

Get involved in the Lake District National Park A quick and easy guide

The Lake District National Park includes Scafell Pike – England’s highest mountain, Wastwater - its deepest lake, thriving communities like Keswick and Bowness-on-Windermere, and a coastline. It is England’s largest National Park and is famous for its stunning scenery, abundant wildlife and cultural heritage.

The Lake District is the birthplace of mountaineering and there is a tradition of unrestricted access to the fells (mountains) together with more than 3,500km of public rights of way. It is also famous for its lakes, tarns and rivers which give opportunity for boating, swimming and stunning scenery.

The Lake District has its own dialects and distinctive sports such as hound trailing, fell running and Cumberland and Westmorland wrestling. The indigenous breeds of Herdwick sheep and Fell ponies, local crafts and foods are celebrated nationally and at local shows.



Crummock Water

Highlights include:

- Explore the Lake District National Park on foot. Challenge yourself with climbing England’s highest mountain, Scafell Pike or take a more gentle stroll around one of the many lakes.
- Visit [Brockhole Visitor Centre](#) on the shores of Lake Windermere where you’ll find masses of information about the Lake District. There are also scenic views and gardens, as well as a tea room and shop.
- Enjoy the stunning scenery on one of the Lake District’s 41 ‘[Miles without Stiles](#)’ routes, which are all easy-access paths - good for walking, buggies and wheelchairs.



*Mosaic Community Champions
on Striding Edge*

- Swim, canoe, sail or take a cruise on one of the Lake District’s steamers. There are 16 lakes and many opportunities for activities on them. Visit the [Lake District ‘Water’](#) page for more.
- Join one of the 400 events organised by the Lake District National Park Authority each year. These include guided walks, basic navigation sessions and much more. Visit the [Events Guide](#) for more information.
- Stay at one of the many Lake District Youth Hostels for budget accommodation in beautiful locations. www.yha.org.uk

How can I get more involved with the Lake District?

- Organise a visit for your friends, family or community to the Lake District National Park. Contact Belinda Turnbull (details below) at the National Park Authority for ideas.
- Could you give a talk introducing the Lake District to a group in an urban area or your local community? The Lake District National Park Authority can assist and provide support materials.
- Share your experiences of the Lake District with people from BME backgrounds to encourage and help them visit this iconic landscape. The National Park Authority can provide support and training.
- Involved with community radio? Can you host a programme to let others know about the Lake District?
- Lake District volunteer Community Champions are promoting the National Park in all these ways and others. If you are interested to become a Community Champion, please get in touch with Belinda Turnbull (address below).
- Volunteer to take part in conservation activities. There may be opportunities with the [Lake District National Park](#) (Contact Tim Duckmanton, the Volunteer Coordinator on tim.duckmanton@lakedistrict.gov.uk). There are other organisations that regularly have volunteering opportunities too. Visit <http://www.nationalparks.gov.uk/lookingafter/volunteering.htm> for a full list.



Eskdale



For more information, contact Belinda Turnbull, the Volunteer Led Activity Coordinator at the Lake District National Park Authority.

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