

Broad How

a short practical guide for guests

Revised September 2015

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GENERAL INFORMATION

Welcome to Broad How! We hope you will enjoy your visit and that this booklet contains the information you need to enjoy your stay to the full. It is intended primarily for reference, but it might be a good idea to skim through it before difficulties arise.

The caretakers

Susan and Richard Bell who live next door at Cherry How (017684 82572) are our caretakers, and have been for many years. We, the owners, (the Wynne Willson family), live in Birmingham so the Bells are in day-to-day charge of Broad How. Richard is a retired builder; Susan is the chief housekeeper at the Patterdale Hotel and is out from 7am to 4 pm each day.

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. But please don't put down complaints that require action, as they may slip through the net. They belong in the Suggestions Book, where they can be dealt with as necessary.

Breakdowns and breakages

Breakages should also be recorded in the Suggestions Book, though in the case of the breakdown of a domestic appliance it is helpful if you tell the Bells at the earliest suitable opportunity in order to get it mended or replaced as soon as possible. If everything is left to be discovered after you have gone, the system breaks down and the people coming in next have a raw deal. The house and its contents are fully insured and this will cover major disasters. 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.

The local doctor

There is a surgery in Glenridding, which is run by The Lakes Medical Practice in Penrith. Doctors are present from Monday-Friday, and most medicines are dispensed from the small pharmacy there. This is a new system, following the retirement of Dr Smith in October 2015. The current phone number is [017684] 82297. Details of any changes will be on the Broad How noticeboard. There are several chemists in Penrith and an excellent pharmacy attached to the hospital in Penrith (opposite B&Q).

Dentist

The nearest are:

Mint Dental Practice in Windemere (12 miles) LA23 1AB.

Telephone: 015394 88661

Skirsgill Dental Practice in Penrith (14 miles) CA11 0DP.

Telephone: 05600 493 369

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. The Infirmary is signed up moderately well but the route is a bit complicated so it may be best to ask.

Mobile phone reception

In our experience, Vodafone is the only network that appears to have coverage locally.

Gates

Please keep the gates shut as much as possible. As well as keeping small children safely in (see below), this will also help to keep sheep which have an uncanny way of picking out and devouring the more treasured shrubs) out! Talking of sheep, visitors with dogs should take special care in the Spring - before and during lambing time.

SECURITY & SAFETY

Please be sure to lock the house when you go out, and at night. This involves locking the front and back doors, the French windows in the living room, the door from the hall to the pool room and the lower ground floor, and all outside doors — and checking that the downstairs windows are closed. The shower room window is at particular risk of being left open.


Fire precautions

There is a notice on the board in the hall giving basic fire safety information. A fire risk assessment has been carried out and is available on the website. There is a fire blanket and an extinguisher in the kitchen. On the landing there is another fire extinguisher and also a fire safety hammer to break windows in an emergency. There are also several smoke alarms around the house. If a smoke alarm starts to bleep please let the Bells know as it means the battery needs replacing. If smoke is detected (whether a real fire or burning toast) the sound is piercing.

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 very dangerous, so some cold water should be run into baths first. The bidets present a special temptation being at child level, so it is advisable here, as well as on the bath, to turn off the taps very tightly to prevent scalding or flooding. There are no safety overflows so the plugs for the two bidets can be kept on the shelves above.
- 2) There are two fireguards in the sitting room — the smaller one being spark-proof.
- 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 poolroom are a very different matter and there are strong gates with bolts at the top.
- 4) Traffic can come down the lane at quite a speed so it is sensible to keep both gates shut.
- 5) There are child safety locks on all the casement windows upstairs. The sash windows in the bathrooms and two of the bedrooms should only be opened at the top when young children are around.



HEATING

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 fire place 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.

The wood and coal is kept in the left hand shed that faces you as you stand outside the back door from the kitchen. You can now buy bundles of kindling at the post office, or use the log splitter to make your own (see Appendix 3). A metal bucket for the ashes (with shovel and brush) is kept in the fuel shed. Please transfer the ashes when cold into the wheelie bin, suitably bagged up. You will find firelighters on the shelf above the fire when you arrive. Further supplies can be bought at the village shop. It's a good idea to leave the spark-proof fireguard in place if you go out, or go to bed when the fire is still alight.

