

Keswick Mountain Rescue Team Annual Report 1990

Chris

Keswick Mountain Rescue Team 1990 (formed 1948) 43rd Year

Affiliated to the Mountain Rescue Committee - A Registered Charity

President: George Fisher, M.B.E.
Vice-President: Richard Fisher
Chairman: Ken Brannan
Secretary: John Wood
 Spout Close, Millbeck,
 Keswick, (Tel. 07687 72105)
Treasurer: David Hume
 Town Head Farmhouse,
 Threlkeld,
 Keswick. (Tel. 059 683 777)

Team Leader: Mike Nixon
Deputy Leaders: Paul Horder
 David Hume
 Donald Angus
Medical Officer: Dr. Mike Turnbull
Radio Officer: Bill Booth
Training
Co-ordinators: David Rawcliffe
 Martin Hardman
 Dom Atkinson

Transport Officer: Trevor Calam
Vehicle Allan Alcock
Quartermasters: Mark Hodgson
Equipment Chris Francis
Quartermasters: Stuart Harper
Control Room Paul Horder
Quartermasters: Harold Watkins
Report Editor: Mike Fanning
Statistician: Paul Horder
Honorary Auditor: H. D. Pridmore

Team Members:

Allan Alcock, *Builder*
 Donald Angus,
National Park Ranger
 Eric Arnison, *Retired Solicitor*
 Dominick Atkinson, *Teacher*
 Jim Barber, *Shop Assistant*
 Peter Barron,
Youth Hostel Warden
 Bill Booth, *Electrical Technician*
 Ken Brannan, *Company Director*
 Jonathan Brooks,
Outdoor Centre Director
 David Brown, *Teacher*
 Trevor Calam, *Mechanic*
 Paul Carter,
Baker and Confectioner
 Neil Dowie, *Hotelier*
 Mike Fanning, *Student*
 Inspector R. Fell, *Police Inspector*
 Alan Ferguson, *Printer*

David Ferguson, *Printer*
 George Fisher, *Retired*
 Richard Fisher, *Fine Arts Dealer*
 Chris Francis, *Research Assistant*
 Mick Guy, *Headmaster*
 Roy Harding, *National Park Ranger*
 Martin Hardman, *Ambulanceman*
 Stuart Harper,
Outdoor Centre Instructor
 Roy Henderson, *National Trust*
 Warden
 Scott Henderson,
National Park Ranger
 Eric Hindmarch, *British Telecom*
Engineer
 Mark Hodgson, *Chartered Builder*
 Simon Hodgson, *Builder*
 Iain Honeysett, *British Telecom*
Engineer
 Katharine Horder, *Teacher*
 Paul Horder,
Teacher

David Hume, *Newlands Outdoor*
Centre
 Robin Humphreys, *Cashier*
 Andy Jones, *Policeman*
 Norman Lilley,
Retired Policeman
 Brian Martland,
Retired Teacher
 Malcolm Miller, *Teacher*
 Stuart Miller, *Mountain Guide*
 Fred Mills, *Retired*
 Keith Newton, *Shoe Designer*
 Mike Nixon,
 Val Nixon
 Des Oliver, *National Park Ranger*
 David Pratt, *Teacher*
 David Rawcliffe, *Council Employee*
 Sally Rawcliffe, *Cook*
 David Robinson, *Shopkeeper*
 John Sherran,
Mountain Equipment Specialist

Keith Skinner, *Graphic Designer*
 Andrew Slattery, *Student*
 Ian Smeaton,
Retired Outdoor Centre
Instructor
 Brian Spencer, *Teacher*
 Keith Stephenson, *Joiner*
 Graham Stoddart, *Engineer*
 Dr. Mike Turnbull,
General Practitioner
 Ian Wallace, *Dentist*
 Harold Watkins, *Retired*
 David Weeks, *Shop Manager*
 Joanne Weeks
 Kit Wilkinson,
 Gerry Wilson,
National Park Liaison Officer
 John Wood, *Chartered Accountant*
 Don Wright, *Policeman*

Team Leader's Report

In the first six months of 1989 we had nineteen rescues. In the following two months, July and August, we had twenty-one.

This reflects how crowded our fells are in high summer, resulting inevitably, in accidents, albeit, mostly minor ones: broken ankles, resulting from slips on grass or greasy rock, being the most common.

This type of accident does not require great skill from the team, other than fairly basic first aid and the ability to carry a stretcher. However, there are accidents, and there have been a few this year, that do require a high degree of skill, both medical and mountaineering.

