

Broad How: making the most of your visit . . .



a practical guide for guests
- updated in July 2021 -

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Welcome to Broad How! We hope you will enjoy your visit. This booklet has been updated in July 2021.

The caretaker

James Sowerby, who lives locally, has now taken over as our caretaker, following the retirement in June 2021 of Susan and Richard Bell who had been with us for many years. We, the owners, (the Wynne Willson family), live in Birmingham so James is our local representative. His phone number, for urgent enquiries, is 07789 296159 and his email is jamesowerby21@gmail.com

Visitors' and Suggestions Books

It would be appreciated if you would write any comments that would be of interest to others in the Visitors' Book in the hall. Recommendations of walks and visits, and warnings too, are always welcome and we enjoy reading them.

There is also a 'Suggestions Book' for reporting breakages or any problems that require action.

Breakdowns and breakages

In the case of the breakdown of a domestic appliance it is helpful if you text or email James at the earliest suitable opportunity in order to get it mended or replaced as soon as possible. We have service contracts on the major appliances and many things can now be ordered online and arrive very speedily.

We do not normally charge for minor breakages but please record these in the book so that items can be replaced. In the case of more significant damage we may send you an invoice to cover the cost of repair or replacement, so we do advise that you take out holiday insurance.

Doctor

There is a GP surgery in Glenridding and most medicines are dispensed there from a small pharmacy. Remember to take cash along unless you are exempt from prescription charges. Surgery hours are on the notice board in the hall – the phone number is 82297. For prescriptions that are not stocked in the small pharmacy, there are several chemists in Penrith and an excellent pharmacy attached to the hospital in Penrith (opposite B&Q).

Hospitals

The nearest Accident and Emergency Unit is 30 miles away at the Cumberland Infirmary in Carlisle, Penrith Hospital being a GP unit. To reach Cumberland Infirmary, leave the M6 at Junction 42 and head towards the town centre and follow the signs to the Infirmary.

Mobile phone reception

In the past, Vodaphone was the only network to have coverage locally, but some other providers do now as well.

Gates

Please keep the gates shut as much as possible. Stray sheep can cause quite a lot of damage to the garden.

SECURITY & SAFETY

Please make sure that all the windows and doors are closed/locked when the house is empty.

Fire precautions

Broad How is a NO SMOKING property. There is a fire blanket in the kitchen, with instructions, and fire extinguishers on the landing and in the kitchen. There are also several smoke alarms around the house. If a battery needs replacing it will bleep repeatedly – please let James know if this happens.

Safety for small children

Many generations of small children have lived and played safely in this house. However, it is impossible to make a building of this size and age completely safe and there are a few hazards that parents should note:

- 1) The domestic hot water is kept at a high temperature to cope with the heavy demand on water: this is potentially dangerous. The bidets present a special temptation being at child level. There are no safety overflows so the plugs for the two bidets can be kept on the shelves above them.
- 2) There is a fireguard in the sitting room – but small children should be supervised when the fire is lit.
- 3) Stair gates are difficult to fix on the main staircase because of the frailty of the banisters. We have always found that the very shallow, carpeted treads present children with ideal stairs to learn on. The stone steps down to the pool room are a different matter and there are strong gates with bolts at the top, which we recommend keeping closed.
- 4) Traffic can come down the lane at quite a speed so it is sensible to keep both gates shut all the time.
- 5) We recommend making sure that the lower casement windows upstairs remain closed, and only the upper windows used when young children are around. Similarly, the sash windows in the bathrooms and two of the bedrooms should only be opened at the top.



The open fire

There is an open fire in the sitting room, below the 'spinning window'. The fireplace at the far end of the room is bricked up and cannot be lit, nor can the one remaining fireplace upstairs, for the same reason. Just for the record, the right-hand chimney for the drawing room fire was bricked up in 1940 to save fuel and we've always found that the single chimney provides ample draught.

To find dry wood and smoke-free coal go outside the back door from the kitchen and turn left. You will find a stock of wood and a Swedish log splitter for chopping kindling. If you go a bit further along the path past the wood store you will find a coal store on your left. A metal bucket for the ashes is kept in the wood store. Please transfer the ashes when cold into a black rubbish bag with the rest of the rubbish.

