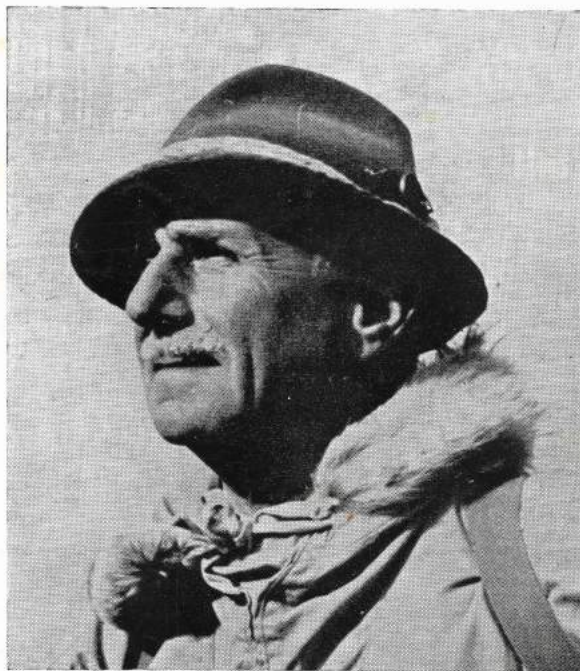


Keswick Mountain Rescue Team

Affiliated to the Mountain Rescue Committee

1970 REPORT



Lieut. Col. H. Westmorland, O.B.E.,
Founder & President Keswick Mountain Rescue Team

President : Lt. Col. H. Westmorland, O.B.E.,
Riddings Lodge, Threlkeld.

Hon. Secretary : G. E. Gate,
Grisdale, High Portinscale, Keswick.

Hon. Treasurer : K. Brannan,
"Corthill", Portinscale, Keswick.

Medical Officer : J. D. Mitchell, M.B., Ch.B.,
Manesty, Springs Garth, Keswick.

LIST OF MEMBERS AND OCCUPATIONS

A. Albion, Schoolmaster.
*D. V. Angus, National Park Warden.
C. E. Arnison, Solicitor.
*A. Allcock, Boatman.
F. Barnes, Gardener.
*C. Bacon.
*O. Bennett, Jeweller.
*D. T. Beaty, Police Sgt.
*K. Brannan, Company Director (Hon. Treasurer).
*E. B. Clark, Schoolmaster.
*N. Clark, Student.
*P. Denny, Schoolmaster.
P. Dickinson, Student.
S. Edmondson, Farmer.
*G. Fisher, Mountain Equipment Specialist (Leader).
*R. Fisher, Fine Arts Dealer.
*A. Ferguson, Company Director.
*D. Ferguson, Printer.
*G. E. Gate, Schoolmaster (Hon. Secretary)
*Miss T. J. Gradwell, Schoolmistress.
*G. Graham, Butcher.
*D. Harper, G.P.O. Technician (Radio Officer).
*M. Hendry, Waiter.
*G. S. Hopkins, Schoolmaster.
G. Lowes, Fitter and Turner.
*W. D. Milburn, Brewery Representative.

Dr. J. D. Mitchell, Team's Medical Officer.
F. Mills, Decorator.
*M. Nixon, Mountain Equipment Shop Assistant
(Quartermaster).
Mrs. V. Nixon.
*J. D. Oliver, National Park Warden.
R. Rutland, Police Constable.
D. Sandham, Police Constable.
L. Sandham, Bus Driver.
*I. Smeaton, Mountain School Instructor.
*R. Scott, Schoolmaster.
*E. Thorburn, Schoolmaster.
Mrs. H. Westmorland.
Lt. Col. H. Westmorland, Rt'd. Army Officer
(President).
Mrs. J. Weeks.
*D. A. Weeks, Mountain Equipment Shop Assistant
(Assistant Quartermaster).
P. A. M. Weston, Consultant Surgeon.
*B. Spencer, Schoolmaster.
*D. Hume, Schoolmaster.
*M. Miller, Schoolmaster.
*G. Reid, Police Constable.
*D. Reay, Police Constable.

*Members on the Call Out List.

