

### **The Cross Keys Hotel**

1 Park Road

Milnthorpe, LA7 7AB

Tel: +44 (0)15395 62115

Fax: +44 (0)15395 62446

[stay@thecrosskeyshotel.co.uk](mailto:stay@thecrosskeyshotel.co.uk)

/ [www.thecrosskeyshotel.co.uk](http://www.thecrosskeyshotel.co.uk)

**Distance:** About 3 minutes walk from the IPAF office

Tariffs – Bed and Breakfast Double Room £60

Double Room Single Occupancy £45

Wireless internet available £5 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.

**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.ichotelsgroup.com](http://www.ichotelsgroup.com)

**Distance:** About 20 minutes drive from the IPAF office

**Tariffs -** Double/Twin Executive £95

- Double/Standard/Twin £70

### **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.



## The Longlands Hotel

Tewitfield,  
Carnforth,  
Lancashire  
LA6 1JH

Tel: +44 (0)1524 781256

Fax: +44 (0)1524 781004

[info@longlandshotel.co.uk](mailto:info@longlandshotel.co.uk)

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[www.longlandshotel.co.uk](http://www.longlandshotel.co.uk)

**Distance:** About 10 minutes drive from the IPAF office

<b>Tariffs –</b>	Lapwing Rooms	Double/Twin £80 Single £54.50
	Coach House Rooms	Double/Twin £70 Single £45

### **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.