



The Lake District

The Lake District is a region located in the North West of England. The area consists of a number of lakes, innumerable mountain tarns and streams, and a range of mountains rising to a height of over 900 metres. Lowlands occupy the northern, southern, and eastern borders of the county, with agriculture being very important, in particular sheep raising and dairying. The central, and most visited, part of the area is a component of the Lake District National Park, the largest of fifteen National Parks in the United Kingdom. It lies entirely within the county of Cumbria, and is one of England's few mountainous regions. One of the most popular hill-walking opportunities is Scafell Peak, at 978 metres the highest mountain in England. The Lake District became famous after a group of British poets made it their home at the beginning of the 19th century. The most famous of these poets are William Wordsworth, Samuel Taylor Coleridge, and Robert Southey, often referred to as the Lakeland Poets.

The city of Carlisle is the administrative and commercial centre of Cumbria and it is situated on the Eden River. The city was formed in 1974 and it includes the county borough of Carlisle, as well as the rural area bordering Scotland. The city is an important transportation centre, as well as the manufacturing hub of the county.

With the sea on one side, the lakes on the other, Barrow in Furness is Cumbria's largest town and enjoys an enviable location and an outstanding blend of things to see and do. Visit the Leisure centre in Barrow's park for family fun. Attractions include Furness Owls and the award winning South Lakes Wild Animal Park. With easy access to the lakes and great beaches, nightlife, and shopping including nature and heritage, Barrow is a great place to visit. Don't forget to visit Barrow's Indoor Market, a cornucopia of goods.

Furness Abbey is one of the richest Cistercian monasteries in England. It is located in the peaceful vale of Deadly Nightshade.

Windermere is the largest natural lake in England, and is fed by numerous rivers. It has always been an important waterway for movement of heavy materials. The lake contains 18 islands. By far the largest is the privately owned Belle Isle, lying opposite Bowness and around a kilometre in length.

Bowness-on-Windermere is the lakeland's most popular holiday resort and an excellent centre for boating activities.

Windermere Steamboat Museum is located in Bowness on Rayrigg Road, and includes a collection of vintage steam boats dating back to 1896, as well as information about the history of racing boats on Lake Windermere.

ACTIVITIES

1 Answer the following questions.

- 1 Where is the Lake District?
- 2 What are the main activities in this area?
- 3 Where is the Lake District National Park?
- 4 Why is Scafell Peak famous?
- 5 Who were the Lakeland Poets?
- 6 Which city is the largest in Cumbria?
- 7 What is Furness Abbey?
- 8 What is Windermere?

2 Find in the text the English equivalents of the following Italian terms and expressions.

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| 1 Laghetto di montagna | |
| 2 Allevamento delle pecore | |
| 3 Contea | |
| 4 Zona rurale | |
| 5 Commistione | |
| 6 Cultura | |
| 7 Monastero | |
| 8 Tranquillo | |
| 9 Luogo di vacanza | |
| 10 Barca | |

3 Introduce the Lake District as a tourist destination to the rest of the class.