You will find firelighters on the shelf above the fire when you arrive. Further supplies can be bought at the shops in Glenridding. It's a good idea to leave the spark-proof fireguard in place if you leave the room when the fire is still alight, as it often throws out sparks.

The oil-fired central heating

The hot water is on all the time. The central heating is usually set to be on for a couple of hours in the morning and then again in the evening. One of the problems in trying to keep the house at the right temperature for everyone is that some parties are families with babies or elderly relatives, whereas others are out all day and don't need the heating on at all. If the weather is cold and there is not enough heating James can change the timing for you.

All the radiators can be adjusted or turned off individually, so you can do this if they are unnecessarily hot. We would appreciate it if this could be done in rooms that are not being used.



There are instruction booklets for various machines in the drawer below the kettles . This brief summary contains a few important points.

The cooker

The electric cooker has an induction hob. You need pans with a magnetic bottom for it to work – all the Broad How pans should be fine. There is a quick guide on how to use it propped up next to the cooker.

There is a grill (top left), a multi-function oven (bottom left), a fan oven (top right) and a slow cooker (bottom right). Again the instructions are on laminated sheets next to the cooker. To use the multi-function oven you need to twist two different knobs – and we recommend referring to the list of different symbols as some of them are not obvious!

The slate working surface

When the kitchen was refitted in 2018 we installed a slate working surface. Please help us keep it in good condition and avoid putting very hot pans or roasting tins straight from the oven directly onto it. There are several wrought iron stands, which can be used to protect the slate and also the PVC table cover.

There are plenty of chopping boards to avoid marking the surface with knives. Lemon juice or other acidic liquids can also damage the slate.

The dishwashers

There are instruction sheets in the kitchen drawer under the kettles. The programme we would normally suggest is Glass, which takes 1 hour and 40 minutes. If you are putting the dishwasher on overnight Eco works well, but it takes over three hours.

The detergent that we supply is caustic and should be kept out of the reach of children on the small window sill.

If you find one of the dishwashers is not washing things well, try taking out the filter from the bottom and cleaning it. If one of them breaks down please let James know so he can call an engineer.

The fridges

We now have two fridges in the kitchen – one large and one small – and a fridge freezer in the Wash House. The small fridge in the kitchen also has a small compartment in the top for ice cubes. Please remember to empty the fridges and freezers when you leave.

The larder

For a large part of the year the larder (just inside the back door) is nearly as cold as the fridge. However, this depends entirely on people keeping the door shut between the larder and the kitchen.

The food processor

The food processor and all the attachments are kept in the cupboard under the toaster. The sharp cutting blades need to be out of children's reach.

Like most food processors it will only work if it is assembled correctly. The main bowl needs to click into place **so that the handle faces to the front right**. Then the lid needs to line up so that **the curved bit that sticks out is directly above the handle**, and again it must click into place or it won't operate.

The bins

There is a bin in the kitchen for general household rubbish and a supply of white dustbin bags in the second drawer down to the right of the cooker. When the white bag is full it can be put in the receptacle to the right of the main gate, firmly tied up.

There is no recycling collection in the village. However, there is a small recycling centre in the car park at Glenridding. You need to drive into the car park, go up to the right and you will find it on your left. You can dispose of glass bottles, aluminium and steel tins, aluminium foil, paper and card, plastic bags, yoghurt pots etc and plastic bottles there. The proceeds of this recycling scheme are used for the upkeep of the children's playground in Glenridding, so we like to support it.

For those of you who wish to recycle there are containers for bottles, paper and cans in the cupboards between the cooker and the back door. Please be sure to leave these containers completely empty when you leave. Unfortunately, we are not able to take visitors' recycling stuff to Glenridding so any left in the house will go to landfill.

Vegetable matter can go into the compost bins outside just beyond the coal store. There are two bins; one of them will be open, to receive vegetable waste, and the other will be tied shut while it turns into compost. There is a small bin to the right of the kitchen windowsill, so it won't be necessary to go out to the compost heap too often.

