

Ref	Town	Region	Name	Phone	rea code/Ma	Grid Ref	Comments
1	Abbeystown	Solway	Wheyrigg Hall Hotel	01697 361 242	85	193 489	On B5302, 4 miles west of Wigton, 1.5 ml SE of Abbey Town
2	Alston	Pennines	Blueberrys Tea Shop & Coffee House	01434 381 928	86	719 465	Market Place Alston CA9 3QN
3	Annan	Scottish Solway	Café Royal, 95 High Street	01461 202865	85	195 665	OK for start or finish of ride, opens early Sunday morning
4	Annan / Kirk/P Fleming	Borders	Westlands Activity Centre	01461 800274	85	253 690	Yvonne Kelly. Email - info @westlands-activities.co.uk
5	Appleby	Pennines	Bo Jangles	017683 52662	91	684 204	Bridge Street
6	Appleby	Pennines	Eden River Café	01768 354 119	91	684 204	Bridge Street
7	Appleby	Pennines	Tastes of Eden	0871 5298346	91	683 204	Gluten Free food available. Facing Library - 1 Low Wiend. Close Sunday
8	Appleby	Pennines	The Bay Tree Café	017683 53700	91	684 204	Above shop on bridge. 1 Bridge street. Closed Sundays
9	Armathwaite	Eden Valley	Fox & Pheasant Inn	01697 472 400	86	508 496	
10	Aysgarth	Dales	National Park Centre Café	01969 662910	98	011 888	
11	Bampton	Penrith	Mardale Inn	01931 713244	90	51 5 182	gone up market but see website
12	Beckfoot	Solway Coast	Bank Mill Nursery (Dunes Coffee Shop)	01900 881 340	85	087 478	3/4 mile North of Mawbray by the B5300
13	Birdoswald	Hadrians Wall	Roman Wall Visitor Centre	01697 747 602	86	615 664	
14	Bowness on Solway	Solway	Kings Arms	01697 351 426	85	223 627	OK for lunch on Sundays
15	Brampton	Carlisle	Capon Tree Café	01697 73649	86	529 611	Not on Sunday
16	Brampton	Carlisle	Oakbank Nurseries, Longtown Road	01697 73908	86	524 617	Opened Oct 2006
17	Brough	Pennines	Chofn's Tearoom & Takeaway	01768 342 800	91	795 146	NOT OPEN ON SUNDAY
18	Brough	Pennines	Village Stores	01768 341 260	91	795 147	OPEN 7 DAYS A WEEK
19	Brougham	Penrith	Fusion Café, Brougham Hall	01768 867 888	90	528 283	
20	Caldbeck	NE Fells	Old Smithy Café	01697 478 246	90	324 398	
23	Culgaith	Pennines	Hazel Dene Garden Centre Café - Mrs Miller's	01768 88252	91	605 295	
24	Dalston	Carlisle	Country Kitchen	01228 711 431	85	369 502	Tues to Sat 10:0 am to 4:00 pm
25	Dalton	Borders	Dalton Pottery	01387 840 236	85	108 737	On B725 West of village
26	Dent	Dales	Stone Close Tea Room and B & B	015396 25231	98	705 870	New proprietors. Email – stoneclose@btconnect.com
27	Eskdalemuir	Borders	Samye Ling Buddhist Centre	013873 73232	79	247 003	
28	Gilsland	Hadrians Wall	House of Meg Tea Rooms	01697 747 777	86	633 663	4 Hall Terr, CA8 7BW. Opened May 07. houseofmeg@yahoo.co.uk
29	Gilsland	Hadrians Wall	The Samson Inn	01697 747 220	86	636 664	
30	Glasson	Solway	The Highland Laddie Inn	01697 351 839	86	254 605	
31	Glenridding	Lakes	Ratchers Bar, Glenridding Hotel	01768 482289	90	387 168	
32	Grasmere	Lakes	Garden Centre	015394 35255	90	336 073	
33	Grasmere	Lakes	Greens Café & Bistro	01539 435 790	90	337 075	Can supply Gluten Free foods
34	Greenhead	Hadrians Wall	Greenhead Tea Room	01697 747 700	86	659 654	Re opened April 2012
35	Greenhead	Hadrians Wall	The Greenhead Hotel	01697 747 411	86	662 654	Facing Old Forge Tea Rooms
36	Greystoke	NE Fells	Poplin Dub Cottage	01768 483 984	90	439 313	Barn at rear always acessable - DIY flapjack & drinks - honesty box
37	Gunnerside	Dales	Kings Head Inn	01748 886 126	92	952 982	
38	Harker	Carlisle	The Bay tree Café	01228 672 939	85	396 608	
39	Hartside	Pennines	Hartside Top Café	01484 381 036	86	646 418	
40	Hawes	Dales	Penny Garth Café	01969 667 066	98	869 898	email - info@pennygarth.co.uk
41	Haweswater	Lakes	Haweswater Hotel	01931 713 235	90	483 138	
42	Hayton	Carlisle	Gelt House Farm Tea Room	01228 670 772	86	506 588	Off A69. Open daily 10:00 am to 16:30 (to 17:00 in Summer)
43	Hesket Newmarket	NE Fells	The Village Shop , PO &and Tea Room	01697 478 229	90	381 387	Contact Dianne
45	High Heskett	Penrith	Dirty Harry's	01697 473 552	85	407 437	
44	Houghton	Carlisle	Houghton Hall Garden Centre	01228 400 610	85	412 594	
46	Keswick	Lakes	Filling Station Café	01768 772 103	89	264 242	Front of Crosthwaite garage - facing Pheasant Inn
47	Keswick	Lakes	Nichol End Yacht Club	01768 773 687	90	255 228	
