1/2 hours

Load the dishwasher and add the detergent tablet.

-  Press the On/Off button (9)
-  Press the "P" Program Button (6) until the wash cycle program required
-  Press Start/Pause (8)



Wash Cycles

- | | |
|--------------|---------------|
| 1 – Prewash | 4 – Eco |
| 2 – Quick | 5 – Super |
| 3 – Delicate | 6 – Intensive |

The Log Burning Stove

During the colder weather and in the evenings, the heating may be supplemented with the stove.

The stove is a very efficient sealed unit and is designed to always be used with the stove door closed.



Please don't be tempted to load the stove with too much fuel, and certainly **DO NOT** put coal above the level of the grate, which is there to prevent fuel falling out. Start small and add more fuel if you need to and please do not operate the fire with the front door open. Once you have mastered it, you should be able to leave it on all night (and all day if you go out), with the bottom vent opened very slightly. You can then revive it in the morning (or when you return) by opening the bottom vent fully and "riddling" it slightly to allow some air to get through.

If you are not sure how to light it, or are having trouble, there are some directions on the last page of this booklet.

We have provided you with firelighters, some kindling and coal. If you need more coal then please help yourself from the coal bunker outside, against the wall just through the opening to the courtyard..

Ash

Ash can be transferred to this container which is stored outside by the coal bunker. When you depart, please transfer the contents to the metal dustbin in the car park.



Logs

If you wish to use logs as well, we have provided you with a log basket. Please be careful that logs aren't too big as when you close the door there is a chance that the glass will get broken. (£25 replacement charge!)



A basket of logs costs £2.50, and if you need more kindling wood, this is available at £1.50 **per small carrier bag** which you can fill yourself.

These are stored in the blue log store between the schoolhouse and the bothy, just before the recycling area.

Please help yourself and put your money into the white honesty box which is in the top right-hand corner of the right-hand section of the store.

Heating

The heating is by an overnight electric storage heater in the bedroom and an additional convection heater and oil-fired radiator are provided as backup for the evening in colder periods if you don't use the main stove.

The storage heater controls are located at the top of the storage heater and it is suggested that for most of the year, the input be left on 6 and the output no more than 3.

Leaving the bathroom door open when not in use will help to keep that room warmer although there is also a blow heater on the wall.

Using the Oil Filled radiator

There is also an electric heater (oil filled radiator). If you use this heater, it would be appreciated if it wasn't left on whilst you are out, (it does have a timer), and it is turned down at night and switched off when you leave. Further instructions for basic operation are on the next page.

Please don't just turn the oil filled radiator to the highest setting and leave the thermostat on full. This will affect your comfort and use more electricity than necessary.

The heaters can get very hot so please be careful and do not leave clothes on the heaters to dry.

Position the thermostat slider to the middle position and turn the radiator on using the power selector on as follows:

- Turn the power selector to position **1** to select minimum output (the light on the left will come on).
- Turn the power selector to position **2** to select medium output (the light on the right will come on).
- Turn the power selector to position **3** to select maximum output (both lights will come on).

Adjusting the thermostat

Leave the thermostat at its highest setting until the room has reached the required temperature. Then slowly turn the thermostat slider back until you hear a click. The temperature selected in this way will then be regulated automatically and kept constant. You should find that at position 1 and low thermostat setting that the room will stay at a comfortable temperature.



Cleaning

We provide adequate cleaning equipment and materials for you to look after the cottage both during your stay and to leave it in a clean condition when you depart.

There is a Hoover, broom, dustpan and brush and a Flash mop. The Flash mop uses a spray operated by a switch on the handle and there are spare mop pads and liquid under the sink.

We have provided tea towels for wiping up crockery and utensils so please don't use them for anything else.

Filter Coffee Machine

This has a permanent filter so there's no need to use a separate paper filter. It's best to use the jug to fill it so that you don't have a spillage at the end of coffee making.



Kitchen Worktop

This is solid oak and needs a little bit of looking after. We do have to regularly coat it with Danish oil but please also:



- Use the cutting boards provided, do not cut directly on the surface,
- Use the trivets provided for hot pans and the kettle,
- After use, ensure the worktop is dried as puddles of water and wet metal items can, over a period of time, stain the wood (eg. overnight)
- Make sure the dish draining rack spout is pointed over the sink.

Your co-operation will help to retain its effectiveness and visual appearance.



Water

Please don't be alarmed if the water appears slightly brown, (especially if it has been raining). This is perfectly normal and is a result of the water supply.

All water is filtered and then treated by ultra-violet light so is safe to drink. The supply is checked annually by the local environmental health department and always reaches their strict standards.

The stop cock is located in the Barn.

Hot Water

The hot water is heated overnight in a tank by an immersion heater which is located in the top of the tall cupboard in the kitchen.



If you need more hot water, certainly if you want a bath later in the day, please turn the knob on the bottom left that says *Boost* and it will switch off automatically after 1 hour.

Solar Power

If it's sunny then by all means put it on *Boost* again, after your morning bath, to make the most of our "free" electricity.



Bathing

Because the water is heated by the tank there isn't an unlimited supply of hot water, (like you may have at home), so you should fill the bath with hot water first (without draining the hot water tank completely) and then add the cold water.

Please be aware that the water can become extremely hot so take care, especially when bathing.

The Room Beyond the Door!

At the bottom of the stairs, through the locked door, is our freezer storage room and cleaning materials store so very occasionally you may hear us rummaging in there.

While you are "in residence" the other door from our side will always be shut and to lessen the intrusion we will only access the room if absolutely necessary.

Internet Access

We are trialling satellite broadband as our copper phone line comes 5 miles and is extremely slow.

Your best access point is called “Buttery Satellite” but you will also see “Buttery” (this connects to the slower copper telephone internet), and you may see one or two others.

There is no security password so all you need to do is select “connect” when your device finds the new access point.



Let us know if you are having difficulty accessing the internet but please **do not** factory reset the access point as it will then need setting up again. If we experience continued problems satellite problems then you can always try connecting to “Buttery”. Bear in mind that our internet connections may be slower (compared to what you are used to at home), and all the holiday cottages share them. It would therefore be better for everyone if you only use your devices for emails, browsing, Facebook, Youtube, Facetime, etc. rather than watching online TV and films. If you use it for Zoom then you may experience a slight delay (latency) as the satellites send their signal from 22,500 miles away!

Telephone

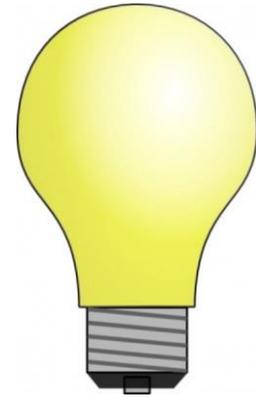
As you have probably found, there is no mobile phone reception here. There are areas of reception along the Fell road between Ulpha and Woodend around Crosbythwaite Farm, much of Eskdale and on top of Devoke Seat!

There are public telephones at Boot and Ulpha and you are welcome to use the phone in the Barn if you come and ask.



Bulbs and Batteries

There should be some spare bulbs in one of the dresser drawers but please come to the Barn if you need more or if you need batteries for remotes, the clocks or the fire alarm.



Please don't throw our rechargeable batteries away, leave them on the dresser so we can recharge them!



Outside Lights

The switch is indicated and located above the drainer on the kitchen. Leave this switched on for automatic operation. If switched off and on within 2 seconds, they are manually overridden and stay on permanently.

If you find that the outside lights are on permanently (usually after a short power cut or you have accidentally switched it off and on) it would be appreciated if you reset it by turning off for at least 30 seconds and then turn on again. They will then stay on for a while and then eventually go out and then again work automatically.

Television

TV reception here is poor so we have provided a full Sky HD package including sport. If you aren't familiar with the sky system, switch the TV on with the TV remote and then use the sky remote. The Sky remote should then operate the TV volume as well.

The PIN is 1234

How to use your Sky remote control

You do not have the programmable features of Sky+ so these buttons will not do anything: **Play, Stop, Pause, Rewind, Fast forward & Record.**



These buttons will apply to the non-Sky+ box that you have:

- **tv:** Pressing this button puts your remote in TV mode.
- **sky:** Sets your remote to control your Sky box.
- **Standby:** Switches your Sky box into standby mode.
- **tv guide:** Brings up your seven-day TV listings in the Sky Guide
- **box office:** Displays your Sky Box Office movies that you can't access
- **i:** Gives you more details about the programme you're watching or have highlighted in your Sky Guide.
- **Arrow buttons:** Let you navigate the Sky TV menus. When watching live TV, the **right arrow button** will show you what's on later on the channel you're watching, and the **up/down arrows** let you browse through the other channels without switching away from the channel you're on.
- **select:** Confirms your choices in the Sky TV menus
- **ch +/-:** Changes the channel up or down.

-
- **back up:** Returns you to the previous page at any point within the Sky TV menu.
 - **help:** Displays your Audio Description and Subtitles settings when watching a programme. Pressing **help** in the Sky TV menu will display instructions on how to navigate the menus.
 - **Red, green, yellow and blue buttons:** The coloured buttons help you navigate when you're in the Sky TV menus by giving you handy shortcuts. You'll see them listed at the bottom of your screen

Problems getting a picture?

It is possible, with a little bit of “panic button pressing” to set the TV so it doesn't recognise the signal from the Sky box and shows “No Signal”.

To rectify, make sure that the Sky box is on (showing a green light).

Press the button on the **TV Remote** marked “**Source**”. Scroll to “**HDMI 1**” and select that. It should then work.

Using the DVD

The drive is located behind the right-hand side of the TV and a DVD is just slotted in. Press the button on the **TV Remote** marked “**Source**” scroll to “**DVD**” and select that. Don't forget to set it back to “**HDMI 1**” to view Sky again.

Fuse box

The consumer unit is located in the cupboard in the kitchen area to the right of the sink.

If the main supply fails and all switches are all on, please come to the Barn and we will check it over here. If we're out it is one of the top set of switches located in the kitchen (yellow removable panel to the left of the saucepan rack).

USB Charging

There is a socket with USB charging in the kitchen over the worktop.

This is suitable for charging tablets and smartphones.

If you are short of leads, then please come and ask.



Candles

We usually provide a few candles and tea lights and spares can be found in a drawer in the dresser. Please use these responsibly and use the holders provided to avoid burning any surface and dripping candle wax.

Obviously, this can be a fire hazard so keep well away from flammable areas and snuff out when you're not there and at night.

Feeding the Birds

There are quite a variety of birds that visit Woodend, so we have provided a bird feeding station for you to enjoy them as well.

There are further details at the end of this folder if you want to do a bit of bird spotting. If you spot any we have missed, then please let us know and we'll update the sheets.



The Barbeque

The BBQ is stored under a cover outside and the tools are in the wooden trunk next to the sofa. Please feel free to position the BBQ wherever it is convenient for you but at the end of your holiday please replace the cover securely as it can get rather windy up here!

For storage purposes, the gas bottle isn't connected. It can be fitted by pushing the regulator onto the bottle with the green icon facing upwards and then turning the knob (gently) until the red icon is facing upwards.

To remove the regulator, whilst the green icon is facing upwards, push the knob in to release it, there is an arrow on it to show this.

I haven't found the spark "ignition" to be particularly effective so you may find it easier to use the gas lighter from the log burner.

If you use the BBQ

After you have used it, it is possible that it may not be used for week or two, so our main concern is that it is all left in a clean condition ready for the next guests.

Please clean and dry:

- the BBQ tool set before replacing in the case,
- the cooking grill as best you can, there is a wire brush available in the tool set,
- any areas that get splashed whilst cooking (eg. Around the edge of the cooking bowl, underside of lid, etc.)
- the fat collecting bowl, if it is full, found directly under the bowl below the burners

We have provided this to enhance your holiday, but we don't really want to have to spend a lot of time cleaning up after its use or fend off complaints because of the way it is left, so it would be greatly appreciated if you could respect this.

The Field, Picnic and BBQ area

Our field is the one on the right, just past the polytunnel and geodesic dome.

