



National Trust

Fell Foot Community Day Programme

Sunday 22 June 2025

Free entry to all events*

What's on

nationaltrust.org.uk/fell-foot

Quiet hour

9:30-10:30 Enjoy the park while it's a bit quieter, before the events start.

Marquee

All day, drop-in

Visit our community stalls to learn about various activities and support services. The NHS is providing free blood pressure checks.

Boathouses

All day, drop-in

- Boccia bowling - Boccia (say bot-cha) is a target ball sport played from a seated position. A Paralympic sport, it's easy to play, hard to master. Led by Katie Gatt.
- Wildflower seed bomb making with the National Trust.
- Experience Aira Force Waterfall using a Virtual Reality (VR) headset.



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Active Base

10:30 Kendal Mountain Festival Films

Special collection of adventure films championing access to the outdoors for all.

11:30 Angela White talk (aka the Running Granny)

Angela, a retired doctor and personal trainer, started running at 53. She has completed 100 mile races and ran from John O'Groats to Land's End, earning a Guinness World Record at 60.

12:30 Kendal Mountain Festival Films

13:30 Steve Bateman talk

Steve is a local outdoor adventurer and is blind, find out about his latest challenge, the gruelling Fred Witton bike ride.

14:30 Nick Wilson talk (aka Disabled Adventurer)

Hear about Nick's Yr Wyddfa (Snowden) Challenge. He was the first person to reach the highest accessible point, in a power mobility chair with no physical support.

15:30 Cumbria Deaf Association workshop

Learn useful British Sign Language for outdoor activities.



Parkland

All day

Nature trail, sports equipment, orienteering courses, play area, drop-in conservation with National Trust Rangers.

10:30 Active Cumbria Wellbeing Walk

Join a short, guided walk by trained walk leaders.

11:30 Evolve Yoga & Somatics

Guided breathwork/meditation session

13:00 Running Granny

Community run for all. Led by Angela White.

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14:30 Active Cumbria Wellbeing Walk

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15:30 Running Granny

Community run for all. Led by Angela White.

On the Lake

10:00 - 15:00 Row Boats

Try a row boat with Stoked Watersports.

10.30 & 12:00 Paddlers for Life Dragon Boat session

watch or join in with the local Breast Cancer survivor dragon boat team.



Book ahead if you want to paddle.

11:30 & 13:30 Accessible Heritage Canoe Tour

Join Anyone Can on a rafted canoe to learn about the history of Fell Foot.



Booking essential. £6 per person.



*Events are free, except for the Anyone Can Heritage Canoe Tours which cost £6 per person, advance booking required.

Brought to you in partnership with:



Fell Foot Community Day Map

A day of inclusive activities where you can try sports, go on walks, watch adventure films, hear inspiring talks and play games next to lake Windermere.

- British Sign Language Interpreter at some sessions.
- Cumbria Deaf Association have a stall in the marquee.
- Changing Places Facility is by the Boathouse.
- Tramper and All-terrain Mountain Trike wheelchair available on the day.

Please bring suitable clothing and footwear for outdoor activities including change of clothes for any lake activities.

Quiet Spaces

Our **Wildflower meadow** and **Pinetum** are the perfect places to escape.

Discover more at the Boathouses

Access

Our most accessible route is the Lakeside walk highlighted in orange on this map. Follow this route towards the Boathouses to find the Changing Places Facility. You can also borrow our all-terrain wheelchair for easier access around the park.

Just ask, we're happy to help.

Key

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| | Active Base
Films and talks | | Marquee
Community stalls | | Boathouses
Drop-in activities | | Parkland activities
Meeting point | | Lake activities
Meeting point | | Parking | | Accessible parking | | Ferry to Lakeside (seasonal) | | Bus stop | | Moderate gradient | | Steep gradient | | Number of steps | | Dog Bin | | Viewing point | | |
| | Lakeside walk
0.8km/20mins | | Meadow Walk
2.7km/45mins | | Toilets | | Accessible toilet | | Toilets & shower facilities | | Defibrillator | | Accessible changing place | | Boathouse | | Boathouse café | | Ice-cream parlour (Apr-Sept) | | Rowboat, SUP & kayak hire (Apr-Oct) | | Welcome hut | | Cobbled courtyard | | Boat channel | | Shallow waters |

