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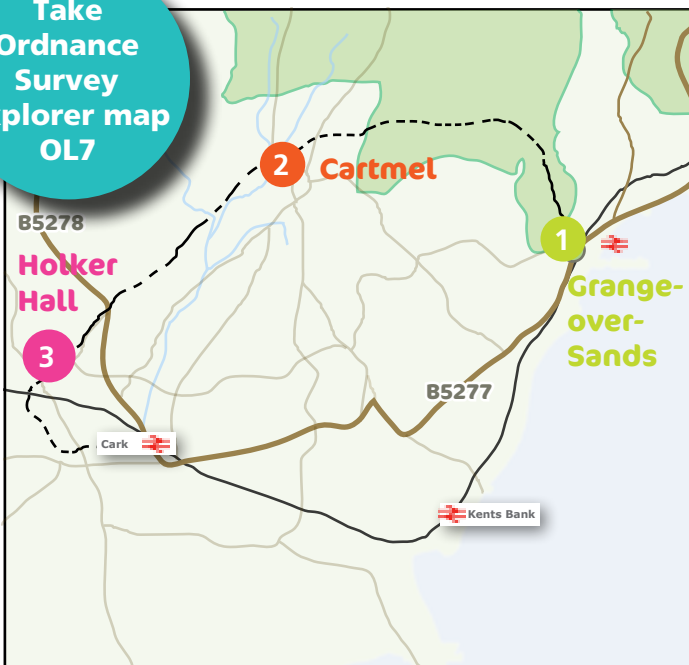
Fantastic Food in the South Lakes

The South Lakes Peninsula is making a name for itself as a foodie heaven. From time-honoured traditional recipes to modern twists using fresh local ingredients, there's sure to be something for everyone.

For a unique culinary experience, leave your car behind and help to protect the landscape too. Work up an appetite on a fantastic walk, or sit back and enjoy the stunning scenery from the bus.

This itinerary highlights quaint and quirky villages, and an exceptional food hall - all famous for their fine food, and all accessible without a car.

Take
Ordnance
Survey
Explorer map
OL7



1. Start in **Grange-over-Sands** and visit a traditional tea shop, award winning butchers and exquisite chocolate shop. Arrive by train from the North West, or by the X6 bus from Kendal or Newby Bridge. For public transport information call 0871 200 22 33 or visit www.traveline.org.uk.

2. Head to **Cartmel** for a great lunch of local delicacies. Take the 530 bus, or walk along the track marked Cistercian Way on Ordnance Survey Explorer map OL7.

3. Visit **Holker Hall** to sample produce from the historic estate by taking a walk to work up an appetite (45 min).

When you've filled your boots, walk from Holker back to Grange-over-Sands (1.5 hours over a small fell!), or walk to Cark Station (15 mins) and take the train back.

The routes shown are for guidance only. Please ensure you have an up-to-date map and a compass with you, and you know how to use them, before undertaking any of the trails. Let people know where you are going, and what time you expect to be back. All information is correct at time of print. Visitlakedistrict.com cannot be held responsible in the unlikely event of injury or accident whilst undertaking any of these activities.

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Grange-Over-Sands

Indulge in traditional English delicacies made to perfection in this Victorian seaside town. Stop for a cuppa at Hazelmere café and bakery, awarded the "top tea place of the year". Choose from 40 different loose leaf teas in bone china cups. To satisfy a sweet tooth, try Choco Lori's handmade chocolates - great for a present, or a well-deserved reward after a walk. Head to "Britain's best butchers" - Higginson's of Grange. Pick up a pie for your picnic, or take home some Traditional Cumberland Sausage which now has protected geographic indication, like Champagne and Parma ham! Grange Bakery have been making bread, cakes and pies for over 80 years in an Edwardian gas fired trap oven. Pop into the sandwich bar with a terrace and indoor seating.



Lakeland
Herdwick
Sheep now
have protected
designation of
origin status

Cartmel

In a village where old meets new, there's so much choice for food fans. Around the square you'll find friendly inns and shops that are several centuries old, visit the village shop to try the famous Sticky Toffee Pudding. Unsworth's Yard is a new addition and is home to an artisan bakery, a fantastic brewery, and a stunning cheese shop. Stock up on supplies for the perfect picnic or take a taste of the lakes home with you.

Don't miss
Cartmel Food
Market on the
3rd Friday of
every month



You'll be spoilt for choice when it comes to cafes and restaurants. For a tasty treat with ultra-low food miles visit Cartmel Coffee café, they use local suppliers for 95% of their products. There is also a restaurant and bistro owned by Michelin Star chef Simon Rogan. Simon's technical approach and his relationship with nature results in a style of food closely connected to its surroundings.

Look out
for the famous
Saltmarsh Lamb
raised on the
estate



Holker Hall and Gardens

In Holker's Food Hall you'll find the very finest local produce, including seasonal meats and cheese produced on the estate. The Courtyard Bakehouse produces a wonderful range of seasonal fayre, including Sticky Ginger Bread Loaves, Lemon Drizzle Cake, Meringues and scones freshly baked every day. You can sample them in the Courtyard Cafe.

Yo ho ho and a bottle of rum...
Many traditional Cumbrian recipes contain lots of rum, sugar and spice. These exotic goods were brought from the Caribbean by ships that landed at Whitehaven. Pick up some rum butter on your visit - it's a great accompaniment to any dessert.