PRESIDENT'S REMARKS

There is very little that I can add to the information given in this report on the activities, strength, morale, training and equipment of the Team during the year 1970.

The main reasons for people being in trouble remain pretty much the same year after year. The main reason being the lack of respect for our crags and fells and in too many cases the over-confidence of leaders of school and youth parties who, in fact, have little or no mountain experience and certainly have not availed themselves of Mountain Leadership courses.

We are indebted to all who support the Team financially, our patrons, and those who

give donations ; the many who accept and look after our collecting boxes. Our thanks to all of you.

May I, as your President, thank the Team members who go out to hard work and discomfort to find the lost and carry down the injured and the dead, without pay yet so willingly. You are giving a worthwhile service to those who come to our Lake District fells.

H. WESTMORLAND,
Lt. Col. (retired).

HONORARY SECRETARY'S REPORT FOR THE YEAR 1970

Statistics show that accidents generally account for over 20,000 deaths a year in Great Britain and in addition 300,000 persons are seriously injured and 5 million hurt. The estimated cost to the nation is £500m. lost in earning power, productivity, medical expenses and compensation. Every minute there are ten persons needing first aid treatment, and something in the region of £1,000 goes down the drain.

The mountain accident rate which significantly contributes to this disturbing total is alarming enough even in a relatively small mountain area like the Lake District, and although this team attended 24 accidents, one proving fatal, last year, against the previous year's 40 plus, which was half the total for the whole Lake District, we are unable to readily draw any definite conclusion from an apparent reduction in our area of operation. As the motorways are completed and the tourist influx increases, the position may well deteriorate. Reports show that the mountain accident rate is significantly affected by weather, and in some centres fine summer conditions attract large numbers of tourists and 'scramblers'. In an accident survey for Scotland where a given yearly total was 55 accidents, 11 proving fatal (5 climbers and 6 walkers), 22 occurred in Glencoe, a very popular tourist area.

In our area during the year accident causes were varied, the victims usually rule-breakers and in some instances guilty of extreme carelessness coupled with unsound techniques. On one occasion when a rock climbing accident proved fatal for a leader (without a safety hat) and seriously injured several of the remaining members of that group, at a subsequent inquest, H.M. Coroner issued stern warnings to ill-equipped climbing groups employing doubtful techniques.

As in previous years, there has been ample evidence of poor equipment, insufficient training, lack of supervision, bad party leadership and unnecessary calls upon teams' services for simple cases of heat exhaustion, which could have been avoided, or dealt with by the party leader. Single rescues in this area can cost as much as £25 without taking members' earnings into account, and it should be remembered that our running costs are not met by the National Health Service, nor do national grants ever come our way, and members' insurance costs £280.

An important aspect of the team's work is the rendering of early and efficient first aid and though basically having no effect in preventing accidents this significantly reduces the death

rate and improves the degree and speed of recovery of the injured climber or rambler. Ideally all fell walking and climbing groups if faced with accident, sudden injury, or illness in the hills, should have the ability to save life, to protect a casualty from further possible harm and to obtain expert help if necessary. Ideally every schoolchild should receive minimum instruction to cater for the basic principles of maintaining an adequate air supply, controlling haemorrhage and caring for a patient while expert assistance is being summoned, and there would seem to be a strong case for the inclusion of a first aid course in any school curriculum. Accidents to school and youth parties figure each year in team incident reports and would appear to be on the increase. Leaders should have the ability to recognise in their groups any abnormality which might indicate a deterioration in physical condition—abnormalities such as apathy, lethargy, cramp, slurred speech, unexpected bursts of energy, unreasonable behaviour and shivering. Any one of these may indicate approaching exhaustion or 'exposure', a severe chilling of the body surface leading to a progressive fall of body temperature with a serious risk of death. All cases should be quickly and correctly treated since a very mild case develops rapidly into a serious case. A commendable practise followed by some expedition groups is that of carrying, in addition to normal equipment and packed lunches, a rucksack containing a complete set of spare clothing, sleeping bag, waterproof groundsheet or polybag, and also a tent in winter in inclement weather, and an emergency ration sufficient for at least six in good conditions, four in bad conditions, consisting e.g. of chocolate, self-heating soups, cheese spread, condensed milk, instant coffee, oxo cubes, wholemeal biscuits, matches, a primus stove (full) and some form of cooking utensil. This extra equipment should be carried on every mountain day however short.

