



Newsletter #4  
March '24

Click for [ivythwaitelodge.co.uk](http://ivythwaitelodge.co.uk)  
Click for [ivythwaitecottages.co.uk](http://ivythwaitecottages.co.uk)



## Winter Works Programme



Our luxury double room, with a super king size bed, known to our regulars as the attic room, has had a comprehensive winter makeover. It now boasts a 'shades of blue' colour scheme, new 43" TV, new Velux blinds and new soft furnishings. We have added new artwork in the room, showing three stunning images taken in the Lakeland fells last year.

We have also fully decorated our studio cottage, our deluxe double room, and the upper stairs and landings in the guest house.

We have had to undertake some unplanned work during a very wild week in January to fix the damage caused by Storm Isha and Storm Jocelyn. The storms scattered the guest house roof tiles far and wide which require the expert services of Abseil Commercial to scale the damaged roof and undertake repairs. Our outbuildings and perimeter fences also took a battering that called on Andrew's growing carpentry skills.



## Wild Swimming



Wild swimming has become increasingly popular in recent years and its health benefits have long been known. The initial shock on entering cold water releases a powerful endorphin shot which brings a natural high, toxins are released and mood, libido(!) and the immune system all receive a boost. The Lake District is a great place for wild swimming, whether you are a regular or fancy giving it a go for the first time; and there are numerous books and websites which detail good places to swim. The best places to swim in Lake Windermere are Miller Ground, the boat house and the Jetty Museum – all destinations on one of our 'Walks from Ivythwaite'; and the Jetty Museum has a great café to reward yourself with a coffee and a delicious slice of cake afterwards! The National Trust's Fell Foot is also a great place to swim in Lake Windermere and there are changing rooms and warm showers there as well as a café. The important things to remember are to never swim alone, to make sure that you don't stay in the water for too long and to have plenty of warm clothes to wear after your swim.



## Walks from Ivythwaite



School Knott - 2 hours / 3.5 miles

A summit (232m) popular with locals that does not feature in many tourist guides. It is our dog walk of choice with a number of streams and a tarn where our spaniel Lottie can take a paddle. A wise choice for high season and bank holiday weekends. This route winds up the gentler slopes to the south and east of School Knott, passing through beautiful Lakeland scenery via School Knott tarn. From the summit, you have views of the northern half of Lake Windermere and Belle Isle. Heald Wood, Arthur Wood and the high fells of the Langdales can be viewed across the lake. The village of Windermere is below you with the summits of Orrest Head (239m) and Banner Rigg (265m) to the right. Be sure to wear rugged footwear on this walk because you will be trekking across open fells and through shallow streams.

Use these links to get the latest news from [Ivythwaite Lodge](#) and [Ivythwaite Cottages](#)

## Fix the Fells

Use these links for our very best rates on our online booking pages - [Ivythwaite Lodge](#) [Ivythwaite Cottages](#)

Andrew has recently completed two years as a Fix the Fells volunteer, spending at least one day each month surveying and maintaining the network of heavily used footpaths across the Lake District. The following extract from the Fix the Fells annual report explains the importance of the scheme.

Without our work, the Lake District fells would quickly deteriorate to the scarred landscape of the 1980s and 90s, when gullies more than 90 feet wide and 12 feet deep were clearly visible along rights of way across the fells. Increasing recreation, visitor numbers and severe weather events would soon take their toll and result in similar damage appearing.

The work of Fix the Fells contributes to mitigating the decline in nature and climate change in the Lake District National Park. It stabilises soils, allows vegetation to recover and reduces habitat and species loss. It reduces sediment run-off into lakes and rivers where it harms wildlife. It slows the flow of water off the fells and reduces flood risk and water discolouration. The work captures carbon in vegetation and soils and helps to reverse and mitigate climate change. Fix the Fells is critical in reducing future damage to the scenery and biodiversity of the Lake District, for people, nature and climate.

All the work is funded by grants and donations. Click [here](#) for link to the Fix the Fells donation page. You can donate £5 by texting FELLE to 70525. We also have a collection box in our guest house and in our one-bedroom cottage.



## The Brookside



This is our local inn and restaurant, less than 200m from the guest house and cottages. After a turbulent recent history, it is now under new management and returns to our recommended list of places to eat and drink. It has a good bar food menu with excellent roasts on a Sunday and pizzas throughout the week. There are regular promotions on food, live sport is shown routinely, it hosts a popular pub quiz on a Thursday evening, and there is often live entertainment. Click [here](#) for the website and [here](#) for the latest food menu. We had a very tasty haddock and chips and steak and ale pie on our most recent visit.



## Breakfast Muffins



Our delicious breakfast muffins are a favourite with our guests who like to take them away for a mid-morning snack. Abigail bakes different flavours every day and here is the recipe for one of the most popular ones:

### Double chocolate orange breakfast muffins (makes 10 large muffins)

150g Greek yoghurt 1 egg 175g plain flour 25g porridge oats 150g soft brown sugar  
1 teaspoon of baking powder ½ teaspoon of bicarbonate soda 1 large tablespoon cocoa powder  
¼ teaspoon of orange essence A splash of orange juice 50g chocolate chips

Add the ingredients in the order listed, making sure that the yoghurt and egg are combined before adding the remaining ingredients. Spoon into the muffin tin and bake at 180 C for 20 minutes. Cool on a wire tray and then enjoy. And remember there are no calories in muffins when you're on holiday!



## Book Direct



Please bear in mind the following when using Booking.com, Airbnb, Expedia and all other online travel agencies (OTAs). OTAs are fantastic tools for comparing accommodation options in an area, especially when it is an area you are unfamiliar with. OTA reviews tell a very true and accurate picture of what you can expect from a place. You are able to use them to make informed accommodation choice yet not book through them, even though they can be very persuasive. Any booking through an OTA incurs a commission, typically 15-20% of the total price. Our most competitive rates are to be found directly through our website and our terms and conditions are the same so your booking is just as secure. In our experience, there are no advantages to booking through an OTA compared with booking directly. OTA customer services are often based overseas and will take up to 48 hours to answer a question or resolve a problem (by in turn asking us then reporting back) that we can sort in a fraction of the time.