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Cycle for your Supper in the Central Lakes

A Day Out with a Difference

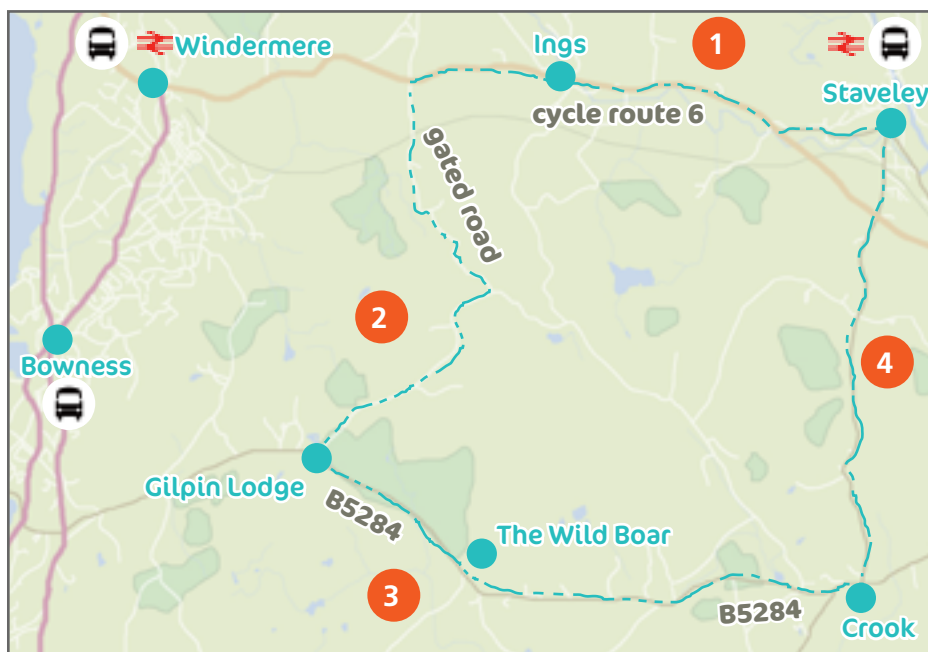
Leave your car behind and travel by bike to some great places serving Lake District delicacies. Staveley village has loads to offer to food fanatics, while the pretty Crook valley is a hidden gem. To get the best of both worlds, take this bike ride through beautiful scenery. Work up an appetite and care for the landscape too!

No bike? No worries! Just follow these easy steps...

Getting Around

Start in Staveley to get your bites and bikes for a car-free day out. You can get here on the 555 bus from Keswick, Ambleside or Windermere, or by train on the Lakes Line. Hop on and put your feet up! Hire a bike from Wheelbase in the Mill Yard (opposite the Post Office) in Staveley (call 01539 821443). Ask for a route guide to the local area, and you are ready to explore!

Find out more on the next page!



On Yer Bike!

- 1 Take cycle route 6 west from Staveley to Ings.
- 2 After Ings turn left onto a gated road down to Gilpin Lodge.
- 3 Turn left onto the B5284 road and follow for 1 mile. Take care on this country road. The Wild Boar Inn, Grill and Smokehouse will be on your left.
- 4 From here you can retrace your steps to Staveley, or continue along the B5284 to Crook, then turn left onto the quiet road into Staveley.

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1 A Leisurely Lunch

Pop in to The Wild Boar Inn, Grill and Smokehouse in Crook, the only restaurant in the Lake District with its own smokehouse! While you recharge your batteries at the electric bike charge point, try a platter of their smoked delights or wet your whistle with real ale made in their micro-brewery. They are open for lunch from 12 noon until 2pm, or tea and coffee anytime. On Wednesday and Saturday at 1pm watch the head chef add food to the smokehouse, call ahead to check on 015394 45225.

2 Sumptuous Staveley

Staveley has a great selection of cafes, restaurants and food shops in The Mill Yard. Why not pick up some picnic provisions and scrumptious gifts. The award-winning handmade chutneys, preserves and relishes at Cumbrian Delights make great presents. More? The Artisan Baker uses the finest quality, natural ingredients in their award-winning breads, pies and patisseries using traditional baking techniques. Make room in your rucksack for a tasty treat!

Bike-friendly Bites

In the Mill Yard, Wilf's café provide plenty of cycle racks and is a great place to rest and replenish. Enjoy the views of the river from the terrace. Wheelbase bike shop has everything a cyclist could need, and there are cycle racks outside here too.



Relaxing by the river at Wilf's Cafe

Raise a glass at the Hawkshead Brewery Beer Hall. The bar is built around the fermenting vessels and has a Cask Marque award for serving "the perfect pint". Brewery tours are on Wednesdays, Fridays and Saturdays at 2pm. Call 01539 825260 to reserve a place or to book a group tour at any time. The tour fee includes a free pint at the end of the tour.

Fancy a coffee?

At Mr Duffin's artisan coffee shop they roast their own coffee beans.
mrduffinscoffee.com

How about some Tapas?
For a lively atmosphere, head back to the brewery for beer tapas.
hawksheadbrewery.co.uk

Or some top pub grub?
The Eagle and Child pub is famous for its great value food, served every day until 9pm
eaglechildinn.co.uk

If you enjoyed this itinerary, go to visitlakedistrict.com/travel for more great ideas for a car-free day out!

Visit Lake District, Cumbria