FIVE THINGS ABOUT CUMBRIA

1. Sticky Toffee Pudding
The world famous sticky toffee pudding is thought to have originated at a hotel in the Lake District in the 1970s. As the legend goes, Francis Coulson invented the dish during his time as owner and speciality dessert maker at Sharrow Bay Country House.

2. The Lake District
One of the most beautiful regions of the UK, is located in the heart of Cumbria. World famous for its beautiful lakes and mountainous fells, carved out long ago by glaciers, the Lake District today is a playground for walkers and outdoor enthusiasts.

3. Whitehaven
Mildred Gale – George Washington’s paternal grandmother is buried in Whitehaven. She was born in Virginia but married a shipping merchant who traded on ships between Virginia and Whitehaven (which was a very busy and important port at that time). She’s buried in St Nicholas’ churchyard.

4. King Arthur
An early 15th century manuscript poem claims that Carlisle is where the legendary king held his court. Historian Michael Wood suggests that Arthur’s last battle is thought to have been held at nearby Birdoswald.

5. Cumbrian Dialect
Many folks are familiar with the “Yan, tan, tethera” sheep counting language used in Cumbria, but the Cumbrian dialect is pretty much a language in its own right.