There are two entry gates.

One is the large one that you come to first which gives you access to the field which is divided by a stream.

We keep our free-range chickens there and they are normally out after 9.00am and put away around 6.00pm. Outside of those time you are welcome to take your dog into the field.

Further down the lane, over the little bridge, is a second small green gate. This gives access to the other side of the stream and just past the enclosed orchard area there is a picnic bench. You are more than welcome to use this area for relaxation and perhaps even picnicking or BBQing.

We do have a small portable foldup BBQ. If you want to use it to cook in the field then please come and ask. We may also have some charcoal if you don't have any.

Electric Vehicle Charging

We are in the process of fitting a "Podpoint" 7.2kW battery charging system.

Obviously having solar panels and being on off peak electricity, we are in a good position to provide a charge at an economical price.



I hope to have this functioning during the summer so if you visit us again, it may be up and running by your next stay.

Emergencies

Fire Precautions

There is a fire extinguisher situated in the lower part of the tall kitchen cupboard and a fire blanket next to the cooker.

The combined Smoke alarm/Carbon monoxide detector is located by the book shelf. The button can be used to “hush” the alarm if you burn your toast!



Torch/Emergency Lighting

Being so far “off the beaten track” we do occasionally have power cuts (once or twice a year).



There is a rechargeable torch that doubles as an emergency light if there is a power cut (if it's left switched on). This is located to the right of the dresser. You are welcome to use it as a torch but please leave it in the charger when not in use.

If it “disappears” we will be forced to bill you for £20 as a replacement.

First Aid

There is a First Aid kit in a plastic box in the dresser



Problems during your stay

If you have any problems during your stay, then we will try our best to resolve them. We can usually sort things out quickly but if it means organising someone to come out please be patient.



Please remember, **we can only help if you ask**, so please don't put up with something that you are unhappy with and only tell us on your return home or worse still comment about it on Reevoo or a similar site.

Please remember that if you don't bring to our attention any problems or give us the chance to address any issues during your stay then there is a chance that the guests following you will initially be faced with them as well.

We are usually in residence, (Landrover and red quad parked outside). Failing that you can try reaching me on 07799 722254 and leave a message if necessary.

Alternatively, Jella's mobile is 07752 815834

Fresh Produce

Chickens and Pigs

We own a field on the right, just past the domed greenhouse, in which we keep chickens and sometimes pigs.

Meat

We don't have any pork products at the moment but there are two very good local outlets if you are looking for local traditional meat products.

Woodall's at Wabberthwaite

A famous family business that make award winning Cumberland sausage and other traditional pork meat products as well as continental styles.

They are just off the coast road between Bootle and Ravenglass and are well worth a visit if you are out that way.

Ravenglass LA19 5YJ

Phone: 01229 717237

www.rbwoodall.co.uk

Mellville Tyson - Broughton-in-Furness

Another family run business that sell top quality Cumberland sausage, bacon, black pudding and other meat products in the butchery shop which is adjoins the grocers and green grocers.

Broughton-in-Furness LA20 6HQ

Phone: 01229 717247

www.melvilletyson.co.uk

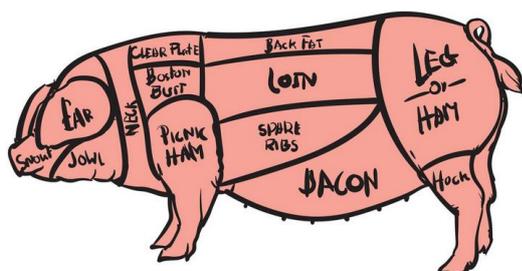
Eggs

If you would like fresh eggs, the nearest place is “The Crosby Cake Cupboard” situated by Crosbythwaite Farm. You may have passed it on the way here, it’s on the fell road between Woodend and the steep hill down to Ulpha.



Sausage, Bacon, Ham, Gammon and Pork Joints?

Most local bacon is “dry cured”, which is why it produces very little water, (unlike supermarket bacon). It can be produced as either “back bacon”, from the area shown in the diagram, or streaky which comes from the belly.



The gammon is cut from the area marked “leg/ham” which is then cured.

This can then be left as ham or gammon joints, sliced into gammon steaks or roasted after curing and

sliced as ham. Joints, generally are leg or “rolled shoulder” which is literally that, from the area above the front legs. The sausages are then made from excess shoulder and any other parts of the pig that are left.

Cumberland sausage

A form of sausage that originated in the ancient county of Cumberland, now part of Cumbria.

Traditionally very long (up to 21 inches/50 cm), and sometimes sold rolled in a flat, circular coil.

The meat is pork (obviously), and seasonings are prepared from a variety of spices and herbs and there are no colourings or preservatives

added. A large one is a meal for two and quite nice roasted rather than fried or grilled!



Cooking on Holiday

To some people, having a holiday is a chance to take a break from cooking but for me it's a chance to try out some of the regional fayre that is on offer.

I have included a couple of my favourite dishes that I regularly cook at home using some of our produce. I know, when on holiday, most people carry very little in the way of "specialist" ingredients. We keep most items in the Barn and are happy to help you out with such things as herbs, flour, suet, dried beans, etc. so please don't go and buy a big bag/jar especially, come over and see us.

Enjoy and please let me know how you got on!

Perk up your Gammon Steaks

Before you grill the steaks, they will always benefit from being brushed with or "dragged" through a mixture of melted butter, honey, and mustards such as English or Dijon (or both), pepper and have a little sage added. Another nice spread is a little mango chutney and orange juice.

Our gammon steaks can be slightly salty so feel free to soak for 30 minutes in cold water before drying and cooking. You can cut the rind to about 1 cm deep at intervals to prevent the steak from curling so much when cooking and then grill fairly quickly and serve with a free-range egg (or two) or some sliced pineapple (grilled for a couple of minutes), or both!



Frittata

Think of a frittata as the egg “inner” of a quiche so basically “quiche without the pastry!” A bit like an omelette but not flipped over, like you think of an omelette. Perfect for on holiday, no pastry to make and great hot and then cold the next day.

Ingredients are limited by the imagination, how do you like your quiche, start there?

Start with simple bacon (smoked or unsmoked), cheese and mushroom, no



problem adding some red or green pepper and parsley or basil.

One of my favourites is chicken, caramelised red onion and tarragon (come over and get some dried tarragon although I may have fresh)

Other suggestions

Make it up! Generally anything is suitable, and you don't need too much filling, try things such as tuna, turkey, ham, chorizo, peas, broccoli, spinach, courgettes, celery, sweetcorn, goat's cheese, etc. and even sliced tomato at the bottom or the top. Any left-over veg from the day before, even potatoes work and then it becomes a bit more like a tortilla!

You could even go a bit “pretentious gastro” and do something like “Potato, spring onion, dill and goats cheese”

Ingredients

(If you are short of any herbs, spices, etc. then please come over to see us in the barn)

What you will need, other than your flavourings:

10- 12 eggs whisked (Makes enough for the next day)	Olive oil
100gm (3oz) cheese	Garlic
Onion	Seasoning

Method

1. Gently fry any of the filling that isn't cooked that would benefit from cooking beforehand like bacon, onions, celery, peppers, etc. and put to one side.
2. From now on, all cooking needs to be done very gently to ensure that the outside doesn't get overcooked whilst the inside is left raw!
3. Put a teaspoon of oil into a smaller non-stick frying pan and then pour in about half of the whisked egg. Fry for 30 seconds.
4. Sprinkle in half of the cheese and half of the filling and cook very gently for a further 30 seconds.
5. Pour in the rest of the egg and the filling and cover with a lid or foil and cook extremely gently for 5 – 10 minutes then place under a moderate grill for another 5 minutes. The trick is to make sure it's cooked through but not burnt so use a plastic slice to check the underside and loosen from the edge of the pan. Keep cooking top and bottom for a while.
6. Eventually, when you are happy it's cooked (perhaps check with a knife), give it a shake to check it's loose and then be brave, place a plate over the pan, hold tightly and flip the pan over and the frittata will pop out upside down onto it.

Serving Suggestion

Any salad concoction than you normally do or a baked potato and some veg, - and a bit of mayo!

Alternative

Try the Spanish omelette (tortilla) route, which is very similar, but you par boil sliced potatoes, drain, dry and fry in batches in olive oil. At that point it gets mixed in with the whisked egg and ingredients, put in the frying pan and then gently cooked covered and then under the grill as with a frittata.

Paul's Cumberland Sausage and Bean Casserole

Ingredients

(If you are short of any herbs, spices, flour, etc. then please come over to see us in the barn)

1 x 450gm Cumberland sausage cut into 6 pieces	Olive oil for frying
Smoked Streaky Bacon (Optional)	Large glass of red wine
Onion and 2 garlic cloves, chopped	Beef stock cube
Approx. 450gm Diced Veg, (about 1.5cm cubes) eg. Celery, Carrot, Leek, Turnip, Swede, Parsnip, Sweet Potato	1 tablespoon Flour
1 x 400g tins chopped tomatoes	Fresh or dried herbs, eg. Rosemary, Thyme, or Oregano
1 x 400g tins beans such as cannellini, flageolet, etc	Teaspoon of Sugar
Salt and Pepper	
Dumplings (Optional)	

Method

1. Fry the onions and smoked bacon in olive oil for 5 minutes and remove.
2. Season sausages and add to the pan and cook gently to brown lightly.
3. Return the onions and bacon, add the flour and stir then pour in the wine and simmer gently for a few minutes.
4. Add the tomatoes, beans, veg, sugar and stock cube and enough water to almost cover and bring to the boil
5. Preheat the oven to 170C/gas 3. Pour the casserole into a baking dish with a lid or cover with foil and bake for 2 hours, checking after 1 ½ and adjusting seasoning. I often add dumplings for the last 30 minutes!



Serving Suggestion

Green veg compliments the dish, visually, and mashed potato which has butter, a whisked egg seasoning and nutmeg mixed into it is great to soak up the sauce or just simply crusty bread.

Sightseeing

Walks in and around Woodend

Located as it is at about 950 feet above sea level, Woodend tends to get poorer weather than the surrounding valleys, but this means that even if rain is spattering the windows, it may well be dry down in the Eskdale and Duddon Valleys. Moreover, even though Cumbria is notorious for its dampness, it doesn't often rain all day. If you have a computer, it's worth checking the Met Office's rainfall page, which gives you an idea of what the weather's going to do in the next few hours. I find the BBC weather App quite accurate if you put in Ulpha or Eskdale as your location.

There are many walks in the neighbourhood which can be done in a couple of hours before bad weather arrives, or later in the day when it is passing.

Devoke Water

The most obvious walk is to the tarn, Devoke Water and Devoke Seat, reached via the farm and track beyond.



An alternative route is shown earlier on in this booklet. You can extend this walk by going all the way round the tarn (somewhat boggy), and it is well worth a detour to the old boathouse.

The top of the Seat itself is most easily reached from the side furthest from the tarn, and it well worth the effort on a clear day. The 360-degree view is magnificent taking in the view up to Eskdale, the Langdales and on a clear day out across Ravenglass to the Isle of Man.

The low hills beyond the tarn are littered with the remains of the stone dwellings of people who lived here in pre-history. It has been suggested that their clearance of the surrounding forest was partly responsible for making their hunter-gatherer existence unsustainable. A much larger settlement existed at Barnscar, beyond the tarn a mile or so and down towards the sea. Evidently the conditions at one time supported many dozens of people living together in one place.

A shorter walk simply goes back to the gate, returning along the road. You will already have driven along it, but you will see much more on foot, both in terms of views to the hills and variety of wildlife (flocks of linnets often to be seen; fieldfares in winter; there are reports of otters by the stream, badgers and Hares at night).

We wouldn't recommend continuing round to the tarn over the fell as it is very boggy and hard going.

