



THE
OUTWARD
BOUND TRUST

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ESKDALE CENTRE



Outward Bound Eskdale is used almost exclusively for our work with apprentices, graduates and young people at the start of their careers. Eskdale is on the western coast of the Lake District and it's the perfect wilderness location for our learning and development programmes.

SLEEPING, EATING AND WIFI

You'll stay in a twin or triple ensuite room in one of our accommodation blocks. There's plenty of space for your luggage and we provide bedding and towels. You'll be able to make a brew in your room – but you can only get on to wifi from the main house.

The food at Eskdale is made fresh every day by our team of chefs. They use locally sourced ingredients and can cater for all dietary requirements – just tell us what these are along with the other info we ask for on your medical form. With plenty of choice for breakfast, lunch, dinner and snacks, we can promise that you won't go hungry at Eskdale.

In the main house there's a bar, a games room and plenty of space to chill out. Phone signal isn't always great, but there are plenty of landlines - just ask if you need to make a call.

Eskdale Green is the nearest village, it's rural but has a small village store where you can get cashback if you need.



Freshly made food. And locally sourced ingredients



Twin or triple ensuite rooms. Towels and bedding provided

GETTING HERE

By car

Online maps and sat navs often suggest you go via Ambleside to get to Eskdale. **Be warned:** this route includes some of the steepest mountain passes in the Lake District, single-track roads with 30% gradients and hairpin bends. Our directions are much easier and more direct - we strongly advise you use these.

From the south – Exit M6 at J36 and follow the A590 west, signposted to the West Lakes. At Greenodd turn right onto A5092. Join the A595 at Grizebeck and continue on this road to Holmrook. From Holmrook turn east on to the B5344 and follow signs for Eskdale Green.

TWO STAGE SAT NAV

If travelling from the south, you'll avoid Ambleside if you:

1. Navigate to Greenodd (LA12 7RD)
2. From Greenodd reprogramme to Eskdale Green (CA19 ITE)

Journey time from J36 is approximately 1 hour 15.

From the north – Exit M6 at J44 and take the A689 to join the A595, the Cumbrian coast road to Holmrook. From Holmrook head east on to the B5344 and follow signs for Eskdale Green. *Journey time from J44 is approximately 1 hour 25.*

By train

London Euston to Oxenholme Lake District is direct and takes less than 3 hours. From Scotland you can get off at Penrith or Oxenholme station. Transfers from both stations to Eskdale take approximately 1 hour 30.

By plane

Manchester is the closest international airport and transfers take approximately 2.5 hours. Let us know if you need help organising a transfer.

NEED MORE INFO?

Visit outwardbound.org.uk/eskdale

Call 01946 723 281

Email enquiries@outwardbound.org.uk

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**Eskdale, Eskdale Green, Holmrook,
Cumbria CA19 1TE**

(read our suggested directions before using our postcode for your sat nav!)



The billiard room



Rock climbing crag in the Eskdale valley

A BIT OF HISTORY...

The Gatehouse at Eskdale was built in 1896 as a country retreat for Lord Rea, a Liverpool coal and shipping millionaire. Lord Rea was disappointed that the Gatehouse didn't have it's own tarn and so he built one! Outward Bound bought the house and opened Eskdale as a Mountain School in 1950. It's been a learning and development centre ever since.

