

APRIL

at the

The Royal Oak
HOTEL

Borrowdale, Keswick

FINDERS KEEPERS

We've all experienced travel roulette looking for a hotel, scrolling through online listings, pouring over reviews and hoping the reality matches the images when you arrive. Sometimes the accommodation is perfectly adequate and a place to rest your head but occasionally magic happens.

You stumble upon a hotel that clicks, a place that feels like it was designed for you and it goes far beyond a lovely hotel and bedroom; it's the genuine warmth of the staff's welcome and an overall enjoyable experience.

It's good to know you have a reliable base, a place where you can unwind and recharge after a day of exploring. There's a sense of familiarity and comfort that allows you to truly relax and embrace the experience.

When you find your keeper hotel, travel becomes less stressful and more enjoyable; embrace it and make the Royal Oak your travel companion for life.



A POEM FOR YOU BY RYAN, OUR HEAD HOUSEKEEPER

Escape to The Royal Oak

Tucked away in Borrowdale's embrace,
A cosy retreat, a welcoming place.
Where mountains rise and rivers flow,
And time moves gently, soft and slow.

Step inside, leave cares behind,
A home from home, warm and kind.
A fireside glow, a friendly cheer,
The perfect stay—it's waiting here.

After walking through fells so steep,
Come afternoon, it's time to stay,
Relax, unwind, and drift away.
Fresh-baked scones, a pot of tea,
A simple joy, so warm and free.

As evening falls, the table's laid,
With hearty meals, all freshly made.
Local flavours, rich and true,
A dining treat, just made for you.

Then rest awaits in rooms so fine,
Where warmth and comfort intertwine.
Softest pillows, calm and deep,
A dreamy space for perfect sleep.

And through it all, with smiles so bright,
The staff makes every stay just right.
Warm and welcoming, kind and true,
Always here to care for you.

Dogs are welcome, bring them too,
They'll love the walks and the lakeside view.
With open arms and hearts so wide,
At The Royal Oak, you're safe inside.

So pack your bags, escape the day,
Come find the charm, come stay, come stay.



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MEET THE STAFF

ROBBIE

Introducing Robbie, our food and beverage manager, who joined our team four months ago. Robbie grew up in Moravita Judetul Timis in Romania. Leaving school at 16, he went to work for Nestle Chocolate Confectionery, where he trained as a merchandiser. Nine years ago, his friends who lived and worked in Grasmere persuaded him to come to England and sample life in the Lake District. Robbie thought he and his partner would give it a try for a few months and nine years later, he's still here. Life in this beautiful part of the world captivated him and he has no intention of going back to live in Romania.

They found work at the Rothesay Hotel in Grasmere. Even though he couldn't speak a word of English, he was determined to learn the language and learned it very quickly from the staff and guests. Robbie started as a general assistant and as he became more proficient in the English language, he was promoted to Bar and Restaurant Manager. Unfortunately, he split from his partner last year and thought it would be better for him to find alternative employment as they both still worked at the Rothesay.

Robbie enjoys his role at the Royal Oak and finds it a welcome opportunity. He likes the owners and staff and thinks the local people are very welcoming. He also likes meeting all the guests who stay at the hotel. He says he's a very positive, optimistic person and loves life. He's very proud of his tattoo, which states, "Life is beautiful and the world is yours."

In his spare time, Robbie goes fishing and to the gym and he also enjoys browsing in the shops. He collects gold and silver coins and is interested in vintage cars.

Fun fact: Robbie loves traditional Romanian folk dancing, and when he returns home, he indulges in the dance. He has sixty-three cousins, so as you can imagine there are many weddings. Folk dancing is very traditional at a Romanian wedding, so he gets plenty of opportunities! So, if you see him doing a spontaneous dance behind the bar, don't be alarmed. He's just warming up for his next family reunion!



THE BLUE GYM EFFECT

Have you ever noticed how a waterscape backdrop makes fitness much more appealing? Whether it's a run by the river, a walk on the beach, a lakeside bike ride, or a dip in the lake, the addition of a glistening panorama can be a huge motivator for outdoor activity. It's also been shown to bring distinct well-being advantages to the fitness equation.