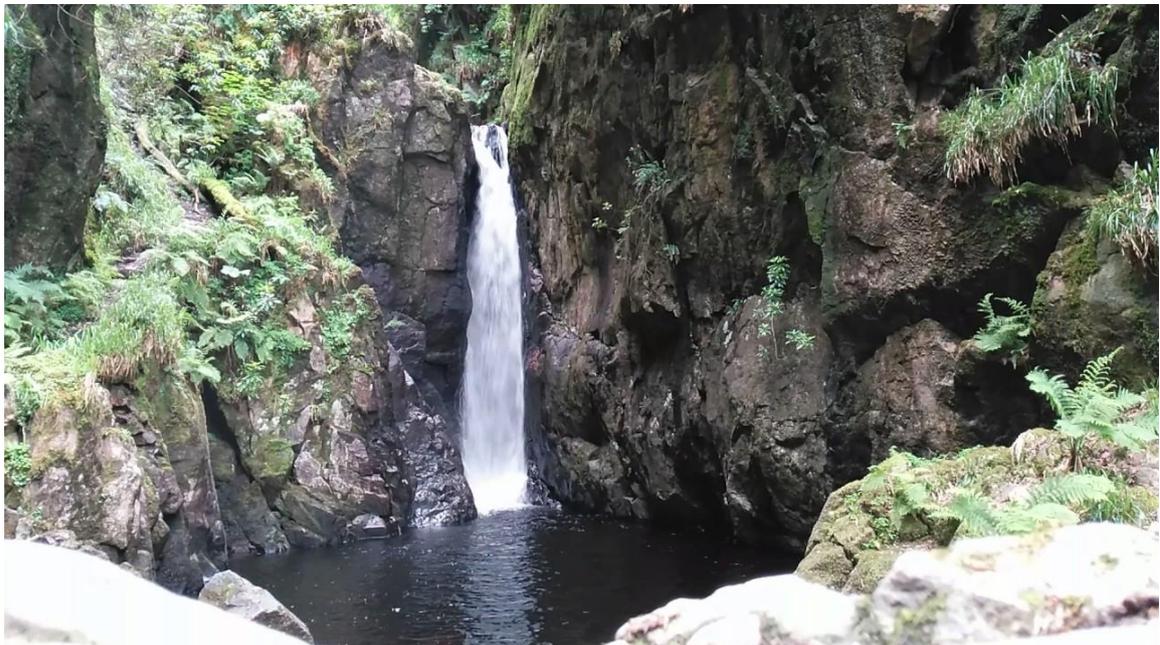
Stanley Ghyll

Stanley Ghyll Force is a 60-foot-high waterfall in a dramatic deep and narrow gorge, where rhododendrons on high ledges and precipices and a series of wooden bridges give an almost oriental feel to the area.

Extreme care is needed in places, as the path is very steep and unfenced.

From Woodend this can be reached on foot quite easily as it's only a couple of miles away. However, if you prefer to leave out the boggy walk across to Devoke Water boat house, you can park at the crossroads on the Fell Road.

If walking from here, take the track leading from the boathouse at Devoke Water to the fell road (where you can park your car), and go across the fell road at the crossroads bearing left through the farm before Birkerthwaite, (a small community of mostly holiday cottages).



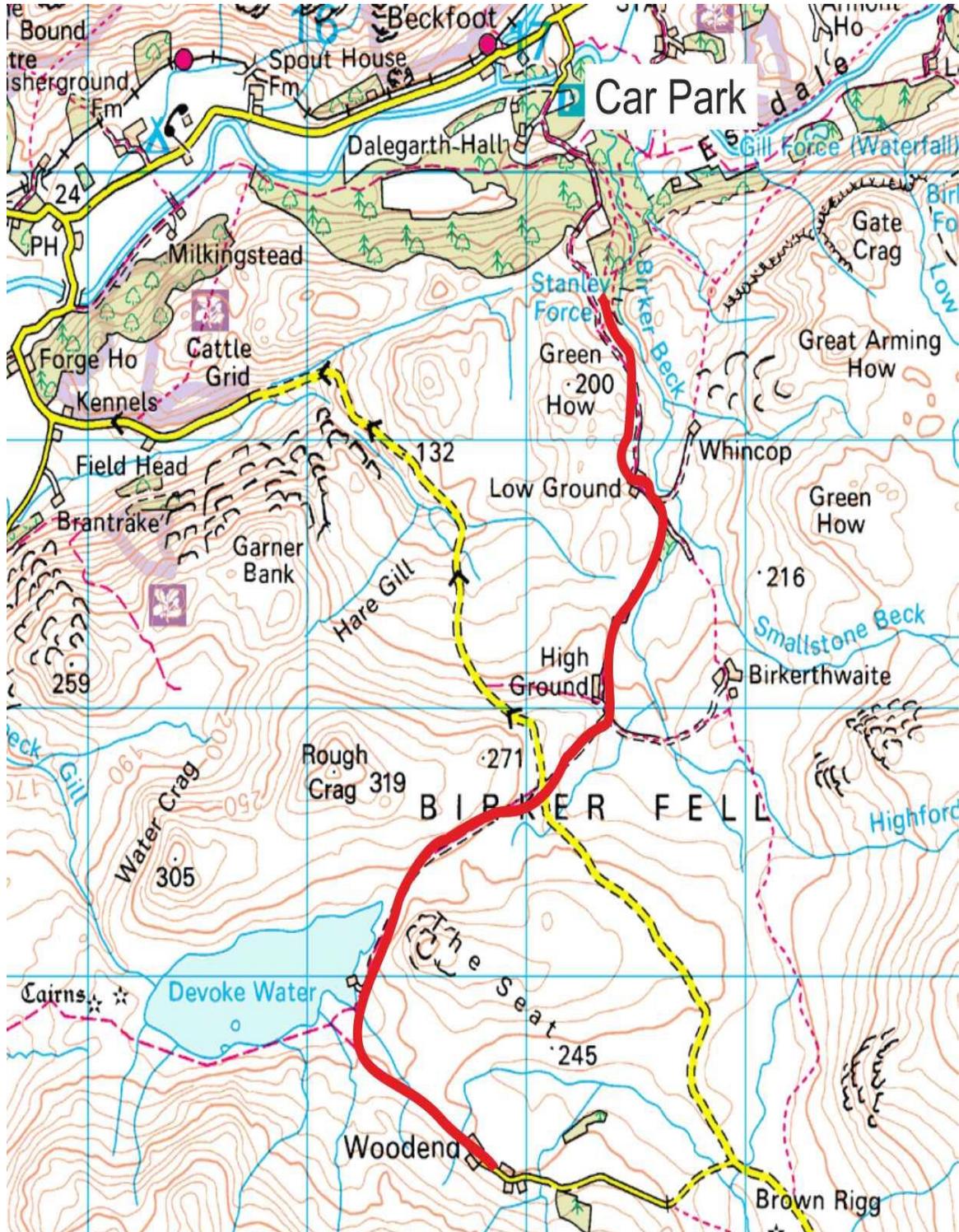
Once you have found Stanley Ghyll, if you carry on down the ravine you will reach Boot and it is then possible to add another 6 miles to the walk by walking back up the valley and then turning left at the King George IV and following the road uphill onto Birker Fell.

Alternatively, you can park in a car park down in the Eskdale Valley situated up a right turn off the road between Beckfoot and Dalegarth stations before you get to Boot. From here a track leads up the wooded ravine. The beck is particularly impressive after rainy weather.

The following map shows the footpath from Woodend to Stanley Ghyll

Please do not remove this map from the folder.

There should be spare copies at the back.



Scafell Pike and Wast Water

Having looked at it from your windows and gardens, this is one of those mountains you just have to climb, it being the highest in England at 978 metres (3209 feet). There are superb 360° views from the top with the whole of Lakeland laid out below you.

When this side of the Lake District, most people will walk to Scafell from Wasdale Head, where there is a convenient car park (and pub to celebrate your return!) The map shows the easiest way to get to the start point by car. It's only about 15 miles from Woodend but allow ¾ hour to get there as it can be very busy at certain times of the year.

The journey to Wasdale Head itself is worth the trip for the spectacular views and if Wast Water is still, the reflections of the scree are amazing. If one word had to be used to describe this walk it would be "stone". You ascend stony tracks (either "manicured" or natural), the top is one huge pile of stones. The descent is also stony.

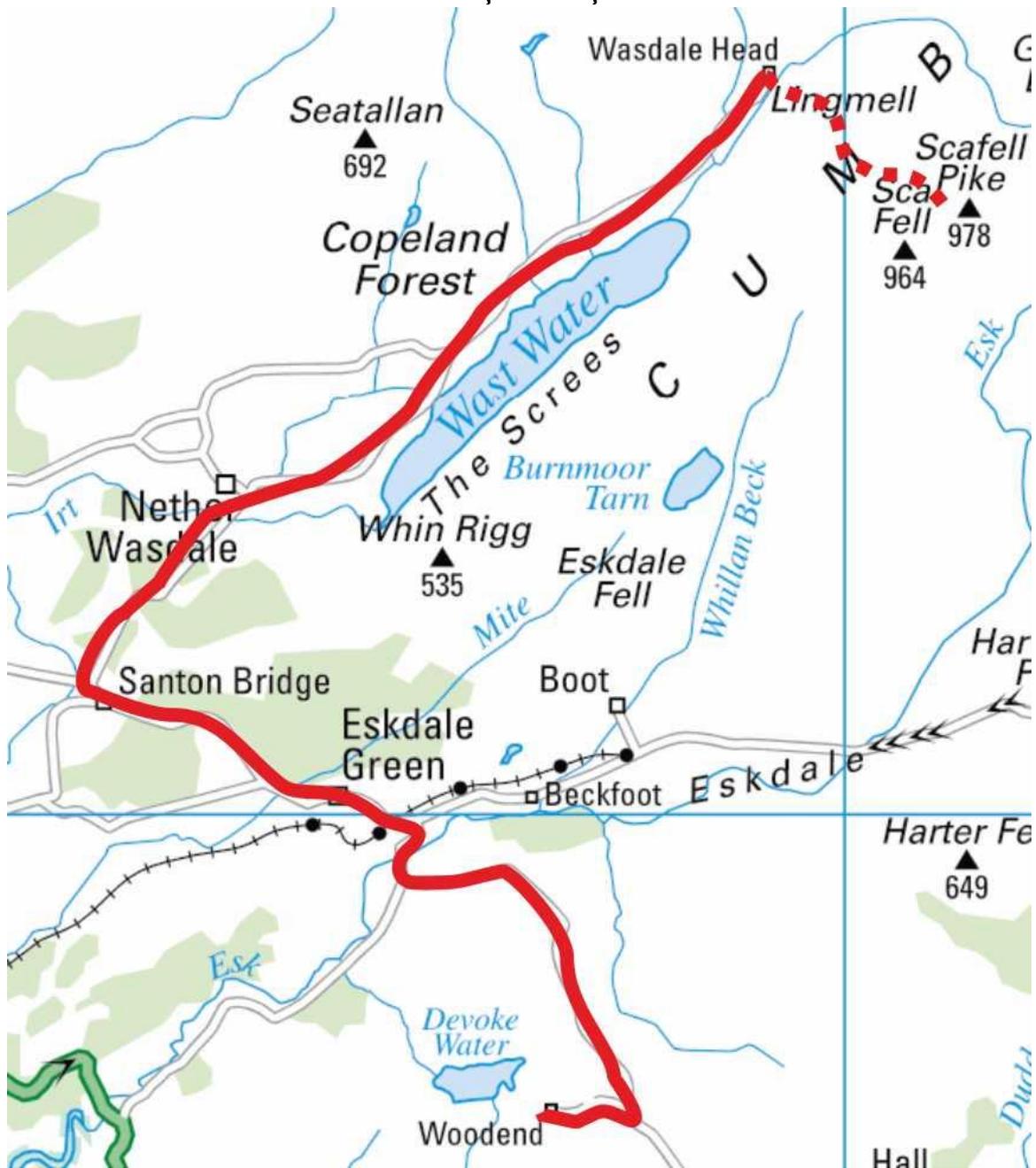
Please observe all the safety rules when walking and climbing. Possession of the appropriate equipment and knowledge of navigation by map and compass are essential for your safety.

