

LODORE FALLS

HOTEL & SPA



The Ultimate Ramblers Retreat with Lodore Falls Hotel & Spa



Switch off from technology and embrace the elements in the Lake District

February 2019... // [Lodore Falls Hotel & Spa](#) invites guests to don a pair of walking boots, disconnect from phone screens and take advantage of the hotel's stunning location in the heart of the Lake District. Travellers increasingly seek active, outdoor and secluded holidays from which to escape the glare of blue screens to not only improve physical, but also mental health. Those looking for a more comprehensive experience will delight in the *Hikers Digi Detox Package* at Lodore Falls Hotel & Spa, which is ideal for escaping the stresses and strains of daily life. Gigi Hadid, Jessica Biel and Reese Witherspoon are just a few who swear by the benefits of hiking, so make like a celeb and head for the hills.

Infamously known for its outstanding landscape, comprising impressive mountains, vast lakes and thriving forests, no trip to the Lake District would be complete without exploring the surrounding countryside. Come rain or shine, embrace the healing powers of Mother Nature on one of the Lakes' multitude of hiking trails with Lodore Falls Hotel & Spa.

With routes to suit every guest, whatever their hiking ability, Lodore Falls Hotel & Spa is perfectly positioned to take advantage of the region's numerous paths, all outlined in the hotel's own Hike & Bike book. Leisurely wanderers can walk the small ascent to Watendlath, a charming hamlet of unspoilt white brick cottages and farmhouses. During the summer, guests can take a break and enjoy a cup of tea and Kendal Mint Cake at the local café, before returning down a quiet beck side path and through old oak woods.

Keen hikers can tackle one of the Lake District's many famous mountains, such as Maiden Moor and High Spy. Begin by crossing the blossoming meadows at the southern end of Derwentwater before scaling the impressive 1889ft Maiden Moor, then pass along the broad ridge which joins up with 2142ft High Spy. The return journey takes hikers down a steep trail and into Rigghead Quarries and the old

quarrymen's path, which overlooks Borrowdale. Spectacular views throughout complete this epic journey. Those up for an even greater challenge can head to the Northern Lake District, which is home to Scafell Pike, the highest mountain in England.

After a thrilling day exploring the lakes, return to the sumptuous but cosy Lodore Falls Hotel & Spa. Sink into the hotel's snug lounge to warm up by a roaring fire with a relaxing cup of tea or something a little stronger! After working up a well-deserved appetite, visit Mizu, a Pan Asian restaurant serving a contemporary blend of Malaysian, Japanese and Thai inspired dishes with a Lake District twist. Those looking to soothe their aching muscles can visit The Falls Spa, where special treatments, such as *Walkers Wellbeing* have been curated to pamper and repair weary limbs from top to toe.

For those guests who need a hand switching off, Lodore Falls Hotel & Spa has designed the perfect package. *Hikers Digi Detox* is ideal for helping guests truly disconnect and restore the mind and body. From the moment they step into the hotel, guests are encouraged to separate themselves from technology by locking phones and all other electronic devices away in their bedroom safe, to fully reconnect with the stunning Lake District and appreciate nature's natural remedies.

The Two-night Hikers Digi Detox package is priced from £1,290 and includes*:

- Luxurious accommodation on a bed and breakfast basis in a spa suite
- Guided mindfulness meditation and relaxation by a professional practitioner* (additional fee applies)
- Healthy, locally sourced evening meals full of fresh ingredients
- Superfoods smoothies
- Hike & Bike book, free boot hire & luxury packed lunch
- Walkers wellbeing spa treatment and spa access

Guests will leave the Lodore Falls Hotel and Spa feeling utterly refreshed and destressed, having had a welcome break from technology, and getting in touch with nature. Dog owners need not miss out, as the hotel welcomes pooches in its dog friendly rooms.

For further details or to book the Hikers Digi Detox Package contact 017687 87701 or email sales.lodorefalls@lakedistricthotels.net
www.lakedistricthotels.net/lodorefalls

End