Eating outside

If you use a barbecue in the lower garden, be careful not mark/damage the slate — both the table itself and the floor of the little summerhouse. As the slate is porous it is almost impossible to clean.



The automatic washing machines

We have two washing machines in the Old Wash House which is outside the kitchen door. The programme instructions are hanging up nearby, as is a good supply of clothes pegs. Automatic washing powder can be bought at the shops in Glenridding — it would be appreciated if you used the non-biological kind, as this is better for the drainage system. Please note that the water is extremely soft so very little detergent is needed and too much can clog up the works.

Drying your washing

There are washing lines in the lower garden outside the kitchen window. In very high winds there is quite a risk of things getting blown away, so several clothes pegs per garment is a good idea.

There is also a tumble drier in the Old Wash House. The lint filter in the door should be taken out and the lint removed frequently. The old-fashioned airer in the shower room is surprisingly effective.

The laundry service

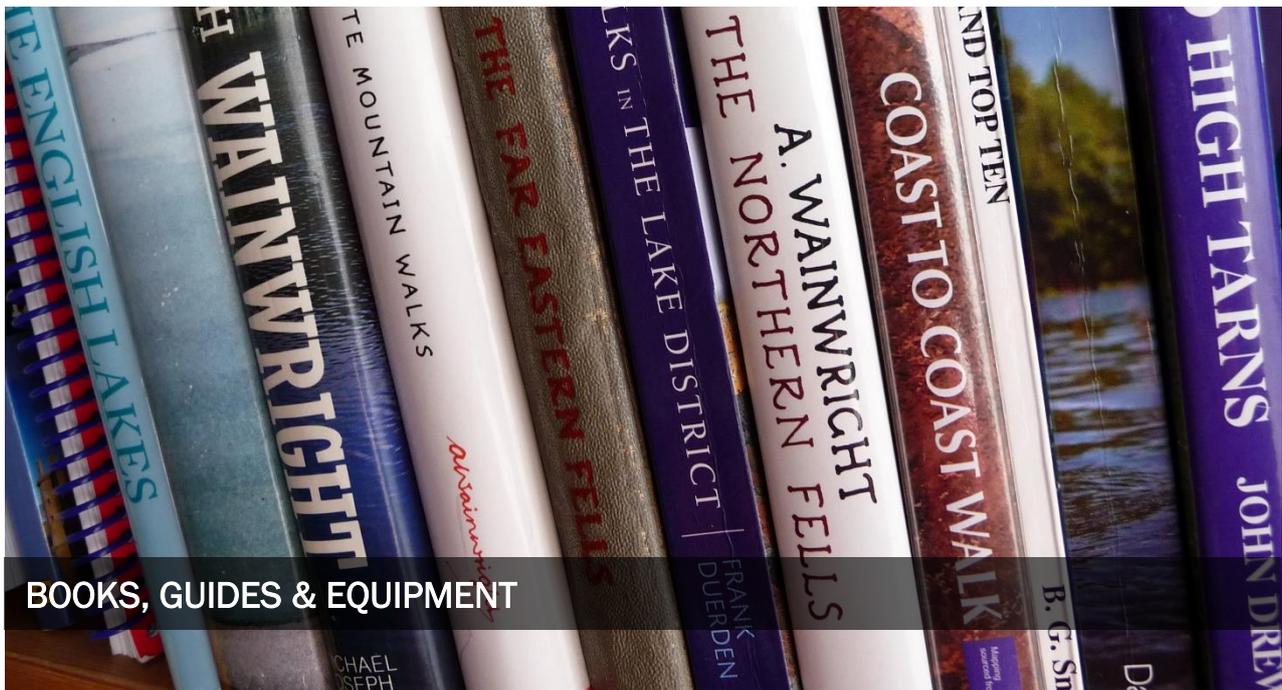
The laundry service calls weekly at around lunchtime to take away and return the laundry. They do not need to come into the house as the laundry bags are left by the cleaning team in the chest to the left of the main front gate.

