Find out more about Penrith by visiting
www.penrithtown.co.uk
www.discoverpenrith.co.uk

Walk these trails and explore the history and heritage of Penrith
www.penrithtowntrails.co.uk

Discover the Eden area at
www.visiteden.co.uk

PARKING Penrith offers a number of town centre parking options; from convenient low cost parking in car parks, to time-limited, free parking on-street in the Disc Zones.

When parking in a Disc Zone*

1. Obtain a free parking ‘clock’ disc from nearby shops - look out for the parking posters in shop windows.

2. Display the disc clearly showing your time of arrival.

*Remember to check the zones signs - times allowed vary.

Further information is available in the ‘Visitor Guide to Parking in Eden’, which is available in Tourist Information Centres and most shops, along with the parking discs.
For further parking information in Penrith please see cover flap.

The Eden area is a Fairtrade Zone and has 'Coach Friendly' status. Penrith Farmers Market has a 'Certified' status.
SUPPORTED BY

Tynedale Guest House
4 Victoria Road, Penrith
Cumbria CA11 8HR
Tel: 01768 867491
www.tynedale-guesthouse.co.uk
marguerite@tynedaleguesthouse.wanadoo.co.uk

Ullswater Guest House
Pooley Bridge, Penrith
Cumbria CA10 2NN
Tel: 017684 86292
www.ullswaterguesthouse.co.uk
info@ullswaterguesthouse.co.uk

CAKELAND

Cakeland of the Lakes
1 St Cuthberts Place, Edenhall
Penrith, Cumbria
Tel: 01768 881019 / 07920 145521
www.cakelandofthelakes.co.uk

Neil M Graham & Co
Unit 3, 1st Floor, Central Buildings
Cornmarket, Penrith CA11 7HT
Tel: 01768 863851
admin@pnco-accountants.co.uk

Ullswater Guest House
Pooley Bridge, Penrith
Cumbria CA10 2NN
Tel: 017684 86292
www.ullswaterguesthouse.co.uk
info@ullswaterguesthouse.co.uk

Clothes & Accessories
8 Finesse Bridal
13 N. Arnison and Sons
27 Adib
28 Coy Boutique

Devonshire Arcade
20 Wide range of shops and services

Florist
3 Greenwheat Flowers & Fika

Food & Drink
3 Greenwheat Flowers & Fika
4 The Toffee Shop
9 Bells of Lazonby
12 Narrowbar Café
14 Smoked
15 The Cottage Café
16 Maggies Bakery
& Eden House of Cakes
21 Crafty Baker
22 Little’s Butchers
23 The Fish Cellar
24 Grahams
25 Penrith Farmers’ Market
29 The Corner Shop
32 The Country Coffee Shop
33 Star Fruits
34 Costa Coffee
49 The Cross Keys

Hobbies & Leisure
5 Arragons Cycle Centre
6 Penrith Tourist Information Centre
10 Threadneedle Corner
11 Toymaster
18 Beckside Books
19 Penrith Crafts
35 Shades of Wool
41 Birtle’s Sports
45 Just Sew
48 Hedgehog Books

Home & Giftware
1 Satu Interiors
2 Brunswick Yard
26 White & Green
30 Dream Doors Cumbria
37 Angel Cards & Gifts
39 Eden Stoves & Fireplaces
42 Purdon & Co Framing
43 Seagraves and Dixon
44 Morgan Curtains
46 The Lion Gallery
47 The Unicorn

Jewellery
8 Finesse Jewellery
36 Marvins Jewellers

Services
7 Style-Line Hairdressers
17 Coach House Launderette
31 Rowcliffe House Vets
38 Bagot Optician
40 West Lane Laundry

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1. **Satu Interiors**  
   White Ox  
   01768 210440  
   julie@satuinteriors.com  
   www.satuinteriors.com  
   A unique and personal interior design consultancy service with complementary soft furnishings, furniture and decorative accessories from many leading design houses.

