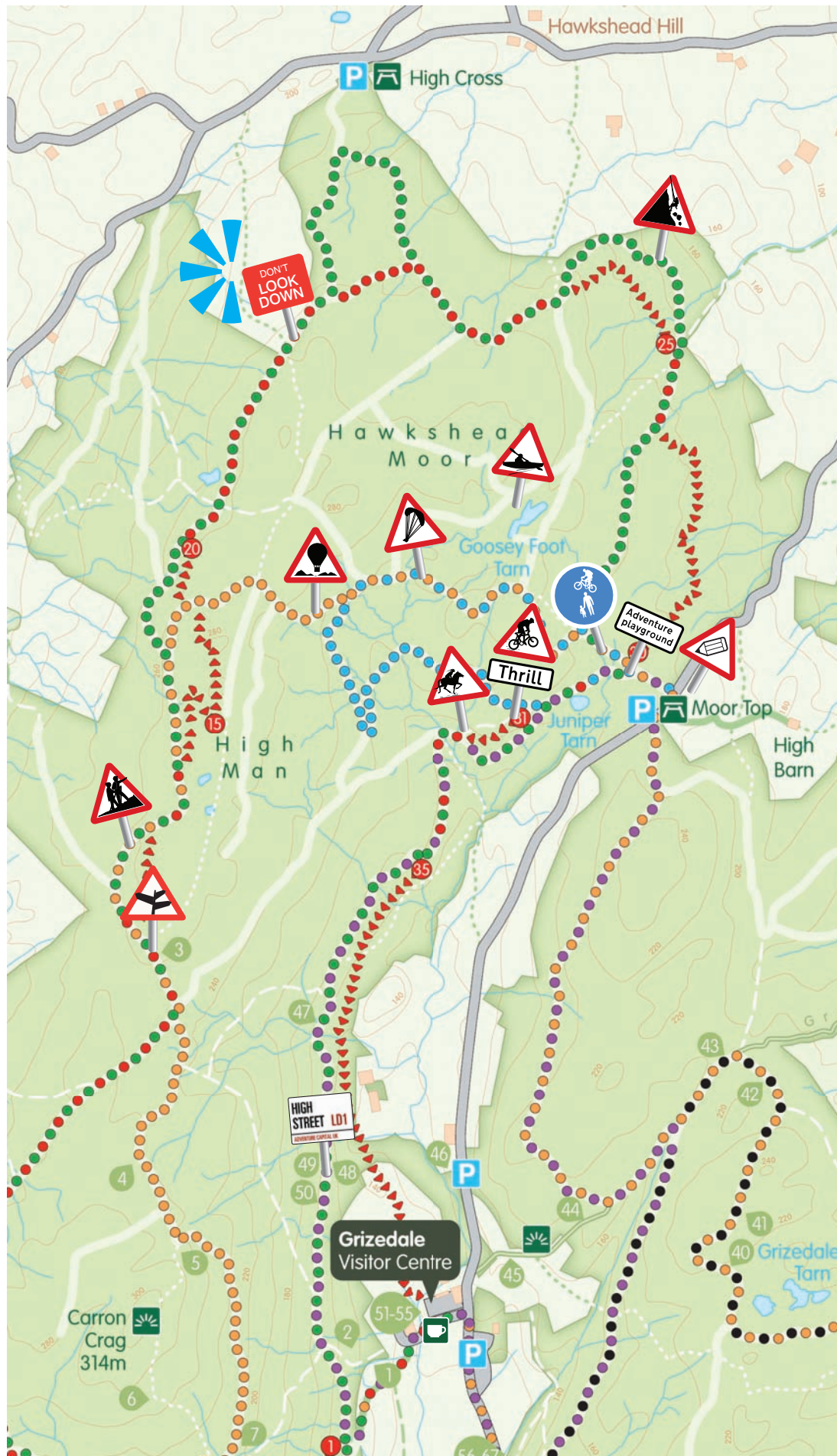
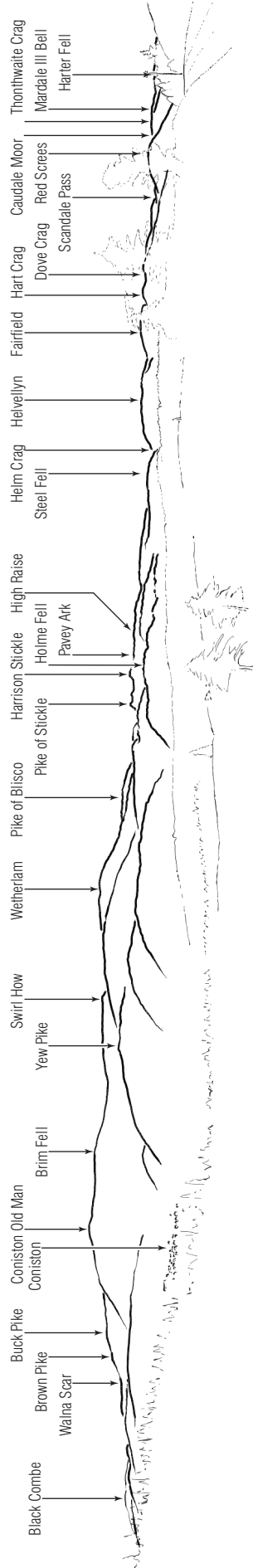




