

JANUARY

at the
The Royal Oak
HOTEL

Borrowdale, Keswick

NEW YEARS RESOLUTIONS

Love them or hate them, New Year's resolutions are a great way to focus your mindset for the coming months. Forget unrealistic and punishing resolutions, instead opt for those that set the tone for a positive and productive year.

If you want to make a change to your lifestyle – whatever your goals are, January is a clean slate and an ideal starting point to kick things off and the Royal Oak is the perfect place to help implement your New Year's resolution.

SPEND MORE TIME OUTDOORS

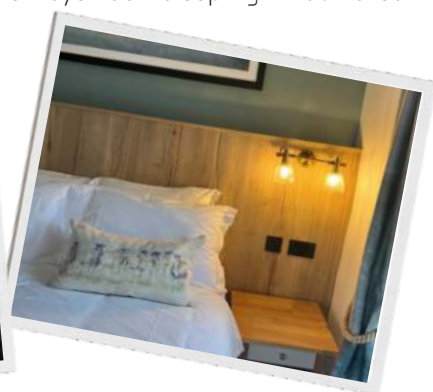
Studies have proven that viewing countryside scenes such as hills, trees and water can reduce stress, anger and exhaustion, while also increasing happiness levels, energy and cognitive function. So, for your health and happiness spend more time outdoors this year. So why don't you get your map out and plan a staycation to the Lake District?

TAKE THE TIME TO BREATHE

Many people credit breathing techniques, meditation and mindfulness as the key to curbing anxiety and staying mentally happy and healthy. Practice mindfulness techniques, try taking 10 minutes each evening to focus on breathing and nothing else – you'll be amazed at how calming it can be.

INVEST IN YOUR SLEEP

A good night's sleep is essential for many reasons. From an improved mood to a boosted immune system, we all need our eight hours of shut-eye. Sounds simple enough, right? However, our modern lives wreak havoc with our sleeping patterns, so it's time to overhaul things—especially bedtime routines. A few nights at the Royal Oak sleeping in our dreamy beds will sort that out!



READ MORE BEFORE BED

Have you had the same novel on your bedside table for the past six months? Well, now is the time to read it, whether it's a captivating story or expanding your knowledge. Reading before bed is the perfect way to wind down after a stressful day and is thought to improve sleep quality and de-stimulate the brain. The Royal Oak's no TV policy encourages some bedtime reading!

GO COLD-WATER SWIMMING

Have you tried an icy cold dip! After you get over the initial shock, you'll feel the mental and physical health benefits – it's exhilarating but if you don't fancy it, try having a 30-second cold shower instead – it's good for your health.

Cold water boosts our levels of dopamine, the brain chemical behind our drive, motivation and feelings of reward and releases beta-endorphins and serotonin, our happy hormones, further improving our mood. Close by Lake Derwentwater is the ideal place to get wet!

DONT FORGET THAT DIGITAL DETOX

Disconnect to reconnect, regularly discipline yourself to a period of time when you don't use social media or tech devices and that means no sneaky looks at your smartwatch. Research shows that excessive tech use can contribute to stress or lack of sleep. Taking a digital break has great benefits and can help reset our bodies and a break to the Royal Oak is a ready-made reason to literally switch off!

Bid farewell to scrolling feeds, curated images and reels pulling you into the latest trends. Who is guilty as charged for being sucked in every single time?

MUDDY BOOTS WALKING HOLIDAYS

Introducing our new partner, Muddy Boots Walking Holidays, they offer a four-night break including breakfast and dinner, exclusively exploring Derwentwater and the Borrowdale Valley.

- Day 1: Keswick – Start your adventure in the charming town of Keswick.
- Day 2: A Scenic Walk – Embark on a picturesque linear walk along the eastern side of Borrowdale, culminating in a warm welcome, great food and a comfy bed at The Royal Oak in Rosthwaite.
- Day 3: Exploring Borrowdale's Wonders – Discover stunning scenery, peaceful valleys, ancient woodlands and rolling fells. Choose from gentle or challenging routes to suit your pace, ending in your second night's stay at the Royal Oak
- Day 4: Return Journey – Traverse the western side of the valley, taking in breathtaking views before returning to Keswick for your final night's stay.

Why Choose Muddy Boots?

- Expertly Curated Itineraries: Enjoy detailed walk descriptions, maps and expert guidance.
- Hassle-Free Travel: Muddy Boots handles your accommodation and luggage transfers.
- Tailored Experiences: Choose from a variety of walking options to match your fitness level.

Find out more at www.muddybootswalkingholidays.com



SAVE THE DATE

15 Feb Whinlatter Moon Runner 10k Head Torch Trail Race

6 – 9 March Keswick Film Festival

8 March Derwentwater Head Rowing Event

4 April The Lakeland Festival of Light

16 –18 May Keswick Mountain Festival

25 May Whinlatter Half Marathon & 10k Trail Events

6–7 June Keswick Beer Festival

15 June Lakesman Triathlon

21 June 10 in 10 and family 5 in 5 Challenge

6 Sept Derwentwater Lakeland Trails

25 Aug Keswick Agricultural Show



WINTER BREAKS AT THE ROYAL OAK

Imagine snowy peaks and winter fells, the scenery here is just unique and picturesque, days like these are the perfect excuse to throw on those fleeces and scarves, explore the great outdoors right here on our doorstep and immerse yourself in the beauty of the North Lake District.

Get toasty by the log fire, indulge in three-course gourmet meal and after a dreamy night's sleep in one of our characterful rooms, enjoy a hearty Cumbrian breakfast.

But that's not all. We have complimentary treats on offer, including a welcome drink, G&T, or a pint of Local Ale, freshly baked scones every afternoon, and unlimited all-day tea and coffee. How good is that?

Just £158 per couple per night in February and March plus January weekends.



SUNDAY SLEEPOVER

A Sunday Sleepover is the perfect way to make the most of your weekend, round it off with an extra night stay or just come for a one-night stay on Sunday.

Why choose a Sunday sleepover?

Our serene, stunning location is the perfect backdrop for relaxation and rejuvenation.

Savour a mouth-watering Sunday roast dinner, three courses, including tea/coffee, expertly prepared by our expert chef.

Have a peaceful night's sleep in our lovely, comfortable rooms.

Wake up to a hearty Cumbrian breakfast.

Contact the hotel for prices, as they vary throughout the year.