2. **The Brunswick Yard**  
   24 Brunswick Road  
   07887 867741  
   info@brunswick-yard.co.uk  
   www.brunswick-yard.co.uk  
   Antiques and vintage centre. Large selection of antiques, salvage, collectables, books, vintage clothing and Persian rugs. Regular indoor Saturday tabletop sales and seasonal events.

3. **Greenwheat Flowers & Fika**  
   9 Brunswick Road  
   01768 744240  
   laura@greenwheat.co.uk  
   www.greenwheat.co.uk  
   Florist with flowers for all occasions. Fika - cafe with home made lunches, teas, coffees and cakes to eat in or take away.

4. **The Toffee Shop**  
   7 Brunswick Road  
   01768 862008  
   sales@thetoffeeshop.co.uk  
   www.thetoffeeshop.co.uk  
   The best fudge in England, according to Jancis Robinson, and “Easily the best in the World” (Lord Lichfield).

5. **Arragon’s Cycle Centre**  
   2 Brunswick Road  
   01768 890344  
   arragonscycles@mac.com  
   www.arragons.com  
   Visit our family run shop for advice and service on all things cycling. Sales, repairs, cycle fit, and triathlon club.

6. **Penrith Tourist Information Centre**  
   Middlegate  
   01768 867466  
   pen.tic@eden.gov.uk  
   www.visiteden.co.uk  
   Call in and discover more about Penrith and The Eden Valley. Extensive range of tourist information available together with a good range of books, maps and quality souvenirs to buy. Box Office for tickets to local attractions, events and theatres. Official Agent for National Express and Eurolines.

7. **Style-Line**  
   enquiries@stylelinehairandbeauty.co.uk  
   www.stylelinehairandbeauty.co.uk  
   26 Middlegate  
   01768 863248  
   Hair Beauty & Nail Salon. Wedding hair and Mi make-up specialists. St Tropez tanning booth. Pamper Packages for any celebration.

8. **Finesse Jewellery**  
   43 Middlegate  
   01768 895244  
   Vintage, antique and pre-owned jewellery. We buy, sell and part exchange to suit your individual needs.
   **Finesse Bridal**  
   Specialist in pre-owned bridal wear.

9. **Bells of Lazonby**  
   12 Middlegate  
   01768 866870  
   www.bellsoflazonby.co.uk  
   Artisan breads and cakes. Large range of sandwiches and Take-away all freshly made to customers requirements.

10. **Threadneedle Corner**  
    4 Middlegate  
    01768 899095  
    garydalton@hotmail.com  
    Family run business selling a varied selection of cross stitch, tapestry kits. DMC Threads and haberdashery, etc.
Harper’s Cycles & Toymaster
stuart@harpers-toymaster.co.uk 01768 864475
Explore our Aladdin’s cave. Three floors of toys, games, pavement cycles, hobbies and crafts. Discover a real toy shop with real selection, value and service.

N Arnison & Son’s
18 Devonshire Street
01768 862078
www.arnison.com
Quality ladies and mens’ fashions, bedlinens, towels, ladies lingerie a speciality Mens shoes by Barkers, Loake, Camel Active, Shootherapy and Trickers. Floris, Burt’s Bees, Woods of Windsor, Yardley and Berkeley Square Toiletries. Men’s wedding and evening hire service.

The Narrowbar Café
13 Devonshire Street
01768 863439
philwood375@googlemail.com
www.narrowbarcafe.co.uk
Delicious home-cooked breakfasts, lunches, freshly baked cakes and ‘the best coffee in town’.

Smoked
9 Burrowgate 01768 210777
smokedinthelakes@gmail.com
smokedinthelakes.co.uk
Independent smoked food producer and retailer. Meats, fish, cheese and vegetables all smoked on the premises. Open Mon-Sat, 10am - 5.30pm.

