

## EXPEDITIONS BASED IN NORTH LAKE DISTRICT

**Rookin House Farm**  
**Troutbeck, Ullswater,**  
**Penrith,**  
**Cumbria,**  
**Lake District, CA11 0SS**

**Tel: 017684 83561**

Rookin House Equestrian and Activity Centre is situated at Troutbeck, a mile and a quarter off the A66, between Penrith and Keswick. Please note that there are 2 places called Troutbeck in the Lake District - so please check the map below! It is not the Troutbeck close to Windermere.

### **By Train and Bus to Penrith**

The West Coast mainline runs to the east of the Lake District, connecting Oxenholme, Penrith and Carlisle with London and Glasgow. Virgin Trains provide a direct service between London Euston and Penrith (about a 3 hour journey).

### **From Penrith train station**

A local Stagecoach bus runs regularly. catch the X5 or X4 bus from Penrith to Keswick and ask for Troutbeck. The bus will stop on the A66. We will collect you from the bus stop.

**Please inform us of your approximate arrival time.**

Alternatively, it is a 15 minute drive by taxi.

### **Here are some of the options:**

From Cockermouth and Workington: X4/X5 towards Keswick and Penrith

From Lancaster, Kendal, Windermere, Ambleside, and Grasmere: 555 (more buses in the summer)

### **By Car**

From the M6 (Junction 40), head West on the A66, signposted Keswick. After approximately 8 miles, turn left onto the A5091 - Troutbeck. (There is a sign for Rookin House). \*Continue along the A5091 for 1¼ miles. You will see the entrance to Rookin House on the right hand side, on a sharp left hand bend.

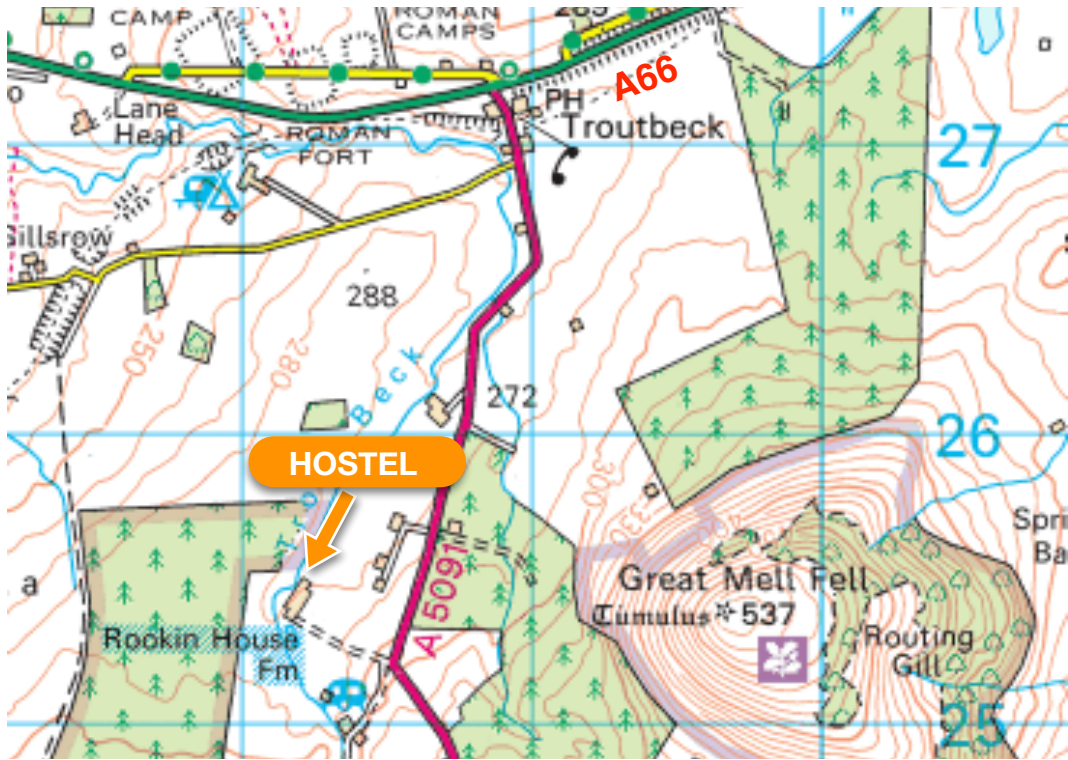
### **Approximate driving times are as follows:**

From London – 5 to 6 hours

From Manchester or Newcastle – 1.5 to 2 hours

From York or Birmingham – 3 to 3.5 hours

From Glasgow or Edinburgh – 2.5 to 3 hours



Your Adventure in **Safe** Hands

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