

# MARCH

at the

*The Royal Oak*  
HOTEL

*Borrowdale, Keswick*

## EXPERIENCE THE ESSENCE OF SPRING AT THE ROYAL OAK

Spring is nearly here, and the 20th of March marks the Spring Equinox, bringing longer days and warmer weather. Spring in the Borrowdale Valley is truly magical, and there's no better place to experience its treasures than the Royal Oak. Wake up to the sound of Spring in one of our characterful rooms.

Imagine a blaze of yellow daffodils in bloom, the woods transforming into a carpet of bluebells and wild garlic and we all love the joyful sight of lambs frolicking in the fields.

Spring also sees the start of outdoor festivals, fairs and sporting events and the North Lake District has a busy full calendar.

Whether you are seeking a romantic getaway, family adventure or a walking holiday the Royal Oak offers something for everyone.

Our rooms are in high demand this spring, with some dates already sold out, so don't delay – book your Spring Escape today!"



## A DAY IN THE LIFE OF A FOREST RANGER

The forest ranger's day at Whinlatter Forest begins pre-dawn with report reviews and patrols for trail checks and illegal activity, such as poaching and camping. The thermos of strong coffee is a welcome companion.

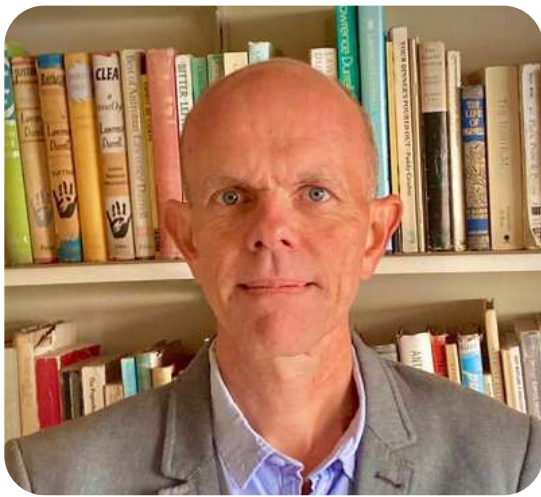
Back at the station, the morning routine continues; emails are addressed and tasks are prioritised. At 8:00 AM, the focus shifts to trail maintenance. A fallen tree, reported earlier, blocks a popular path. The ranger heads to the location, equipped with a chainsaw and appropriate safety gear.

At 10:00 AM, a school group arrives and the ranger transforms into an educator, leading the children through the woods, pointing out the diverse flora and fauna, and explaining the importance of conservation.

After lunch, the ranger continues the patrols, looking for invasive plant species and monitoring wildlife populations of deer and other animals. They may encounter hikers needing assistance with navigation, offering directions and advice.

As the day draws to a close, evening duties include reviewing weather forecasts and updating records to ensure the forest's safety.





## MEET MARK DAVIS OUR NEW GENERAL MANAGER

Mark joined our team in January this year and brings the experience of a lifelong career in Hospitality, which has allowed him to work in different locations around the world and pursue his love of travel. He was born in Ireland to his Swedish-born mother and Irish father and by the time Mark was four they immigrated to South Africa, living in Zambia and Malawi where he attended school until he was eighteen. When he finished his schooling, he decided to move to England to attend a university in Surrey to study Hotel Management.

After graduating, Mark moved back to South Africa and completed an internship at a 650-bedroom hotel in Johannesburg and then gained employment as a Food and Beverage Cost Controller and Operations Manager at the renown Mount Nelson Hotel in Cape Town, famous for afternoon tea and its colonial vibe.

Thirteen years after returning to South Africa he relocated to County Mayo on the west coast of Ireland to discover more about his Irish heritage and he worked in hospitality managing a hotel. Several years later a great opportunity came along to manage the famous George boutique hotel in East Sussex.

His love of South Africa never went away and he returned, this time in Zanzibar and South Sudan, staying a further six years managing hotels. After COVID, Mark felt it was time to move again and ended up in the Borrowdale Valley managing a hotel that was sold at the end of 2024. The timing was perfect for the Royal Oak to snap him up, as our manager designate had decided to go traveling.

In his spare time, Mark loves hiking and running, with 10k being his specialist distance, he also enjoys fine dining and photography.

He says he fell in love with the Borrowdale Valley and loves the spectacular rugged scenery, what he likes most about his role at the Royal Oak is it enables him to live in the valley, whilst meeting the diverse range of guests who stay at the hotel, ensuring they have a wonderful stay. Mark also finds the recent renovations, the history and quirkiness of the Royal Oak impressive.

## ARE YOU IN NEED OF A BURNOUT BREAK?

Are you feeling burnt out? Do your work emails feel like an unrelenting burden? Are you running on empty? Do you feel stressed, full of negativity, and lacking motivation?

Get into the slow lane, book a break at the Royal Oak and have a complete rest from your usual routine. Simply get outdoors, banish the blues and feel nature's benefits to your health and wellbeing.

The ambiance of the hotel and our serene, stunning location with doorstep access to the best display of fell walking in the country is good for the mind, body and soul to connect with nature and enjoy the slower pace of life. Our authentic, historic charm and rural surroundings offer a change from reality and routine.

During March you can still take advantage of our 'Mad as a March Hare Deal'

Indulge in delicious dining and experience unforgettable hospitality. Get toasty by the log fire, indulge in a 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?

All this for just £158 per couple per night in March (March weekends £168 per night) in a standard double room when booked directly with the hotel.





# WELLNESS WALKS WITH FRANCESCA, AS SEEN ON ROBSON GREEN'S WEEKEND ESCAPES

Many guests come to the hotel to relax and connect with nature, but Francesca offers something more: she'll show you how to bring the peace and tranquillity of the outdoors back home with you.

Her guided Wellness Walks are a journey of self-discovery, immersing you in the breathtaking panorama of the Lake District while teaching you practical mindfulness techniques you can use every day. Francesca's walks aren't just a day out; they're a toolkit for lifelong well-being. Learn practical mindfulness techniques you can integrate into your daily life, long after your walk is over.

Imagine yourself surrounded by the majestic peaks and serene lakes of Cumbria, breathing in the pure mountain air. Francesca will guide you through simple yet powerful activities, gently releasing you from negative patterns and helping you embrace your authentic self. You'll experience a profound sense of calm and well-being, leaving feeling refreshed, rejuvenated, and equipped to handle life's challenges.

These walks are a sensory experience, using the five senses in the here and now, allowing you to let go of the past and embrace the present moment. Francesca will discreetly weave thought-provoking questions into the walk, encouraging you to reflect on your current state, your values, and how to achieve your goals.

Whether you're an individual, a couple, or a group, Francesca will tailor the walk to your specific needs after an initial consultation. All walks guarantee incredible views and the purity of Cumbrian air.



Book your Wellness Walk with Francesca today and begin your journey to inner peace, you can contact her on her website [mindfulnessinthelakes.com](http://mindfulnessinthelakes.com)

Wellness Walks and Forest Bathing will take place in the following areas:  
Borrowdale Valley and woodlands  
Crummock Water and Woodlands  
Lowswater and Woodlands  
Buttermere and Woodlands  
Cockermouth River walk  
Keswick and the surrounding Woodlands

## COST

£35 per person for 2.5 – 3.0 hours

£50 per person for half a day (4 hours)

Groups of up to 12 can be catered for.