The oil-fired central heating

The domestic hot water is on except in the middle of the day and at night. The central heating is usually set to be on from 7.30am to 9.30am and from 5pm to 11pm. One of the problems in trying to keep the house at the right temperature for everyone is that some parties consist of non-walkers, families with babies or elderly relatives, whereas others are out all day and don't need the heating on at all. Also, even in summer, the weather can be chilly. All the radiators have thermostatic valves with fine control and can be turned off individually. We would appreciate it if this could be done in all rooms that are not being used, and the radiators turned down when they are unnecessarily hot.

Electricity cuts and breakdowns

Given Broad How's location, there are very occasionally cuts in the electricity supply, and these can take several hours to fix. There is a double Camping Gaz stove, which the Bells will set up for you, and a supply of candles.

In the event of the boiler breaking down but not the electricity, there are the fan heaters mentioned above. Then the domestic hot water can be heated with the electric immersion heaters - the switches are positioned in the kitchen near the fuse boxes.

We have recently replaced the electric shower in the small bathroom, which did heat its own water, but was quite inclined to break down, and the new shower there now runs off the main hot water system, as does the walk-in rain shower downstairs.



THE KITCHEN

There are instruction booklets for the various machines in the kitchen drawer just inside the door from the hall. This brief summary contains a few important points. There is a full inventory of the kitchen equipment available on the website, and a printed copy of this is kept in the hall.

The electric range – Stoves Sterling-1100ei

New in November 2015, this is an induction hob range, which means that it heats the pan directly, is much faster, safer, and much more efficient than other electric cookers. [Please note all the pans at Broad How work on it, but if you bring any of your own which are non-ferrous, then you will need to use the adapter disc which is provided.] The hob operates from touch button sliders on the top. There is a combined grill/oven, a multi-function oven, another fan oven and a slow-cooking oven. It can take a little getting used to, but is very good to cook on and a big improvement from its predecessor. The full manual is at the house. Full information is at <http://www.stoves.co.uk/products/cooking/range-cookers/sterling-1100ei>

The working surface

This is very good quality laminate but, even so, it is essential to 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 for putting pans and very hot dishes on the working surface as well as on the PVC table cover. There are plenty of chopping boards to avoid marking the surface with knives.

The dishwasher

The Bosch 16 place-setting dishwasher has a lot of programmes and some take a long time. We have found for a large party that the Quick Wash is fine during the day, and then, after dinner in the evening or if the machine is very full, we use the Eco programme. For the Quick Wash, place the detergent tablet in the base of the machine and not in the compartment. The detergent that we supply is caustic and should be kept out of child reach on the small windowsill. If you find the dishwasher is not washing things well, try taking out the filter from the bottom and cleaning it. The Bosch has an entire rack for cutlery at the top and it is worth spending time slotting the individual spoons, forks and spoons in carefully (and not 'nested') in groups and it makes emptying them afterwards very easy and quick.

The fridges

Please remember to empty the fridge and fridge/freezer when you leave and to leave the doors open, with the exception of the deep freeze section. Some people use bottled water to make ice cubes because of the strong taste of chlorine in the tap water – we have complained to the water company a number of times but to little avail. Rather than buying bottled water for drinking we keep a couple of

the plastic jugs in the fridge and this seems to take the edge off the chlorine taste. But it varies and at times can even taste through tea.

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

All the attachments are kept in the cupboard to the right of the main oven. The sharp cutting blades need to be out of children's reach. The removable parts of the food processor are best washed by hand and not in the dishwasher. Both the main body and its lid have to be fixed very firmly into place. It will only assemble one way round with the handle facing right and the on/ off switches towards you. Unless it clicks into place it is not correctly put together and will not function at all. (Some of our visitors have reported to the Bells that the food processor is broken when it is simply that it is not assembled correctly).

