

PR Campaign by



**Published:** June 2012  
**Publication:** Have A Go News

**Profile**

Have a Go News is Western Australia's premier lifestyle newspaper for the over 45s, with a readership of 188,000 per month.

Available from more than 1800 outlets it's main topics include travel, food & drink, active lifestyle and activities, and places to stay.

**Countries Published:**  
Australia



[www.LakeDistrict2012.com](http://www.LakeDistrict2012.com)

# travelling

let's go travelling



## The call of the Lakes District - Part One



From left to right: Jayson Mansaray with Go Ape instructor Steve - Jayson enjoying tree top adventure through Grizedale Forest via zip wire and high wire crossing - Jayson and Darren with Go Ape certificate of achievement - Jayson enjoying a ride on a Segway through Graythwaite Estate's fields

by Jayson Mansaray

LIVING IN London you spend most of your waking life working to pay your rent or saving for weekends visiting European destinations. According to the website AOL the nationally favoured holiday spots are Spain at number one, followed by the USA, Italy, Turkey and France in that order.

But what's unusual about this? Well it is not until you get to the bottom of the list

that you see the UK comes in at a paltry ninth as the most favoured destination.

In my case, I have travelled most of Europe but seen very little of Her Majesty's home turf, so it was with great enthusiasm and the 'wide eyes of a 10 year old at a new playground, that I prepared to head North West. You see, I had received specific orders from our travel editor Jennifer Merigan to explore the Lake District.

Also known as The Lakes, it is located in the North West past Manchester and almost equidistant to Edinburgh and Glasgow and is the largest national park in England.

This gem, located entirely in the county of Cumbria, is home to mountains, lakes, unique wildlife and arguably the most stunning landscape in all of the United Kingdom.

It is perhaps more famed for its literary history though,

having hosted the likes of William Wordsworth, Beatrix Potter and Percy Bysshe Shelley, the latter being my favourite for his poem 'Ozymandius', coincidentally the name of my avatar.

The best way to access the Lake District is by train from London's Euston Station, and in style aboard the Virgin Train first class carriage I travelled to Oxenholme, Cumbria.

From Oxenholme it was into the National Park to

check into the Wild Boar Inn, which boasts four stars and acres of private land and nestles in the Gilpin Valley close to Lake Windermere.

The comfortable interior of this traditional Inn, with its open fires and comfy old chairs, was captivating and its ambience transported you back to a time before modern hotel chains and conventions, and where you could lose time sipping a lovely wine.

My accommodation was in 'The Spotted Swine Suite', a very well balanced mix of old world charm and appointments combined with modern conveniences including floor heating in the bathroom.

Comfort had to wait though because it was time for some high octane adventure and so it was into the car and across Lake Windermere aboard 'The Mallard' ferry to the Grizedale Forest for 'Go Ape'. This is a tree top adventure that incorporates: zip wires, Tarzan swings, high wire crossings and flying foxes. All of this brought back my St Paul's Cathedral experience of vertigo; why oh why do I always think I have magically conquered my fear of heights? My phobia was playing such a dirty game of chicken with me that I had to coach myself as I set off on each section of the course: 'It's okay Jayson, you are safe Jayson, the cable will hold you Jayson' and so on. What I didn't realise was that I was mouthing this self-help counselling out loud, much to the amusement of Darren (the photographer) and the couple behind him. These mutterings of a 'mad man' and the instructor Steve, who showed me the ropes made for an exhilarating and fun adventure.

There is something to be said for overcoming your fears as you fly across a valley and for a moment forget that you are not a bird and most importantly - you are not petrified of heights.

After 'going ape' it was back to the Wild Boar Inn where I learned to smoke... not cigarettes like a rebel in high school, but food in their very own smoke houses. I learnt about cold smoking too, which they were using to flavour butter and which I was sure was just a fallacy as there was no smoke. But after a minute in the smoke house, my lovely cashmere jumper had the smokey aroma of oak; not all bad though because I smelt delicious for the next three days.

After the tour it was dinner time at the Inn's Steakhouse where I had a beautiful Wild Boar steak which is a rich white meat cooked to perfection, firm but juicy and full of flavour.

