



What you might need to know before joining a course at Swarthmoor Hall



Accommodation

Course participants usually have their own individual room. (It is possible to share a room upon request.) These may be single, twin, or double rooms in Swarthmoor Hall or adjacent buildings; most rooms are en-suite. Two of our rooms are accessible for those with mobility restrictions.

Arriving and departing

Course participants are welcome to arrive from 2pm. There is usually an informal gathering in the Friendship Room for tea and cake from 4pm. Participants are expected to vacate their rooms by 10am on the day of departure. Luggage can be left in the main conference room and keys returned to the office/ key drop box.

For those arriving and departing by taxi it is essential to book in advance. (See below - How to reach Swarthmoor Hall)

Meals and dietary needs

Course participants are catered for together as part of the course programme. Meals are based on a menu (rather than a buffet). The meals are vegetarian and simple. Mid-day and evening meals include desserts. Please do let us know in advance of any dietary needs you may have – gluten-free, vegan, diabetic, allergies, prefer no dessert, etc., so we can provide healthy food for you!

Library and bookshop

Swarthmoor Hall offers a small selection of Quaker and spiritual books for sale, as well as having a library in the Old Hall for browsing in daytimes and borrowing for the duration of your stay.

Wifi

We have free wifi on site in most areas. (In some parts of the site, the thick old stone walls can weaken the signal.) Please ask for the password when you check in, or look in the folder in your room.

Conference rooms

Courses are generally held in the conference room, which has a flat floor and moveable chairs. Course tutors may sometimes choose other parts of the site for some workshops: for example, the smaller Friendship Room, the historic Great Hall, or a fire circle outside in the meadow.



Historic house rooms and opening hours

Overnight guests at Swarthmoor may visit the historic rooms in Swarthmoor Hall without the extra cost of a ticket. The historic rooms are open to visitors 10.30am - 4.30pm during the week, and from 1.30pm till 4.30pm on Saturday and Sunday from mid-February to the end of October.

Garden and walks

The grounds of Swarthmoor Hall are open to the public during daylight hours, and guests are very welcome to wander in the meadow or other parts of the garden. There are seats. The Quiet Garden behind the old Hall includes a meandering hard-surfaced path accessible to wheel-based users.

Staying on after the course

Course participants are welcome to extend their stay at Swarthmoor Hall – you might want to walk or cycle locally, or perhaps visit other

parts of the Lake District or other sites important in Quaker history, for example. We offer a special reduced rate for one night's B&B before or after a course. Course participants are of course also welcome to stay longer at the usual rate for either B&B or room only (no evening meals are available on site outside of the course schedule). Please ring the office to make arrangements.

Bringing your partner

Partners who wish to accompany someone attending a course may do so paying the difference between the full room rate and the single occupancy rate. All meals are extra. Partners may be able to join the group for meals at the discretion of the tutorial team.

Café

The Barn Café at Swarthmoor Hall is open every day from 10.30 until 4.30pm, offering coffees and teas, cakes and scones, and light lunches such as flans, soups, salads and sandwiches.



Mid-week worship and other spiritual activities

Meeting for Worship takes place every Monday (9.30 – 10am) and Thursday (12.30 – 1pm) at Swarthmoor Hall, and weekly on Wednesdays (11:30am – 12noon) at Swarthmoor Meeting House, a five-minute walk away.

On Sundays, Meeting for Worship at Swarthmoor Meeting House starts at 10.45am and lasts 1 hour (except when there is a business meeting, when it is shortened to 45 minutes.)

How to reach Swarthmoor Hall

By train: Ulverston is 45 minutes by train from Lancaster station, which can be reached directly from London Euston or Glasgow (about 2 hours for both journeys). There are a number of other connections to Ulverston via Preston.

Ulverston is on the Manchester Airport to Barrow-in-Furness line. The train to Ulverston from Lancaster skirts Morecambe Bay and its salt marshes.



A footpath leads from near Ulverston railway station to Swarthmoor Hall - it is only a 15-20 minute walk on a narrow and ancient right of way. The pathway can be muddy and is not suitable for cases with wheels. The alternative route on foot (along the road) takes an extra 15 minutes. Or those who prefer not to walk can take a taxi from the train station - please note that you need to book a taxi in advance, most especially if arriving or departing on a Sunday.

Below are some phone numbers of Ulverston taxi firms who we understand may provide pre-booked service on Sundays as well as other days of the week:

John's	01229 580560	A2B	01229 587030
Geoff's (from 6pm)	01229 586666	IC	01229 582765
PJ's	01229 219137	LA12	01229 582296
Paul's*	01229 586669	*wheelchair lift available	

By road: Swarthmoor Hall and Ulverston are just a 25-minute drive from junction 36 of the M6 motorway (depending of course on traffic and weather conditions - please be aware that holiday and weekend travel can mean busy roads).

Booking and payment

To book a Swarthmoor Hall course, please contact the office. (For Woodbrooke-at-Swarthmoor-Hall courses, booking can be made online.) A deposit of 20% is requested to secure a place. Payment of the balance can be made on arrival by cash, credit card, bank transfer, or cheque. The Hall does not currently have a bursary fund.

We look forward to welcoming you !