The bins

There are two bins in the kitchen for general household rubbish and a supply of black dustbin bags. When full these can be put in the wheelie bin by the top gate, firmly tied up. The wheelie bins need to be kept shut as anything visible is liable to be enjoyed by badgers in the night and the mess can be appalling.

For those of you who wish to recycle we have put 3 containers for bottles, plastic, paper and cans in the kitchen. Unfortunately there is no recycling collection in Patterdale, so you will need to take it to the small recycling centre in the car park at Glenridding. It is discreetly placed up at the top by the beck, screened by a wooden enclosure. You can dispose of glass bottles, aluminium and steel tins, aluminium foil, paper and card, plastic bags, yoghurt pots and plastic bottles. Please be sure to leave the containers in the kitchen completely empty when you leave.

Any vegetable matter can go onto the compost bin which is in the area below the kitchen windows - to the left out of the backdoor, and round beyond the wood and coal area. There is a small compost tin in the kitchen so it won't be necessary to go out to the compost bin too often.

Eating outside

If you use a barbecue in the lower garden, please can you be careful not to get the inevitable grease onto the slate — both the table itself and the floor of the little summerhouse? As the slate is porous it is almost impossible to clean.





LAUNDRY & CLEANING

The automatic washing machine

This can be found in the small launderette, which is down the steps at the end of the hall. The programme instructions are nearby, as is a good supply of clothes pegs. Automatic washing powder can be bought at the village shop — 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

The airer in the shower room is very effective. In fine weather there are two drying areas you can use — outside the back door and round the house in the lower garden. In very high winds there is quite a risk of things getting blown away, so several clothes pegs per garment is a good idea. The tumble drier is above the washing machine. The lint filter in the door should be taken out and the lint removed frequently. There is a spin drier in the downstairs shower room. The on/off switch for this is the other side of the wall, in the small sitting room.

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 outside the back door.

Cleaning the house

The house is cleaned between 10 am and 4 pm on change-over day. 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 (see below) and cleared the kitchen.

There is some basic cleaning equipment for spillages and general day-to-day use in the kitchen cupboard.

If you are staying a second week or more, the cleaning team will come in for a few hours from 10.00 am on the middle Saturday. 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 day out to find clean linen and a sparkling house!



BOOKS, GUIDES & EQUIPMENT

The books

We have left all our family books at Broad How but supplemented them with quite a few newer books.

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.

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.

In the living room are more treasured books. Some of these have suffered from old age and the central heating, so please could you treat them with great care? They are not in general replaceable.

In the second sitting room there are some children's books, including complete sets of Roald Dahl, Harry Potter 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.

On the landing upstairs are paperbacks and cheap editions, which are for anyone to read and borrow. Some people are kind enough to add to the collection. All the books should have a Broad How sticker in them, so if you take one home by mistake you will know where to send it back to.

There are various books in some, but not all, of the bedrooms.

In the kitchen is a growing collection of 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.

Walkie-talkies

These are kept in a box, along with their charger, in the games cupboard in the main sitting room.



SITTING ROOMS

The main sitting room

Sometimes referred to as the Drawing 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. The modem for the broadband is on the chest of drawers at the end of the room. You are welcome to use the broadband network but we must stress that we can't provide technical back-up and, if you run into problems, please don't ask the Bells for help as they are not into computers! The tried and tested method of switching off and on again seems to be successful more often than not. There are some brief instructions about the order in which you need to switch things on. Most of the house picks up the wifi, and it is extended by a booster, which appears with a different name, but the signal does get weak in Silver Bay and Crookabeck, and in the kitchen. In the corner cupboard there is a printer (with its driver disc), a stock of paper and some spare cartridges. Also, there is an Internet radio. Reception has traditionally been a problem with conventional radios. Please note that the integrated DVD player is vertically placed, on the side of the TV screen - many people do not notice it is there. Now that broadband has been installed, phone calls to UK landlines are free but not - *please note and tell all your party* - calls to mobile phones or of course abroad, which will show on the bill and will involve us charging you later.