In this respect we are lucky to have a team Doctor, who goes on the hill and crag with us and several team members with advanced first aid. Also a hard core of keen climbers and mountaineers who are out regularly on the hill, gaining the expertise so essential, when faced with the task of bringing down a climber from a rock face, or finding and evacuating an injured walker in gale force winds.

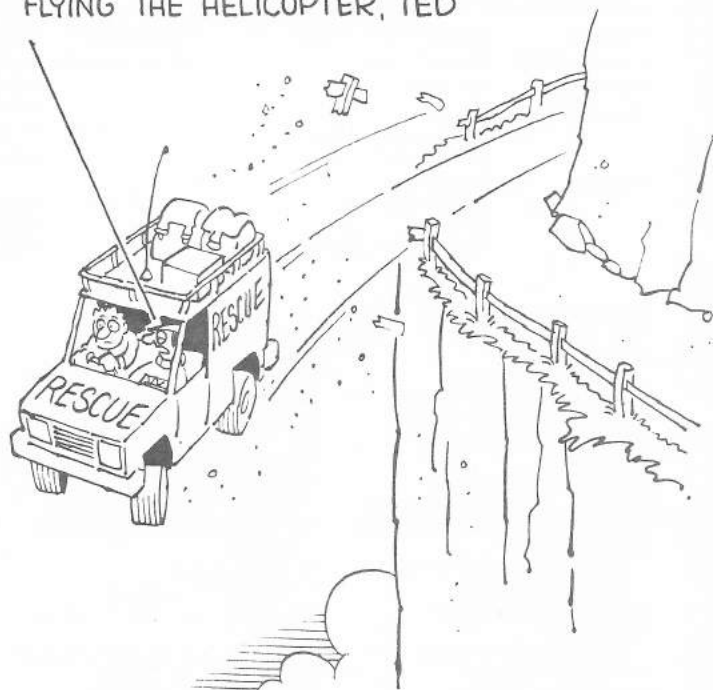
Again this year we have called on the R.A.F. helicopters to assist us on eight occasions - our thanks to them.

My personal thanks to all officers, officials and members of the team for their hard work during the year.

We are renewing one of our Land Rovers this year so funds will be low. May I thank in advance, our patrons and friends on whose support we rely so heavily.

Mike Nixon
March 1990

I SEE YOU'D RATHER BE
FLYING THE HELICOPTER, TED



Reproduced with kind permission from:
"ON FOOT AND FINGER; Climbing and Walking Cartoons"
by Jim Watson

INCIDENTS 1989

- | | | | |
|----|---------------------------|--------------------------------------|---|
| 1 | Mon. 2nd Jan.
20.55 | Central Fells | A night search, in poor conditions, for a man (63 years) who failed to return from a days walking. He turned up in Langdale, unharmed, the next morning. The Wasdale Team and S.A.R.D.A. dogs assisted with this incident. |
| 2 | Tue. 3rd Jan.
05.30 | Pillar Rock,
Ennerdale | Searchers in the previous incident reported three climbers benighted on Pillar Rock. They were located by a team member on board an R.A.F. helicopter and winched to safety. |
| 3 | Wed. 1st Feb.
14.45 | Shoulthwaite,
Naddle | Woman (50 years) became anxious whilst traversing steep ground. She was escorted down by team members. |
| 4 | Sat. 25th Feb.
16.10 | Great End,
Borrowdale | Man (56 years) collapsed and died whilst walking near the summit in fresh, deep snow. |
| 5 | Mon. 20th March
16.20 | Sharp Edge,
Blencathra | Two men, cragfast in icy conditions and deteriorating weather, were escorted from the fell by the Team. |
| 6 | Sat. 25th March
16.20 | Mountain View,
Borrowdale | Request to assist a civilian ambulance in the recovery of a woman with a broken ankle. |
| 7 | Sat. 25th March
21.10 | Central Gully,
Great End | A man was struck by a boulder, sustaining cuts, bruises and fractures. Undeterred, he completed the climb and walked off the fell unassisted. |
| 8 | Sun. 2nd April
15.05 | Calf Cove,
Great End | Fourteen Schoolgirls reported to be suffering from hypothermia in the Esk Hause/Great End area. After a huge search in appalling conditions and involving several teams, the party was located in the Styhead area making its own way down. |
| 9 | Wed. 5th April
14.15 | Rigg Head
Quarries,
Borrowdale | Youth (17 years) with sprained ankle. |
| 10 | Tue. 11th April
10.40 | Brown Slabs,
Shepherd's Crag | Boy fell 10' and broke a wrist when his abseil rope belay failed. His teacher was also injured. |
| 11 | Fri. 14th April
11.45 | Mousethwaite
Comb, Blencathra | Woman (72 years) slipped and fell about 200' down a steep hillside, sustaining multiple injuries. |
| 12 | Sun. 16th April
13.45 | Broad End,
Skiddaw | Man (52 years) collapsed whilst walking. An R.A.F. helicopter on exercise in the area was summoned, but found the man to be dead. |
| 13 | Thur. 20th April
17.00 | Force Crag,
Coledale | Man investigating peregrine nest overbalanced and fell 250' to his death. |
| 14 | Mon. 1st May
15.55 | Seat Howe,
Thornthwaite | Woman with leg injuries and fainting fits carried off the hill by the Team. |