# signs of adventure

the Lake District panorama from the - 'don't look down' sign











## how many signs of adventure can you find?

-  **spaghetti junction**  
Ignore the directions of the signs and keep on going.
-  **not just elderly people**  
That's right... we mean Coniston Old Man! There is more to the Adventure Capital than fell walking. Want a change? Try mountain biking, climbing, horse riding or even a hot air balloon for a different view of the Lakes.
-  **don't look down**  
And why would you? With countless walks, scrambles and climbs in the Adventure Capital the possibilities are endless. Admire the panorama, familiarise yourself with the fell names and choose which one to explore!
-  **climbing**  
Known as the birthplace of modern rock climbing following Walter Parry Haskett Smith's daring ascent of Napes Needle in 1884 the Adventure Capital is home to some classic climbs.
-  **mountain biking**  
Hours can be spent exploring the network of trails and bridleways that cover the Adventure Capital. A perfect place to start is Grizedale's very own The North Face Trail.
-  **adventure playground**  
The natural features that make the Lake District scenery so stunning also make it a brilliant natural adventure playground. Conquer the fells, scale the crags, hit the trails and paddle or swim the Lakes that make it famous.
-  **paddling**  
Have a dabble with a paddle for a different perspective on the Lake District's famous landscapes.
-  **paragliding**  
Get a bird's eye view of this amazing county as you soar above fells, valleys, lakes and crags.
-  **hot air balloon**  
Take to the skies and relax while getting a different view of what's going on in the Adventure Capital.
-  **horse riding**  
Forest tracks, bridleways and beaches, there's lots to explore. In fact many of the most popular tourist trails go along old pack horse routes and Victorian tourist trails designed with horses in mind.
-  **thrill**  
Climbing, mountain biking, scrambling, paragliding or even just a good old fashioned map and compass adventure there is something for thrill seekers of every persuasion in the Adventure Capital.
-  **artists at work**  
Design your own sign and enter our competition overleaf - see your sign in the forest.
-  **high street**  
With around 2,225 miles of footpaths, including the famous 'High Street', you can spend a lifetime exploring the Adventure Capital.

## Follow the Forest Code

- Guard against all risks of fire
- Protect and respect wildlife, plants and trees
- Keep dogs under control
- Take your litter home
- Respect the quiet of the forest
- Take only memories away

## Key

-  Cafe
-  Picnic area
-  Viewpoint
-  Sculptures
-  Forest track
-  Bridleway
-  Footpath
-  numbered posts