If you aren't a seasoned walker then do allow a whole day for this and certainly make sure that you have returned to the bottom before dark, especially in the winter months when this may well be around 4.00pm

If you intend to walk Scafell, a good practice is to advise us of an estimated return time, your car registration and contact details.

There is a section on "Walking Basics" 2 pages further on and a folder with the other books titled "New Hill Walkers" which is well worth a read.

Please do not remove this map from the folder.
There should be spare copies at the back.



There are several paths as you will see on a map but if you are looking for something sensible, then this page from the website of The Wasdale Mountain Rescue Team is worth reading when you are planning your ascent:

www.wmrt.org.uk/the-easiest-way-up/the-easiest-way-up-scafell-pike/

Walking Basics

We're not suggesting that our guests don't know what they're doing when out walking on the higher fells and mountains. However, people who aren't used to this terrain can very easily get caught out when the weather turns against them.

We are speaking from experience here with an unfortunate incident involving two guests getting stuck on Scafell Pike. They probably only survived because the local Mountain Rescue took 136 man hours to find them after they just managed to get an emergency mobile phone call out at 4.00pm and they weren't found until 10.00pm They were ill equipped, in fact in their case weren't equipped at all, for the sudden changes that they encountered in weather, light and temperature later in the day.

As a result, we have put together an "essentials" pack. We thought long and hard about this because we were unsure if people who weren't experienced would consider themselves safe if they use this. That certainly is not the case, you still need to know what you are doing as well as make sure you have appropriate clothing and footwear. If you would like to borrow it for a particular walk, then please come over to the Barn to borrow it. As we only have one it's on a first come first served basis.

It's a very small rucksack and includes:

Map and waterproof case	Compass	Headtorch
Survival Shelter	Whistle	Space Blankets
Waterproof notebook	Water Bag	First aid kit
Kendal Mint Cake (Please replace if you eat it!!)		

New Hill Walkers is an information booklet supplied by the BMC (British Mountaineering Council). This is well worth well worth a read and we've supplied a copy in an A5 presentation booklet, like this one.

Driving and Cycling

Eskdale Valley/Hardknott/Duddon Valley

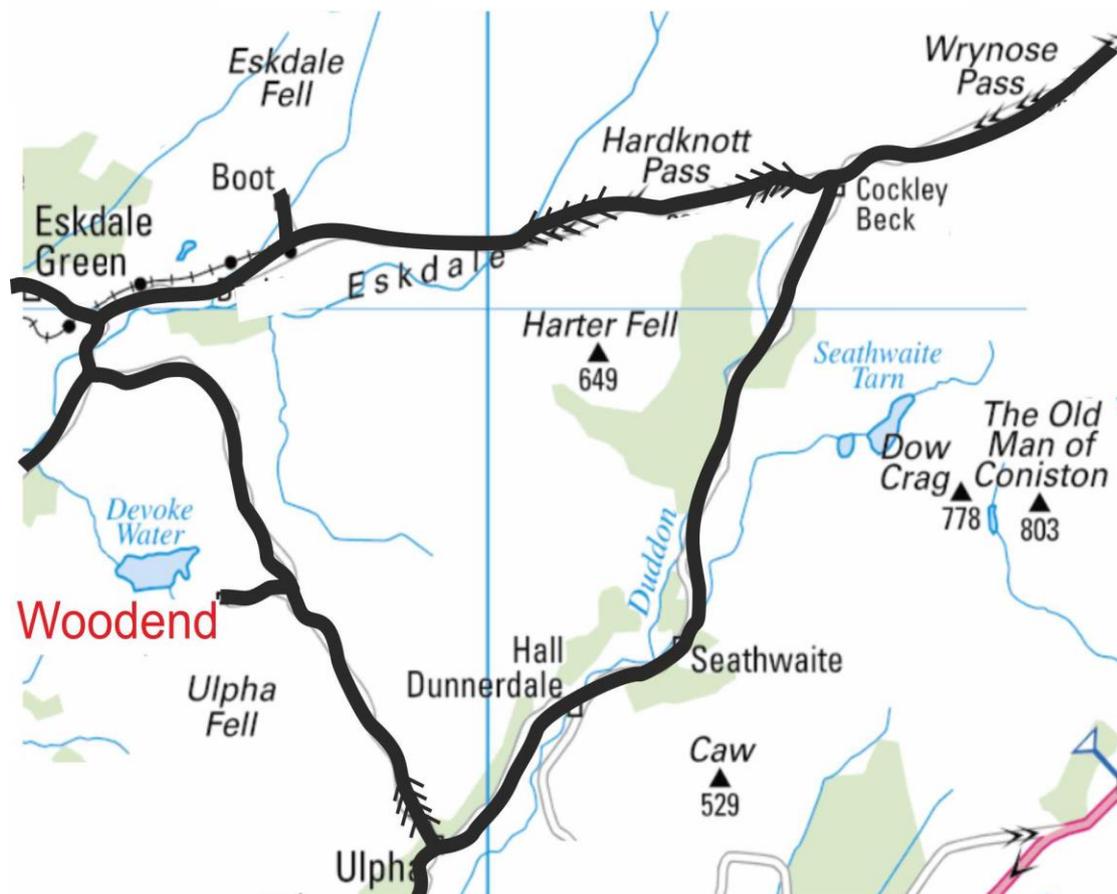
Just over 20 miles and allow ½ a day for stops.

This is a circular drive and can be done either way round but basically the two valleys meet at the junction of the Hardknott Pass and Wrynose Pass. You can turn left at the fell road, turn right at the King George towards Boot and this takes you up past the Roman Fort and down to Cockley Beck. At this point you can then turn right and head through the Duddon Valley and Seathwaite until you get to the steep 1 in 4 hill that you probably came up when you arrived at Ulpha.

You do pass 4 roadside pubs!

Please do not remove this map from the folder.

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The Duddon Valley

Described as “The Jewel in the Crown of the Lake District”, the tiny villages of Ulpha and Seathwaite are two focal points of the valley.

Here are some of the places worth a visit whilst meandering down the valley. There are plenty of places to stop and walk from and why not have a meal and a pint in the **Newfield Inn - 9**

1 - Frith Hall

Frith Hall is visible as a romantic ruin on the skyline as you drive up the valley. Four hundred years ago it was a hunting lodge overlooking the deer park of Ulpha.



2 - Birks Bridge

The picturesque stone pack horse bridge spans a ravine and probably dates back to the 18th century. One interesting feature is a series of drain holes built into the bridge parapets.

3 - Forestry Walks

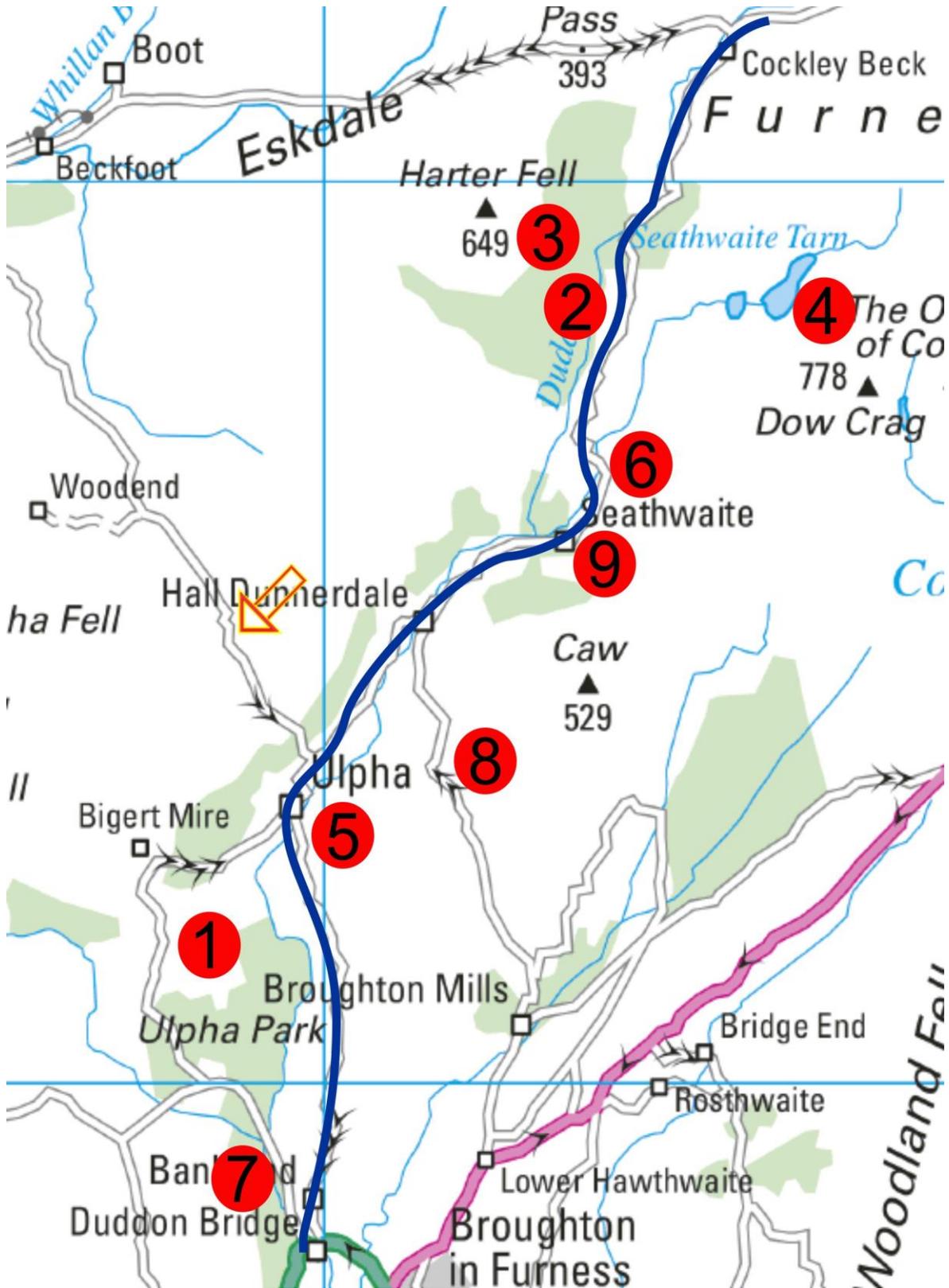
Just up from Birks Bridge is a Forestry Commission parking and picnic area. From there you gently rise as you walk up through the forest with views back towards Walna Scar.

4 - Seathwaite Tarn

In 1904 the dam at Seathwaite Tarn was built to supply the expanding town of Barrow-in-Furness with water. The Newfield Inn will provide you with a fishing licence.



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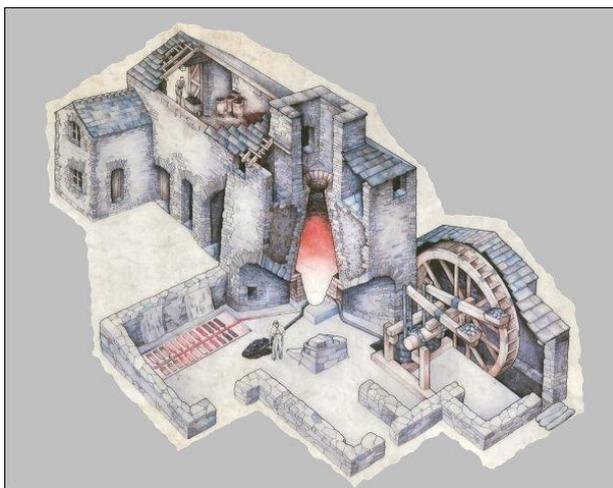
5 - Ulpha Church and 6 - Seathwaite Church



Ulpha church is a testament to the craftsmanship of one-time parishioners with the altar itself carved from a local cherry tree. There are still the remains of wall paintings high up on the inside of the church.