- | | | | |
|----|---------------------------|----------------------------------|--|
| 15 | Sat. 6th May
18.00 | Langstrath,
Borrowdale | Man (70 years) suffering from exhaustion at the head of the valley. He was diabetic and had recovered when the Team arrived. |
| 16 | Thu. 27th May
16.16 | Taylor Gill Force,
Seathwaite | Woman (60 years) reported to be in difficulty. In the event, the Team was not required. |
| 17 | Sun. 11th June
10.55 | Bowder Crag,
Borrowdale | Climber fell 30' and sustained head, shoulder and spinal injuries. An R.A.F. helicopter assisted in the recovery, as did a visiting R.A.F. Mountain Rescue Team. |
| 18 | Sat. 24th June
17.10 | Styhead | Man collapsed with stomach pains. Before the Team arrived he had recovered sufficiently to walk down. |
| 19 | Mon. 26th June
17.28 | Seathwaite
Mines | Youth (18 years) fell whilst descending the mine tips, badly cutting his leg. |
| 20 | Sun. 2nd July
15.37 | Great Dodd,
Threlkeld | Man (50's) collapsed whilst walking. An R.A.F. helicopter gave assistance but the man was found to be dead. |
| 21 | Sun. 2nd July
17.20 | Kirkfell to
Honister | Man (60's) reported to have collapsed. The Team went to assist but the man had reached the valley unaided. |
| 22 | Sun. 2nd July
17.20 | Castle Crag,
Borrowdale | A team landrover was used to carry firemen on to the hill to tackle a woodland blaze. |
| 23 | Mon. 3rd July
14.50 | Rosthwaite -
Watendlath path | Woman (45 years) slipped and broke an ankle. A beautiful, hot day. |
| 24 | Tue. 11th July
23.10 | Wasdale -
Stonethwaite | Four girls on a Duke of Edinburgh expedition were overdue at their campsite. They turned up after midnight having been to Langdale. Another very nice day. |
| 25 | Thurs. 13th July
13.30 | Foule Crag,
Blencathra | Walkers on Sharp Edge spotted a body at the foot of a nearby crag. On closer investigation by the Team it was found that the man (24 years) had been dead for several days, probably killed instantly in a 400' fall. The man's identity remained a mystery for two weeks. |
| 26 | Sun. 16th July
13.50 | Dalehead,
Borrowdale | A youth (16 years) fell whilst descending the hill and broke his arm. The Team, on a practise in the valley, received the call for assistance via amateur radio. |
| 27 | Mon. 17th July
03.50 | Grains Gill,
Seathwaite | A boy (14 years) sprained an ankle whilst assisting friends who were attempting the three peaks. After treatment he was able to walk down. Beautiful sunrise! |
| 28 | Mon. 17th July
15.30 | Taylor Gill,
Seathwaite | A boy (13 years) fell and badly cut his head. |
| 29 | Tue. 25th July
15.10 | Latrigg, Keswick | A woman slipped and broke an ankle. |
| 30 | Mon. 31st July
14.50 | Mortician,
Black Crag | A man slipped near the top of the climb and fell about 10'. He struck his head in the fall and became unconscious, suspended on the rope. He was rescued from the crag face and taken to hospital where he died the following day. Perfect weather. |

