

DECEMBER

at the

The Royal Oak

HOTEL

Borrowdale, Keswick

GET OUT YOUR COMFORT ZONE AND GET INDOOR CLIMBING

Climb to new heights and discover the thrill of Indoor Rock Climbing at Keswick Climbing Wall at Newlands Outdoor Activity Centre, it's a sports enthusiast's paradise. Located in one of the most scenic spots of the Lake District National Park, boasting panoramic views of Helvellyn.

During the Winter months, you can learn or practice your climbing skills, the climbing wall caters for both newbies and seasoned climbers alike and there's expert, qualified staff on hand, who ensure visitor safety is the top priority.

Rock climbing is a full-body workout, it engages many major muscle groups, including the upper body, core, quads and calves and also improves grip strength.

It raises your heart rate and builds endurance and you can burn 500-900 calories per hour, similar to intense cardio workouts.

Rock climbing can help improve your balance, coordination and spatial awareness and also give you better problem-solving skills to find the best approach.

Not only does it improve your body and focus it's also a stress reliever, releasing endorphins and overcoming challenges such as a fear of heights can boost your self-confidence.

Give it a go www.activity-centre.com



WHY THE ROYAL OAK ALWAYS LEAVES YOU WANTING MORE

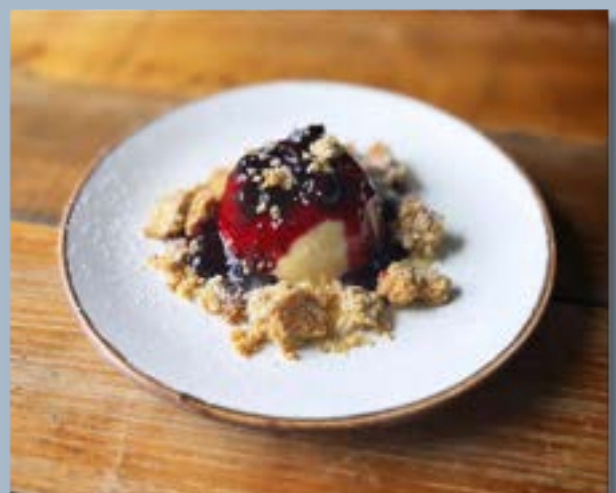
It's easy to fall in love with the Royal Oak, it's a special place for a country escape.

The building dictates the look, earthy tones and botanical greens, we've brought the outside inside with a calming, relaxing timeless feel that appeals to all age groups. We've retained the hotel's country feel by upcycling many pieces of existing furniture and giving it a contemporary look by outsourcing furnishings from a network of trusted curtain makers, upholsterers, cabinet makers and artists.

There's a lot of competition in the Lake District and we think the Royal Oak stands out as looking and feeling different, we have accomplished a high level of design with a homely atmosphere and very friendly customer service. Our designs appeal to the many regular guests as well as the contemporary walker.

At the Royal Oak, our talented kitchen team focuses on delivering the highest quality dishes using the freshest ingredients, our daily changing menu is based around the seasons, highlights British produce and adopts seasonal simplicity. Each dish is thoughtfully designed and presented, bringing the finest British produce to the plate.

Staying at The Royal Oak gives you time to gather your thoughts, empty your mind and enjoy true relaxation. Listen to the beck, absorb the beautiful scenery, find your inner sanctuary and breathe in the tranquillity.



I ONLY DRINK COFFEE ON DAYS ENDING IN 'Y'

Indulge in the rich aroma of Farrer's coffee, a taste of Lakeland heritage, complimentary coffee available all day from our coffee machine during your stay at the Royal Oak.

We like to keep our suppliers local and where better to purchase our tea and coffee from than Farrer's, nestled on the main street in Kendal, a historic establishment dating back to 1637, originally a pack horse inn that became a business dealing tea, coffee and refined sugar in the early 1800's. In 1819, John Farrer purchased the business and Farrer's is amongst the UK's oldest coffee roasters. Blending tea and coffee in the shop, the aroma of freshly roasted beans has captivated passers-by for 200 years.

It wasn't until 1951 that the premises became a grade II listed building, mainly for the 17th Century interior features such as the staircases, fireplaces, doors, tea bins and the panelled tea counter.

Owned by the Grace family since 1990, the business has grown over the years to host a traditional Lakeland café and shop stocking an extensive range of award-winning loose-leaf tea, freshly roasted artisan coffee and local gifts. Farrer's still holds its roots to serving roasted coffee to traditional standards and sourcing fine-selected Fairtrade teas and coffee beans from around the world.

If you are in the area, it's well worth a visit.



YOU'VE GOT THE BOOTS, WE'VE GOT THE ROUTES!

With our idyllic location in the Borrowdale Valley, we have access to some of the best display of fell walking in the country, we are often asked where the best walks are in the area. A big shout out to owner Nick Wyatt who has put together some useful maps of local walks including Castle Cragg, Watendlath and Black Moss Pot. You will find them on the information board at the hotel and are free to use for the day.



PUT THE 'WIN' IN WINTER

Our winter pricing is too good to be true and so affordable, why not stay for two nights or more?



WHO LOVES A 99?



WINTER WARMER

Stay with us for cosy winter vibes, how about £158 a night in a classic room with breakfast and dinner for two.

Enjoy a welcome pre-dinner complimentary Lakeland gin and tonic or Tirrils local brewed ale in our bar or snug and indulge in a sumptuous evening dinner you'll be talking about long after you've gone home.