Cleaning the house

The house is cleaned between 10 am and 4 pm on change-over day (Friday). During this time the team cleans the whole house, changing the beds and getting everything in good order for the new arrivals. They need the full six hours, so can you be sure to leave without fail by 10 am, having put any furniture you might have moved around back into the position it was in when you arrived? Also it is much appreciated if you have collected the rubbish from bedrooms and put it in black bags (see paragraph about bins in the Kitchen section). It is also extremely helpful to clear the kitchen of all food and washing up.

A Henry vacuum cleaner is available outside the shower room and there is a broom, dustpan and brush just inside the back door in the kitchen.

If you are staying a second week or more, the cleaning team can come in by prior arrangement for a few hours from 10 am on the middle Friday. They will change the linen and towels and do a quick clean up. They will be able to do this more effectively if you can keep out of their way. We hope that you will put up with this slight inconvenience. It is helpful if the cleaners can get in at this stage as the cleaning after a two-week let can be very hard. Also, it is extremely pleasant for you to come back from a trip out to find clean linen and a sparkling house!



BOOKS, GUIDES & EQUIPMENT

The books

We have left our family books at Broad How but supplemented them with quite a few newer books. You will find them in the living room, on the landing and in some of the bedrooms. You are welcome to borrow and read them. Some people are kind enough to add to the collection.

In the hall are practical guides, including the popular Wainwright ones. You are welcome to take these and any maps out on the fells but, if you do, could you try to keep them dry? There are some map holders in one of the drawers in the hall. Please note that a few of the more beautiful or larger format guides have been promoted to the main sitting room – definitely not for popping in your rucksack!

Also in the hall sideboard there is a collection of leaflets containing information about local places to visit, timetables etc. If you pick up any others on your travels it would be kind to add them to the collection, and also to replace any out-of-date leaflets or timetables.

On the landing there are some children's books, including complete sets of Roald Dahl and local favourite, Beatrix Potter. As well as the picture books, story books and fiction for older children, there is a growing collection of art and craft books full of creative ideas, activities and artistic tips.

In the kitchen there are a few cookery books, which we hope will inspire you to great culinary feats (or, at least, be useful!)

Rucksacks

In the hall chest there is a motley collection of rucksacks, which anyone is welcome to borrow. But, if they should happen to get wet, please dry them out before putting them away.



Entrance hall

As you come in at the front door, there are shelves on the right for storing boots, shoes and bits and pieces of outdoor clothing like hats and gloves.

Not all mobile phone networks work here, so feel free to give people the landline number, which is 017684 82258, and to use it (avoiding premium rate or international calls!). The phone is on the trolley on your left as you come in through the front door.

The modem for the broadband is on the trolley by the phone. Full fibre super fast WiFi has recently arrived in the village and been installed at Broad How. The network is **BTWXCP32** and the Wi Fi password is **Unk6YHfGYxJUGe**

The main living room

This long, light room with its 2 fireplaces (remaining from when it was 2 rooms), 5 windows and 5 sofas is the hub of Broad How. You will find fuel for the fire if you go outside the kitchen door and turn left.

At the far end of the room from the fire there is a large cupboard with a selection of board games, playing cards and a few jigsaws. There are also some picture books for young children.

The second sitting room (TV room or music room)

There is a Samsung Smart TV on the wall. This is set up with the Blu-ray/DVD player, and there is an eclectic collection of DVDs and Blu-rays. Also in here is a Playstation 3 with several games.

The piano is a Disklavier. You can play it like an ordinary piano, but it also has some additional functions. We have recently converted the previous floppy disc system so that our recorded music is stored on a memory stick. We are currently working on an index and detailed instructions. But meanwhile please do not remove the memory stick, but you could try switching it on and pressing Play, if you want to see this unusual feature in action.

There is a selection of piano music – almost all classical – on the shelf above the piano, in alphabetical order by composer's surname.

In the two cupboards under the windows and the chest with the wicker drawers there is a supply of children's toys. The collection includes several kinds of bricks, jigsaws, some dressing up clothes and a few basic materials for budding artists. And of course there is our rocking sheep, Daniel.

