

**DFROT Weekend 16 - 18 November 2012**  
**Braithwaite, Lake District**

All are welcome to spend a couple of days in the Lakes and stretch the legs on the hills around the village of Braithwaite. The following is entirely optional so please feel free to join us for just part of the weekend if you prefer, or simply for a run and a pint.

**Friday evening** - 7pm meet for a drink (Royal Oak).

**Saturday** - Coledale Horseshoe, approx. 9 miles (meet for 10.00am start at the roadside parking area on the left as you head out of the village up to Whinlatter, GR 225 241). Rehydration will be necessary in the pub afterwards.

For those who may wish to run faster and further (you know who you are!) please feel free to devise alternative routes and we'll just see you back at the pub!

I'm hoping for glorious sunshine and record breaking temperatures in the history of all Novembers but please bring appropriate kit regardless of my optimism.

**Sunday** - TBC depending on aching legs, hangovers etc.

Please note that no arrangements have been made with regards to accomodation or meals, with food/eating arrangements most likely to be decided on the day depending on what people want to do (both the Royal Oak and Coledale Inn serve good food and Keswick offers more variety if prepared to drive out).

There are numerous options for accommodation in the village itself as well as a campsite for those brave enough to consider chancing the November mornings. Keswick offers more options for those who may want a little more to do from the doorstep. Details below for those who may want to enquire.

Overall, nothing too strenuous and hopefully an enjoyable couple of days.  
Hope to see you there.

Steve G

The Coledale Inn, Braithwaite - [www.coledale-inn.co.uk](http://www.coledale-inn.co.uk) (Tel. 017687 78272)

The Royal Oak, Braithwaite - [www.royaloak-braithwaite.co.uk](http://www.royaloak-braithwaite.co.uk) (Tel. 017687 78533)

Scotgate Holiday Park, Braithwaite - [www.scotgateholidaypark.co.uk](http://www.scotgateholidaypark.co.uk) (Tel. 017687 78343)

Sandon Guest house, Keswick - [www.sandonguesthouse.com](http://www.sandonguesthouse.com) (Tel. 017687 73648)