The services of the accident unit from the Cumberland Infirmary were sought on occasions during the year for a case of severe head injury which proved fatal and for a head injury sustained by a boy who, acting contrary to instructions, fell into a disused mine shaft at Seathwaite.

During the year the B.B.C. produced a sound programme featuring Lakeland teams and entitled "At Their Own Risk". The production highlighted the work of teams and problems encountered, and coincided with our safety-rescue exhibition in the Upper Moot Hall where considerable public interest was shown in the

simple mountain safety advice and the display of some of our more sophisticated equipment.

Several new items of equipment were purchased during the year all with a view to enhancing team efficiency. The members are available and always willing to give free advice upon local conditions, equipment and mountain safety. Some forward-looking Education Authorities issue commendable booklets on "Safety out of doors", free to schools and youth clubs within their area. There is no excuse for young people to be wearing low shoes, plimsols or basket ball boots in hill country, when boot hire facilities are available in the majority of climbing centres. Our reports of previous years have clearly illustrated that the stiff upper edges of walking shoes under some circumstances provide an excellent fulcrum over which to fracture an ankle, and in one year 18 such incidents were placed on record.

There are still people who prefer umbrellas to polybags for their personal survival equipment, especially in winter conditions, and it is not uncommon to see a 'plastic mac' clad father and small sons dressed in 'city clothes' and 'slip on' shoes or even open fronted sandals with their afternoon tea in a carrier bag advertising some 'super-market' or other, negotiating difficult snow patches on the corridor route to Scafell Pike. We still come into contact with many people like the teacher leader who remarked to the rescue team alerted to lead the stranded party to safety, "We always seem to be unlucky, we had the same trouble in Scotland and the Lake District". At a recent safety conference an expert was of the opinion that mountaineers would be better advised to carry prayer books rather than paraphernalia they didn't know how to use.

It is sometimes difficult to know just how to get through to people with regard to mountain safety. Some years ago a school party had to be rescued from a difficult situation in a mountain area. They were not only ill equipped for the conditions encountered but incompetently led. After the rescuers had rightly registered their disapproval, the headmaster responsible for the 'outing' was quoted as saying, "they had no need of climbing equipment, they were on a 'jolly' Sunday afternoon ramble—the rescue team are making a mountain out of a mole-hill!" It should be stressed that mountain rescue teams do not make 'mountains out of mole-hills' either where serious or indeed quite simple breaches of mountain safety have resulted in a fatality, or with regard to mountain accidents. Rescue work is purely voluntary and often entails operating in adverse weather

conditions and difficult situations in order to take expert first aid to an injured climber or rambler.

Teams are trained and equipped to expeditiously evacuate casualties without further aggravating their injuries, to a roadside rendezvous with a doctor, directly to a hospital, or in cases of serious injury to a rendezvous with an accident unit. So dovetailing the activities of the mountain rescue team and the hospital service into one continuous process.

Search and rescue dogs trained in avalanche and snow techniques and summer open country work play an important part in mountain rescue. Anyone interested in this specialised and very worthwhile aspect of our work, or in supporting the Search and Rescue Dog Association should contact Mr. Robin Scott (the co-ordinator of the Association's activities in the North of England) at 7 High Portinscale, Keswick.

On many occasions helicopters have been used for search and rescue in the Lake District and other mountain and coastal areas. In Wales for example, out of a reported total of 100 operations 98 were concerned with civilians in distress either in the hills or at sea. In spite of the distances involved and communications difficulties encountered by local M.R.T's. in directing a helicopter to a mountain site for a casualty evacuation, there can be little doubt that in some cases helicopters would prove more effective than normal transport and more especially when a climber is severely injured and in a difficult position, where undue movement or attempts at evacuation employing normal techniques would further aggravate his injuries or endanger his life. An obvious advantage of the helicopter is its flexibility, in that once the patient is on board, a decision can be taken as to which specialist centre should be used.