The garden room (lower ground floor)

In 2002 we bought the electric piano, which is in the lower sitting room or garden room. (There is an instruction booklet for operating this nearby which you may need – for example the volume control is hidden away underneath the keyboard!)

In 2009 we bought a new double sofa-bed for this room. We have no plans to convert this room into a bedroom but we have found having a sofa bed in here very useful. It will not be made up as a bed unless you request it in advance on the booking form or by email.

The central heating does not extend to this room, but there are two electric storage heaters in there.

There is a wall-mounted TV which you can pull out and adjust to watch from different angles.



The pool table

The pool table is a great asset, enjoyed by would-be hustlers of all ages. It has been going strong since we bought it in 2001. We try to keep it in prime condition, periodically having the cloth and cushions replaced. Please help us to keep the table in top shape by treating it with respect.

You can help to keep the pool table in a good condition by keeping drinks away from the table itself. The World Rules of 8-ball pool actually state:

Two visits will be awarded by the referee to your opponent for either touching the table while having a beverage container in hand or causing a beverage container or beverage to touch the table or enter the space directly above the table.

Incidentally, although cigarettes are legislated against in the same way, there is no mention of food. Perhaps not eating food around the table could be our own house rule.

If you want to know more (so that you can bamboozle your opponent with obscure rules) visit the English Pool Association website: <http://www.epa.org.uk/wrules.php>

Outdoor games

There is some tennis and cricket equipment for guests' use in the cupboard under the guidebooks in the hall. Also here is a table tennis net, bats and balls. As for a place to play – some negotiation with the cooks will be needed. When the pvc covers are removed, the kitchen table works pretty well

We also have a football net, which is kept (unassembled) in the bike shed. Instructions for assembly are in the book of instructions in the drawer under the kettles in the kitchen. If you do play football in the garden, please move the goal posts (literally!) from time to time to minimise damage to the grass. And please make sure that the posts and net are packed away and returned to the summerhouse when you have finished with them.

The bike shed

You will find the bike shed just outside the door from the Garden Room, by the children's play area. There are two bikes with assorted helmets, plus space to store two more bikes. The key is hanging on the hooks on the side of the bookshelf in the entrance hall.

Outside play areas

There is a sea dragon tyre-swing from the walnut tree on the top lawn. Also, there is a small play area for younger children made from mainly recycled materials, including an old boat donated by Glenridding Sailing Centre.



Early closing

In Glenridding, Keswick and Penrith: Wednesday; Ambleside, Bowness and Windermere: Thursday is traditionally early closing day. Having said that, during the holiday season all the village shops remain open every day, often for at least part of Sunday too. The times of shop opening and days for early closing need checking regularly.

Patterdale

Sadly, Patterdale Post Office and General Store closed in 2021. The nearest food shops are now in Glenridding (turn right at the bridge and follow the road).

At Crookabeck, along the back road to Hartsop, Mary Bell, has a little shop selling mohair things and woollies and rugs from her own angora goats.

If you go left at the bridge at the bottom of the lane the first building, Old Water View, has a bar by the river and also sells ice cream. Opening hours vary with the weather.

There are two pubs in the village, the White Lion and the Patterdale Hotel.

Glenridding

At Glenridding there are several shops, of which the Minimarket round the corner from the main road is probably the best for food and drink. Next door and above the Minimarket is an excellent outdoor equipment shop, Catstycam, with good climbing boots, anoraks and such like, run by a knowledgeable man who will give good advice.

On the main road J and J (The Corner Shop) sells food, newspapers and souvenirs. Next door is an upmarket gift shop selling Herdy products among other things.

Penrith

Penrith is 15 miles away and is a rather charming market town. Some shops are closed on Wednesday afternoons. Tuesdays and Fridays are market days and the town is very busy.

There are four main supermarkets: Sainsburys, Morrisons, Booths and Aldi. Morrisons has free parking for two hours, Sainsburys for three. Sainsburys will deliver to Patterdale – but please don't book a slot for before 4.00pm on the day of your arrival.