The Cottage Cafe
46 Burrowgate 07541 358997
We serve freshly made cakes and scones. We also have an extensive menu of main meals. Snacks, sandwiches and drinks.

Maggies Bakery & Eden House of Cakes
31 Sandgate 01768 891825
maggiesbakery@hotmail.co.uk
Homemade cakes, bread, scones etc. Celebration cakes, icing and sugarcraft equipment.

Coach House Launderette
Friargate 01768 867878
We offer a full wash, dry, ironing and dry cleaning service for all your laundry needs. We specialise in duvets and sleeping bags.

Beckside Books
31 St Andrews View
01768 895951
beckside.books@uwclub.net
2 floors of second-hand and antiquarian books. Browsers welcome. Open Mon-Sat 10-5pm & Wed 10-4pm.

Penrith Crafts
1 St Andrews Churchyard
01768 895977
Blog and Facebook. penrithcrafts@yahoo.com
Friendly independent retailer of fine arts, craft, jewellery, knitting and crochet supplies. Groups, classes, workshops and much more.

Devonshire Arcade
Devonshire Street, In The Heart of Penrith
Original Indoor Victorian Shopping Arcade, home to many unique and individual shops, boutiques, artisan food producers and Food Court.
**The Crafty Baker**  
24-26 Devonshire Arcade  
01768 899511  
Finest quality cream cakes, freshly baked bread & pies produced daily on the premises. Sandwiches made to order.

**Little’s Family Butcher**  
27 Devonshire Arcade  
01768 867026  
Finest quality independent butcher, choice cuts and friendly, knowledgeable service.

**The Fish Cellar**  
27-28 Devonshire Arcade  
01768 899408  
Local wild salmon (in season). Fresh fish from Aberdeen daily. Have your fish vac-packed ready for the freezer.

**J&J Graham**  
6-7 Market Square  
01768 862281  
enquiries@jjgraham.co.uk  
www.jjgraham.co.uk  
Graham’s are a fine food deli, artisan baker and cheesemonger, established in 1793, specialising in quality local foods.

**Penrith Farmers’ Market**  
Market Square  
01768 817817  
Every 3rd Tuesday of the month (March to December)  
9.30am-2.00pm: for fresh local produce, speciality foods and distinctive crafts.

**White & Green**  
44 King Street  
01768 868558  
An eclectic mix of accessories for the home and garden. Stockists of Farrow & Ball, Annie Sloan Paints, and Emma Bridgewater.

**Adlib**  
9b King Street  
01768 210234  
gail.adlib@googlemail.com  
The Adlib Collection is something different. Clothes and accessories hand picked from the London Designer Shows, for real women sizes 10-18.

**Coy Boutique**  
32 King Street  
01768 864661  
coyboutique@btinternet.com  
www.coyboutique.co.uk  
26 years on King Street supplying our customers with quality clothing in a friendly environment.

**Dream Doors Cumbria**  
3 Brewery Lane  
01768 744210  
ca@dreamdoors.co.uk  
www.dreamdoors.co.uk  
Everything AND the kitchen sink! From simple door swap to fully designed and installed kitchen/bedroom. Any size doors/carcases.
Rowcliffe House Vets Ltd
Crown Square  01768 865661
Friendly advice and care for all species. Pet supplies, accessories and pet food. Holiday makers welcome. 24 Hour Emergency Service.

The Country Coffee Shop
15-16 Princess Street  01768 210100

Star Fruits
9 Angel Square  01768 890255
www.starfruitsonline.co.uk
starfruitsline@hotmail.co.uk
Visit Cumbria’s biggest and best independent greengrocery shop for fresh fruit & vegetables, flowers, plants, home-made cakes and dairy produce.

Costa Coffee
11-13 Angel Square  01768 892398  www.costa.co.uk
A relaxed and friendly atmosphere. With free wi-fi and outdoor seating. Serving freshly ground coffee, sandwiches and cakes.

