



The Royal Oak HOTEL

Borrowdale, Keswick

WELCOME TO OUR SEPTEMBER NEWSLETTER

Experience the Tapestry of Autumn

THE BATTLE FOR THE BAR: HOW TEMPERANCE SWEEPED THE VALLEYS

The Temperance Movement was a social reform movement that gained significant momentum in the 19th and very early 20th centuries, both in the United Kingdom and United States. Its primary goal was to combat what its supporters saw as the widespread social problems caused by the excessive consumption of alcohol.

In the bustling valleys of the Lake District, a battle was brewing in the late 19th century—and its front lines were drawn across the bar of the Royal Oak. The 1870s saw a rising tide of the temperance movement, leading to a surge of new "temperance hotels" where the only spirits to be found were of a ghostly appearance!

For Ann Simpson, who ran the Royal Oak, this was a difficult period. Was it a matter of personal principle, a belief in a sober community? And how hard did she have to persuade her partner, William Simpson, to embrace a vision that, at the time, seemed terrible for business?

In the early years, the farmhands and miners weren't looking for temperance; they were looking for "relief" after a long, backbreaking day. This internal struggle was made all the more difficult by the competition next door. In 1865, Thomas Fleming had successfully secured a wine and spirits license for the Scafell, offering the very thing the Royal Oak's patrons craved.

The tide only truly turned in the 1880s when the Honister Slate mine threw its weight behind the movement, championing a sober workforce for safety and efficiency. Suddenly, the Royal Oak's quiet commitment to temperance had paid off, securing the custom of a new, disciplined workforce.

Alternative drinks offered would have included tea, coffee, herbal tonics and cordials. These were often seen as healthy remedies; popular choices such as dandelion and burdock, sarsaparilla, ginger beer, and various fruit cordials, would have been on the menu. Some of these were brewed in a slightly fizzy way.

Hot beverages were a staple of temperance hotels and "Coffee Palaces" were specifically set up as alcohol-free alternatives to pubs. Tea was a quintessentially British drink that provided a social focus.

By the early 20th century, the movement's influence began to wane with the massive social and economic changes brought by World War I, which played a role in reducing the appeal of strict temperance views.

The growth of the pub culture in Britain also helped alcohol regain its social acceptability.



ROYAL OAK A WALKERS' RETREAT THIS AUTUMN

After a day spent conquering the fells, what could be better than the promise of a warm welcome, hearty food, and a crackling fire? Here at the Royal Oak, we're proud to be a true walker's retreat, perfectly positioned for your Lake District adventures.

Our location in Rosthwaite means you're just moments away from some of the area's most iconic trails. Step out our door and you can begin a rewarding climb up Latrigg, a gentle ascent that offers breathtaking panoramic views of Keswick and Derwentwater. For those seeking a challenge, the famous Walla Crag walk begins just a stone's throw away, a route celebrated for its stunning vistas over the lake and the surrounding fells. And for the more ambitious, we are the ideal base for tackling the exhilarating scrambles of Catbells or the more dramatic heights of Blencathra.

But it's not just about our doorstep access to the mountains. We understand what a walker truly needs. Our cosy bar, complete with roaring open fires, is the perfect place to shed your waterproofs and relax. Most importantly, we've got you covered for the unpredictable Lake District weather—our dedicated drying room and boot warmers will have your gear ready and toasty for the next day. We pride ourselves on our dog-friendly atmosphere, ensuring your four-legged hiking companion is as welcome as you are.

After a long day on the trails, we know you'll be ready for a serious appetite. Our menu is packed with hearty, home-cooked meals, crafted from the finest local produce to replenish your energy stores. And to top it all off, we offer a complimentary afternoon tea and scones—the perfect treat to enjoy after your walk. Pair your meal with a pint of local real ale from our well-stocked bar, and you'll soon feel ready for your next adventure.

The Royal Oak is your sanctuary in the heart of walking country. Let us be the perfect end to your day on the fells.



OUR AUTUMN COLLECTION

COSY OCTOBER

5 Oct – 30 Oct

There's probably no better time than October to walk in the North Lakes, with breathtaking landscapes and incredible displays of colour that Autumn yields. Whether you want to climb the highest peaks, seek out the best views, walk along the lakeshore or explore the forests and woodlands, the Royal Oak is perfectly situated with doorstep walks also available.