This phenomenon, rooted in the age-old wisdom of nature's restorative power, combines the invigorating benefits of physical activity with the calming influence of "blue spaces." The result? A profound sense of well-being, being near or immersed in water acts as a natural tranquilizer. Levels of stress hormones, adrenaline and cortisol relinquish their grip, replaced by a sense of calm. Your breath deepens, your heart rate slows, and a wave of serenity washes over you. Being in and around water can have a huge positive effect on our mental health, so in essence, we feel calmer and our mood improves.

Take a plunge into tranquillity. Dare you break free from the confines of chlorinated pools and lane ropes? Not too far from the Royal Oak, Lake Derwentwater beckons, offering a wild swimming experience unlike any other. Here, amidst the breathtaking fells, you'll find only the pure, unadulterated tranquillity of the lake and the camaraderie of fellow adventurers.

While the water's initial chill might be a bracing wake-up call, summer transforms Derwentwater into a refreshing sanctuary. The body's gradual adaptation to the cold water isn't just a physical process; it's a mental one, a strengthening of emotional resilience. Imagine the feeling: the cool water enveloping you, the sun kissing your skin, the majestic fells reflecting in the lake's glassy surface. It's a primal connection, a reminder of our inherent strength and connection to nature.

PUT PRIDE IN YOUR STRIDE

WALKING HOLIDAYS FROM THE ROYAL OAK

Pride in your stride evokes a sense of confidence, purpose, and well-being associated with walking. Paying attention to your stride can improve your walking technique, leading to better balance and reduced risk of injury.

Whether it's a leisurely stroll or a challenging hike, completing a walk can boost your sense of accomplishment and self-esteem. Walking is quite simply a workout in nature's gym.

The Borrowdale Valley in the North Lake District is a very popular destination for walking holidays, and for good reason, it offers spectacular scenery, dramatic fells and beautiful waterways. Diverse routes enable you to choose from gentle lakeside strolls to challenging mountain hikes, there's something for every level of walker.

Guided walking holidays offer the convenience of organized routes and expert guidance.

Self-guided holidays allow you to explore at your own pace, with provided maps and route information.

Our location also forms part of Wainwright's Coast to Coast route and we have many guests staying with us for the night, ready for the third leg of the journey.

We've thought of everything you may need for your walking holiday, from hearty breakfasts to indulgent evening meals, packed lunches to complimentary afternoon tea and scones, boot/coat drying room to invigorating power showers and dreamy beds. Doggies are 100% welcome.

Discover the beauty of the Lake District with a walking holiday from the Royal Oak. Visit our website or call us today to book your adventure!



WOULD YOU LIKE TO JOIN THE WAINWRIGHT SOCIETY?

Imagine tracing the very footsteps of Alfred Wainwright and feeling the rugged beauty of the Lake District beneath your boots. The Wainwright Society invites you to join a community of over 2,500 members, united by a love for the fells and the enduring legacy of a remarkable man. Since 2002, this vibrant society has not only fostered a deeper appreciation for fellwalking but has also channelled its passion into tangible support for the very landscape we cherish.

Over £200,000 has been raised, empowering vital organizations like Mountain Rescue Teams, Search and Rescue Dogs, Fix the Fells, Animal Rescue Cumbria, and The Lake District Calvert Trust. By joining, you become part of a movement that safeguards the fells for generations to come.

Beyond conservation, the Society offers a wealth of benefits. Immerse yourself in the quarterly 32-page magazine, a treasure trove of fellwalking insights and stories. Embark on organized walks, forging camaraderie with fellow enthusiasts. And enjoy exclusive member discounts on everything from cozy holiday accommodation to essential outdoor gear.

Whether you're a seasoned fell walker, a devoted reader of Wainwright's iconic guides, or simply someone captivated by the spirit of the fells, the Wainwright Society offers a unique connection to the heart of the Lake District. UK family membership is a mere £15 per year, or £20 for our international friends. Discover more and join the adventure at <https://www.wainwright.org.uk/>