The presentation was wonderful and the dessert, a treat, came to the table covered in flaming brandy. Darren had ordered the Baked Alaska - sponge cake and ice-cream enveloped in a lightly browned meringue with a generous pouring of berry coulis.

We finished the last of the wine seated in comfy lounges in front of the fire...a reminder again of life in earlier centuries.

The next morning we enjoyed a beautiful full breakfast and enough coffee to support a plantation before heading out for a Segway tour.

Segways I now believe are the transport of the future. These battery powered two wheeled modes of transport have an internal giro that acts as the balance, and you control the momentum by simply leaning forwards or backwards for reverse; it's really that simple. In my experience the downside to adventure is the dreary and uninspirational safety talks.

Luckily owner, operator Rob (a retired policeman) and his colleague Phil took us through an entertaining training session that included well choreographed crash demos and jokes about the correct positioning of your posterior all with a hint of a Laurel and Hardy skit.

Standing astride my modern day chariot, I cruised through part of the Graythwaite Estate's fields, old buildings, rolling hills and wild pheasants which are beautiful birds in real life.

It's an hour-long tour including the safety demo but you can take it to 'another level' because these bad boys are equipped with off road wheels so Lakeland Segways offer the 'adventure tour' that takes you through forest tracks and the western shores of Lake Windermere for those who want a little more.

After this 'bit of adventure' it was time for lunch at the Swan Hotel and Spa on the idyllic banks of the southern end of Lake Windermere.

This is a truly historic building with sections dating back to the 1600s, but different to the Wild Boar Inn with a very upbeat celebratory feel and the embracement of modern British interior design.

Coupled with bright colours, bunting, floral wallpaper prints and high ceilings with windows letting in loads of light, it has a festive feel that makes you smile.

There, I devoured a beautiful Cumbrian Beef Burger with matured Lakeland Cheddar cheese washed down with a Loweswater

Gold Pint (a local beer) and White Lemon Meringue Pie that three grown men had trouble finishing...Yum!

With just enough time for lunch to settle, I was on the way to my horse-back adventure at 'Cumbrian Heavy Horses' in the Whicham Valley.

This was one of my favourite activities and one that reminded me of the days when I rode my gelding Claymore in my teens. However, Claymore was 14.2 hands and Hudson the beautiful Clydesdale, which I rode was more than 18 hands.

Located within the National Park and close to the shores of the Irish Sea, Whicham Valley is truly one of the most beautiful places in which you could imagine riding, especially with the very personable and entertaining owner, operator Annie as your guide.

On horseback I sauntered through fields and woods whilst the sun illuminated the hill beside us - just wonderful scenery.

Annie works on skill levels; a very personalised approach for those who are not confident, like Darren who was slightly scarred from a bad earlier experience.

You will be assured (as he was) by the encouraging gentle approach Annie takes getting you comfortable and if that's not enough, these horses are naturally docile, well mannered giants with unique personalities.

I am raring to get back up there and go on an adventure ride galloping along the beaches and making my way up to White or Black Combe or meandering along the high fells.

Caveat emptor: my little canter along the fields did upset my beautiful lunch and my advice is: don't stuff yourself before a ride.

Post equine fun I had enough time to wash away the day's activities and get mildly respectable before zooming over to the Gilpin Hotel and Lake House.

A 'family run' business and member of the prestigious Relais and Châteaux fellowship, this is the place for the premium traveller who revels in personalised service and absolute luxury. There, you felt more than welcome in the well appointed lounge with incredibly high quality furnishings.

And the food - delicious; rabbit Carpaccio marinated in juniper, Goosnargh duck, the best Foi Gras I have ever tasted and Lime Granita with a coconut foam, topped off with matching wines such as the 2007 Chateau La Variere, a Loire Valley dessert wine so delicious, that I couldn't help but have two glasses.

continued on page 39



# let's go travelling

ADVERTISING FEATURE



## WIN WIN WIN - Two nights at Australis Margaret River



LOOKING for the perfect winter getaway?

