

a sense of...

freedom

time

culture

history

heritage

kendal

a sense of...

kendal

The bustling market town of Kendal, built in distinctive limestone, is a popular hub for shopping and culture in South Lakeland – home to a vibrant arts centre, fine museums and a renowned art gallery. Historically, 'The Auld Grey Town' was one of the most important woollen textile centres in the country, producing 'Kendal Green' and other 'Kendal cottons' – its numerous yards were once filled with workshops processing cloth, leather and foodstuffs. Kendal was also a centre for shoe making, carpet and snuff manufacture, and synonymous with the production of the famous Kendal Mint Cake.

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## Events & Festivals

### Kendal Festival of Food (March)

A two day celebration of all things food and drink, with a packed programme of demonstrations, talks, tastings and pop up restaurants.  
[www.kendalfestivaloffood.co.uk](http://www.kendalfestivaloffood.co.uk)

### Freerange Comedy Festival (May)

Fantastic comedians, sketch shows and comedy theatre performing at the Brewery and in some more unusual venues around South Lakeland.  
[www.breweryarts.co.uk](http://www.breweryarts.co.uk)

### Country Fest (May/June)

A real taste of the countryside, celebrating the quality and diversity of local food, drink and country pursuits.  
[www.westmorlandshow.co.uk](http://www.westmorlandshow.co.uk)

### Lake District Summer Music (August)

One of the UK's biggest music festivals, featuring an inspirational programme of events and classical concerts.  
[www.ldsm.org.uk](http://www.ldsm.org.uk)

### Kendal Torchlight Carnival (September)

A spectacular family friendly carnival through Kendal's streets.  
[www.kendaltorchlightcarnival.co.uk](http://www.kendaltorchlightcarnival.co.uk)

### Westmorland County Show (September)

One of Britain's oldest and largest livestock shows boasting events, exhibitions, over 350 trade stands and a large local produce hall.  
[www.westmorlandshow.co.uk](http://www.westmorlandshow.co.uk)

### Kendal Wool Gathering (October)

Demonstrations, fun activities and displays, all connected to the cloth on which the town's wealth was built.  
[www.kendalwoolgathering.co.uk](http://www.kendalwoolgathering.co.uk)

### Westmorland Beer & Cider Festival (October)

A long established annual event showcasing 55 real ales, plus ciders, perries and continental beers.  
[www.camrawestmorland.org](http://www.camrawestmorland.org)

### The Lakes International Comic Art Festival (October)

Celebrate the diversity of the comic art form, from cartoons to comics, super-heros to manga and graphic novels and sequential art.  
[www.comicartfestival.com](http://www.comicartfestival.com)

### Kendal Mountain Festival (November)

The biggest, most diverse event of its type in the world; featuring film screenings, high-profile premières, special guests and lectures.  
[www.mountainfest.co.uk](http://www.mountainfest.co.uk)

## HISTORY



Kendal is first recorded in the Domesday Book of 1086 but it is likely that a settlement was established much earlier. In the first century AD, a settlement developed when the Romans occupied the Fort at Watercrock at a bend on the River Kent and locals would trade with them.

Kendal Parish Church dates from the early 13th century, on land belonging to the church at Kirkland (Church Land), although it is thought to have replaced an earlier Saxon church. Kirkland became a monastic estate when the church was given to Mary's Abbey in York.

Kendal's first castle (a wooden motte and bailey) was erected at Castle Howe but later replaced by stone-built Kendal Castle on the opposite side of the river. This 13th century castle, built on a drumlin (or glacial hill), was the seat of power and administration for the barons of Kendal for over 200 years, but on the death of the last baron in 1571, William Parr, it gradually fell into a ruinous state.

During the medieval period, the market town of Kendal developed to the north of monastic Kirkland (separated by the ancient boundary of the Blind Beck). The barons laid out the town with long burgage plots behind the street frontages. Over time, these became 'yards' of industrial activity with numerous workshops for weaving, dyeing, shearing, dry-salting and tanning. However, it was the woollen industry that brought fame and wealth to the town and sustained its economy for over 600 years. Evidence of the importance of the wool trade is reflected in Kendal's motto of 'Pannus mihi panis' ('Cloth is my bread') and its coat-of-arms featuring teasels (for raising the fabric's nap) and bale hooks (for handling bales of wool and cloth).

