



The Royal Oak

HOTEL

Borrowdale, Keswick

WELCOME TO OUR
APRIL NEWSLETTER

Spring Awakenings!

MAKE YOUR HEART SOAR

Set in the heart of the spectacular Borrowdale, The Royal Oak at Rosthwaite is the perfect base for adventure lovers looking to truly make their heart soar. Surrounded by dramatic fells and rugged landscapes, this is where adrenaline meets awe-inspiring scenery.

Take on England's highest peak, Scafell Pike, for a rewarding climb with breathtaking summit views, or test your nerve on the famous via ferrata at Honister Slate Mine, a high-wire adventure clinging to the mountainside. For water lovers, try ghyll scrambling through cascading mountain streams, wild swimming in crystal-clear tarns and paddleboarding on nearby lakes. Mountain biking across challenging fellside trails and guided rock-climbing routes offer even more ways to get the pulse racing.

However you choose to explore, every path leads back to The Royal Oak, where charming rooms, hearty food and a warm Cumbrian welcome provide the perfect place to relax, refuel and relive the day's adventures.



BRING BALANCE BACK IN YOUR LIFE

In today's fast-paced world, finding time to truly switch off can feel like a luxury. At The Royal Oak at Rosthwaite, we believe it's essential. Nestled in the heart of the peaceful Borrowdale valley, surrounded by soaring fells and gentle rivers, our corner of the Lake District offers the perfect setting to bring balance back into your life.

Mental well-being begins with space

to breathe deeply, to slow your pace, and to reconnect with yourself. Here, mornings start with birdsong and soft light stretching across the valley. Days unfold at your rhythm: a mindful walk along quiet woodland paths, a moment of stillness beside a flowing stream, or simply sitting with a coffee and watching the clouds drift over the peaks. The natural beauty of Borrowdale has a calming effect that no screen or schedule can replicate.

Taking time back for yourself doesn't need to be complicated. It might mean leaving emails unanswered for a while, turning off phone notifications and enjoying our no TV policy. Taking time back also means getting out onto the fells, enjoying a meal made from local ingredients and an early night wrapped in the deep quiet that only the countryside can provide. These small acts of self-care restore energy, improve clarity, and help steady the mind.

At The Royal Oak, tranquillity is part of the experience. Our welcoming spaces invite you to pause, reflect, and simply be. Whether you're seeking solitude, meaningful conversation, or time outdoors to clear your thoughts, you'll find room here to reset and recharge.

Balance isn't about doing more, it's about doing what matters. Step away from the noise, breathe in the fresh Cumbrian air, and allow yourself the gift of stillness. We look forward to welcoming you to a place where life slows down and wellbeing naturally finds its way back.



TAKE HOLIDAYS IN YOUR STRIDE

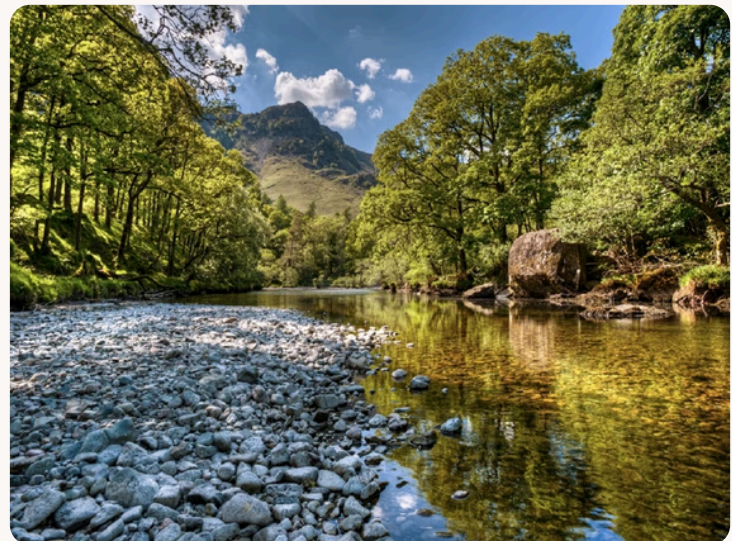
Pride in your stride evokes a sense of confidence, purpose, and well-being associated with walking. Paying attention to your stride can improve your walking technique, leading to better balance and reduced risk of injury.

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 organised 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.



TRIED AND TESTED

Helen from Muddy Boots Holidays sent us this glowing testimonial:

When possible, we always like to try out the accommodation that we use on our walking holidays before we send customers there, and the Royal Oak certainly didn't disappoint. It has everything you want in a cosy, countryside stay - a roaring fire in the comfortable lounge, local beers at the bar, fantastic food in the restaurant and beautiful, peaceful rooms for a well-earned rest after a long walk.

During our stay, we also really appreciated all the extra touches - the drying room for soggy boots and coats, the complimentary scones that are perfect to keep you going until dinner, and the free-flowing hot drinks. It's all of these things, along with the friendly and helpful service, that really make the Royal Oak stand out and we can't wait to find another excuse for a visit! We know all of our customers have loved it too.

Helen Coppin

Muddy Boots Walking Holidays



TOUR DE FRANCE COMES TO KESWICK

3RD JULY 2027

This summer, excitement is building as the world's greatest cycling race, the Tour de France, brings its unmistakable energy and spectacle to Keswick, 5 miles from our doorstep.

For a region renowned for its dramatic climbs and breathtaking scenery, it's a fitting stage for such an iconic event. As the peloton sweeps through the northern Lake District, riders will tackle winding mountain roads, challenging gradients and panoramic descents that showcase Cumbria at its very best. The atmosphere promises to be electric, with spectators lining the routes, local businesses joining the celebrations, and a festival feel throughout the area.

Staying at The Royal Oak at Rosthwaite places you perfectly to soak up the occasion. Just a short journey from Keswick, our peaceful Borrowdale setting offers the ideal balance, close enough to experience the buzz, yet tucked away in tranquil surroundings once the day's racing draws to a close. Whether you're a passionate cycling fan, an amateur rider inspired by the pros, or simply keen to witness a landmark sporting moment, this is a rare opportunity to see world-class competition set against our stunning Cumbrian landscape.

After cheering on the riders, return to hearty food, well-earned refreshments and a warm welcome. With the fells that challenge the professionals right outside our door, you may even feel inspired to bring your own bike and take on a legendary climb or two.

The Tour de France in Keswick is more than a race; it's a celebration of endurance, community and the great outdoors. We look forward to welcoming you for what promises to be an unforgettable chapter in Lake District sporting history.



to host two stages
Tour de France