Excellent fish, poultry and greengrocery can be bought in the covered market on Tuesdays and Fridays – entry to this is beside the George Hotel in Devonshire Street, right in the centre. Good meat from Clarks (opposite) and the old family grocer, J & J Graham in the Market Square is worth a visit. Cranston's Cumbrian Kitchen on your left shortly before you reach the station (coming from the M6

roundabout) has excellent local produce. There is also a branch of Aldi between Cranston's and the station.

While in Penrith don't miss the Toffee Shop in Brunswick Road, a bit further down the hill from Morrisons. The toffee itself is not so special but the fudge is the best in the world — in some people's view! The vanilla and the chocolate are both excellent.

NB: for parking elsewhere in Penrith it is necessary to have a parking disc which can be picked up in more or less any shop. These discs give free parking for one or sometimes two hours and the system operates in other Lakeland towns as well.

Just outside Penrith, hidden away under its grass roof, at the A66/A591 roundabout, is the Rheged Centre, which is well worth a visit for local food, crafts, films, activities, shops, galleries and a playground.

Grasmere

If you visit Grasmere, whether for the Grasmere Sports or to pay tribute to Wordsworth and see Dove Cottage and the Wordsworth museum, or to do some of the lovely walks round that area, there are two ports of call that are of particular interest. The first of these is the little shop tucked away behind Grasmere church, where Sarah Nelson's Grasmere Gingerbread is sold. It is made from a secret recipe, which many of us have tried unsuccessfully to reproduce, and is quite unlike the usual concept of gingerbread — much harder and not for those with fragile teeth unless dunked in tea! If you are looking for something to take home, it is more unusual than the ubiquitous mint cake, which anyway never tastes as good as it does on the fells.

The second place of interest is the Heaton Cooper Studio. You may have noticed our prints of paintings by William Heaton Cooper and also one or two by his father, Alfred. The studio is still run by the family and is on the main road out of Grasmere towards Thirlmere. Customers are able to park just outside the building. They sell artists' materials, cards and prints — as well as some (rather pricey) originals.

Windermere

Booths, adjoining the station in Windermere, is a good supermarket with rather more character than Morrisons, Sainsburys or Aldi in Penrith. The Booths chain is an old established family concern specialising in local produce. There is another branch in Keswick and one in Penrith near to Morrisons. Lakeland Ltd. (formerly Lakeland Plastics), which has now spawned branches up and down the country, is a splendid shop where you can get all kinds of kitchenware and gadgets. It is also within a stone's throw of Windermere station and you drive right past the main entrance to the station to reach it. There is an award-winning small restaurant there called First Floor Café which serves excellent light lunches, snacks, cakes, coffee etc, but, please note, it closes at 6 pm on weekdays and earlier at weekends. Lakeland opens at 8 am, and it is worth going early, as it can get crowded later.

Ambleside and **Keswick** are the best places for climbing equipment and outdoor gear.

FOOD & DRINK



Locally

Of the local pubs The Travellers Rest in Glenridding has the best beer and best value food. Both the White Lion and Patterdale Hotel do food and have the advantage of being within easy walking distance. Glenridding also has Ratchers Tavern, Kilners Coffee Shop, Ramblers Bar (Inn on the Lake) and Fellbites. Ratchers has both curry and steak nights and also does takeaway pizza (no delivery service). Kilners doubles as an internet café and Ramblers Bar shows all major sporting events on big screens. The Brotherswater Inn is notable for the dramatic view that the huge windows help to provide and the Royal Hotel at Dockray has always been popular with Broad How visitors. (We always appreciate it when guests give recommendations; our visitors' book can be a very useful source of information).

Further afield

Ambleside, Windermere, Grasmere and Penrith all have several good places to eat and drink. Here are a few that we know of and have enjoyed in the recent past (but bear in mind that there are doubtless many other good places that we haven't yet discovered and new ones opening all the time): Lucy's (restaurant, bistro, outside catering, cookery school) and Zeffirelli's (vegetarian restaurant & cinema) in Ambleside; the First Floor Café in Windermere (already mentioned in the shopping section) run by Steven Doherty who was previously head chef at 3-Michelin starred Le Gavroche in London; Miller Howe Café and Tweedies (Dale Lodge Hotel) with its huge garden, good food and excellent beer in Grasmere; Rheged (already mentioned in the shopping section), just outside Penrith has two cafés and a "Taste Bar" as well as an impressive delicatessen featuring local produce.