Today, Kendal's historical backdrop provides a unique and varied shopping environment and a tempting choice of cosy tearooms, pavement cafes, traditional pubs or stylish restaurants to suit all tastes and budgets.

To the north, the unique mill yard in Staveley is home to the UK's largest cycle store, a famous walkers' café and a unique cookery school. Helsington Barrows and Scout Scar are popular walking areas, forming the top of a limestone escarpment with fantastic views over the Lakeland Fells, the Lyth Valley and Morecambe Bay. The Lake District National Park boundary is under a mile away.

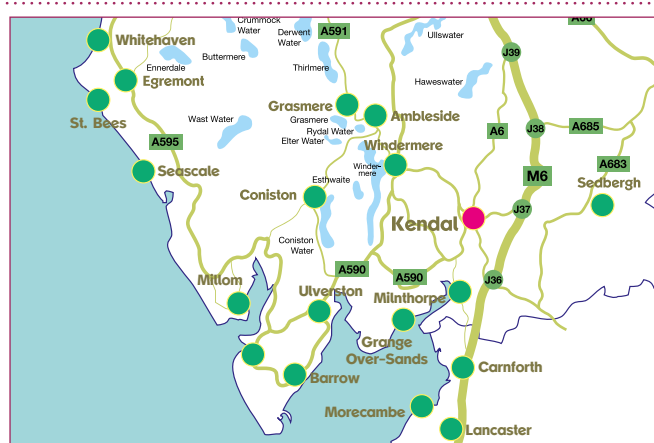
## GETTING AROUND

**Oxenholme – The Lake District** railway station is on the west coast mainline (2 miles southeast of Kendal). The Lakes Line offers a short connection to **Kendal Station** (on Station Road) and on to Windermere.

**Kendal Bus Station** is on Blackhall Road (behind Westmorland Shopping Centre).

'Cycling around Kendal' – a map and leaflet with five 'do-in-a-day rides' on country lanes and quiet roads is available from the Tourist Information Centre or to download from [www.golakes.co.uk/adventure](http://www.golakes.co.uk/adventure).

For information on bus, rail and ferry timetables and fares contact Traveline on 0871 200 2233 or [www.traveline.info](http://www.traveline.info)





# THINGS TO SEE & DO

## KENDAL



# SHOPPING



Kendal offers a relaxing and enjoyable shopping experience with pedestrian-friendly streets and intriguing yards and ginnels. Famous high street names and brands sit alongside a fabulous collection of speciality craft, food and designer shops and markets.

### The Elephant Yard Shopping Centre

Hosting a blend of national and independent shops and offering the latest ranges in designer fashion, shoes, cosmetics and gifts.

Tel: 01539 720170 [www.elephantyard.com](http://www.elephantyard.com)

### Wainwright's Yard

An award-winning, custom-designed shopping area in the heart of Kendal, named in memory of the famous fell walker and author Alfred Wainwright.

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

### Westmorland Shopping Centre and Blackhall Yard

Discover a unique blend of Victorian heritage alongside the vibrancy of a modern, indoor shopping environment.

Tel: 01539 740060 [www.westmorlandshopping.com](http://www.westmorlandshopping.com)

### K Village - The Lakes Outlet

Premium factory outlet brands and cafés with an attractive riverside terrace, large underground parking and full disabled access.

Tel: 01539 732363 [www.kvillage.co.uk](http://www.kvillage.co.uk)

### Markets

With a market charter dating from 1189, Kendal still boasts vibrant markets. The indoor market is open Monday to Saturday and outdoor markets are held every Wednesday and Saturday. The town hosts a farmers market on the last Friday of each month.

### Low Sizergh Barn, Sizergh, LA8 8AE

Crafts and locally produced foodstuffs can be found in this traditional Westmorland barn and tearoom, set on a working farm.

Tel: 015395 60426 [www.lowsizerghbarn.co.uk](http://www.lowsizerghbarn.co.uk)

### Plumgarths Farm Shop & Cafe, Crook Road, LA8 8LX

Stocks a range of Cumbrian food specialities and quality beef, salt marsh lamb and free-range eggs, fresh from the farm, with a farmhouse café.