31	Tue. 1st Aug. 14.45	Maiden Moor, Borrowdale	A man collapsed whilst walking. An R.A.F. helicopter was called to assist but found the man to be dead.
32	Thu. 3rd Aug. 13.25	Ashness Bridge, Borrowdale	A woman slipped on dry grass and broke a leg.
33	Sun. 6th Aug. 13.10	Cat Ghyll, Big Wood	A woman slipped and broke a leg.
34	Wed. 9th Aug. 10.30	Wasdale Horseshoe	Two youths (16) missing; request for assistance from Wasdale Mountain Rescue Team. The youths were found as the Team was leaving base.
35	Sun. 13th Aug. 13.45	Gategill Fell, Blencathra	A runner in a local fell race injured an ankle. He managed to walk down before the Team's arrival.
36	Sun. 13th Aug. 18.25	Sourmilk Ghyll, Seathwaite	A woman slipped and dislocated a knee.
37	Tue. 15th Aug. 14.35	Scaleclose Coppice, Rosthwaite	A woman broke a leg in a fall.
38	Sun. 20th Aug. 15.20	Sail, Newlands	A man collapsed in very windy and wet conditions. He was found to be dead on the Team's arrival. A helicopter was called but unable to assist due to the high winds.
39	Sun. 20th Aug. 17.40	Latrigg, Keswick	A woman slipped in the very wet and windy conditions sustaining a fractured leg.
40	Mon. 28th Aug. 15.00	Barrow, Braithwaite	A woman slipped and broke an ankle. A dry, sunny day.
41	Tue. 29th Aug. 19.05	Walla Crag, Keswick	A boy (12 years) became separated from his parents on leaving the summit. The proximity of the crags made this potentially serious, but he was found unharmed on the road below.
42	Sat. 2nd Sept. 11.20	Sourmilk Ghyll, Seathwaite	A man collapsed with exhaustion. He recovered sufficiently to walk off with the assistance of the Team.
43	Thu. 14th Sept. 11.55	Between Lodore and Watendlath	A woman slipped and broke an ankle.
44	Tue. 19th Sept. 15.50	Gable Traverse, Great Gable	A woman slipped and broke an ankle. As the conditions where she fell were very unpleasant she moved, with assistance from other walkers, down to Styhead, from where she was stretchered down by the Team.
45	Thu. 21st Sept. 15.00	Catbells	A man (59 years) collapsed whilst walking in fine weather. He was dead on the arrival of the Team.
46	Sat. 30th Sept. 11.53	Ullock Pike, Skiddaw	A woman became unwell whilst walking in fine weather. She recovered sufficiently to walk down with the Team.

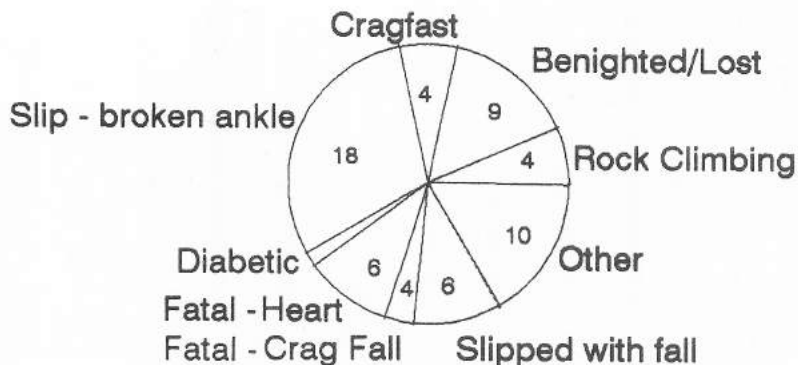
47	Sun. 1st Oct. 16.00	The Gangway, Castle Rock	A young soldier (18 years) fell near the top of the climb. In the fall, he sustained fatal chest and head injuries.
48	Mon. 23rd Oct. 11.45	Catbells	A woman slipped on wet grass and fractured an ankle.
49	Mon. 23rd Oct. 13.10	Grains Gill, Seathwaite	A woman slipped and fell into the gill, sustaining a serious cut to a leg and a possible fracture.
50	Mon. 23rd Oct. 15.45	Vicarage Hill, Keswick	Whilst "unloading" the casualty from the above incident at Keswick Hospital, a report was received that a schoolboy had sustained serious injuries in a fall from his bike. As no civilian ambulance was immediately available, the Team gave first aid. The boys injuries were found to be minor.
51	Fri. 27th Oct. 15.00	Wythburn, Thirlmere	A woman slipped and broke an ankle.
52	Mon. 6th Nov. 15.50	Forest above Wythburn Church	A tree "jumped" whilst being felled and struck the forester, fracturing his pelvis.
53	Tue. 7th Nov. 13.20	Greenup Gill, Stonethwaite	Male asthmatic (18 years) in difficulties. He was stretchered down.
54	Sun. 12th Nov. 11.15	Sharp Edge, Blencathra	A Royal Marine fell 150' from the Edge. He was airlifted by R.A.F. helicopter but, amazingly, had only relatively minor injuries.
55	Sat. 18th Nov. 15.05	Applethwaite Gill, Skiddaw	A woman slipped and broke an ankle.
56	Sun. 19th Nov. 02.00	Whinlatter Forest	Two boys (15 years) failed to return from an orienteering exercise. They were found asleep and unharmed beneath a tree at 05.00.
57	Wed. 22nd Nov. 22.15	Langdale	Two men failed to return after a days walk. They were found, unharmed, in Eskdale in the early hours.
58	Wed. 6th Dec. 14.05	Latrigg, Keswick.	An artist's easel and rucksack were found "abandoned". A quick search found the artist at work nearby.
59	Sat. 16th Dec. 16.00	Threlkeld- Keswick Railway	A woman was reported to have collapsed. She made her way to the road before the Team's arrival.
60	Sun. 24th Dec. 11.20	Latrigg, Keswick.	A man slipped on very wet grass, breaking an ankle. Disgustingly wet weather!