Industry

The fell side provided the Duddon with its greatest resource. Waterpower from the river was utilised by both the Bobbin Mill (on the road out of Ulpha just before you get to Ulpha bridge) and corn mill at Ulpha. Quarrying and the sale of slate, the only local building material, brought valuable income into a once self-sufficient community. The workings of the quarries are still visible on the hillside.



7 - Restored Remains of the Duddon Iron Furnace

Iron ore was mined in Furness and West Cumbria from the middle ages onwards and smelted in primitive hearths or bloomeries. Established 1737, the Duddon Furnace was supplied with charcoal from the

ancient coppiced woodland nearby. The restored remains are of one of the most impressive charcoal-fired blast furnaces in Britain.

The Eskdale Valley

The Valley of Eskdale is home to the villages of Boot, Eskdale Green and Ravenglass. The river Esk starts its journey high in the fells and the stream swelled by many becks becomes a river and encounters its first road at the foot of Hardknott Pass before taking on a gentler character as it passes through some of the most beautiful oak woodland in Cumbria. The Esk is responsible for carving this remarkable landscape which is both picturesque and dramatic with majestic high peaks, stunning waterfalls and rolling green hills. There are plenty of places to stop and walk from and why not have a meal and a pint in one of several pubs, ie. The Woolpack Inn - 2, The Brookhouse Inn - 3, The Boot Inn - 4, King George IV - 7, The Bower House - 10, The Bridge - 12

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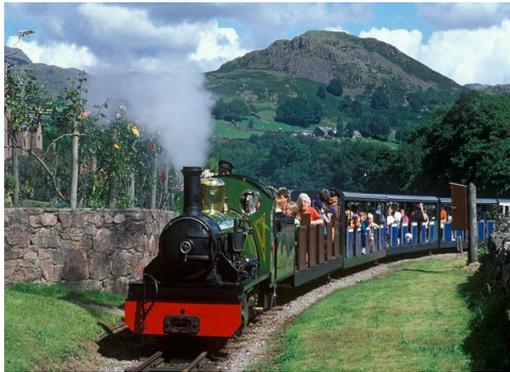


1 - Hardknott Roman Fort

This remote and dramatically-sited fort was founded under Hadrian's rule in the 2nd century. Well-marked remains include the headquarters building, commandant's house and bath house.

5 - Eskdale Mill

Located in Boot, Eskdale Mill still boasts an historic overshot waterwheel with working machinery, is one of the oldest water powered corn mills in England, and now the last remaining working mill in the Lake District. This historic building and its unique machinery, has been Grade 2 listed and is a vital survivor of a vanishing heritage.



6 - Ravenglass and Eskdale Steam Railway

The "La'al Ratty" narrow gauge railway runs 7 miles through spectacular scenery between Dalegarth in Boot and Ravenglass.

8 - Giggle Alley Japanese Garden

Following decades of neglect the garden is now restored by local volunteers and Forest Enterprise. There are thickets of bamboo, a stunning display of Japanese maples and the heady scent of azaleas in the spring. The whole forest is open to the public and makes for an ideal Sunday afternoon walk.

9 - Eskdale Stores

As well as a well-stocked shop selling fresh and local produce, they sell a range of outdoor clothing, walking accessories and maps

11 - Santon Bridge Craft and Gift Shop

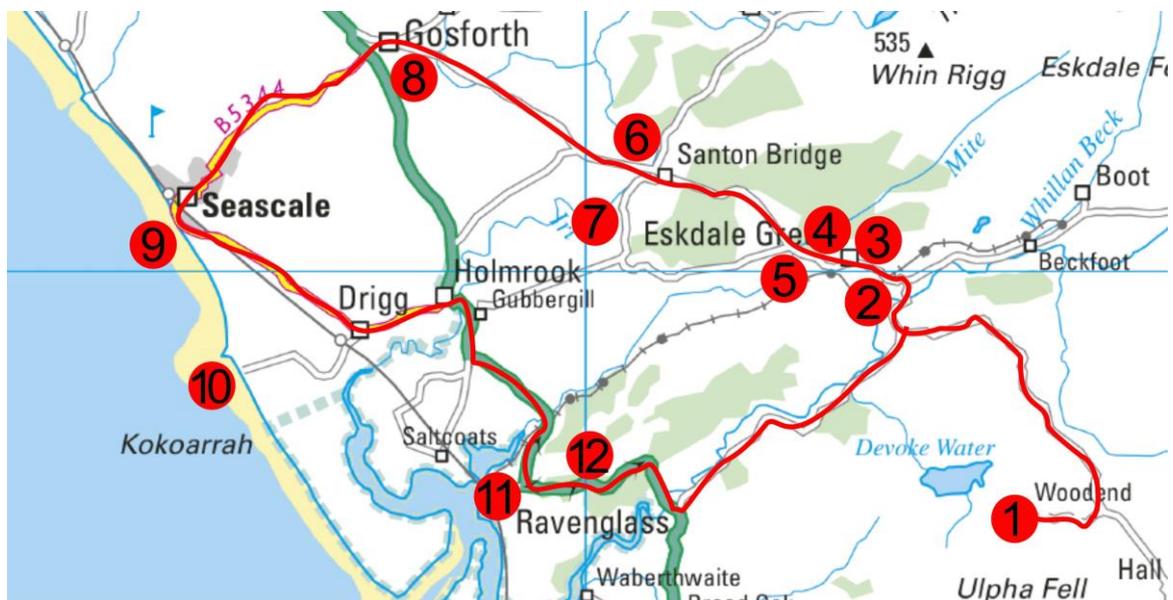
Described as an Aladdin's Cave of gifts and ideas. As well as paintings and prints, the shop sells quality knitwear, jewellery, sheepskin products, books and toys, and there's **The Woodlands Tea Room** next door.

Scenic Drives

Any drive around this stunning area is going to be “scenic” but these suggestions might get you started. Even if you use them as a starting point and venture off the routes there’s plenty to see wherever you are!

Scenic Drive: Eskdale – Santon – Gosforth – Seascale – Drigg – Ravenglass

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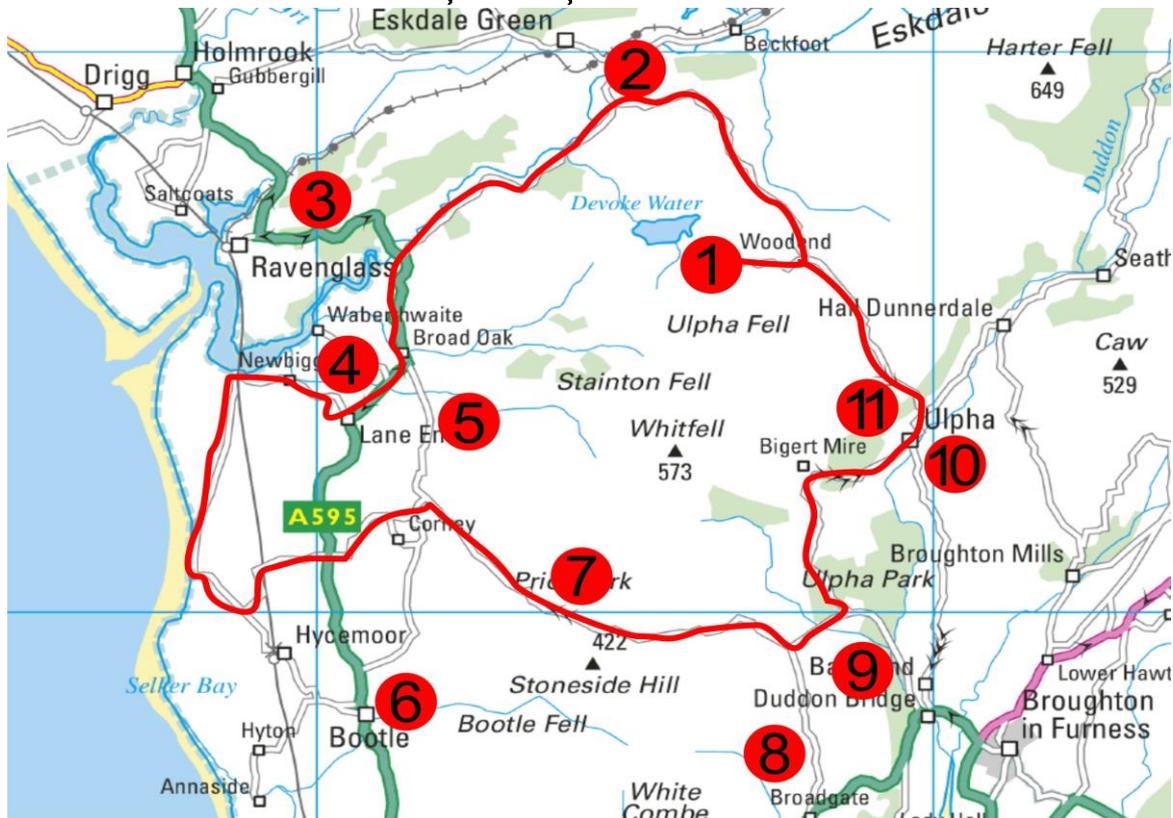


This drive takes you through Eskdale (shop and pubs) and out to Gosforth (bakery). If the tide is out there are long sandy beaches at Seascale and Drigg. Ravenglass is home to one end of the “La’al Ratty” steam train and various gift shops and some nice pubs. On the way back, you will pass Muncaster Castle before heading up the Birkby road towards Sword House (home of the Eskdale Hunt hounds), and back onto Birker fell before returning to Woodend.

- | | | |
|------------------------|--------------------------|-----------------------|
| 1 – Woodend | 5 – Bower House Inn | 9 – Seascale Beach |
| 2 – King George IV Pub | 6 – The Bridge Inn | 10 – Drigg Beach |
| 3 – Giggle Alley | 7 – Gift Shop & Tea Room | 11 – Ravenglass |
| 4 – Eskdale Stores | 8 – Gosforth Bakery | 12 – Muncaster Castle |

Scenic Drive: Eskdale Green – Muncaster – Waberthwaite Bootle – Corney Fell – Ulpha

There should be spare copies of this sheet at the back.



Turn off down the Birkby Road opposite Sword House (home of the Eskdale Hunt hounds), and this takes you onto the A595 coast road. At Waberthwaite turn towards Newbiggin and there's a nice drive past Eskmeals MOD firing range towards Bootle. Go onto Corney Fell and there are some stunning views over the coast. Before you get to Broughton, turn off through Logan Beck and you will come out just past Ulpha bridge before returning to Woodend over Birker Fell.

