

## TOUR 4 NORTH WEST

The Cumbrian uplands are now home to some of Britain's best food producers and restaurants, and the combination of exquisite edible delights and England's most spectacular National Park makes for a glorious days drive here.

Begin in Kendal, perhaps picking up some Kendal Mint Cake if you fancy a spot of walking later in the day, and head south on the A6 to join the A591. After turning onto the A590 towards Barrow, turn right and you will shortly come across the hamlet of Low Sizergh where the Farm Shop at **Lower Sizergh Barn** offers morning coffee, a range of produce from the organic farm and a 2-mile farm trail that teaches visitors about the farm's principles and workings.

Back on the A590, continue towards Barrow, skirting the southern edge of the National Park with the sheep-dotted fells snatching at the clouds. Take the second exit at Meathop roundabout and then shortly after, a left turn signposted for Cartmel for lunch at the Michelin-starred **L'enclume**. The set lunch is a treat and if you opt for two courses you might just have room to sample the village's other famed delicacy, **The Cartmel Village Shop** Original Sticky Toffee Pudding, sold at the eponymous shop (*Cartmel Village Shop, Parkgate House, The Square, Cartmel, Cumbria LA11 6QB; 01539 536280; www.stickytoffeepudding.co.uk*) alongside a fine array of deli produce.

Head back, once again, to the A590 and continue deeper into the mountainous terrain through the villages of High Newton and Ayside. At Newby Bridge, turn right onto the A592 and enjoy the expanse of Windermere before dropping off at Bowness and the town of Windermere itself. Push on along the A591 to Ambleside, a tourist honeypot and centre for climbers and walkers. If you choose to stop here you'll find that **Lucy's on a Plate** serves excellent afternoon teas; if you're in search of a

lighter snack, follow the road to **The Grasmere Gingerbread Shop**.

The road dips between Thirlmere and the soaring heights of Helvellyn, and then shortly the market town of Keswick soon comes into view on the edge of Derwent water, one of the most scenic lakes in the region. Follow signs for the A66 and head west towards Cockermouth, taking the 4th exit from the roundabout, the A5086, into the town centre. On Castlegate stands **Quince and Medlar**. Ask for a table with a view over the ruined castle for a dinner which will provide a really first class close to the day

*This drive has been created in association with Brian Mellor a Master Chef and proud champion of food from the North West.*

Cockermouth  
Quince and Medlar

A66

Keswick

Grasmere  
Grasmere Gingerbread

Ambleside  
Lucy's on  
a Plate A591

Windermere

A592  
Newby  
Bridge

Low  
Sizergh A591  
Lower Sizergh  
Barn A590

Kendal

A6

Cartmel  
L'enclume