Keswick Mountain Rescue Team Search Dog Involvement in Incidents Outside the Local Area

- | | | | |
|---|-------------------------|-----------------|--|
| 1 | Sun. 4th June
07.00 | Kendal/Staveley | A woman (18 years) went missing upon the previous Friday. She was located suffering from Hypothermia. |
| 2 | Sun. 11th June
19.10 | Kirstone Pass | Gave assistance in a search for a possible suicide. |
| 3 | Thu. 7th Sept.
01.25 | Appleby area | A woman, possibly suicidal, reported missing. During the search a K.M.R.T. Team member's dog was seriously injured in a 30' fall when a crag top gave way. The woman returned home unharmed. |
| 4 | Sat. 25th Oct.
06.10 | Howgill Fells | Four people went missing overnight, most of them over 60 years of age. They were located by helicopter in the Langdale valley of the Howgills. |

Team Members also regularly assist local farmers in the recovery of livestock from awkward situations. These are not recorded as callouts, but as team practises.

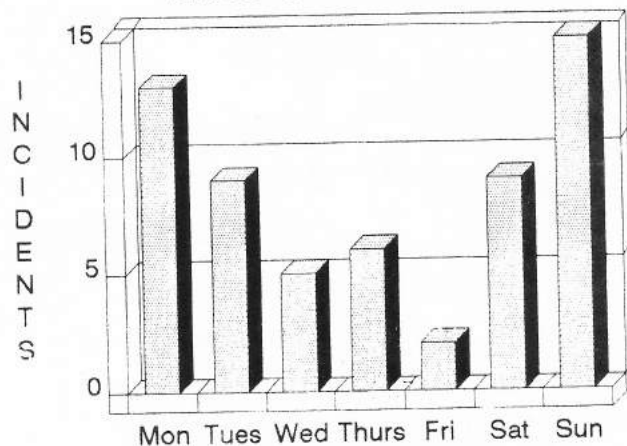
SUMMARY OF INCIDENT TYPES



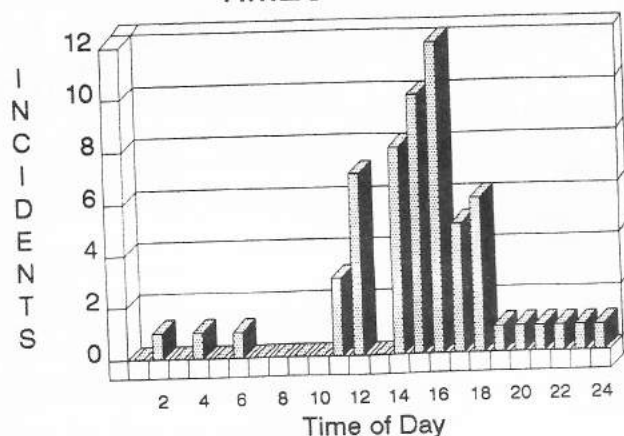
1989 Statistics

The law of probability would suggest that the more participants there are in a sport, the more potential casualties there will be. The graph of incidents between 1948 and 1989 does no more than evidence the increasing popularity of mountain sports in the Lake District, an inevitable consequence of which is a rise in the number of mountain accidents. The majority of those injured in 1989 should consider themselves no more than the victims of bad luck.

