

welcome to kendal

There's so much to explore in the historic market town of Kendal, capital of South Lakeland, where the 13th century Castle ruins overlook a lively cultural scene.

Kendal offers plenty of shopping for all – with a wide range of tearooms, restaurants and pubs to keep you going.

Just out of town are Sizergh Castle, dating from the 14th century and set in beautiful grounds and Levens Hall, an Elizabethan mansion home with world-famous topiary gardens.

You'll find delicious Cumbrian produce in Kendal, or just down the road you'll find Low Sizergh Barn shop and tearoom, featuring its own popular milking parlour viewing gallery and free farm trails.

Kendal really does have something for all the family. Don't miss the 13th century Parish Church, Kendal Museum, the Quaker Tapestry Exhibition, The Museum of Lakeland Life and Abbot Hall Art Gallery. The Brewery Arts Centre has a lively programme of theatre, film, music and exhibitions all year round.



easy to get here

Set on the fringe of the English Lake District in lovely scenery, Kendal is the perfect place to visit, whatever the time of year.

By car: Kendal is just 8 miles, approximately 15 minutes from the M6. Exit at Junction 36.

By train: Oxenholme – The Lake District station is on the main west coast line. Change trains for Kendal station or take a taxi into town.

By coach: National Express (570 service)

For public transport information call Traveline on **0871 200 22 33**
www.traveline.org.uk



contact us

To pick up a town centre map and find out more about Kendal's attractions, events and places to stay, contact Kendal Tourist Information Centre at the Town Hall on Highgate.
Tel: 01539 797516

Email: kendaltic@southlakeland.gov.uk or visit www.southlakeland.gov.uk/tourism or www.golakes.co.uk



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kendal live & direct!



Come and experience Kendal's live **events & festivals** – its **central location** means it's a **direct journey** for visitors from Cumbria, Lancashire and the rest of the UK!

www.southlakeland.gov.uk/tourism

www.golakes.co.uk

experience
england's northwest

march

Gateway World Music Festival

Top international roots music artists live in Kendal

01539 725133 · www.breweryarts.co.uk

Mary Wakefield Westmorland Music Festival

One of the most prestigious local music festivals in the country

01539 736193 · www.mwwf.co.uk

may

Country Fest

County Showfield, Crooklands.

Incorporating Westmorland Food Lovers Festival – a feast for all the senses

015395 67804 · www.westmorlandshow.co.uk

july

Lakeland Rose, Garden & Craft Show

County Showfield, Crooklands.

Glorious displays of all things floral and more

01229 584926

www.lakelandroshow.co.uk

Staveley Carnival

(2010 and every other year).

A Brazilian-style, fun-filled sea of colour

07702 256425

www.staveleycarnival.com

august

Lake District Summer Music

Various venues around Cumbria.

World-class artists performing concerts and giving master-classes

0845 644 2144 · www.ldsm.org.uk

The Lakes Chilli Fest

Levens Hall.

Eat, drink and dance

at the hottest event of the summer!

015395 60321 · www.levenshall.co.uk



august

Mintfest

Kendal International Street Arts Festival
Kendal's flagship event – enjoy some of the best street performers in the world

01539 725133 · www.lakesalive.org

september

Westmorland County Show

County Showfield, Crooklands.
One of the oldest and biggest livestock shows with over 350 trade stands

015395 67804

www.westmorlandshow.org.uk

Kendal Torchlight Carnival

Revel in this evening procession of floats and carnival bands

01229 580640

www.kendaltorchlightcarnival.co.uk

october

Kendal Festival of Food

Local food tastings, demonstrations and farm tours
01539 717349 · www.southlakeland.gov.uk/events

november

Kendal Mountain Festival

One of the world's biggest mountain festivals – films, art, lectures and much more

Tel: 01539 722833 Ext 218 · www.mountainfest.co.uk

december

Christmas Farmers' Markets and Made in Cumbria Craft Markets

Delicious treats and unique gifts under the Christmas lights

Tel: 01539 732736 · www.madeincumbria.co.uk

plus...

A packed programme at The Brewery Arts Centre and changing exhibitions at Abbot Hall Art Gallery and the Museums.

things to do

Feeling active? Kendal has a superbly equipped swimming pool, fitness and leisure centre, one of the biggest indoor climbing walls in the country and a dry ski slope. Or you can follow a town trail, taking in historic yards and the riverside walk.

Kendal's attractions offer something for everyone. Here's just a selection of must-sees:

Abbot Hall Art Gallery, Brewery Arts Centre, Kendal Castle, Kendal Museum, Kendal Parish Church, Lakeland Climbing Centre, Museum of Lakeland Life, Quaker Tapestry, Sizergh Castle & Levens Hall



eating out

Take your pick from cosy tearooms in some of Kendal's oldest buildings, tucked away in fascinating yards, restaurants offering a wide choice of international cuisine, stylish cafés and bistros and welcoming, traditional pubs. Don't forget to take home some Kendal Mint Cake!

shopping

From famous high street names to speciality craft and designer fashion shops in cobbled streets, shopping centres and factory outlets to farmers' markets, Kendal has plenty to tempt you. There are outdoor markets every Wednesday and Saturday and a farmers' market on the last Friday of every month - twice a month from April to August.



an eventful visit!