The Royal Oak invites you to experience a warm and welcoming escape in October for only £180: Offer includes:

- Overnight stay: Relax and unwind in a classic room.
- Hearty breakfast: Fuel up for your day with a delicious breakfast.
- Three-course evening dinner: Indulge in a delightful meal prepared with fresh, local ingredients.
- Plus complimentary afternoon tea and homemade scones.

Book directly with the hotel and receive this special offer for just £180 per night for two in a classic double/twin room.



The Royal Oak
HOTEL
Borrowdale, Keswick

How will you cosy up
This October

Standard Double or Twin Room
Including Breakfast & Evening
Meal For Two

Just £180 per night!

Offer Valid From 5th October (Sun - Thur)

 www.royaloakhotel.co.uk  017687 77214

OUR AUTUMN COLLECTION

NIFTY NOVEMBER

As the chilly days of November approach, the Royal Oak invites you to experience a warm and welcoming escape.

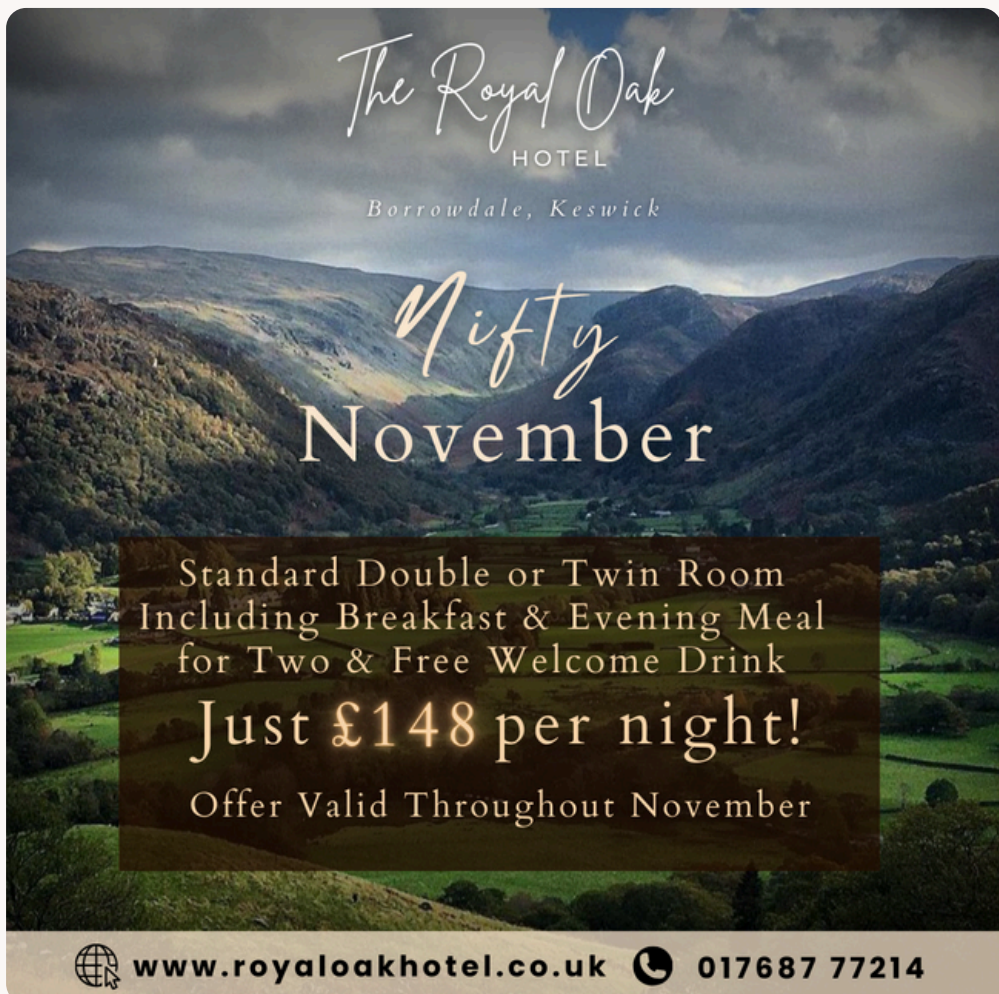
Upon arrival, treat yourself to a complimentary drink of your choice:

- Lakeland Gin and Tonic: A refreshing and aromatic cocktail perfect for warming up.
- Pint of Tyrrells Real Ale: A classic ale brewed locally for a taste of the region.