Shades of Wool
1a Angel Square  01768 862646
shades-of-wool-penrith@hotmail.com

Marvins Jewellers
2 Angel Lane  01768 862938
marvins@btconnect.com
Personal service from a traditional family run jewellers, selling fine quality jewellery and watches, both new and pre-owned. Established 1962.

Angel Cards & Gifts
15-16 Angel Lane  01768 890055
Impressive range of quality greeting cards, gifts and social stationery. Also balloons and party products. Excellent choice over 2 floors. One of the oldest shops in town. Great customer service. Well worth a browse.

S., C.&T. Bagot (Optometrists) Ltd
19 Great Dockray  01768 864641
www.bagotopticians.co.uk
Family run Optometrists and Contact Lens Practitioners. Extensive range of designer frames. High quality eyewear and sunglasses. Outstanding personal service.

The Eden Stove and Fireplace Company
35 Great Dockray  01768 891021
Come and see our woodburning and multifuel stoves, fireside accessories, log baskets, hot max fuel and wall art.

West Lane Laundry
West Lane  01768 899098
Fully staffed laundry offering self service, service wash and ironing. Open Mon-Fri 8am-7pm, Sat 8am-6pm, Sun 9am-6pm.
Birtle's Sports
Cornmarket 01768 865129 birtles.sports@gmail.com Established 1973.
Your only local sports retailer. All sorts for all sports. Swim specialists, sports equipment, clothing, outdoor wear, trophies and engraving.
Worth a visit. Celebrating over 40 years of quality service.

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Your only local sports retailer. All sorts for all sports. Swim specialists, sports equipment, clothing, outdoor wear, trophies and engraving.
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Purdon & Co Framing & Gallery
22 Cornmarket 01768 895040
Professional framing by experienced, helpful staff. A wide selection of mouldings and mount colours to frame everything from watercolours and tapestries to medals and photographs.

Seagraves & Dixon
24 Cornmarket 01768 862126
From traditional lightbulbs to the latest LED equivalents as well as a large range of ceiling and wall fittings, fabric shades, table and floor lamps.

Morgan Curtain Design Ltd
1 Poets Walk 01768 868233 www.morgan-curtain-design.co.uk morgancurtaindesign@hotmail.co.uk
Made to measure curtains and blinds. Also poles & track. Large choice of fabrics. Local personal service our speciality.

Just Sew
Poets Walk 01768 866791 justsewpenrith@g.mail.com www.justsewpenrith.co.uk
Fabrics for fashion, patchwork and bridal, notions, patterns, beads, hessian, wadding, silk painting, cross stitch and lots more.

The Lion Gallery
5 Little Dockray 01768 867299

The Unicorn
9 Little Dockray 01768 891193

The New Hedgehog Bookshop
19 Little Dockray 01768 863003 hedgehogbooks@btconnect.com fb: HedgehogBooks
Award winning independent bookshop. Children's books downstairs (pram accessible). Adult stock on the first floor. Open Sundays from April to September.

The Cross Keys
Carelton CA11 8TP 01768 865588 www.kyloes.co.uk
Situated on the edge of Penrith (5 min drive). A traditional English country pub. Bar and restaurant cuisine. 12-2.30 and 6-9pm. Large beer garden.
7 Penrith Town Walks

Visit www.penrith-town-trails.co.uk and as well as enjoying Penrith’s wealth of specialist shops you can discover the rich history behind this delightful market town.

While one of the Trails shows you where Richard III resided in Penrith, another directs you to where William Wordsworth first went to school. Or you may be more interested in discovering the Penrith home of one of the signatories of the American War of Independence. Alternatively, you may want see where Penrith’s first victim of the Great Plague died, where William Wordsworth nursed Raisley Calvert, or where, in 1850, some of the town’s 57 gas lamps were located.

Whilst The Heart of Cumbria provides information in good faith it cannot take responsibility for any alterations, additions or amendments to the information contained within this publication. All information is correct at time of going to press.