

Crooklands Hotel

Crooklands

Nr Kendal

Cumbria, LA7 7NW

Tel: +44 (0)15395 67432

Fax: +44 (0)15395 67525

Stay@crooklands.com

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www.crooklands.com

Distance: About 15 minutes walk from the IPAF office

Tariffs - Standard Twin/Double £94 / Superior Twin / Double £110
Executive Double £140
Single £75

Above prices include full English breakfast (based on two people sharing)

Parking: Yes

Restaurant: At Crooklands you have plenty of choice when it comes to dining you will find three restaurants including our award winning "Hayloft Restaurant". You will also find "The Cottage" and our new Dining area with its glass roof.

Location: Leave the M6 motorway at Junction 36, taking the A65 heading towards Kirkby Lonsdale. After about 100 yards you will come to a mini roundabout where you need to take the first exit heading towards Kendal. After about a mile you will see the Crooklands Hotel on the right hand side of this road.

The Longlands Hotel

Tewitfield,

Carnforth,

Lancashire / LA6 1JH

Tel: +44 (0)1524 781256

Fax: +44 (0)1524 781004

info@longlandshotel.co.uk

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www.longlandshotel.co.uk

Distance: About 10 minutes drive from the IPAF office

Tariffs – Lapwing Rooms Double/Twin £90
Single £65
Coach House Rooms Double/Twin £85
Single £60

Parking: Yes

Restaurant: Our chef has more passion for food than Nigella herself and is constantly creating new dishes from the ingredients that come fresh from the market every day. As you would expect, we source as much as we can locally.

Location: The Longlands Hotel is five minutes' drive from the M6 Junction 35. From there, take the M601 dual carriage way towards Carnforth and Kendal. At the roundabout, take the second exit (A6) to Milnthorpe. At the next roundabout take the second exit A6070 to Burton in Kendal. Follow this road for a short way, go over the motorway and the Longlands Hotel is on your right.

The Cross Keys Hotel

1 Park Road

Milnthorpe, LA7 7AB

Tel: +44 (0)15395 62115

Fax: +44 (0)15395 62446

stay@thecrosskeyshotel.co.uk

/ www.thecrosskeyshotel.co.uk

Distance: About 10 minutes drive from the IPAF office

Tariffs – Bed and Breakfast Double Room £65 / Double Room Single Occupancy £47.50
Four Poster Bed £70 / Twin Room/Family Room £65

Wireless internet available £2 per day

Payment Accepted: Maestro, Solo, Traveller's Cheque, American Express, Cash, Delta, Switch, Eurocard, Electron, MasterCard, Visa

Parking: Yes

Description: The Cross Keys is a family run Hotel, which has undergone a major refurbishment and modernisation programme and is surrounded by a wealth of history and areas of outstanding natural beauty.

Location: Leave the M6 motorway at Junction 36, taking the A65 heading towards Kirkby Lonsdale. After about 100 yards you will come to a mini roundabout where you need to take the first exit heading towards Kendal. After about a mile turn left to Milnthorpe. Follow this road into Milnthorpe and at the first set of traffic lights turn left and then immediately right into the car park of the hotel.

Restaurant: An interesting traditional bar menu with tasty old fashioned favourites as their own steak and ale pie, minted lamb henrie, currys, snacks, salads, roast gammon and quality, locally reared English beef.

Holiday Inn Lancaster

Waterside Park

Caton Road, Lancaster, LA1 3RA

Tel: +44 (0)871 423 4931

www.holidayinn.com

Distance: About 20 minutes drive from the IPAF office

Tariffs - Double/Twin Executive £104 - Double/Standard/Twin £79

Parking: Yes

Description: A modern hotel set in riverside grounds, offers comfortable accommodation and excellent service to make your stay a pleasant one.

Restaurant: Holiday Inn Lancaster offers both a la carte and Table D'hote menu in informal and relaxed Traders Restaurant. Alternatively the Traders Lounge is open day or night offering a varied snack menu.

Spirit Health Club offers a wide range of fitness facilities including 15 metre heated indoor swimming pool, fully equipped gymnasium, sauna, steam room, spa and beauty therapist.

Location: Just off Junction 34 of the M6 motorway.