Tel: 01539 736300 [www.plumgarths.co.uk](http://www.plumgarths.co.uk)

# NATURE & GARDENS



### Riverside Walk

A pleasant path takes you along the River Kent between Nether Bridge and Miller Bridge.

### Serpentine Woods

A myriad of paths and an intriguing Alphabet Trail lead through this steep-sided wood, culminating at The Heights for panoramic views over the Lake District fells and Kendal town centre.

### Green spaces

For peaceful grassed areas ideal for picnics and quiet relaxation discover Abbot Hall Park, Maudes Meadow, Kendal Castle, Castle Howe and Goose Holme, which also has an 18-hole putting green (open in the summer).

# ACTIVITIES



### Lakeland Climbing Centre, Lake District Business Park, LA9 6NH

Cumbria's premier climbing centre has the tallest indoor climbing wall in the country and some of the finest bouldering walls.

Tel: 01539 721766 [www.kendalwall.co.uk](http://www.kendalwall.co.uk)

### Kendal Leisure Centre, Burton Road, LA9 7HX

A large sports and leisure facility with a 25m swimming pool.

Tel: 01539 729777 [www.northcountryleisure.org.uk/south-lakeland](http://www.northcountryleisure.org.uk/south-lakeland)

### Kendal Golf Club, The Heights, LA9 4PQ

18-hole golf course in an elevated location with magnificent views over Kendal and the Westmorland Fells.

Tel: 01539 733708 [www.kendalgolfclub.co.uk](http://www.kendalgolfclub.co.uk)

### Carus Green Golf Club, Burneside Road, LA9 6EB

18-hole golf course and driving range.

Tel: 01539 721097 [www.carusgreen.co.uk](http://www.carusgreen.co.uk)

### Kendal Golf Driving Range, Oxenholme Road, LA9 7HG

10 covered bays for driving practice (floodlit at night).

Tel: 01539 733933

### Canal trip

Boat trips on the Lancaster Canal run on Sundays and Bank Holidays between May and September from Crooklands, near Kendal.

### Lakeland Maze Farm Park, Raines Hall Farm, Sedgwick, LA8 0JH

A different maze to negotiate every year with tractor rides, trampolines, soft play climbing wall, rope mazes and much more.

Tel: 015395 61760 [www.lakelandmaze.co.uk](http://www.lakelandmaze.co.uk)

### Lakeland Wildlife Oasis, Hale, Milnthorpe, LA7 7FE

A unique and exciting blend of exotic wildlife and interactive displays.

Tel: 015395 63027 [www.wildlifeoasis.co.uk](http://www.wildlifeoasis.co.uk)

# HERITAGE



### Town Trails

Discover Kendal's unique heritage by following a town trail. Start at the sign outside the Town Hall, one of 17 around the town, and swap between trails en route. Kendal Civic Society (tel: 01539 724302) organises guided walking tours around the town all year round.

### Kendal Castle

Built around 1200, the castle was once home to the Parr family, whose most famous member, Katherine, was the sixth wife of Henry VIII. Today only parts of the castle wall and tower remain.

### Kendal Parish Church, Kirkland, LA9 5AF

This five-aisled church (said to be the third widest in the UK) dates from the 13th century, and is now one of the 'Great Churches'.

Tel: 01539 721248 [www.kendalparishchurch.co.uk](http://www.kendalparishchurch.co.uk)

### Castle Dairy, Wildman Street, LA9 6EN

A beautifully restored grade 1 listed, medieval building which is now a restaurant and art gallery run by Kendal College.

Tel: 01539 733946 [www.castledairy.co.uk](http://www.castledairy.co.uk)

### 1657 Chocolate House, 54 Branthwaite Brow, LA9 4TX

Step into this Aladdin's cave of chocolates and be tantalised by the sight and smell of chocolate in all its delightful forms.

Tel: 01539 740702 [www.chocolatehouse1657.co.uk](http://www.chocolatehouse1657.co.uk)

### Farrer's of Kendal, 13 Stricklandgate, LA9 4LY

Farrer's coffee and tea blenders on Stricklandgate are one of the oldest coffee roasting and blending shops in the country, with a traditional café.