- | | |
|--------------------------------|---------------------------|
| 1 – Woodend | 7 – Corney Fell |
| 2 – Sword House (Eskdale Hunt) | 8 – Swinside Stone Circle |
| 3 – Muncaster Castle | 9 – Duddon Iron Furnace |
| 4 – Waberthwaite and Newbiggin | 10 – Ulpha Church |
| 5 – The Brown Cow Inn | 11 – Ulpha Post Office |
| 6 – Bootle (stores) | |

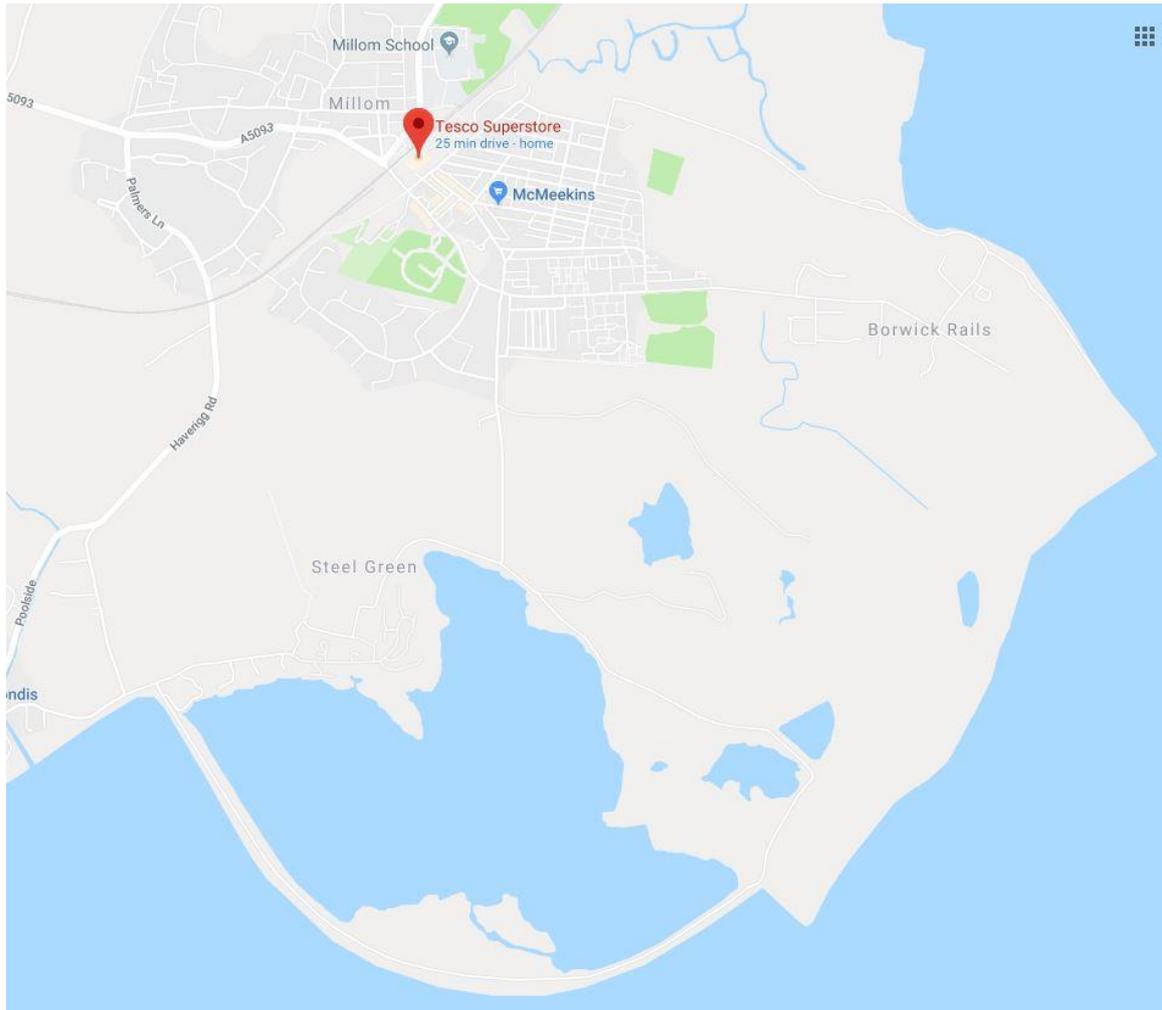
Hodbarrow Lagoon and Nature Reserve

This is well worth a visit and if you find yourself going to Tesco in Millom, I recommend that you search it out. The Hodbarrow Reserve, owned by the RSPB, is located between Millom and the village of Haverigg and is situated where the River Duddon meets the Irish Sea.

Large numbers of wading birds and waterfowl can be seen. Common, Sandwich and Little Terns can be sighted from the hide on the sea wall, oystercatchers, herons, grebes and cormorants, spotted redshank and black tailed godwits can also be seen.



It is the site of one of the largest of the West Cumbrian iron mines worked between 1848 and 1968 and produced about 25 million tons of hematite ore.



The mine is situated on the coast and to work the deposit a succession of barriers were constructed to keep back the sea. What remains now is the huge outer barrier which was constructed from slag faced with concrete blocks on the seaward side.

You can park and then walk around the sea wall, but the wall is very wide (several tens of metres in places) and you can drive around it.

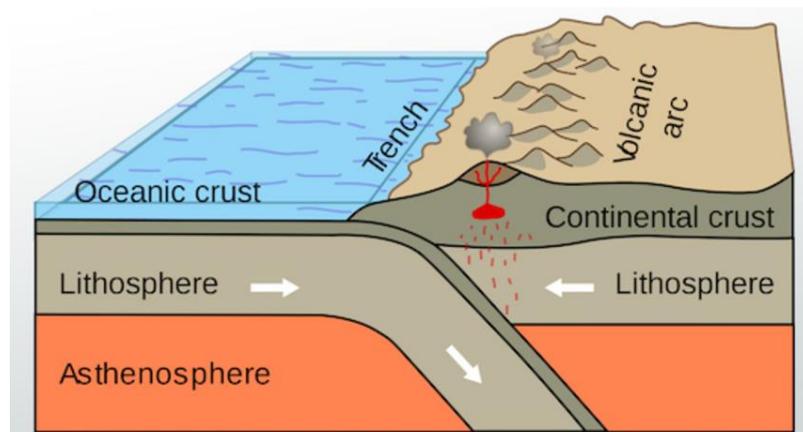
The lighthouse at Hodbarrow Point is over a hundred years old, being constructed in 1866 by the mining company to aid shipping up the treacherous channel of the Duddon. The structure has a thirty-foot tower and has recently been restored with money from the Heritage Lottery Fund.

The Geology of Birker Fell

In the last hundred years scientists have gradually come to a consensus: the best explanation of the earth's surface structure is that the continents are plates which drift infinitely slowly across the planet's molten interior. These plates have not always been where they are now; for example, the Atlantic Ocean has opened and closed at least once previously as the continents ground together and then drifted apart.

Geologists refer to the last forerunner of the Atlantic as the Iapetus Ocean and believe that the rocks that form the Lake District were largely laid down about 450 million years ago during the Ordovician period when the two land masses enclosing Iapetus collided. They believe that the

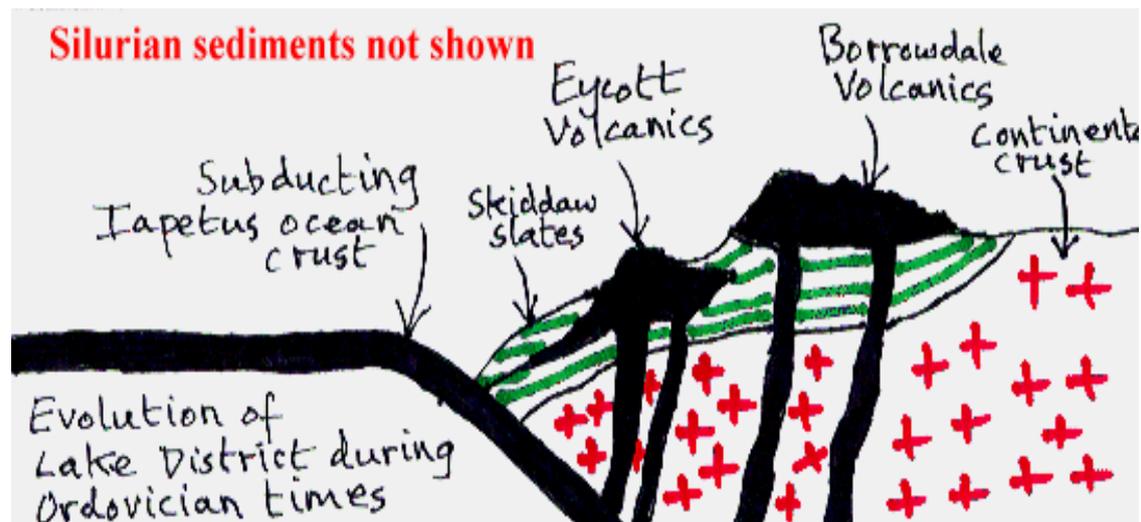
land mass to the present north west was slowly forced under that to the south east, a process known as subduction, and that the cracking to the earth's crust led to a long chain of



volcanoes which spewed out molten lava from the earth's core. Examples of similar volcano chains can be seen in several places around the world where subduction is taking place, for example in the South Seas around Hawaii.

The local join of the two continents is thought to be under the Solway Firth to the north of the Lake District. When the continents drifted apart again millions of years later, forming the Atlantic ocean, the plates did not split in the place they had joined, and a chunk of what is now the

North American plate was left tacked on to Europe, leaving behind in Scotland some of the mountains that piled up when Iapetus closed (others make up the Appalachian mountains in North America). The extent and height of the stumps that remain, north of a line from Arran in south west Scotland to Stonehaven in the north east, give a clue as to their Himalayan proportions.



In the Lake District the lava-based rocks that poured out of the cracking crust as the Iapetus Ocean closed are known as the Borrowdale Volcanic Group, and the Birker Fell Formation is thought to be the lowest, and hence oldest, part. The central and northern areas of Birker Fell are dominated by andesite, a fine-grained rock whose lava cooled quickly at the surface. Within the andesite lava flows are rocks known as tuffs, found for example south west of Devoke Water, made up of debris blasted out with the lava. The south and south-eastern portion of the fell is composed of a sequence of these tuff beds, overlying the Birker Fell Formation and forming the next layer of the Borrowdale Volcanic Group rocks.

No matter how wild the weather outside now, things were wilder still in the Ordovician period.

Outdoor Activities

Cycling and Bike Hire

Lake District Bikes

Lowick LA12 8DX

Phone: 07887 731552

www.lakedistrictbikes.com

Grizedale Mountain Bike Hire

Grizedale LA22 0QJ

Phone: 01229 860335

www.grizedalemountainbikes.co.uk

Horse Riding

Fell Trekking on Cold Fell

Bradley's Riding Centre

Cleator CA23 3AQ

Phone: 01946 861354

www.walk-rest-ride.co.uk

Beach Trekking

Murthwaite Green Trekking

Silecroft LA18 5LP

Phone: 01229 770876

www.murthwaitegreen.co.uk

West Lakes Adventures

Just a few miles from us, down in the Eskdale Valley at Boot. They provide instructors and equipment for a range of levels of outdoor activities, including; Ghyll Scrambling,

Canyoning, Canoeing, Rock Climbing, Abseiling, Archery, Kayaking, Mountain Biking and Mountaineering.

Phone: 019467 23753

www.westlakesadventures.co.uk



Golf

Eskdale Golf Course

Ravenglass CA18 1RL

Phone: 01229 717680

Seascale Golf Club

Seascale CA20 1QL

Phone: 019467 28800 & 28202

Local Tourist Attractions

Ravenglass and Eskdale Steam Railway

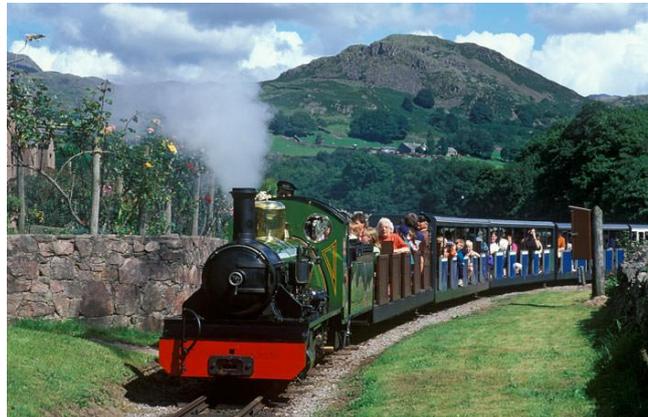
The “Laal Ratty” narrow guage railway runs 7 miles through spectacular scenery between Dalegarth in Boot and Ravenglass.

Park at Dalegarth, take a trip to Raveglass and explore and have a meal and pint in one of their local pubs and return a couple of hours later.

Timetables can be found online.

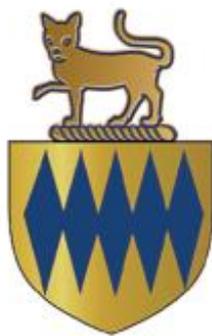
Phone: 01229 717171

www.ravenglass-railway.co.uk



Muncaster Castle, Gardens, Hawk and Owl Centre

A full day out and something for everyone, including:



- Historic haunted castle, Himalayan gardens & bluebell woods
- Hawk & Owl Centre and flying displays
- Enchanted Trail, Meadowvole Maze and adventure playgrounds
- Cafes, gift-shops

Ravenglass CA18 1RT

Phone: 01229 717614

www.muncaster.co.uk

Hardknott Roman Fort



This remote and dramatically-sited fort was founded under Hadrian's rule in the 2nd century. Well-marked remains include the headquarters building, commandant's house and bath house.