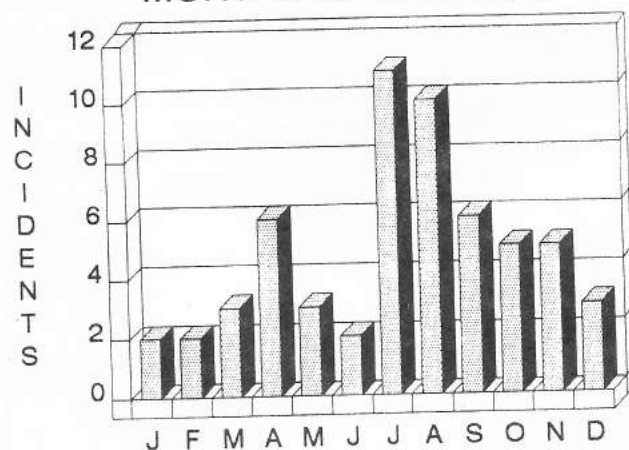
DAYS OF THE WEEK



TIMES OF DAY

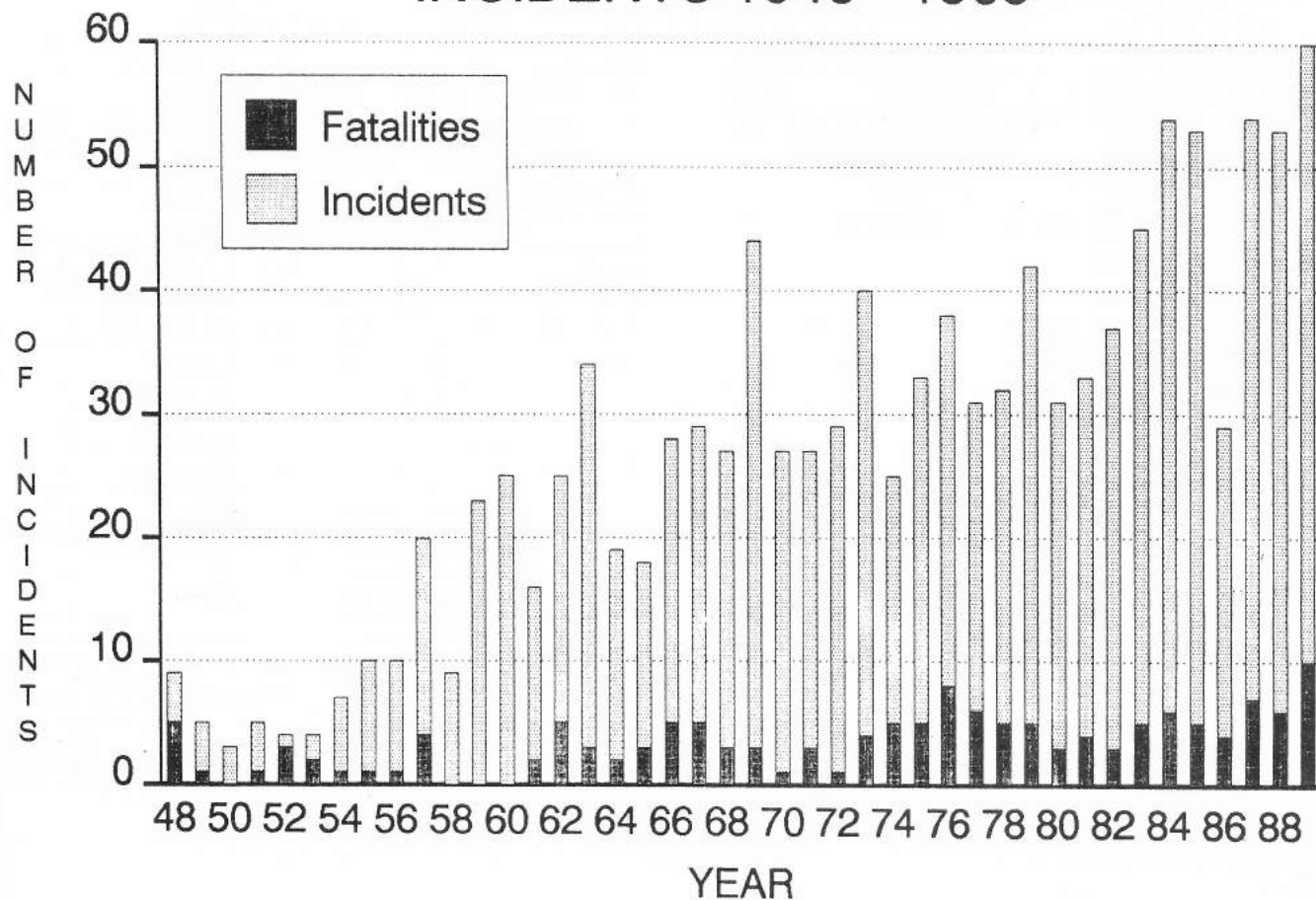


MONTHS OF THE YEAR



KESWICK MOUNTAIN RESCUE TEAM

INCIDENTS 1948 - 1989



BALANCE SHEET AS AT 30 NOVEMBER 1989

1988	ACCUMULATED FUND				1988	STRETCHER EQUIPMENT			
	As at 30 Nov. 1988	33212			90	As at 30 Nov. 1988	90		80
	Surplus from Income & expenditure Account	<u>8223</u>				Less: Depreciation	<u>10</u>		
		<u>41435</u>				RADIO EQUIPMENT			
	Less: Donation to Search & Rescue Dog Association Transfers: Vehicle Replacement Fund Medical Treatment & Expenses Fund	500 15000 <u>5000</u>			1080	As at 30 Nov. 1988 Less: Depreciation	1080 <u>220</u>		860
33212		<u>20500</u>	20935		800	GENERAL EQUIPMENT			
	VEHICLE REPLACEMENT FUND Transfer from Accumulated Fund Bank Interest	15000 <u>294</u>	15294			As at 30 Nov. 1988 Less: Depreciation	800 <u>100</u>		700
	MEDICAL TREATMENT & EXPENSES FUND Transfer from Accumulated Fund		5000			PERSONNEL EQUIPMENT			
					1870	As at 30 Nov. 1988 Less: Depreciation	1870 <u>370</u>	1500	
					8560	MOTOR VEHICLES			
						As at 30 Nov. 1988 Less: Depreciation	8560 <u>2560</u>	6000	
					80	CONSUMABLE STORES			80
						BAL. at BANKERS Midland Bank plc: Current A/c High Interest Cheque Account Medical Expenses Fund Vehicle Replacement Fund			
					1783		5147		
					18949		6862		
							5000		
							<u>15000</u>	3209	
<u>33212</u>			<u>41229</u>		<u>33212</u>			<u>£41229</u>	

Keswick 8 January 1990

H. D. Pridmore,
Chartered Accountant
Hon. Auditor

Patrons 1989-90

C. M. Albutt
J. Ashford
J. Barff
J. L. Barlow
Monica Barry
Dr. W. G. Bowsher
N. K. Bridge
British Deaf
Association
M. Brookman

J. M. Brown
C. Carter
E. Coope
Dr. E. Coupland
N. Eyres
J. R. Files
M. J. Gladwell
O. P. Green
