



REST & RELAX

Hip hotels with Debrah Dhugga

A lakeside retreat close to home reveals autumn at its loveliest...



HOTEL >>

After a hot and sunny summer, I couldn't wait for the arrival of autumn with walks in the crisp air, leaves crunching underfoot. The Lake District does autumn so well and a getaway to Lodore Falls Hotel & Spa, nestled in the heart of the Lake District's beautiful Borrowdale valley was idyllic. The hotel has amazing panoramic views over Derwentwater, which reflects the vibrant oranges, vivid yellows and warm reds of the stunning autumnal leaves and spectacular Catbells mountain range.

ROOMS >>

I checked into one of the hotel's brand-new Spa Suites. These have recently opened as part of a big refurbishment project that also includes a new state-of-the-art spa and restaurant. The spacious suite was the ideal mix of cosy and contemporary, with Scandi-inspired decor and designer furniture. I was delighted to find a walk-in wardrobe! And a snug seating area was the ideal place to curl up with a book looking out

of floor-to-ceiling windows with awe-inspiring views over the lake, forest and fells.

RELAX >>

Have a bath and soak away the worries of everyday life whilst overlooking the lake to the gentle sound of the hotel's very own waterfall. For something more active, take a stroll to nearby Keswick, returning to warming fires, afternoon tea or a refreshing drink in one of the hotel's cosy lounges, contemporary conservatory or outdoor terrace. I can't wait to return once the new Falls Spa opens later this year!

OUT & ABOUT >>

All guests at Lodore Falls Hotel receive free boot hire from George Fishers of Keswick, so they can take advantage of the region's many hiking trails without having to pack heavy walking boots. A 10% discount is available to all guests for several other local activities such as ghyll scrambling, paddleboarding or a visit to the only working slate mine in England, plus the best Via Ferrata in the UK.

This is high-energy stuff - you can hang off the cliff-edge ladders, take on the Burma bridge and scramble up the huge cargo net to reach the summit of Fleetwith Pike. At the hotel, four-legged friends are given the warmest of welcomes with dog beds and bowls provided and dedicated dog lounges to relax in. It's great to have a fabulous luxury dog-friendly hotel - we've found these are pretty rare in Lakes.

FOOD >>

The pan-Asian restaurant, Mizu is headed up by Kasun Jayasooriya, serving up sensational sushi, sashimi, crisp tempura,

fragrant curries, ramens and dishes from the grill, which certainly did not disappoint. For those looking for something more traditional, the hotel also has a superb Lake View Restaurant with quality locally-sourced menus.

GETTING THERE >>

So easy: from the North East the hotel is reachable in less than two hours.

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Factbox

Stays at Lodore Falls Hotel & Spa start from £190 on a bed & breakfast basis based on two people sharing a standard room. The new Spa Suites start from £460 a night on a bed & breakfast basis based on two people sharing - well worth it!

www.lakedistricthotels.net/lodorefalls