In most cases in the Lake District, bearing in mind that the patient must be seen and examined before a decision as to the most suitable means of evacuation can be taken, and considering the distances and flying time involved, the unpredictability of the weather (especially in the hills) and the accessibility or suitability of a landing site, if it was practicable to move the patient by traditional rescue methods, local teams could meet up with a helicopter at a pre-arranged valley site or at a suitable roadside rendezvous. This 'joint' means of evacuation would overcome the difficulty of rapid weather deterioration in the hills hampering the operation and obviate the risk of having a casualty with severe multiple injuries waiting on an exposed ridge with no means of evacuation. In this area, where

accidents may occur up to 40 miles from the nearest hospital there would appear to be a necessity for a locally based helicopter established for sea, mountain and motorway rescue and casualty evacuation use by the hospital services for the transfer of patients needing urgent specialist attention from one centre to another.

Our sincere thanks go out to all 'our financial supporters', the officials and team members who willingly give us much 'spare' and 'work'

time for rescues and searches, the Hon. Medical Officer Dr. J. D. Mitchell, the Cumbria Police for assistance and close co-operation, the Hon. Auditors Messrs. Ward & Pridmore, the local Hospital Staff, Mr. P. A. M. Weston, (Consultant Surgeon) and the Accident Department Cumberland Infirmary, Carlisle, and to our President and founder of this team in his 85th year and 25th year of 'office'.

Geo. Elliott Gate, Honorary Secretary.

HON. TREASURER'S REPORT

The year has been a success for the Team financially, for the first time since 1964 we have made a major surplus of income over expenditure. On the income the Team organized a series of Weekend Exhibitions in the Upper Moot Hall during the summer and the proceeds of this were aimed to offset the high cost of the Life Insurance Policy taken by the Team. Our normal sources of income through patrons, donations and proceeds of collection boxes all brought in excellent results and the Team are very grateful to all our benefactors and to those who sponsor our collection boxes. The year was notable on the expenditure side in that apart from the insurance premium there was a

general decrease in expenses compared with the two previous years, probably as a result of the decrease in the number of call-outs. Our improved reserves allow us to look forward more confidently as the liabilities for replacing expensive equipment increase. Our two Land Rover Ambulances for example are twelve and ten years old. Naturally we hope for more years from all this equipment but we feel with rising replacement costs a heavy obligation to continue to increase reserves to meet any contingencies. We are as usual indebted to our Hon. Auditors to whom we express our thanks.

BE RESCUE WISE

. . . is an apt quotation adopted by the Keswick Mountain Rescue, and indeed prominently displayed as a caption heading, along with other useful information at our occasional charitable exhibitions. Now with calls on the team becoming more and more frequent each year, perhaps we can offer some guidance (particularly to those of limited experience) on correct procedure in case of an accident.

The first priority obviously is to render first aid, and ensure the warmth and comfort of the casualty. To avoid any confusion, 'think' slowly and clearly, and it should be understood that Mountain Rescue is primarily a Police matter, therefore they should be notified. They will then organize accordingly, and call out the nearest Team in that particular Area.

It is important that someone remains with the injured person, and one (or preferably two) people sent for assistance. The number

of the party will decide these arrangements.

If the casualty is alone and conscious, he should immediately observe the International Mountain Distress Call: Six Long Whistle Blasts, Torch Flashes (or other signals) in succession, and repeated at minute intervals.

Those on the mission for help should also realize that Mountain Rescue Posts are indicated on maps, are unmanned and have no radio or telephone. They consist only of stretcher and first aid kit, for the convenience of the respective teams. Rescue Posts in the valleys, however, can offer immediate assistance. Those calling for help must give clear and concise detail, and if the accident area is in any way obscure, they may be of further assistance by acting as temporary guide to the team. Most calls from the lower foot-hills, and local crags, create few problems, but when a position of isolation exists in the higher regions,

it is vitally important to know your exact position (both in mind and map), and equally, the fastest and safest way down to the nearest telephone or transport. Any lack of geographical or indeed topographical knowledge of the area can result in serious delay. Therefore, the need for previous route planning and general preparation should be obvious.