The second sitting room

Known as the Children's Room/ Music Room/TV Room - it all depends what you intend to use it for, I suppose. The excellent upright piano is a Disklavier, the modern equivalent of a pianola. There are a few discs for general use and some piano music on the shelf above. (Organ and harpsichord music is kept near the electric piano in the lower sitting room.) The 32" TV has Freesat built in and, in combination with the new Blu-ray player, provides a High Definition experience comically different in quality to the weather and fell-affected fuzzy pictures of the past. There is also a PS3 with several controllers. Please take care not to get the Broad How leads or controllers mixed up with yours.

The third sitting room

In 2002 we bought the electric piano, which is in the lower sitting room, Garden Room or Garage Room (as it's known to the family and those guests who've been coming here long enough to remember its former function). There is an instruction booklet for operating this nearby which you may need — for example the volume control is hidden away underneath the keyboard! There is also a guitar and several recorders and music stands under the windowsill.

The sofa-bed

In 2009 we bought a new sofa-bed for this room. Although it converts into a small double bed it is more comfortable with one inmate. Some of our guests sometimes choose to use the third sitting room as a bedroom. However we have no plans to convert this room into a permanent bedroom.



GAMES & TOYS

The pool table

The pool table was new in 2001. It has been a great asset, enjoyed by would-be hustlers of all ages. Considering the use that it gets, it has remained in reasonable condition, and the cloth was replaced in 2011.

You can help to keep the pool table in a good condition by keeping food and 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, cigarettes are legislated against in the same way but 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>

Toys and games

The toys are kept in the second sitting room, mostly in the unit with wicker drawers and on the shelving under the window. Board games are kept in the main sitting room, mostly in the cupboard behind the TV. 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 cover is removed, the kitchen table works pretty well

Outdoor games

There is some tennis and cricket equipment for guests' use in the cupboard under the guidebooks in the hall. There are two tennis courts in the playing fields behind the church in Patterdale. If they are locked the keys can be collected for a small fee from reception at the Patterdale Hotel. More often than not they are unlocked and no-one has ever objected to our playing there for free. We also have a football net, which is currently kept out of sight under the kitchen window. If you do play football in the garden, please move the goalposts (literally!) from time to time to minimise damage to the grass. And please make sure you put the net back under the kitchen window at the end of your stay.

Outside play areas

As well as the main (sea dragon) tyre-swing on the top lawn, there are some other swings, constructed by Richard, hidden away in the wild area up by the yew tree at the top of the garden. Also, there is a small play area for younger children made from mainly recycled materials, including an old dory boat donated by Glenridding Sailing Centre, and a new music cave which is home to the carcass of the old pianola.



SHOPPING

Early closing

Patterdale, Glenridding, Keswick and Penrith: Wednesday; Ambleside, Bowness and Windermere: Thursday. 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

The Village Store still functions as a post office but PO facilities are only available for limited hours. Like other village shops it cannot compete with supermarkets for price, but is extremely convenient. Gillian and Tom, the current owners, are a brilliant couple and have introduced lots of new ideas. Tom bakes bread every day and also there are other delicious things to eat. We do try to get at least some of our stuff there, to help to keep the shop going. Newspapers can be ordered, and most of the necessities of life can be bought, including alcoholic drinks. At Crookabeck, along the back road to Hartsop, Mary Bell (Richard's sister-in-law), has opened a little shop selling mohair things and woollies and rugs from her own angora goats.

Glenridding

At Glenridding there are several shops, of which the Minimarket round the corner from the main road is probably the best. 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.

Penrith

Penrith is 15 miles away and is a rather charming market town. Tuesdays and Fridays are market days and the town is very busy. Morrisons in Brunswick Road is convenient for large shopping expeditions. There is free parking for two hours, which is useful as it is only five minutes' walk from the town centre. Also in Brunswick Road there is now Booths on the left. 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. Sadly it was greatly reduced in size when the pedestrian precinct was built around it. 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. There is now also a large Sainsburys with a multi-storey car park, near the town centre in Common Garden Square, which is open from 7.00 – 10.00 Mon – Sat.