CA19 1TH

Lat: 54.403112 Long: -3.200751

Eskdale Mill

The two overshot waterwheels power a complex arrangement of wooden hoppers, hoists and millstones that were installed in the 1700s.



Oats are fed onto the 'eye' of the top runner stone by an adjustable shoe, agitated by a 'damsel'. The meal or flour was used for animal feed or fed through an eccentrically rotating sieve for kitchen quality oatmeal. Oats were the main source of food for the valley down the centuries, although in more recent times the second wheel was added, with French stones for grinding corn. Many other pieces of machinery are on show at the mill and it is a fascinating insight into a bygone age.

Boot CA19 1TG

Phone: 019467 23335

www.eskdalemill.co.uk

Beaches

Seascale

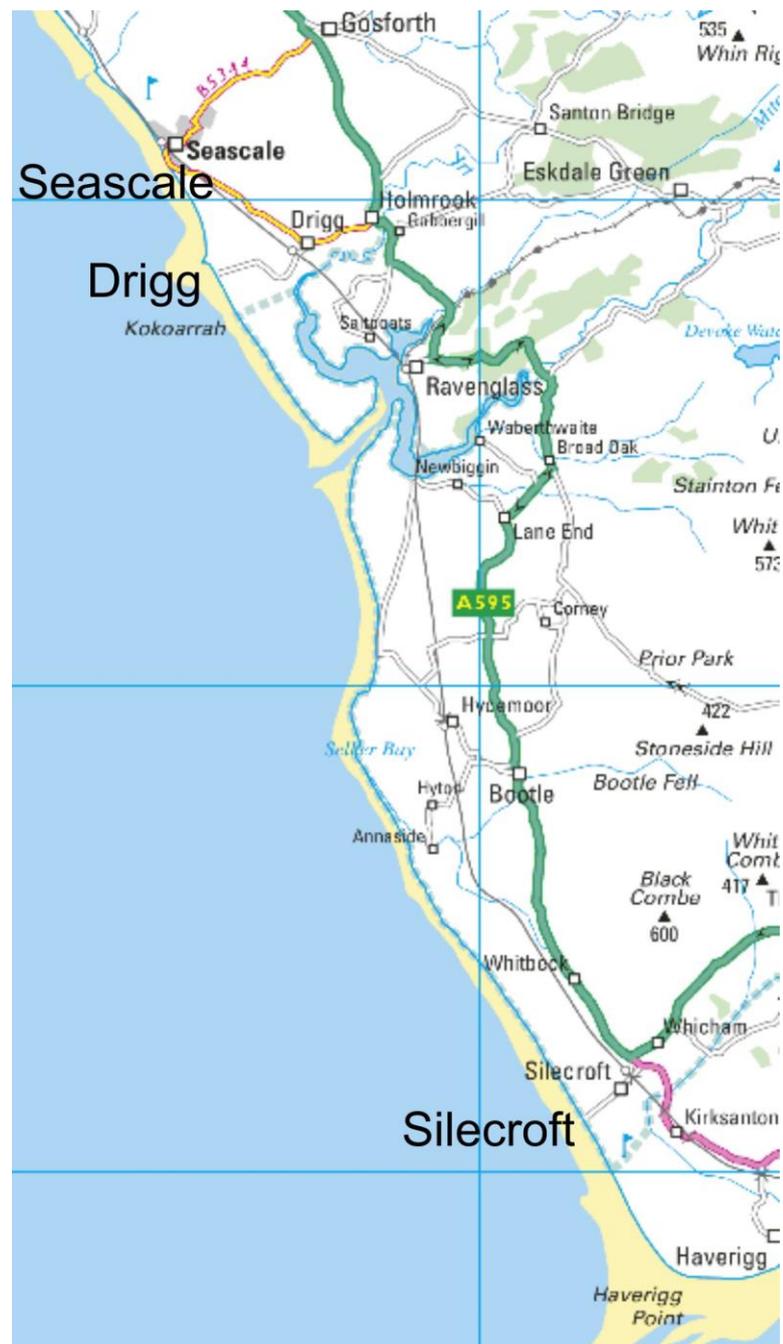
Miles of sandy beach with views across the sea to the Isle of Man and the Galloway mountains of Scotland. At high tide you can comb the shore for treasures and at low tide walk for miles on the golden sand.

Drigg

There is a small carpark and then a vast remote beach when the tide is out with sand dunes full of wildlife. If you go early in the morning you may walk for hours without seeing anyone.

Silecroft

A gently shelving shingle beach extends in both directions as far as the eye can see. Low tide reveals a vast expanse of sand, suitable for kiting, horse-riding and other activities.



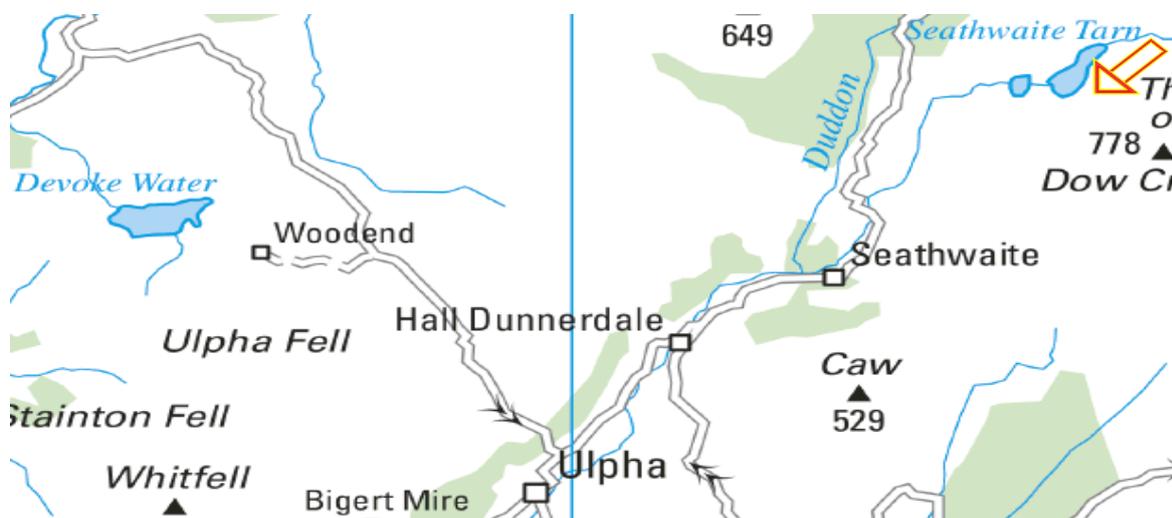
Fishing

Devoke Water and surrounding Rivers

There are many idyllic places to fish at in the area but what could be better than a ten-minute stroll down the footpath through the farm to Devoke Water, a lake hidden amongst the hills and completely out of sight from the road.

The fishing rights are held by The Millom and District Angling Association and a day pass can be obtained that enables you to fish on two still waters, Devoke water and sections of nearby rivers; The Duddon, Esk, Irt, Annas, Lickle, Black Beck and Lazy.

Tickets to cover all the waters can be purchased on the MDAA website at www.millomanglers.co.uk and can be purchased on a daily (£20) or weekly (£80) basis.



Seathwaite Tarn is a reservoir that supplies water for Barrow. It covers 66 acres and lies at 1200ft on the west facing slopes of the Coniston fells overlooking the Duddon Valley.

Permission to fish is required from the Newfield Inn at Seathwaite and the £5.00 fee goes to the local mountain rescue team.

Road Cycling in the Lakes from Woodend

Road Cycling in the Lakes is both rewarding and challenging.

The rewards are the breath-taking scenery and lower traffic levels in this south west segment of the Lakes than busier areas such as Windermere or Ambleside. The challenge is of course the hills and having the appropriate bike for those, the weather and the roads.

Some Technical Considerations

- The Lakes roads are reasonable in nature but call for good brakes, low gearing and a compliant, not stiff bike for comfort.
- The down hills give limited opportunity before a bend or the road surface input will necessitate braking.
- It's also very likely that the roads will be wet at some point so brakes that work well in the wet are important. For this reason carbon wheels with rim brakes are not recommended especially due to continuous high braking.
- For the same reason all season tyres are preferred unless you can see the weather is going to be clear and dry for some time although there is still going to be run off even when it's not raining. In the picture you will note the rider is wearing waterproof boot covers on a sunny day just for the run off on the roads.
- Gearing down to 1:1 in the lowest gear is also recommended, for example 34 tooth chain-wheel with 34 tooth lowest sprocket on the cassette on a 700c wheel.
- The road surfaces are in the main not broken but bumpy and for this reason some may find more compliant aluminium wheels and lower tyre pressures an advantage especially on downhill sections.

Planning your Route and Existing Rides

In planning your route it is important to note that Woodend is on Birker Fell and is at 850 feet altitude.

Any route you take will either have to return from the north with a 750 foot climb in under 3 miles from Eskdale Green or a 540 foot climb from Ulpha in the south in 2.25 miles including a 1:4 at the first part of that climb.

The other important planning point is you will be doing approximately 1000 feet of climbing for every 10 miles ridden in the Lakes. This needs to be taken into account as ride average speeds will be low and you will cover less miles in the time than you may be used to.

The Fred Whitton Challenge

Woodend is less than three miles from southern leg of the Fred Whitton Challenge, one of the toughest 100+ miles and over 10,000 feet of climbing you can do in English cycling.

The Lakes and Dales Route

Also running over Birker Fell is the Lakes and Dales cycle loop. You will notice that there is blue sign (bike surrounded by a circle) just outside Ulpha. <http://www.lakesdalesloop.co.uk/map-elevation/>. This is a 196 mile loop probably out of scope if you are staying at Woodend but added here so you know what the sign is for or if you want to pick up any part of the route.

There are many rides you can do from Woodend of a shorter and less severe nature to acquaint yourself with the area. To the north there are partly circular 32 mile routes to be had going to Wasdale Head via Gosforth, the route splitting at Santon Bridge. There are full circular routes such as a ride off Birker Fell to the north and then climbing to 1300 ft. over Corney Fell to the south with views of the Isle of Man returning via Ulpha up the southern side of Birker Fell – approx. 25 miles.

Want Something Less Challenging?

Starting at Ravenglass Glannaventa Roman Bath House, is the Coast to Coast Hadrians Wall Cycle route. This is a 174 mile route from Sustrans that goes from Ravenglass in Cumbria in the west to South Shields in Tyne and Wear in the east.

You can access the start of this route by driving approximately ten miles from Woodend with your bikes and parking at Ravenglass . Cycling part of this route can give a flatter alternative to Lakes cycling. The NC72 cycle route going north gives relatively flat ride and views out west to the sea, passing through Seascale, Sellafield, Egremont and Whitehaven at 22 miles from Ravenglass, a point a leisure ride would probably return. The national cycle routes are in the main well signposted; watch out for the blue sign with the route number and next destination on.

Safety

The other hazard you may not have encountered previously is cattle on the road. There are multiple cattle grids on any ride and within those livestock is free to roam. The cows on Birker Fell don't tend to react to bikes and you need to cycle around them and of course any deposit they leave. Sheep however can be startled by a bike and are unpredictable so it's best to get a loud early warning in so they can be startled early and leave the road.

As a final riding point, if cycling from Woodend is to take care on the gated lane down to the main road. It's a farm road so it's not predictable what is on the road from one day to the next.

As a final bike maintenance point its worth considering taking some basic spares. There are few bike shops and those that are tend to be mountain bike orientated so it's worth having tubes, tyres and brake blocks/pads and spare cables with you to avoid a day spent looking for something that may take half an hour to find at home.

Pubs

There are a number of pubs in the two valleys and surrounding towns and villages. They all welcome children, many allow well behaved dogs and they serve a range of good value meals.