Look no further than Australis Margaret River's latest amazing Winter Meal Deal Getaway... valued at \$298.  
 + 2 night's accommodation in a Queen Room for two  
 + Daily continental breakfast  
 + Dinner on one night in Margaret's Restaurant (one main course per person).

+ Late check out (subject to availability).

The prize is valid until 31 August 2012.

Relax and unwind in the beautiful South West and what better place to do it than the Australis Margaret River hotel. It is the perfect place to enjoy the idyllic surrounds of the spectacular region of Margaret River - only a leisurely three-hour drive from Perth.

Explore the Margaret River Region, with its multitude of award winning wineries and restaurants, and the town centre, only a leisurely 15 minute walk.

Enjoy the natural surroundings with some amazing local bush walks or check out some of the region's stunning local beaches and scenery located within close proximity.

Simply indulge in the ambience of our tranquil Margaret River accommodation, all while nestled in picturesque

climates including Margaret's Restaurant and Lobby Bar, picturesque swimming pool with bbq facilities, mini golf, flat screen television with complimentary foetal, wifi in all rooms, plus much more. It's the perfect two night getaway.

Explore the Margaret River Region, with its multitude of award winning wineries and restaurants, and the town centre, only a leisurely 15 minute walk.

Enjoy the natural surroundings with some amazing local bush walks or check out some of the region's stunning local beaches and scenery located within close proximity.

Simply indulge in the ambience of our tranquil Margaret River accommodation, all while nestled in picturesque

Margaret River. Australis Margaret River has everything you need to ensure you enjoy your stay.

For more information, please contact Australis Margaret River on 9757 2633 or online - [www.australismargaretriver.com.au](http://www.australismargaretriver.com.au)

### WIN WIN WIN

To be in the draw to win a 2 night accommodation stay at Australis Margaret River, address an envelope to Australis Margaret River Competition, c/- Have a Go News PO Box 1042 West Leederville WA 6901 with your contact details on the reverse, or send an email to [hugocomps@haveagonevs.com.au](mailto:hugocomps@haveagonevs.com.au) and include the words Margaret River in the subject line. Only over 45s are eligible. Competition ends 30/06/12.

continued from page 38

## The call of the Lakes District - Part One



I highly recommend indulging in a stay at the tranquil Lake House (opened September 2010), tasting their red capsicum sorbet and relishing the personalised approach of part owner Barney, who makes time to chat to every guest at dinner.

And so with a head full of one too many glasses of dessert wine it was back to bed after an incredibly indulgent second day in the Lake District.

In July, I'll have all the details of my next three day sojourn which will include: steam-boating, exploring Honister Slate Mine and my 100 per cent dedication to taste testing at the Hawkshead Brewery.

### FAST FACTS

#### Accommodation

Wild Boar Inn		
Classic Room	£66.50	£106.50
Feature Room	£76	£125.50
Luxury Room	£86	£145.50

per person per night, based on two adults sharing a twin / double room and are inclusive of Diner, Bed and Full English Breakfast

[www.englishlakes.co.uk/hotels/lake-district-hotels/windermere-wild-boar-inn/index.aspx](http://www.englishlakes.co.uk/hotels/lake-district-hotels/windermere-wild-boar-inn/index.aspx)

#### Cafes & Restaurants

Gilpin Hotel & Lake House  
 Five-courses, canapés, coffee and petit fours £63 (Matching wines for each course additional)

[www.gilpinlodge.co.uk](http://www.gilpinlodge.co.uk)  
 Swan Inn & SPA

Cumbrian bred beef burger £12.95  
 Lemon Meringue Pie £8.95 (easily feed three)

Loweswater Gold £3.40 (Pint)  
[www.swanhotel.com](http://www.swanhotel.com)

#### Adventure

GoApe in Grizdale - [www.goape.co.uk/days-out/grizdale](http://www.goape.co.uk/days-out/grizdale)

Gorillas 18 years + £30  
 Baboons 10 - 17 years £20 (must be over 1.4m tall)

2 - 3 Hour Tree Top Adventure  
 Segway with - [www.lakelandsegway.co.uk](http://www.lakelandsegway.co.uk)

Graythwaite Tour £35  
 Adventure Tour £50  
 Combined Tour £75

Cumbrian Heavy Horses  
[www.cumbrianheavyhorses.com](http://www.cumbrianheavyhorses.com)

90 minutes £55  
 120 minutes £65  
 Half day ride £90

Recommended to enquire first as these prices vary depending on skill and package chosen.