The reader will appreciate that Mountain Safety and all it entails is a matter of experience. Nevertheless, it is also true that ample opportunity exists today for the potential mountaineer to improve his or her standards to meet with the basic requirements on climbing courses available to the public in many parts of Britain.

It would be wishful thinking to expect all Party Leaders to be qualified Guides, holding a C.C.P.R. or equivalent degree of competence. They are respectfully reminded of the full ex-

tent of their responsibilities, and of the great disparity between summer and winter conditions and the too often tragic consequences of ignoring them.

In conclusion, it is strongly recommended that everyone taking to the hills should avail themselves and their families of the leaflet "ARE YOU GOING ON THE FELS?" It is distributed free of charge, by the Lake District Mountain Accident Association, and obtainable at the local Information Centre. It supplies full comprehensive detail, and offers advice on mountain safety by most competent mountaineers.

Visitors will appreciate that we take an interest in their safety, and trust that we may have alerted them to some of the problems that can arise during a climbing holiday.

—F. Mills

RESCUE DOGS

During the past two years a great deal of interest has been shown in the Lake District, resulting in the five new dogs from the area attending the training course in December at the King's House, Glencoe. Conditions were poor, for the second year in succession and the icy slopes caused a fairly high casualty rate among some handlers although the dogs as usual seemed to cope very nicely.

In all, five trainee dogs from the Lake District were successful in passing the 'A' Grade of the Association, fully justifying the amount of work and time put in by their handlers during the year and there are now eight fully trained search dogs in the area, based at Kendal, Cockermouth, Ullswater and Keswick. Team Leaders are reminded that the dogs are available any time simply by contacting the Police in your area.

This year has been a drastic one for money, and it is a sad fact that the Association is now in a very poor financial state and living as it were from hand to mouth. It would be a great pity if shortage of money curtails the work of training these dogs some of which have done some spectacular work in the past two years, particularly in Wales, Scotland and Dartmoor. In a recent incident on Dartmoor, involving a large party of students, a dog based in Plymouth located the party, some of which were in an advanced state of exposure, from which one had already died by the time they were found. This particular dog is aging and needs to be retired, each year replacements must be found and trained and unfortunately, this costs money.

—R. Scott.

DO YOU KNOW

- that the Team, one of several in the district, was formed by Lt. Col. (Rusty) Westmorland, O.B.E., after the rescue of Wilfred Noyce on Gable Craggs on 24th April, 1946.
- that during 1948, the first year of operation, the team attended four incidents.
- that by 1957 the yearly total was eleven, and the yearly average is now thirty.

- that the total yearly incidents for the Lake District exceed ninety.
- that team members are volunteers.
- that no National grant is given.
- that the average cost of one rescue is £25 (excluding the loss of members' earnings).
- that yearly costs of equipment and stores exceeds £200.

that running costs, insurance, and repairs to ambulance vehicles cost an average of £150 per year.

that we rely entirely upon public subscription to enable us to continue with our work.

that you can become a patron or adopt a collecting box — further particulars available on request from the Hon. Secretary or Hon. Treasurer.

that the members' insurance cover costs £280 per year.

that the cost of equipment owned by the team and provided from funds exceeds £3,500.

that some of the chief causes of mountain

accidents in this area continue to be inexperience — over ambition — ignorance — impaired judgement — incompetence — faulty timing and late starts — incorrect or inadequate footwear or clothing — lack of personal survival equipment — exceeding one's physical ability — failure to understand weather — exposure due to unexpected inclement weather or becoming benighted and having no personal survival equipment.

that many calls upon the services of teams are the result of bad party leadership and could be avoided.

INCIDENT REPORT 1970

15th February, 9-15 p.m.—Team investigated report of two injured Carlisle climbers on Sergeant Crag. Found benighted but uninjured. Icy conditions.

7th March, 5-30 p.m.—Man on T.A. exercise found suffering from exposure in Grains Ghyll. Inadequate equipment for snow conditions.

1st April, 3-15—Woman 33 (E. Yorks) ill equipped for winter conditions, fell 30' in snow filled gully Gt. End and sustained fractured wrist.