48	Keswick	Lakes	The Coffee Lounge	01768 777075	90	266 235	Open on Sundays
49	Kirkby Stephen	Pennines	Pink Geranium	01768 371 586	91	775 087	Facing Mulberry Bush
50	Kirkby Stephen	Pennines	Mulberry Bush Café	01768 897 700	91	775 086	Facing Pink Geranium
51	Lanercost	Hadrians Wall	Priory Restaurant & Tea Rooms	01697 732 229	91	555 636	
52	Langholm	Borders	Pelosis Café, Market Place	01387 381 250	79	360 848	
53	Langwathby	Penrith	Brief Encounter Café Restaurant	01768 881 902	91	573 334	Open 7 days 9 am to 5 pm April to Oct, 10 am to 4 pm Mar, Nov, Dec
54	Little Salkeld	Eden Valley	Water Mill	01768 881 523	90	566 360	
55	Lockerbie	Borders	Café 91 Restaurant, 91-93 High Street DG11 2DA	01576202 379	78	136 816	Open on Sundays
56	Longtown	Borders	Sycamore Tree Café, 40 / 42 Bridge Street	01228 791 919	85	379 687	Open daily 9:00 to 5:00 (except Sundays)
57	Mawbray Hayrigg	Solway	The Gincase	016973 32020	85	992 491	

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58	Melkinthorpe	Penrith	Abbot Lodge	01931 712 720	90	545 247	Dairy Ice Cream farm
59	Melmerby	Penrith	Melmerby Bakery	01768 897 700	91	615 374	Open 7 days 9:00 to 5:00
105	Melmerby	Pennines	Melmerby Stores & Tearoom	07763 149382	NY	616 373	open 0800-1700 except W & Sun 0800/0900-1300
60	Middleton in Teesdale	Pennines	Café 1618	01833 640300	91	947 255	
61	Middleton in Teesdale	Pennines	Countrystyle Bakery & Teashop	01833 640924	92	947 255	
104	Middleton in Teesdale	Pennines	Cafe Fresh 7 Horsemarket	01833 641527	NY	948 254	
62	Moffat	Borders	Rumblin Tum	01683 221 962	78	084 053	0830 - 1700
63	Morland	Penrith	Millyard Restaurant	01931 714 155	91	599 225	0900 - 1600 closed Mondays & Tuesdays
64	Mungrisdale	NE Fells	The Mill Inn	01768 779 632	90	363 303	
65	New Biggin on Lune	Pennines	Lune Spring Garden Centre	01539 623 318	91	707 053	
66	Newcastleton	Borders	Copshaw Kitchen	013877 75250	79	484 875	10-5pm Monday to Saturday (closed Tuesday)
67	Newcastleton	Borders	The Olive Tree Café	01387 375 479	79	482 874	
101	Orton	Penrith	Orton Sca Café	01539 624421	91	623 083	
69	Plumpton	Penrith	Pot Place	01768 885 500	90	487 371	
70	Pooley Bridge	Lakes	Granny Dowbekins	01768 486 453	90	471 245	winter 1000-1600
71	Port Carlisle	Solway	Hope & Anchor Inn	01687 351 460	85	240 622	
103	Portinscale	Lakes	The Chalet Tearooms	01768 772757	NY	252 235	everyday 0900-1700
72	Powfoot	Scottish Solway	Powfoot Golf Hotel, Links Ave DG12 5PN	01461 700 254	85	147 655	On Sustrans Route 7, John@powfootGolfHotel.co.uk. 3 miles SW of Annan
73	Renwick	Pennines	Methodist Church Hall	01768 898 164	86	597 436	Wednesdays only - Arrive by 10:30 - Like to start clearing up by 10:55
74	Seaville	Solway	Cups & Saucers Farm Tearooms	016973 31215	85	155 533	
75	Sedburgh	Pennines	Howgills Bakery & Tearoom	01539 621058	98	658 921	Mon to Sat 9am to 5 pm
76	Shap	Penrith	Cream 17 Café	01931 716 238	90	566 150	Shap main road (A6)
77	Silloth	Solway Coast	Blue Dolphin Café, Withpool Street		85	110 535	
78	Stainton	Penrith	Greystone House Tea Room	01768 866 952	90	485 285	Greystone House Farm Shop
79	Staveley	S Lakes	Wilfs Café	01539 822 329	97	472 983	
81	Thornhill	Borders	Drumlanrig Café	01848 330317	78	879 955	
82	Thwaite	Dales	Kearton Country Hotel	01768 886277	98	893 983	
83	Troutbeck	Penrith	Cocklakes Café (Highgate Turkey farm)	017684 838 85	90	405 278	Off A66 facing Sportsmans Inn beyond Troutbeck (Tel may be farm)
84	Uldale	NE fells	Maes Café	01697 371 778	90	250 368	
85	Unthank	Penrith	Upfront Gallery	01768 484 538	90	452 360	Closed Mon (Except Bank Hols)
86	Walton	Hadrians Wall	Rambling Rose Tearooms	01697 741 926	91	521 644	Walton Village Hall (was at Oakbank Brampton) Props : Denise & Andy
87	Watermillock	Lakes	Aira Force Tearooms	01768 482 262	90	399 199	National Trust site ?
88	Wetheral	Carlisle	Coffee shop at Post Office		86	466 545	
102	Wetheral Shield	Carlisle	Oak Tree Animal's Charity	01228 560082	90	463 525	Open 10am-4pm 7 days a week
89	Wigton	Solway	Granary Coffee Shop, 4 Market Place	07748 835 762	85	255 485	Open Mon - Fri 8 - 4, Sat 8 - 3
106							