While in Penrith don't miss the Toffee Shop in Brunswick Road, a bit further down the hill from Booths. 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. Boxes are now sold at the Post Office in Patterdale but there is less choice.

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 can be used 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 will 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 other supermarkets. The Booths chain is an old established family concern specialising in local produce. 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 that it closes at 6pm on weekdays and earlier at weekends. Lakeland opens at 8am, 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. Fellbites is a really pleasant restaurant; it is worth booking. 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 places 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 there are new places 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 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, just outside Penrith has 2 cafes and a 'Taste Bar' as well as an impressive delicatessen featuring local produce. Sharrow Bay, between Pooley Bridge and Howtown, is wonderful for special occasions but extremely expensive.





TRANSPORT

Trains

The nearest train station is at Penrith. There is a taxi rank outside the station.

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 of course currently 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, from Pooley Bridge to Glenridding, calling at 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 at all hours! 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.

THE PATTERDALE MOUNTAIN RESCUE ASSOCIATION

You will have noticed the collection box for the PMRA in the hall — do please contribute generously. The team of local volunteers provide a wonderful service in their own time, at their own expense, and sometimes at considerable risk. Also, you never know when you may need their services yourself! Should this happen, you 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.

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



APPENDIX 1: MOUNTAIN SAFETY 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

Plan before setting out!

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

Check the weather forecast and local conditions. Night encroaches earlier in the winter and the further north you go!

<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, 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, torch, spare batteries and bulbs; but in winter conditions, an ice-axe, crampons and survival bag are essential.

Climbers and mountain bikers are all urged to wear helmets at all times.

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)

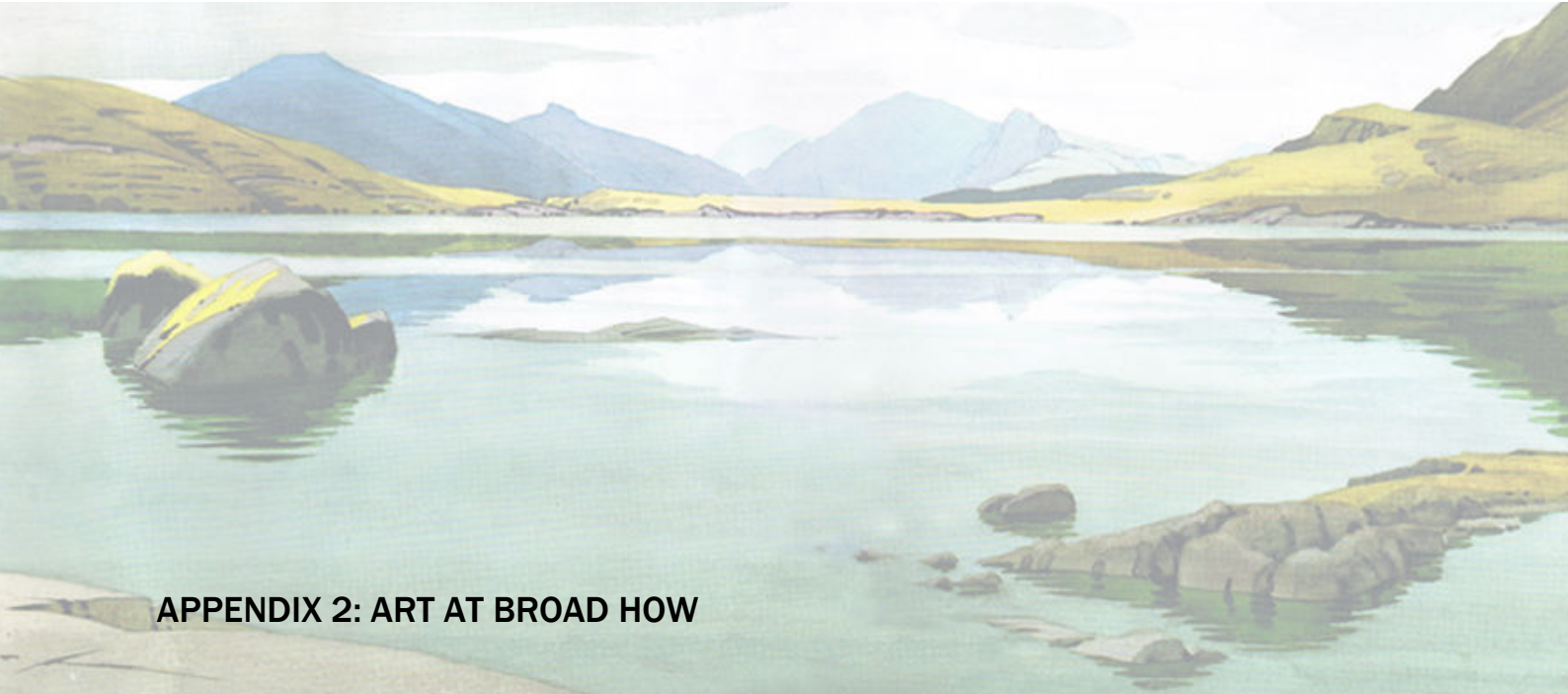
Incipient exhaustion (know the signs; rest and keep warm)

