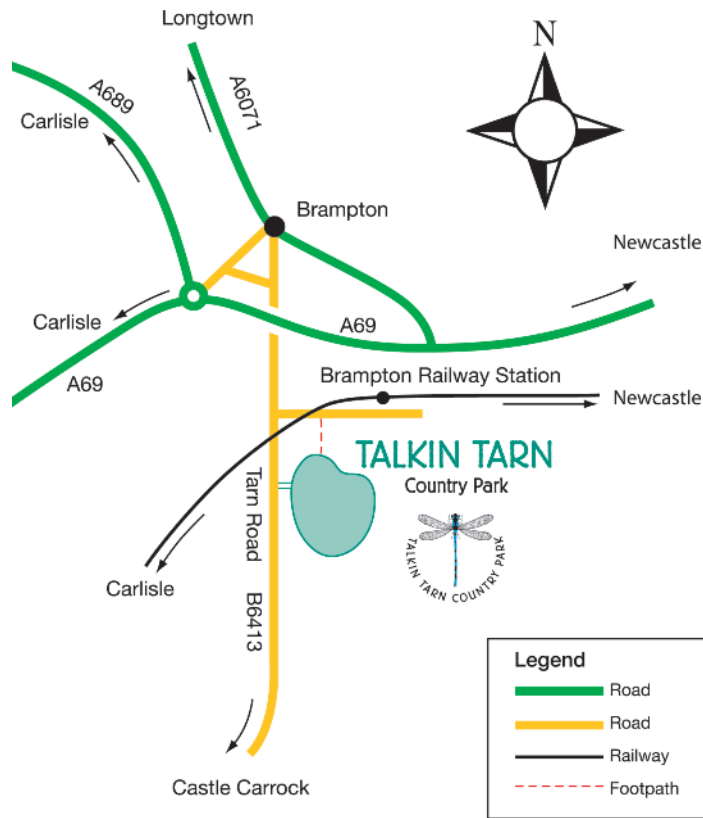


How to find Talkin Tarn

Talkin Tarn can be reached by road or rail. Travel information about routes and times of buses and trains is available from www.traveline.org.uk or call traveline on **0871 200 22 33**. It is about 15 minutes walk from Brampton railway station.



Footpath to Farlam Village

Main facilities

- Log cabin
- Toilets
- Bird & squirrel feeding area
- Boat launching
- Tearoom and gift shop
- Play area

Waymarked Trails

- 1.5km 30 minutes
- 2.5km 40 minutes
- 3.5km 1 hour

Footpath to Brampton
 Railway Station

- 1.5km 30 minutes
- 2.5km 40 minutes
- 3.5km 1 hour

Access for people with disabilities

Parking for disabled badge holders is available behind the tearoom.

The tearoom, toilets and log cabin are all wheelchair accessible.

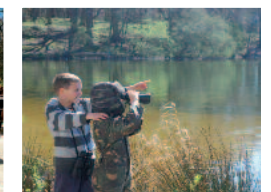
Family facilities

Baby changing facilities are located in the main toilet block and in the tearoom. The play area is located near to the tearoom.

Designed and published by Carlisle City Council.
 Photographs courtesy of www.sjstudios.co.uk
 Map by East Cumbria Countryside Project



TALKIN TARN Country Park



Contact details

Talkin Tarn Country Park, Tarn Road, Brampton,
 Cumbria, CA8 1HN
www.carlisle.gov.uk/talkintarn
 Tel: 01228 817200
 Boathouse Tearoom and all bookings,
 Tel: 016977 41050 Email: parcs@carlisle.gov.uk
 Grid Ref; NY 545590



www.carlisle.gov.uk

Talkin Tarn Country Park

Talkin Tarn Country Park is close to the historic market town of Brampton, Cumbria. Covering 165 acres, the country park is made up of mature woodland and gentle meadows surrounding a glacial lake, with the stunning Pennine Hills as a backdrop.

Boathouse Tearoom & Gift Shop

Based in tranquil surroundings, the tearoom offers a beautiful view of the local landscape or sample the scenery from a cosy fireside. Delicious hot and cold food is served seven days a week using local and Fairtrade produce. The tearoom is also available for private functions with bespoke menus available.

Give us a call to find out more or make a booking.

Walking

The Tarn has a 1.3mile circular path that is ideal for a gentle stroll. This path is hard-surfaced and accessible to all. There are also three way marked trails of varying lengths: 1.5km, 2.5km, 3.5km, starting from the car park and leading into woods and fields - see map overleaf.

Wildlife

Waterside plants and grasses offer a safe habitat to the common blue damselfly, the symbol of Talkin Tarn. Other wildlife includes: otter, badger, fox and roe deer. Red squirrels use the feeding area next to the tearoom along with nuthatches and greater spotted woodpeckers.

Birds such as garden warbler, pied flycatcher and redstart arrive in summer to feed on the rich insect life. In winter, migrant geese and waterfowl flock to the open water to feed and roost in safety.

Log Cabin/Meeting Room

Situated in the main visitor area, the cabin is available to hire for events including meetings, training courses, family parties and weddings. It is fully accessible and has parking close by. It is well equipped with tables, chairs, toilets and a small kitchen area and can seat up to 30 people. Catering for functions can be provided by the Boathouse Tearoom.

Water Sports

Either bring your own boat and pay a day launch fee or join a local club based at the site for rowing, sailing and model boating.

Showers, including facilities for disabled users, are also available.

Due to the increasing popularity of open water swimming, it is now possible to take a dip in the tarn (experienced swimmers only). The swimming season is between **1 April – 1 October**. All swimmers must be registered, competent and experienced. Please see our website for details.

Fishing

Day permits can be purchased in the Tearoom.

Volunteering

Carlisle Countryside Volunteer Team visit Talkin Tarn once a month to carry out conservation and maintenance tasks. To join in and find out more visit www.carlisle.gov.uk/greenspaces

Rowing Boat Hire

Rowing boats are available for hire at weekends and during school holidays between Easter and October half terms. Please refer to our website for the operator's details.

Group Campsite

The small camping field is great for organised groups wanting more adventurous camping. Groups must be pre-booked and have liability insurance. Catering can also be provided from the Boathouse Tearoom.

Alex Boathouse/Exhibition Area

The Alex Boathouse is available for hire throughout the year as an exhibition area for showcasing artwork by local craftspeople. Please check our website to see a list of exhibitions.



Talkin - Talcan

The name Talkin is derived from the Celtic "Talcan" meaning brow of a hill. The word "Tarn" is Viking in origin, "Tjorn" meaning teardrop or small lake. Viking burials have recently been discovered in the area.

Sustainability

Talkin Tarn has a strong environmental ethos with energy efficiency at the core. Rainwater flushing toilets, a wind turbine, photovoltaic cells, and air-source under floor heating are just some of the environmentally friendly features.

Formation of The Tarn

Talkin Tarn is a kettle-hole lake, formed by the immense force of glaciers 18,000 years ago. Moving ice scoured and carved the landscape leaving glacial sand hills and a natural bowl which filled with water as huge blocks of ice melted.

www.carlisle.gov.uk/talkintarn

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