



Additional notes for visitors to Low Gillerthwaite Field Centre

Low Gillerthwaite Field Centre is a registered charity whose objectives are to provide safe enjoyment and appreciation of the environment of the Lake District. It is set in a remote part of the North Western Lake District in the Ennerdale valley. It is used by people who enjoy the peacefulness and remoteness of the location and who also enjoy walking in the valleys and on the surrounding hills. The buildings are old and parts date back to the 17th Century.

We try to keep rules to a minimum, but these notes are to help you during your stay.

1. Our resident Warden will usually be there to greet you when you arrive. Unless you have made other arrangements we can receive you any time after 4pm and we ask you to be ready to leave by 10.30am on the day of departure. The Warden will show you around, explain how things work and handle any problems or questions you may have. S/he will also ask you to fill in a Fire List and appoint a responsible person to collect it in the event of an alarm. It lists who is staying in which room, to facilitate a roll call. It is provided for your own benefit, and is kept near the front door.
2. We don't provide bedding. Each bunk has a waterproof mattress and pillow, but please bring your own sleeping bag, pillowcase, sheet, duvet, etc. There are a few blankets, but not enough for everyone.
3. The Centre is about 10 miles (16 km) from the nearest supermarkets, and 5 miles (8 km) from the nearest public house; so you should plan to bring all your provisions in with you. Our new electric fridge and freezer have much more space than before.
4. We have a fully equipped kitchen and dining room; you do not need to bring crockery, cutlery, pans etc., unless you are bringing a ready-for-oven catering dish.
5. Please take any recyclable items home with you after your visit (e.g. cans and bottles) for disposal at home, as our local refuse collector does not offer recycling collections.
6. It is a condition of use that you leave the accommodation in a clean and tidy state, as is the practice in most hostels. The Warden will check this before you leave. Brushes, dustpans, mops and cleaning equipment are all provided and there is a list of cleaning tasks in the kitchen. The Warden will be able to show you where all the cleaning equipment is kept. Alternatively, the Warden can now offer a paid cleaning service after you leave – please ask about these charges when you make your booking.

7. Our biomass boiler provides central heating, and the Warden will keep this alight. There are log fires in both lounges, the small lounge being an enclosed type, and chopped wood is provided for these. If you use large amounts of wood, you may purchase extra supplies.
8. Cooking is by propane gas, and we generate our own power for lighting, etc. The generator is not especially powerful so please keep the use of electrical equipment to a minimum. At night the corridors and toilets of the Centre have low power night-lights, however you are also advised to bring a torch. Emergency lights will operate in the event of power failure.
9. Our filtered water supply comes from a borehole, and in very dry weather it may be necessary to reduce water consumption. The Warden will explain when this is the case and during these times you may be asked to reduce the number of showers and toilet flushes.
10. Payment for your stay is due one calendar month before your visit. Cheques should be made out to 'Low Gillerthwaite Field Centre' and sent to the Treasurer at the address on the Booking Form. We are now able to accept debit and credit card payments (on site only – technology permitting) from the following cards : Mastercard, Visa, American Express, Maestro, V pay, Electron, JCB. Alternatively you can pay by bank transfer directly to our bank. If you wish to pay this way please contact the treasurer@lgfc.org.uk, who will provide the account details and charges.
11. The Centre is located 2 miles along a Forestry track. This is a private road and may not show on some Satellite Navigation systems. Detailed directions on how to find the Centre are given on our website at <http://www.lgfc.org.uk/content/17/Directions/> The best way to get to the Centre is to leave the M6 at junction 40 (Penrith) and follow the A66 (West) to Cockermouth and follow the directions on the web site.
12. Mobile phones often don't work in the valley bottom, but there is a Payphone in the Centre – 01946 862899, you will need 20p, 50p and £1 coins to operate it. Wireless Broadband is now available in the Wolfson Room area - you may not pick it up in the Centre buildings due to the thick walls. Ask the Warden for access details and charges, but please moderate your usage as our Warden needs this facility.
13. Gentler games may be played in the barn, but the upper floor is out of bounds. We have a large field which you can use for ball games and camping. However part of the field is fenced off to protect plants and animals, so please stay out of this area.
14. Please have regard for any domestic livestock (cat, dog, fowl) around the premises. We may also occasionally allow our neighbours' sheep, horses, etc. to graze the field. This is their home, so please advise your group, particularly the younger ones, to respect their privacy.

And finally, have a great stay, and do come back again sometime.