Trains

The nearest station is at Penrith, and there are usually taxis outside.

Buses

The bus number 108 between Penrith and Patterdale runs about every two hours, except on Sundays when it doesn't run at all. The journey takes 47 minutes. It can be caught immediately outside Penrith station or, five minutes later, at Sandgate bus station behind the Co-op in the town centre. The journey is at present free for the over sixties. The current timetable is displayed where the bus turns, opposite the Patterdale Hotel or here:

<http://www.stagecoachbus.com/GetUpload.ashx?Id=2649>

Steamers & boats

Steamers ply up and down the lake all year, between Pooley Bridge and Glenridding, calling at Aira Force and Howtown. The Raven and The Lady of the Lake have recently been joined by two smaller vessels. Dogs and bikes are allowed subject to a small charge. For some reason the lake counts as 'the high seas' and the steamers have licensed bars! Follow this link for a current timetable:

<http://www.ullswater-steamers.co.uk/timetablefares.shtml>

Rowing and small motorboats can be hired from the boat landing just this side of Glenridding. Kayaks, canoes and small sailing boats are available to hire from Glenridding Sailing Club.

There is an appendix on Mountain Safety (showing the advice given on the Patterdale Mountain Rescue Association's website) at the back of this booklet. It is certainly worth a look if you are relatively new to the fells, or can act as a reminder of good practice for the more experienced amongst you.



THE PATERDALE MOUNTAIN RESCUE ASSOCIATION

You will have noticed the collection box for the PMRA in the hall. The team of local volunteers provide a wonderful service in their own time, at their own expense, and sometimes at considerable risk. If you ever need their help, dial 999 and ask for the police who will put you in touch with the nearest team.

But please only call the Mountain Rescue in cases of genuine difficulty or an accident. The team is not there to answer trivial questions.

General fellwalking advice:

The following points cover the minimum precautions you should take if you want to avoid getting hurt or lost or, in the event of an accident, minimise further harm.

Planning and preparation

Consider the equipment, experience, capabilities and enthusiasm of the party members.

Check the weather forecast and local conditions.

<http://www.lakedistrict.gov.uk/weatherline>

Learn first aid.

Many accidents occur towards the latter part of the day when both your energy levels and those of your phone battery will be run down. Did you remember to charge your battery before setting out?

Footwear and clothing

Wear suitable boots with a treaded sole which provide support for ankles.

Clothing should be colourful, warm, windproof and waterproof.

Take spare warm clothing and perhaps a hat and gloves; it is always colder on the tops.

Food and drink

In addition to the usual sandwiches take chocolate, dates, mint cake or similar sweet things, which restore energy quickly. You may not need them yourself, but someone else may.

Streams on hills are drinkable if fast-running over stony beds.

Equipment and its use

A map, compass (and the ability to use them), and at least one reliable watch in the party should always be carried.

If you carry a GPS, at least know how to read your current position. It could save a lot of hassle in an emergency when speaking to the Mountain Rescue Team.

In all conditions, it is wise to carry a whistle and a torch.

Party size

If in groups, make sure party leaders are experienced; do not let the party become separated.

Take special care of the youngest and weakest in dangerous places.

If you prefer to go alone, be aware of the additional risk. Let people know your route before you start, stick to it as far as you can and notify them of any changes.

Emergency procedures

Be prepared to turn back if conditions are against you; even if this upsets your plan.

If you have a serious problem, get a message to the Police (999) for help as soon as possible and keep injured/exhausted people safe and warm until help reaches you. If you cannot contact anyone, use six whistle blasts or torch flashes, repeated at minute intervals, to signal an emergency. Report changes of route or timetable to someone who is expecting you.

Mobile phones

Do not rely on a mobile phone to get you out of trouble. Signal coverage in mountainous areas is very unreliable. Mountain Rescue Teams have many years of experience in calls from mobile telephones and, whilst they are excellent when they work, there are many things that can go wrong. Even moving a few feet in the mountains can mean losing the signal. You will be advised of best practice when contacted. If you are able to summon help using your mobile phone, KEEP IT SWITCHED ON SO YOU CAN BE RE-CONTACTED.

