



### **OUR AREA OF OPERATION: QUALITY OF LIFE INFORMATION**

A predominately rural Country, Cumbria is home to the Lake District National Park and considered to be on of the most beautiful areas of the United Kingdom. Much of the Country is mountainous, with the highest point being Scafell Pike, the Highest in England.

It also includes the secluded and unspoilt Eden Valley, from which the Association name derives, lying between the North Pennines and the Lake District. To the South is the Yorkshire Dales National Park, and to the North lies Carlisle and Hadrian's wall. It is an outstanding area for cycling, fishing, golf, canoeing, pony trekking and walking. The quiet country lanes are ideal for the C2C cycle route, and having 19 lakes nearby is perfect for water sports. Cumbria also hosts a lively calendar of music festivals, craft fairs, Farmers markets and traditional agricultural shows.

Further information about the local area can be found at:

[www.eden-in-cumbria.co.uk](http://www.eden-in-cumbria.co.uk)

[www.lakedistrict.gov.uk](http://www.lakedistrict.gov.uk)