O. P. & B. Green
W. Hartland

Mr. & Mrs. B.
Heppell
A. Hill
K. Hill
Prof. R. Hill
Hosali Foundation
N. G. Hunter
R. Japhet
G. B. Johnston
Mrs. O. Lilley

Mrs. W. A. Longstaff
D. Melvin
B. F. Miller
J. E. Miller
Mrs. P. Nutter
G. Parkinson
C. Riddiough
S. J. Robinson
Rochdale Charitable
Trust

D. Ryall
J. Salmon
Scafell Hotel
L. & J. D. Sharp
R. Smith
J. H. Stamps
J. Spearing
Mr. & Mrs. Steele
H. Stubbings
D. Thackeray

Mrs. G. Twiss
Mrs. J. Vincent
Mr. Wade
Mr. & Mrs. J. Wain
Wayfarer's Club
Mr. & Mrs. Wendt
W. Whelan
M. White
D. Wilkinson
G. T. Woods

Donations 1988-1989

D. L. Aitchison
Anonymous
Anonymous
Ashness Rescue
Aughton Green School
J. F. Bell
Braithwaite Over 60's Club
Mrs. M. Burgess
Civil Service Retired Club
A. Collier
Cumbria Physiotherapists
Mr. & Mrs. F. Davidson
F. Davis
In memory of D. Demain
Dick 'Brighton'
Duke of Edinburgh group
In memory of D. Eite
Mr. & Mrs. Feasby
In memory of Mrs. B. Floyd
Mrs. J. Foden
R. Furnell
In memory of H. Gibbons
Grains Gill rescue.

Great Gable rescue
Mrs. P. Greenwell
P. Greenwood
Gritstone Club
Prof. R. Hill
C. A. Holt
the late G. Howlett
In memory of Mrs. A. Hunter
P. Jenkinson
Kendal 'Mind' Group
Kings Church
Keswick Athletic Club
Keswick Rambling Club
Keswick Spa
Mrs. P. Lamb
Lancaster Rambling Club
L.D.S.A.M.R.A.
Miss F. Levy
Liverpool H.F. Rambling Club
Lloyds Bank
Lodore Hotel
Lytham Rambling Club

Manchester University
Climbing Club
ex Manchester Y.M.C.A.
Mrs. M. Marriott
In memory of Roger Marrs
Mrs. McCormick
Dr. Mooney
Morecambe C.H.A./H.F.
Rambling Club
Nelson C.H.A./H.F.
Rambling Club
Nexus
N.H.S.S. Staff, Carlisle
J. Norman
I. Parker
Wm. Perkins School
5th Raine Scouts
Miss P. Ralph
Dr. I. C. Richards
F. Richardson
In memory of J. Ripley
I. D. & B. Robb
Royal Hants. Reg.