Dangers - all can be avoided

Precipices

Slopes of ice or steep snow

Very steep grass slopes, especially if frozen or wet

Unstable boulders

Gullies, gorges and stream beds

Streams in spate

Snow cornices on ridges or gully tops

Exceeding your experience and abilities

Loss of concentration, especially toward the end of a long day

Dangers - require constant monitoring

Weather changes – these can be sudden and more extreme than forecast

Ice on path (carry an ice-axe and crampons – and know how to use them)

Excessive cold or heat (dress appropriately)

Incipient exhaustion (know the signs; rest and keep warm)

Accident or illness (don't panic – if you send for help, make sure you stay put and the rescuers know exactly where to come)

Passage of Time – especially true when under pressure – allow extra time in winter conditions

APPENDIX 2: ORIGINAL ART AT BROAD HOW

Notes by Jane Wynne Willson

As you will notice, we have pictures by a variety of artists in different parts of the house.

The pictures of Wilhelm (Willi) Kaufmann, an Austrian painter who was an old family friend, are displayed in the main sitting room. They include two portraits in oils, one of Maurice Llewelyn Davies, my grandfather, who bought Broad How in 1920, and the other of my sister Mary aged five and myself aged three. The sketch of me at fourteen was done in Gstaad in Switzerland when Willi joined us for a holiday in 1947. There is a watercolour of a local view, painted when he was staying with us at Broad How, and an Austrian landscape. There are a couple of small prints elsewhere in the house which can be identified by his WK monogram.

Judith Laszlo's paintings are on the stairs and in several bedrooms. There are two oil paintings but most are in gouache. Judith joined our family in 1939 at the age of five when she escaped from Czechoslovakia on one of the last Kindertransport trains from Prague. She took up painting in middle age and her work became gradually more abstract.

Wilhelm Kaufmann (1901-1999)

Wilhelm Kaufmann was born in Salzburg and lived there all his life, although he travelled widely and was described by his daughter and son as 'a citizen of the world'. After his death they wrote:

'He was grateful for the gift of a long life and has left to us his artist's view of the important things of this world in the wide-ranging span of his life's work. ...However often he followed the call of distant lands, he would return even more gladly to his own country. Uncompromising honesty was the hallmark of his life and art, and shows us all that is beautiful in humanity and nature that we must treasure and protect. His voice is gone but his call for tolerance, responsibility, and philanthropy lives on in his work and in our hearts.'

One of the great events of his life was when he met and became friends with Albert Schweitzer, the great German musician, doctor, philanthropist, theologian and winner of the Nobel Peace Prize. Willi spent many months at Lambarene in French Equatorial Africa, where Schweitzer had his famous hospital, and did a series of paintings and prints of life in the settlement. After Schweitzer's death in 1965, together with his daughter Eva, he continued philanthropic work and relief projects in Tanzania well into old age.

Judith Laszlo (1933-2001)

A few months before her untimely death, Judith wrote the following description of her own work:

'I started painting in the 1960s when working in London and felt the need for an outlet to express my creativity through colour. I went to evening classes and workshops and have painted with many people including artists from Chelsea, Hornsey and Coventry art colleges. They have encouraged me both to experiment and develop my own style.'

Landscapes and nature have been my main interest. I gradually moved to more abstract painting, where I could respond with an imaginative approach to the atmosphere and to my feelings. Once I have been stimulated the brush and the medium seem to take over instinctively, moving across the paper which becomes a painting in its own right. The end product hopefully has some essence of the original but is a long way from being representational.'

During my working life as a librarian I spent as much time as I could walking in the mountains and the wilderness areas of the world. With an interest in other cultures, I travelled widely and absorbed many foreign influences. Since retiring early, painting has played an increasingly important part in my life.'

The artists that have influenced me most are Ivan Hitchens, Paul Klee, Wassily Kandinsky and Emil Nolde.'