Tel: 01539 731707 [www.farrers.net](http://www.farrers.net)

### K Shoes Heritage Centre, Lound Road, LA9 7FH

Explore the history of the original shoe-making factory, the lives of its employees and its effect on Kendal's community.

Tel: 01539 732363 [www.kvillage.co.uk](http://www.kvillage.co.uk)

### Sizergh Castle, Sizergh, near Kendal, LA8 8DZ

A 14th-century solar tower is at the heart of this medieval house, set in attractive gardens with a stunning rock garden and huge apple orchard.

Tel: 015395 60951 [www.nationaltrust.org.uk/sizergh](http://www.nationaltrust.org.uk/sizergh)

### Levens Hall, near Kendal, LA8 0PD

One of the finest Elizabethan mansions in the north of England, with its world-famous topiary gardens originally laid out in 1694.

Tel: 015395 60321 [www.levenshall.co.uk](http://www.levenshall.co.uk)

# ARTS & CULTURE



Explore the rich culture of Kendal and its surrounding area by visiting the fabulous collections of galleries, museums, historic houses and arts centres. Opening times vary, please check with individual attractions.

### Quaker Tapestry Exhibition, Stramongate, LA9 4BH

A captivating, international embroidery of social history made by 4,000 people, with a delightful café.

Tel: 01539 722975 [www.quaker-tapestry.co.uk](http://www.quaker-tapestry.co.uk)

### Kendal Museum, Station Road, LA9 6BT

One of the oldest museums in the UK with fascinating displays on the natural history, geology and archaeology of the Kendal area.

Tel: 01539 815597 [www.kendalmuseum.org.uk](http://www.kendalmuseum.org.uk)

### Museum of Lakeland Life, Abbot Hall, Kirkland, LA9 5AL

This award-winning museum uncovers the unique customs and traditions of the Lake District.

Tel: 01539 722464 [www.lakelandmuseum.org.uk](http://www.lakelandmuseum.org.uk)

### Abbot Hall Art Gallery, Kirkland, LA9 5AL

One of Britain's finest independent galleries. View works by George Romney, JMW Turner and Lucien Freud alongside changing exhibitions.

Tel: 01539 722464 [www.abbothall.org.uk](http://www.abbothall.org.uk)

### Brewery Arts Centre, 122A Highgate, LA9 4HE

Enjoy touring theatre, music, dance, film, comedy acts, art exhibitions, creative workshops, restaurants, cafés and bars.

Tel: 01539 725133 [www.breweryarts.co.uk](http://www.breweryarts.co.uk)

# Did You Know...?



John Cunliffe lived in Kendal and based the Postman Pat books on the former post office at Greenside. The adventures featured nearby Kentmere and Longsleddale.

K Shoes started making shoes in Kendal in the 19th century (the 'K' standing for 'Kendal').

George Romney (1734-1802), the well-known English portrait painter was born at Dalton-in-Furness and served his apprenticeship in Kendal.

Alfred Wainwright (1907-1991), writer of the famous pictorial guides to the Lakeland fells, was treasurer of Kendal Borough Council for 19 years and honorary curator of Kendal Museum.

Kendal's most famous woollen cloth was Kendal Green, said to have been worn by the Kendal Bowmen. Shakespeare refers to 'Kendal-green' in Henry IV (Part I).

Samuel Gawith & Co is the only remaining producer of Kendal Brown Snuff - a product of trade from North America and the Caribbean.

# VISITOR INFORMATION

For more information about Kendal visit:  
[www.exploresouthlakeland.co.uk](http://www.exploresouthlakeland.co.uk)  
[www.golakes.co.uk/kendal](http://www.golakes.co.uk/kendal)

### Kendal Tourist Information Centre

Made in Cumbria, 48 Branthwaite Brow, Kendal, LA9 4TX

Tel: 01539 735891

Email: [info@kendaltic.co.uk](mailto:info@kendaltic.co.uk)

### Connect to Kendal's wifi on your phone - it's free

Kendal runs a **Courtesy Toilet Scheme** - pick up a leaflet or look out for this symbol to find a loo.