Our Winter Warmer Offer includes:

- Overnight stay: Relax and unwind in a classic room.
- Hearty breakfast: Fuel up for your day with a delicious breakfast.
- Three-course evening dinner: Indulge in a delightful meal prepared with fresh, local ingredients.
- Complimentary afternoon tea and scones: the perfect afternoon treat

Book directly with the hotel and receive this special offer for just £148 per night for two guests in a standard double/twin room throughout November.



The Royal Oak
HOTEL
Borrowdale, Keswick

Nifty
November

Standard Double or Twin Room
Including Breakfast & Evening Meal
for Two & Free Welcome Drink

Just £148 per night!

Offer Valid Throughout November

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"DO SOMETHING DIFFERENT": UNFORGETTABLE DAYS OUT IN KESWICK

Are you looking to shake up your routine and explore something beyond the usual fell walks and scenic drives? Keswick, the heart of the Lake District, is bursting with unique and exciting activities for a day out with a difference. Here are some ideas to inspire your next adventure.

A JOURNEY INTO THE PAST: HONISTER SLATE MINE

For an adrenaline-fueled day, head to Honister Slate Mine, England's last working slate mine. You can explore the history of the quarry with an underground tour or, for the truly adventurous, try the Via Ferrata, a thrilling protected climbing route built into the cliff face. It's a great way to experience Keswick's industrial heritage while getting your heart racing.



A WALK ON THE WILD SIDE: ALPACALY EVER AFTER

Fancy a walk with a difference? Alpacalypse Ever After offers unique experiences where you can walk with alpacas and llamas at a beautiful location near the shores of Derwentwater. This is a perfect activity for animal lovers and families, providing a memorable and quirky day out that is guaranteed to bring a smile to your face.



A PUZZLING DAY OUT: THE PUZZLING PLACE

If the weather takes a turn, Keswick has you covered with fantastic indoor options. The Puzzling Place is a must-visit, offering a fascinating world of optical illusions, holograms, and interactive exhibits that will boggle your mind. It's a brilliant day out for all ages and a great way to escape the rain.



A TASTE OF KESWICK: THE LAKES DISTILLERY

For those who appreciate the finer things, The Lakes Distillery is a fantastic choice. Located near Bassenthwaite Lake, the distillery offers tours and tastings of its award-winning whisky, gin, and vodka. You'll get to see how these spirits are made and enjoy a delicious meal in their bistro. It's a sophisticated and relaxing way to spend an afternoon.

From adventure and history to quirky animals and delicious drinks, Keswick offers an abundance of activities to help you "do something different" on your next trip to .



DO YOUR DAYS FEEL FULL BUT NOT FULFILLING?

In our modern lives, it's easy to get caught up in a whirlwind of obligations. The alarm goes off, the to-do list beckons, and before you know it, another day is done. Your calendar is full, your inbox is overflowing, but at the end of it all, do you ever feel that something is missing?

It's a feeling many of us know—that your days are full but not truly fulfilling. It's a sign that it might be time to press pause, button and take some time back for yourself. Taking care of your mental health isn't a luxury; it's an essential part of living a full life.

Here at the Royal Oak, we believe that a simple change of scenery can be the most powerful form of therapy. That's why we invite you to escape to our corner in the Borrowdale Valley, a sanctuary designed for rest, reflection, and rejuvenation.

This is your chance to trade the rush of daily life for the restorative power of the Lake District. Instead of a deadline, your only appointment is with a mindful walk through the beautiful Borrowdale Valley. Rather than the constant demands of a screen, you can find quiet moments of reflection by a lakeside, practicing the art of being truly present.

And when you return to the Royal Oak, we have everything you need to continue your journey of self-care. Sink into a comfortable chair in one of our charming lounges and simply be. Enjoy the warmth, the quiet, and perhaps a moment of pure indulgence with our complimentary afternoon tea and scones. Our hearty, home-cooked food isn't just a meal—it's a way to nourish your body and soul.

So, if your days feel full but not fulfilling, consider this your invitation. Take some time back for yourself. Come and find your calm with us at the Royal Oak, where the only thing on your schedule is you.

