



The Royal Oak
HOTEL
Borrowdale, Keswick

WELCOME TO OUR
JANUARY NEWSLETTER

Welcome to 2026 – What's Your Plan?

JANUARY REBOOT

Love them or hate them, New Year's resolutions give us the perfect excuse to reset, refocus and step into the year with intention. Forget the punishing promises and impossible goals, think instead about simple, positive habits that set you up for a happier, healthier year ahead. And where better to begin your January reboot than the peaceful surroundings of the Royal Oak?

SPEND MORE TIME OUTDOORS

The Lake District is one of the UK's greatest natural mood-boosters. Studies show that time spent among hills, forests and water reduces stress, lifts energy and improves cognitive function. So lace up your boots, unfold that map and start the year with fresh air, open spaces and the beauty of Borrowdale on your doorstep.

TAKE THE TIME TO BREATHE

Mindfulness isn't just a buzzword; it's a genuine tool for calming the mind. Try taking ten minutes each evening simply to breathe and be still. The quiet pace of the valley makes the Royal Oak an ideal place to practise this small but powerful habit.

INVEST IN YOUR SLEEP

Better sleep means better everything: better mood, stronger immunity, clearer thinking. Modern life disrupts our natural rhythms, so January is the perfect moment to reset your routine. A few nights in our cosy, dreamy beds might be exactly what your body has been craving.

READ MORE BEFORE BED

If that half-finished book has been staring at you for months, now's the time to dive back in. Reading before sleep helps you unwind and switch off from the busyness of the day and with our no-TV policy, you'll find the perfect environment to rediscover the joy of a good story.

TRY A COLD-WATER BOOST

If you're feeling brave, nothing beats the invigorating rush of cold-water swimming. After the initial shock, the surge of dopamine, serotonin and endorphins can leave you feeling refreshed, motivated and alive. Lake Derwentwater is just moments away, but if that sounds too bold, even a 30 second cold shower can give you a similar health kick

DON'T FORGET YOUR DIGITAL DETOX

Unplug to recharge. A break from the screen, yes, even the smartwatch, can lower stress and improve sleep. Stepping away from constant notifications helps reset your mind and reconnect you with the present. The Royal Oak's peaceful, tech-light atmosphere is the perfect place to switch off from scrolling and tune back into real life.

Whether you choose one resolution or embrace them all, let your January reboot start here with calm surroundings, nourishing food, breathtaking landscapes and the time and space to focus on you.

The Royal Oak
HOTEL

Digital Detox

AT THE
ROYAL OAK HOTEL

- ✓ Reconnect with nature & your family
- ✓ Find yourself in the beauty of Borrowdale Valley
- ✓ Experience the magic & essence of the Royal Oak Hotel



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EXPERIENCE THE NEWLY OFFICIAL WAINWRIGHT COAST TO COAST WALK

Wainwright's legendary Coast to Coast Walk, one of England's most celebrated long-distance routes, has now been officially awarded National Trail status, a recognition that secures its place among the country's most iconic walking experiences. Stretching all the way from the Irish Sea at St Bees to the North Sea at Robin Hood's Bay, the trail passes through the breathtaking landscapes of the Lake District, the Yorkshire Dales and the North York Moors. The National Trail designation brings major improvements, including upgraded footpaths, better signage, safer crossings, and enhanced accessibility, ensuring walkers can fully enjoy every stage of the journey.

For the first time, the entire route will be clearly marked on Ordnance Survey maps, giving walkers unrivalled confidence in navigation and making it easier than ever to plan day walks, multi-day adventures, or scenic sections from start to finish. Whether you're a seasoned long-distance hiker or simply want to explore a memorable section, the upgraded Coast to Coast Walk guarantees an unforgettable experience, showcasing some of the UK's most spectacular scenery while preserving the trail's heritage. With investment set to be completed by 2025–26, this iconic route is ready to welcome a new generation of walkers.

For guests at the Royal Oak, this is the perfect opportunity to enjoy the trail from a comfortable base. You can plan day walks into the Lake District, explore sections of the route at your own pace, and use the hotel as a cosy stopover. With stunning scenery on your doorstep, expert local advice available from our team, and the comfort of first-class cuisine and welcoming rooms at the end of each day, the Royal Oak makes discovering Wainwright's Coast to Coast Walk easier, more enjoyable, and truly memorable.



A GLIMPSE INTO HONISTER'S REMARKABLE PAST

Honister Slate Mine stands as one of the Lake District's most iconic landmarks, with a history stretching back more than 300 years. Perched high on the rugged slopes of Fleetwith Pike, the mine has been producing the famous green Westmorland slate since the early 1700s. This uniquely durable stone, prized for its rich colour and exceptional quality, has been used to roof historic buildings across Britain. Generations of miners carved their way deep into the mountain, working in harsh, unforgiving conditions to extract the slate that helped shape the region's architectural heritage.