#### More Information

Visit English Lake District  
[www.visitenglishlakedistrict.com](http://www.visitenglishlakedistrict.com)

## On road monitoring

from the driver's seat and be safe and sure.

Perfect for 4x4s with dual battery systems or motorhomes, caravans and camper/trailers with auxiliary batteries, National Luna Battery Monitors use calibrated, colour-coded LED displays to show charge rate and battery capacity.

While other monitors simply show if batteries are charging or nearly flat, National Luna's smarter graduated scale shows charging efficiency and available discharge capacity.

That means you can gauge how long accessories can be left running and decide if you can stay camped with the fridge and lights going, or whether you need to fire up the engine and recharge your batteries.

Because National Luna Battery Monitors show how much charge the batteries are getting you can

see how efficiently your system is working, how quickly batteries will recharge, and the how much capacity you can expect.

And with National Luna's audible alarm there's never any fear of batteries running flat.

### Tyres

The new Davies, Craig TYRE-GUARD 400 TPMS (Tyre Pressure Monitoring System) is a unique electronic safety system for monitoring air pressure and temperature in tyres.

It consists of simple easy-to-install, screw-on lightweight sensors and a handheld monitor. Fixed to the tyre valve, each sensor monitors the air pressure and temperature inside the tyre, and then transmits the air pressure and temperature information to the monitor.

All information is graphically illuminated on the monitor screen and

the operator can scroll through the data for each individual tyre.

An audible alarm will sound and the red LED light will flash should any tyre pressure and/or temperature vary markedly from each tyre's targeted air and temperature settings. The operator checks the respective tyre for either high or low in air pressure, leakage, high temperature, the monitor's battery is low, or if there is a problem with a sensor.

The monitor can be placed on the dashboard, the sun visor or mounted in any suitable place in the vehicle from where it will emit an audible alarm warning you when a tyre's pressure is + or - 3psi from the targeted tyre pressure and/or temperature. Aussie RV products have these and many other quality products available online, with free delivery and full parcel tracking. [www.aussie-rvproducts.com.au](http://www.aussie-rvproducts.com.au)

For more information see ad on this page.



WITH ON road travelling, monitoring important items such as your battery and tyres is essential.

### Batteries

Like to know how much life your battery has left, how efficiently your system is charging, or if your vehicle will start after you've been camping. With a National Luna Battery Monitor you can keep track

## Sandakan Memorial Day Tour - August 2012



known as Borneo.

This year will mark their fifth tour in five years, with some passengers attending a second year so impressed were they with the fantastic reception they received from the local Malay people.

One Malay veteran commented to us, "If it was not for the Australians helping us regain our country, we would all be speaking Japanese today". This Malay man, Philip, was just 17 when he escaped the Japanese and acted as a guerrilla in the jungle, rescuing some of our heavily wounded soldiers from the Death Marches, taking them into the nearby villages try to nurse them back to health. Philip says that he was not

able to save any of our men as their state of health was so poor.

He has been recognised by the Australian Government for his contribution to the Australian Forces in Borneo.

Philip is pictured here during the tour of Sandakan, with from left, Harold, tour leader Jeff, Victor and Allan - still travelling at 90 years of age.

For a full colour brochure to be posted to you, please contact Jeff at Specialised Travel on 8555 0468 or email: [manager@specialisedtravel.com.au](mailto:manager@specialisedtravel.com.au)

And for further information on where you can extend your stay in Malaysia, contact Tourism Malaysia Perth on 9481 0400 or visit their Perth office at 56 William Street.

SPECIALISED Travel is proud to support this wonderful event in Sabah, which during WWII was in collaboration with Tourism Malaysia Perth.