

Individual Courses FAQ



Getting to Bendrigg

How do I get to Bendrigg Trust?

Bendrigg Trust is located just outside Kendal at:

Bendrigg Lodge, Old Hutton, Kendal LA8 0NR

There is no public transport to the centre so if you are not travelling by car then the nearest train station is Oxenholme, Lake District. We ask you to let us know your travel arrangements at least a week before you arrive.

Can you pick me up/drop me off at the local train station?

Yes, we can pick up and drop off at the station. We ask you to phone when you arrive at Oxenholme so we can arrange to come down and pick you up. The centre is only 10 minutes away.

Accommodation

Is accommodation & food provided?

Yes, food and accommodation is provided.

Are towels and sheets provided?

Yes, bedding is provided but you will need to bring your own towel.

What are the bedrooms like?

Individual bedrooms vary and we will discuss your requirements when booking. Accessible rooms are available including en-suite shower rooms, ceiling mounted hoists and profile beds. Copies of our room plans can be found on our Downloads page.

Details

Do I need to bring any equipment?

No. All outdoor equipment is provided. Please bring plenty of comfortable, 'functional' clothes, two pairs of trainers (if possible – one pair to get wet for canoeing). There is no need for you to go out and buy any new outdoor equipment but if you want to wear your own waterproofs you are welcome to bring them.

Do I need to bring a carer?

Bendrigg does not have the resources to employ medical or care staff. Therefore it is necessary for all participants to take care of their personal needs or be accompanied by a friend, relative or carer who can assist them.