2nd April, 3-0 p.m.—Team searched Black Crag and surrounding area for 15 yr. old boy from Wilmslow, separated from family in a snow storm. Found safe at 5-15. Had returned but failed to report.

9th April, 4-30 p.m.—Man with 'umbrella' became separated from his companions on Aaron Slack, found sheltering in a snow drift.

10th April, 7-15 p.m.—Four University Climbing Club members (20, 19, 19, 18), Crescendo, Shepherd's Crag. Leader died after sustaining severe head injuries in fall. Others suffered fractured pelvis and arm and shock. No safety hats, inadequate belays, and one rope.

4th May, 10 p.m./6-30 a.m.—Extensive night search for young lady 23 (Essex) overdue on walk from Langdale to Borrowdale. Had suffered loss of memory and spent night on fells.

12th May, 2 p.m.—Boy 11 (school party) Preston, suffered heat exhaustion Grisedale Pike.

21st May, 3 p.m.—Boy 14 (school party) Manchester, sustained leg injury Greenup Ghyll area. Not serious.

28th May, 3 p.m.—Boy 17 (Leeds) fell 40' on Brown Slabs, Shepherd's Crag. Runner pulled out. Fractured right tib. and fib.

24th June, 1-30 p.m.—Boy 17, Approved School party, Carlisle, fell 40' into disused mineshaft at Seathwaite. Fractured skull. Accident Unit called.

5th July, 4 p.m.—Boy 16 (Rye) school party, sustained knee injury in Sourmilk Ghyll.

23rd & 24th July—Extensive search for boy 15, Approved School party, Todmorden, lost on Scafell in bad weather. Found safe, suffered exposure, inadequate equipment.

24th July, 7 p.m.—Team investigated calls for help in Sourmilk Ghyll after two Americans were reported missing. Turned up safely.

29th July, 10 p.m.—Team investigated calls for help reported in vicinity of Bowder Stone. Nothing found.

24th August, 9-50 p.m.—Woman 50 (London) found on Jenkin Hill, Skiddaw in state of collapse. Commenced walk 10 a.m. from Embleton. No food, inadequate clothing and low shoes.

25th August, 5-15—Young lady 22 (London) sustained fractured cheekbone in fall on Ards, Shepherd's Crags.

26th August, 8-30 p.m.—Team investigated 2 calls about man reported injured, with large boulder on his legs, Stonethwaite. Nothing found.

9th September, 3-45 p.m.—Party of apprentices (Hereford) in distress on Carrock Fell in atrocious conditions—90 m.p.h. gales. One suffered fractured clavicle, one exposure.

25th September, 11-40 a.m.—Man 23 (Wakefield) leading on Lower Falcon Crag, fell 20' and sustained back injury.

25th September, 1-25 p.m.—Man 22 (Kendal) quarry climbing at Bramcrag, fell 50' when hold gave way. Sustained lacerations to head and hands. No safety hat.

28th October, 3 p.m.—Woman 56 (Loughborough) slipped in wet conditions while watching hounds. Sustained fractured ankle. Johnny's Wood, Borrowdale.

29th October, 1-30 p.m.—Woman 58 (Kent) tripped over her dog's lead while admiring the view from Hause Gate, Cat Bells. Wearing wellington boots. Fractured tib. and fib.

17th December, 1-30 p.m.—Youth 19 (Eskdale O.B. M.S.) suffered exposure at Angle Tarn.

24 accidents.

1 fatality.

2 ambulance calls.

1. **24th February**—Shoulthwaite, to recover forrester with leg fracture.
2. **23rd June**—Main Street, Keswick, to recover schoolboy knocked down by car.

