

Visit  
*Eden*  
Plan your perfect adventure...



## Ideas for Days out in Eden

[www.visiteden.co.uk](http://www.visiteden.co.uk)



## Discover historic Penrith and beautiful Ullswater

Spend a little time in Penrith - known as the "old red town" because of its sandstone buildings - with its ancient yards and streets home to many independent shops, cafes, pubs and restaurants.



Discover Ullswater - one of "England's most beautiful lakes" surrounded by dramatic mountains and inspiring Lake District countryside.

For more information and assistance email [tourism@westmorlandandfurness.gov.uk](mailto:tourism@westmorlandandfurness.gov.uk) or telephone Penrith TIC 01768 867466.

Alternatively visit our website [www.visiteden.co.uk](http://www.visiteden.co.uk) for more inspiration and have your own Eden adventure!

Enjoy your visit to Eden.

*The Visit Eden Team*



## Itinerary One: Penrith and Ullswater

9.30am

Enjoy a leisurely walk around Penrith, explore Penrith and Eden Museum, Penrith Castle - once the home of Richard III, and the interesting and individual shops. A Farmers' Market is held on the third Tuesday of the month in the Market Square.

11.30am

Enjoy a mid-morning coffee in one of the welcoming coffee shops and tea rooms.

Visit Rheged with its array of shops, 3D cinema, cafes and changing exhibitions. Website: [www.rheged.com](http://www.rheged.com)

or Visit....

Dalemain Mansion and Historic Gardens, one of the most beautiful and impressive houses in the North West of England with its award winning gardens. Home to 'The World's Original Marmalade Awards and Festival' held in early Spring. Website: [www.dalemain.com](http://www.dalemain.com)

1pm

Travel to Ullswater and Pooley Bridge or Glenridding for a lunch stop in one of the cafes, restaurants, hotels and Inns. Or bring a packed lunch and sit by the Lake which gave inspiration to Wordsworth for his Daffodil's poem (visit in Spring time to see them!)

Enjoy a trip on the Ullswater 'Steamer,' a walk to Aira Force Waterfall - reached by an enchanting stroll through ancient woodland and landscaped glades.

Website: [www.ullswater-steamers.co.uk](http://www.ullswater-steamers.co.uk)

For more information on the Eden area please visit [www.visiteden.co.uk](http://www.visiteden.co.uk)



## Discover the beautiful Eden Valley and Alston

The Eden Valley has a mix of lush green countryside, traditional towns and attractive sandstone villages some dating back to Viking times.

Kirkby Stephen in the Upper Eden



Valley is an ideal base to explore not only the local area but further afield.

Appleby offers the peace and quiet of beautiful riverside walks within five minutes of the town centre, as well as historical significance.

Alston is one of England's highest market

towns and the North Pennines Area of Outstanding Natural Beauty (AONB) is a haven for special wildlife and plants.



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## Itinerary Two: Eden Valley and Alston

9.30am

Start from Kirkby Stephen and enjoy a riverside walk down to Frank's Bridge. Smardale Gill National Nature Reserve (a Site of Special Scientific Interest), The Poetry Path, The Watercut and Nine Standards Rigg offer other walking alternatives or enjoy a Town Trail taking in the shops, galleries and antiques shops along the way.

Enjoy a mid-morning coffee in one of the cafes, tea rooms or coffee shops.

11.30am

Travel to Appleby - Walk around town, explore the shops or take a tour of the Castle once home to Lady Anne Clifford (Castle tours must be pre booked)

From Appleby head off on the A66 towards Penrith. Turn off at Temple Sowerby and head towards Culgaith and onto Langwathby for a scenic tour of some of Eden's villages. Head towards Melmerby on the A686 for a trip to Alston on a route named as one of the World's Top Ten Most Scenic drives by the AA.

2pm

Arrive in Alston - Enjoy a walk around the town, explore the shops and art galleries and have afternoon refreshments in one of the cafes or coffee shops.

Visit South Tynedale Railway or the Hub Museum to learn about Alston's rich, local history.

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