Honister's story stretches far back into the mists of Lakeland history. While slate has been officially worked at Honister since the early 1700s, its true beginnings lie much deeper. Early lease documents from the mid-18th century show that the quarries were already established by the time men like Charles Norman and Thomas Grindall were taking on tenancies, suggesting a thriving industry long before formal records began. Some even believe Honister slate was used by the Romans, as fragments matching the distinctive green slate have been found at sites like Hardknott Fort and the Ravenglass bath house, hinting that this remarkable stone may have been prized for centuries. What we know for certain is that generations of miners carved their lives into these fells, shifting from simple surface quarrying to the vast underground caverns that define Honister today. The early ownership may be lost to history, but the legacy remains unmistakable.

Honister Today – Where History and Adventure Meet

After closing in the late 20th century, Honister was restored and reopened by the Weir family, who brought new life to the site while preserving its industrial legacy. Today, visitors can still explore the atmospheric mine tunnels and learn about the craft and resilience of the people who worked there.

Honister has also become a centre for adventure, home to the UK's original Via Ferrata, cliffside hikes and dramatic ridge walks. Blending history, innovation and epic Lake District scenery, Honister Slate Mine remains a treasured part of local culture—and a must-visit experience for guests of the Royal Oak.



WHINLATTER FOREST WINS ACCOLADES

We're delighted to share that nearby Whinlatter Forest has recently been honoured with a prestigious Visit England Gold Accolade, marking it out as one of the country's top visitor attractions. This recognition celebrates Whinlatter's commitment to offering visitors consistently outstanding experiences, from its scenic walking/running trails and mountain-bike routes to its welcoming visitor centre, café and awesome family-friendly activities. Children love the WildPlay Trail, with its climbing nets, slides, rope swings and fun water-play features. For a little extra excitement, families can try Go Ape's Treetop Adventure, a gentle high-ropes course perfect for younger explorers. It's yet another reason why a stay with us at the Royal Oak, gives you easy access to one of the Lake District's finest forest escapes, perfect for walkers, explorers and nature lovers alike.



VisitEngland™

GOLD

WINTER DEALS

Bright sunny Winter days are just what you need for a low-level walk, however short, it might just be the tonic you need and all our wonderful attractions are still open in Winter, ideal for half term.

With special offers to enjoy, you can stay weekends in January for £158 a night in a classic room with breakfast and dinner for two. Receive a warm welcome, get toasty by the log fire, have a relaxing night's sleep, and fuel yourself with a hearty breakfast. Enjoy a pre-dinner complimentary Lakeland gin and tonic or Tirrils local-brewed ale in our bar or snug and indulge in a sumptuous evening dinner you'll be talking about long after you've gone home. (Min 2 night stay)

Book direct on our website with no deposit to pay

FEEL GOOD IN FEBRUARY

Give yourself a mid-winter boost with our Feel Good in February Deal at The Royal Oak. Enjoy a break for two with breakfast, a 2-course dinner, and a welcome drink (G&T or pint of local Ale) plus afternoon tea & scones for just £149 a night.

Recharge, relax, and return home feeling refreshed after a cosy winter escape. Why not stay for two nights?



LAST FEW ROOMS £118 DEAL THAT'S RIGHT! JUST £118 A NIGHT

Sun-Thur throughout Jan & 2-5 Feb

This is an unbeatable deal, stay for only £118 a night in a standard room with breakfast and dinner for two, yes, you heard that right £118!

At the refurbished Royal Oak in the Borrowdale Valley, we've got it covered, beautiful bedrooms with dreamy beds and gleaming bathrooms, hearty breakfasts, delicious evening dinners and charming lounges.

We've even got a log fire, drying room and boot warmers, plus a free car park with its very own electric car charging station.

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LOOKING FOR A BREAK?

Try £118

£118 per night, Throughout Dec & Jan
(excludes 24th Dec - 4th Jan)

Price includes breakfast and evening dinner for two
in a standard double/Twin room

Dial now on 017687 77214 for £118

HE'S BACK - THE MARCH HARE

During March, you can take advantage of our 'Mad as a March Hare Deal'

Indulge in delicious dining and experience unforgettable hospitality. Get toasty by the log fire, indulge in a two-course gourmet meal and after a dreamy night's sleep in one of our characterful rooms, enjoy a hearty Cumbrian breakfast.

But that's not all! We have complimentary treats on offer, including a welcome drink, G&T, or a pint of Local Ale, freshly baked scones every afternoon, and unlimited all-day tea and coffee. How good is that?

All this for just £168 per couple per night in March Sun-Thur (March weekends £178 per night) in a standard double room when booked directly with the hotel.