DONATIONS 1970

| | | |
|-----------------------------------|-----------------------------|-----------------------|
| Silloth Round Table | Keswick School | F. Hodgson |
| Morecambe Grammar School | Stubton Hall School, Newark | S. A. Crofts |
| Braithwaite Police Dance | Lairthwaite School Council | F. R. Cashmore |
| Manchester Corporation | Thornthwaite W.I. | J. B. Wivell |
| C. Mordue | B. Williams | G. Varey |
| Mr. Kent | Miss J. Law | M. Leyland |
| Mr. R. C. Robson | Miss D. Huddleston | Mr. & Mrs. F. W. Tee |
| Bassenthwaite W.I. | C. Johnson | Miss D. Ryall |
| Sandra Boddy | Mrs. Bolivet | Mr. & Mrs. C. D. Mudd |
| W. T. Gauntlett | Joyce Elphinstone | Mr. S. Martin |
| Mr. & Mrs. Gredidge | Miss Anthony | Mr. & Mrs. Bennett |
| Brookfield County Primary School. | The Bishop of Wakefield | C. A. Holdgate |
| W. D. Sheers | Mr. & Mrs. A. Graham | R. A. Andrews |
| Crosthwaite Junior School | W. Taylor | B. F. Miller |
| K. P. Davies | S. W. Gibb | W. Whelan |

CLUBS AND ORGANISATIONS

| | | |
|---------------------------------------------|----------------------------------------------------------|--------------------------------|
| Youth Hostels Association Lakeland Group | Carlisle Scouts & Guides | Wayfarers' Club |
| Tricouni Club | Lake District Mountain Accident Association | Keswick Urban District Council |
| Fell & Rock Climbing Club | Keswick and District Licensed Victualers' Association | Carlisle H.F. & C.H.A. Assoc. |
| Keswick Rambling Club | Keswick Business & Professional Women's Club | Friends of the Lake District |
| Keswick Mountaineering Club | | The Zetland Ladies' Club |
| | | Lincoln Mountaineering Club |

COLLECTING BOXES 1970

| | | |
|--------------------------|--------------------------|--------------------------------|
| Lake Hotel | Derwent Bank | Treeby & Bolton |
| G. Fisher | Derwent Lodge | King's Head, Thirlmere |
| Burleigh Mead | Harney Peak | Dale Head P.O., Thirlmere |
| Derwentwater Caravans | Portinscale P.O. | White Horse, Threlkeld |
| Black Lion | Farmers' Arms | Salutation, Threlkeld |
| Rhodes, Bank Street | Swinside Inn | Hazeldene Hotel |
| Perry, Bank Street | Miss Hall, Lingholme | Troutbeck Hotel |
| Golden Lion | Coledale Hotel | Bland, Seatoller |
| Skiddaw Hotel | Swan Hotel | F. Mills |
| Central Hotel | Pheasant, Bass Lake | Stallwood, Lake Road |
| Townleys | Ladstock | 'Beck Stones', Thornthwaite |
| Grange Hotel (Manor) | Sun Inn (Bassenthwaite) | Cumberland Infirmary, Carlisle |
| Barclay's Bank | W.T.A. Underscar | Lake Road Vaults |
| Papes Stores | Bennett, High Hill | Woolpack Hotel |
| Keswick Hotel | Lodore Hotel | Pack Horse Inn |
| Royal Oak Hotel, Keswick | Borrowdale Hotel | The Heights |
| Hawse End | Grange Cafe | George Hotel |
| Denton House | Grange Hotel (Grange) | Crosthwaite Garage |
| Harrison, Chestnut Hill | Rosthwaite P.O. | King, St. John's Terrace |
| "Greystones" | Scafell Hotel and Bar | Keswick Youth Hostel |
| Chaucer House Hotel | Cockbain, Seatoller | Lakeside House |
| Silverdale Hotel | Yew Tree Cafe, Seatoller | The Towers Hotel, Portinscale |
| Derwent Hill | Edmondson, Seathwaite | Manesty Caravan Site |
| Derwentwater Hotel | Tyson, Watendlath | Twa Dogs, Keswick |
| Royal Oak, Braithwaite | Priorholme G.H. | No. 4 Eskin Street |
| Barrow House Y.H.A. | The Spinning Wheel | Glaramara C.H.A. |
| Borrowdale Gates Hotel | Burnside Caravan Site | Kings Arms Hotel |
| Kiln How | County Hotel | N.T. Information Office |
| Orchard House | Mills, Rickerby Grange | |