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

Pride

It is no disgrace to turn back if you are not certain. A party must be governed by the capabilities of the weakest member.



APPENDIX 2: 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. Where we have several by a particular painter we have mainly grouped them together. The four artists in that category are Alfred and William Heaton Cooper, Wilhelm Kaufmann and Judith Laszlo, whose brief biographies are included here.

In the case of both the Heaton Coopers, father and son, these are prints. They are mostly of local scenes, which we bought recently at the studio in Grasmere in exchange for an original watercolour we had which was of Kirk Fell on the western side of the district. The prints are hanging in the small sitting room and in the kitchen.

The pictures of Wilhelm 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 5 and myself aged 3. The sketch of me aged 14 was done in Gstaad in Switzerland when Willi joined us for a holiday in 1947. The watercolours are of local views, painted when he was staying with us at Broad How, except for one Austrian landscape – the predominantly blue one. 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 2 oil paintings but most are in gouache. Judith joined our family in 1939 at the age of 5 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.

Alfred Heaton Cooper (1864-1929)

Alfred Heaton Cooper was born in Manchester, one of six children of mill worker parents. Brought up in Bolton, Lancashire, he went to London to study art, and was heavily influenced by Turner, Constable and Millet.

Alfred was determined to make a living by his art and, after a spell in Norway where he met his future wife, Mathilde, he settled in the Lake District, firstly at Coniston and later in Ambleside. His wife ran the studio while he tramped the Lakeland fells and valleys, finding scenes which inspired him to paint and which he felt would appeal to visitors.

William Heaton Cooper (1903-1995)

Alfred's son, William, was born at Coniston in 1903.

William followed in his father's footsteps as a landscape artist. He studied at the Royal Academy in London and later exhibited there. He also became an authority on the traditions and landscape of the Lake District, and wrote a number of books illustrated with his water colour pictures of the lakes, tarns and fells, several of which you will find at Broad How. He was elected in 1953 to membership of the Royal Institute of British Watercolourists and was for eleven years president of the Lake Artists' Society. When his father died, he took over the studio in Ambleside which Alfred had built and, in 1938, moved it to its present site in Grasmere. His painting continued to improve, so much so that his reputation soon eclipsed that of his father.

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.'

APPENDIX 3: INSTRUCTIONS FOR THE SWEDISH LOG SPLITTER

Broad How now has a Swedish Log Splitter to make it easier to make kindling for the fire – although there is also still an axe and block for those who prefer the traditional method.

This is how it works:



First take hold of the handle, slide it (and the weight above it) up the pole and position the log under the blade, so the blade rests on it and holds it in position.



Next slide the weight to the top of the pole and let it drop down onto the blade. This will drive the blade into the log, and may split the log on the first attempt. If it doesn't work first time just slide the weight back up the pole and drop it again. For large logs, or those with knots in, it will take a few goes before the log splits.