St. John's School, Bradford
St. Thomas School, Kendal
Sandhurst School
Mrs. J. Sheard
Sheffield Rambler's Assoc.
the late Mr. A. Smallwood
In memory of A. Sorenson
Sudbury Upper School
J. R. Thompson
In memory of D. Tomlinson
In memory of G. R. Turner
Unigate Ltd.
Warbeck H.S.
West Flegg Middle School
West Kirkby Ramblers
Whitehaven Rambling club
F. Whittle
P. R. Williams
I. Wilson
Wotan Bulbs
J. A. Wright

Collection Box Sponsors

Many thanks to all collection box holders. Any queries about collection boxes should be made to Jo and Harold Watkins, Tel. Keswick 73081.

Acorn House Hotel
Armathwaite Hall
Backpackers Cafe
Barclays Bank
Barrow House Youth Hostel
Beckstone Guest House
The Beeches Guest House
Brierholme Guest House
Brookfield Guest House
Brooklyn House
Bulloughs, Carlisle
Castlerigg Camp Site
Coledale Inn
Conservative Club
Cottage in the Wood
Crosthwaite Garage
Crow Park Hotel
Dalegarth Guest House
Dalehead Hall
Denton House Outdoor Centre
Derwent Bank C.H.A.
Derwent Hill Outdoor Centre
Derwent Jewellers
Derwentwater Camp Site
Dog and Gun Inn
Farmers Arms Inn
Field and Stream
R. Fisher, Fine Design
George Fisher Mountain
Equipment

Four in Hand Inn
George Hotel
Glamara C.H.A.
Glamara Guest House
Grange Bridge Cottage
Grange Cafe
Grange Hotel, Grange
Grange Hotel, Keswick
Greystones Guest House
Hawse End Outdoor Centre
Hazel Bank Hotel, Rosthwaite.
Hazeldene Hotel
The Heights, Castlerigg
Hetherington's Electrical
Highfield Hotel
A. Hill, Borrowdale.
Colin Holmes
Holmwood Guest House
Mr. J. Hopps, Keswick
Horse and Farrier Inn
Keswick Mountain Sports
Keswick Youth Hostel
Kiln How
King's Arms Hotel
King's Head Hotel
Ladstock Guest House
Lakeland Rural Industries
Lakeland Sheepskin Centre
Lakeside Caravan Park
Lakeside House

Langstrath Hotel
Laurel Bank Guest House
The Leather Shop
Leathes Head House Hotel
Linnett Hill Hotel
Lodore Swiss Hotel.
Luchini's Ices
Lyzzick Hall Hotel
Manesty Caravan Site
Mary Mount Hotel
Mitchell's Surgery
Monkstone Guest House
Monty's Chippy
Mountain World
National Trust Information
Centre
Newlands Adventure Centre
Newton Place Guest House
Oddfellow's Arms
Open All Hours
Orchard House Guest House
Parkers D.I.Y.
Pheasant Inn, Crosthwaite
Portinscale Village Stores
R.A.C. Mobile Kiosk
Rainbow, Maysons
Rathbone's
Ravenstone Hotel
Ravensworth Hotel
Richmond House

Rickerby Grange Guest House
Rosthwaite General Store
Rowe's Opticians
Royal Oak Hotel, Rosthwaite
Salutation Inn
Scafell Hotel, Rosthwaite
Scotgate Caravan Site Shop
Seathwaite Cafe
Seatoller Farm
Seatoller House
Shemara Guest House
Silverdale Hotel
Mrs. C. M. Simpson
Skiddaw Hotel
The Skipton Building Society
Solway Frames
Stanah Youth Hostel
Stonemarth Guest House
Strathmore Guest House
Sundance Wholefoods
Sunnyside Guest House
Swan Hotel, Thornthwaite
Thornleigh Guest House
Thornthwaite Galleries
Mr. & Mrs. Townson
Treeby and Bolton
Underscar Hotel
Walpole Hotel
Watendlath Cafe
Yew Craggs
Yew Tree Restaurant