If you wish to go out for a meal without your pet, and you think that it may be happy staying with us and our dog for a couple of hours, then we are always happy to dog sit for you. Have a chat with us during your stay.

All the pubs are, in our opinion, very good for food with those marked with * being favourites of ours.

King George IV, Eskdale Green - 5 miles (Great value but can be inconsistent especially when busy!)

The Newfield Inn, Seathwaite - 6 miles *

The Brook House Inn, Boot - 7 miles *

The Boot Inn, Boot - 7 miles *

The Bower House Inn, Eskdale Green - 6 miles

The Woolpack Inn - 7 miles

The Bridge Inn, Santon - 8 miles *

The Blacksmiths Arms, Broughton Mills - 8 miles *** (exceptional food but need to book, you are welcome to use our phone to do this)

The Manor Arms, Broughton-in-Furness (exceptional range of real ales)

The Black Cock Inn, Broughton-in-Furness - 8 miles

The Kings Head, Broughton-in-Furness - 8 miles

The Strands Inn & The Screens Inn, Nether Wasdale - 10 miles

The Wasdale Head Inn, Wasdale - 14 miles

Cinema

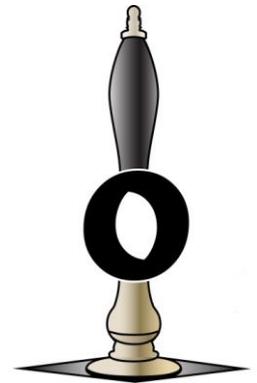
There is an Apollo multi-screen cinema Barrow-in-Furness

www.apollocinemas.co.uk

Personal recommendations of places worth visiting

Do you like Real Ale?

You must visit the Manor Arms in Broughton-in-Furness. Located at the corner of the square and always winning awards for best pub in some category or another, there are usually 8 excellent beers and various ciders on offer, but don't expect any other food than a toasted sandwich!



Pies and Puff Pastry

The Prince of Wales pub at Foxfield also has its own brewery and they do a really good selection of pies and peas and for what they charge I can't see how they make a profit. They are shut Monday and Tuesday.

Black Pudding

Melville Tyson's Butchers and Grocers in Broughton has an extensive range of fayre and you must try the "Logan Beck" black pudding. I have even converted people to black pudding with this light style pudding!

The Blacksmiths Arms at Broughton Mills

There is no doubt that for lunch or evening meals, this is the best food in the area. It's a quaint country pub with exceptional quality and sensibly priced meals. Closed on a Monday and booking is essential Friday and Saturday. Please come and use our phone or we will book for you.

More Pies and Pastries

The Gosforth Bakery is well worth a visit for bread and especially the handmade pies and sausage rolls. Closed on a Monday.

Leaving

On your Departure

Please leave the key on the table.

Adequate cleaning products are provided and there is a Flash Mop that uses a spray operated by a switch on the handle.

We do expect our guests to leave the Buttery in the clean and orderly condition that they found it.

This includes things such as the following:

- Put the plates, glasses and cutlery away in a clean condition.
- Leave the cooker, fridge, cupboards, kitchen worktops, sink and bowl in a clean condition.
- Leave the WC, bath and sink in a clean condition.
- Sweep or Hoover the floors and mop if necessary
- Empty the ash bucket and if the embers in the fire are still hot from an overnight fire then put these into the emptied bucket and leave outside.
- Clean out the fire.
- Put **ALL** recyclable rubbish into the appropriate bins and everything else into **bin liners** and place in the wheelie bins in the top car park **NOT** by the gate on the way out.

When you made your booking you agreed to this, so we reserve the right to make a surcharge if you don't.

Please vacate the Buttery by 9.00am unless other arrangements have been made. This allows us to prepare it for the next guests.

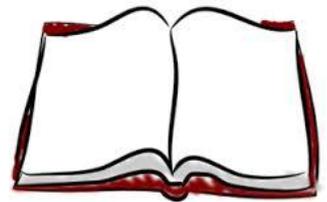
Suggestions

We would be only too happy to listen to any comments or suggestions that you have that would enhance yours and other guest's stay at Woodend.

Please see us during your stay, (we're usually here), or leave a note or email me on your return. This will help us to maintain the standard of the holidays that we provide.

Guest book

As you will see, we have some wonderful comments left in the guest book. If you have enjoyed your stay, then please fill in the guest book. If you have a complaint or an issue during your stay, please come and chat to us rather than comment on it in the guest book.



Returning Home

Feedback

We want your stay with us to be memorable for all the right reasons, so we would like to bring a few items to your attention that previous guests have misunderstood and if you intend to leave feedback on another site then we do just ask that you consider the following:

Problems – If you had a problem during your stay, did you give us a chance to put it right? We don't appreciate adverse comments if an issue hasn't been brought to our attention whilst you were staying here!

Facilities – Were you fully aware of the facilities indicated in the descriptions available for each property at the time of your booking? We have had comments about the lack of items that aren't even mentioned in those descriptions. eg. Microwaves, showers, etc.

Location – At the time of booking, did you research this area and perhaps locate us on a map? Woodend is remote, but it clearly states this in the descriptions and Google maps pin-point our location, so you know exactly where we were. Did you bring a map on holiday or expect satnav to suffice? Satnav can give the shortest route without considering the suitability of roads, especially if the weather conditions are poor!

Rebooking

We are experiencing increasing numbers of people rebooking so it is worth noting that we book up well in advance.

We are delighted to have exceptional occupancy rates at Woodend. We like to think that this is due to the views, remote and peaceful nature of the location and also that we welcome pets. We try to be as flexible as possible for booking periods and respond rapidly to enquiries.



As a result, the Bothy was empty for only 2 nights in a recent 18-month period, the Schoolhouse was empty for 14, with the other cottages following closely behind.

We are always happy to offer a discount for returning guests (somewhere in the region of 5% - 10%) but you may have to jog our memories that you have stayed before as we get a lot of names and faces through here!



Facebook

We are trying to make more of our Facebook page (Woodend Holiday Cottages) and would welcome you adding your holiday photos and comments and sharing them with others.

Shopping and Services

Shops

Eskdale (4 miles)

Eskdale Stores - Quite a wide range of fresh, frozen and tinned food, bread, newspapers, alcohol and outdoor activity supplies. CA19 1TX

Broughton-In-Furness (8 miles)

Melville Tyson - Butchers, grocers, greengrocers and off licence

Bakery - Superb organic bread but shut on Monday

Post Office and newsagents

The Square Café

Holmrook (8 miles)

Service Station CA19 1YG

Supermarkets

Gosforth (9 miles) Simply Fresh "open all hours" shop CA20 1AS

Seascale (11 miles) Co-op CA20 1PR

Millom (14 miles) Tesco LA18 4BX

Egremont (17 miles) Co-op CA22 2AD

Whitehaven, (24 miles) Tesco, Morrisons, Sainsburys

Barrow-in-Furness (25 miles), Asda, Morrisons, Tesco, Aldi

Banks and Cash Withdrawal

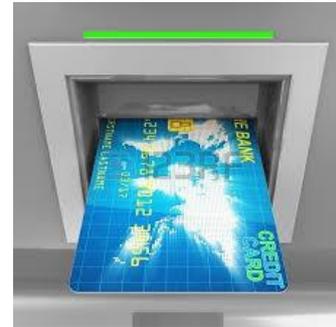
Ulpha - The Browfoot Room

Outreach Post Office with cash withdrawal every
Thursday 1.00 - 3.00 pm

Holmrook - Service Station has a cash machine

Gosforth - HSBC with cash machine

Millom - Natwest with cash machine



Garages

Garage services

Broughton-in-Furness - Todd's Garage LA20 6HN

Millom - Whartons Garage LA18 5BB

Kirkby-in-Furness - Moorland Service Station LA17 7TF

Petrol stations

Holmrook (approximately 7 miles) also has a shop attached.

Broughton-In-Furness (approximately 8 miles)

Vet



Broughton-In-Furness

Browne and McKinney

East View

Church St

Broughton-in-Furness

LA20 6HJ

01229 716230

Doctors

Seascale Health Centre (13 miles)

Gosforth Road,

Seascale CA20 1PN

Telephone 019467 28101

Duddon Valley Medical Practice (10 miles)

Foxfield Road,

Broughton-in-Furness LA20 6EZ

Telephone 01229 716337

Emergency Doctor

Furness Emergency Doctors Services

Furness General Hospital, Dalton Lane

Telephone 01229 431999



Hospitals - Accident and Emergency Departments

Furness General Hospital (approximately 25 miles)

Dalton Lane

Barrow-In-Furness

LA14 4LF

01229 491043

West Cumberland Hospital (approximately 24 miles)

Homewood

Hensingham

Whitehaven

CA28 8JG

01946 523273



How to Light the Multifuel Stove

This is one way to light the stove.

Ensure that the stove firebox is not completely full of ash, certainly not right up to the bottom of the grate. This is accessed behind the small door at the bottom and removed using the small black handle.

Open the bottom round air vent in the middle of the bottom door of the stove or even open the bottom “ash pan” door.

Break about 1/6 of the fire lighter block off or use pieces of newspaper and scrunch them into loose balls. Some people tie rolled up sheets of newspaper into knots.

Put the firelighter or newspaper in the centre of the firebox.

If you have them, lay a few pieces of kindling wood over the top so they are criss-crossed and stack a few pieces of small coal on top and around, so they are touching the wood.

Light the newspaper or firelighter in a couple of places at the bottom and when they are alight close the main door of the stove.

Once the wood has caught alight and the fire is going well you can open the door and gently place some more small pieces of coal onto the fire. At this stage you can turn the air supply down a little by closing the bottom door but leaving the round air vent open a little but aim to maintain good flames whilst not letting the fire smoulder.

Once the coal is burning well, you can put some more on but don't load the fire up too much in one go.

When it's burning well, and loaded, you can close the bottom air vent or leave it slightly open. The wind outside will have an effect on the way the fire lights and performs so use this as a guide only.

Nb. The top vent is designed to be used when burning logs only.

Privacy Policy

This policy is effective from April 2018

Woodend Holiday Cottages respects your right to privacy and is committed to protecting you. No personal information is displayed online, in unsecured areas or accessible to the public. Neither do we sell or rent our customer information to any outside parties.

What we collect

During the booking process we may collect the following information:

- Contact information ie. name, address, email, telephone numbers,
- Party information ie. numbers of adults, children, pets, etc.
- Debit or credit card details (which we do not store on our systems)
- Demographic information on how you found our website,
- Other information relevant to your enquiry or booking.

All customer information is used solely for processing bookings

What we do with the information we gather

We use email as our primary mechanism for communicating with you about your booking and to communicate with you following your stay.

We may require further information to understand your needs & provide you with a better and more relevant experience, such as:

- Internal record keeping and monitoring payments,
- Authorized payment through debit or credit card,
- In the unlikely event of a problem with your booking we will communicate this to you via e-mail or the telephone,
- We may use the information to improve our products and services,

-
- We may periodically send emails about products, special offers or other information which we think you may find interesting using the email address which you have provided,
 - We use Google Analytics to analyse some aspects of our website and in doing this we share certain non-personal usage data with Google. This shared usage data does not identify you individually and is maintained in accordance with the Google Privacy Policy.

Security

We are committed to ensuring that your information is secure and to prevent unauthorised access or disclosure we have put in place suitable physical and electronic safeguards.

Links to other websites

Our website may contain links to other websites of interest. However, once you have used these links to leave our site, you should note that we do not have any control over that other website. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst visiting such sites and such sites are not governed by this privacy statement.

Controlling your personal information

We will not sell, distribute or lease your personal information to third parties unless we are required by law to do so.

If you believe that any information we are holding on you is incorrect or incomplete, then please contact us and we will promptly correct it.

You may request details of personal information which we hold about you under the Data Protection Act 1998. If you would like a copy of the information held on you please email enquiries@woodendhouse.co.uk or write to us at: Woodend Holiday Cottages, Woodend Barn, Ulpha, Broughton-in-Furness Cumbria LA20 6DY

Revised June 2020