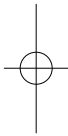


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Cumbria



The Lake District, in the heart of Cumbria, is the largest of England's National Parks and offers some of the best walking in Britain. It is an extremely beautiful area with high fells, rocky crags, lush green dales, huge peaceful lakes and busy villages. As a vegetarian, it is an excellent place to take a holiday, as there are veggie friendly guesthouses and restaurants in many of its villages. The main bases for the Lakes are Keswick in the North and Windermere and Bowness in the South.

Windermere and Bowness is the largest tourist centre and is full of bed & breakfasts, restaurants and attractions such as The World of Beatrix Potter. It gets inundated by tourists and can feel like a seaside resort, so don't come if you're after peace and quiet. One of its good qualities though is the veg-friendly Kirkwood Guesthouse. If the weather's not so great for walking, visit the Lake District Centre at Brockhole, by Lake Windermere, which has an adventure playground, interactive exhibitions, beautiful gardens, games' lawn and a gift shop.

Keswick, next to Derwent Water is particularly popular with walkers. It's still a busy town, but it feels more relaxed than Windermere. A pleasant four mile circular walk from the town centre to the Castlerigg Stone Circle, believed to be around 3000 years old, offers excellent views. Have lunch at the vibrant wholefood veggie café, Lakeland Peddlar, or take a tasty snack away with you. Take a boat trip or row a hired boat around the lake for a refreshing change from walking.

Ambleside, Just north of Windermere and Bowness, is a pretty town and a popular centre for walkers and climbers. It's a good base to explore the Southern Lake District, but although slightly less hectic than Windermere and Bowness, it is still regularly inundated. Beechmount Guesthouse caters well for veggies.

Grasmere is an essential place to visit if you're into the poetry of Wordsworth. It is the home of Dove Cottage, where he wrote many of his poems, and the Wordsworth

Museum. It is a very pretty village but is often overrun with tourists, so it is best to visit out of season.

Coniston Water and the town are both beautiful. There are some lovely walks in the area, particularly up the Old Man of Coniston. If it's a clear day, the view from the top is breathtaking.

Cockermouth. Be sure to dine at least one evening at the Quince and Medlar in Cockermouth, one of the best veggie restaurants in Britain. If you're not staying in Cockermouth, it's worth the drive. Cockermouth is just outside the Lake District, which makes it quieter than many of the places.


Kendal, on the eastern outskirts of the Lakes, is a busy market town with several interesting museums and galleries. Its selling point for veggies and vegans has to be Fox Hall vegan bed and breakfast serving imaginative breakfasts and delicious three course dinners, or Lakeland Natural vegetarian guesthouse.

If you'd prefer to be out of the main hub of the Lake District, consider **Grange-over-Sands** on the southern edge of the park or Alston, close to The Pennines.

The Lake District offers many opportunities for learning about the area. It is possible to do navigated walks and bike rides and learn to map read.

If you're tired of walking or it's just not your thing, most of the lakes have boat trips around them, which can be a relaxing way to still see some gorgeous scenery. There are also some great cycling routes around the Lake District, particularly the Cumbria Cycle Way which takes five to seven days. There are many books available on cycling in Cumbria.

A word of warning: try to avoid the Lake District on summer weekends as it is the second most visited area in Britain behind London. It's quite hard to enjoy nature when you have a crowd of strangers around you!



Hall Croft

Large detached four storey and lovingly restored Victorian villa in the classic English village of Dufton offering quality accommodation: one double with private bathroom £23–26 per person per night, one double ensuite £23–26, one twin ensuite £23–26. Tea and coffee making facilities in rooms as are TV, VCR and hairdryer.

Breakfast is substantial and includes a wide range of cereals, vegan muesli, fresh fruit, homemade wholemeal and speciality breads with homemade marmalade and jam. Orange or grapefruit juice and Fair Trade tea and coffee are also offered. Cooked breakfast is available on request with advance notice such as croissants, veggie/vegan sausages, baked beans, pancakes, homemade muffins, and grapefruit cocktail.

Special diets can be catered for and vegan margarine, soya yoghurt, soya milk and other gluten free foods are all available. The vegetarian owners Ray and Frei pride themselves on their personal service and nothing (almost!) is too much trouble. Also for vegetarians nearby is Little Salkeld Watermill vegetarian organic wholefood tea room and also The Village Bakery organic cafe.

The Eden Valley is a little known part of Cumbria, ideal for a peaceful break – walking, cycling touring or just chilling out. It is ideally placed for touring the Lakes (30 minute drive away), Northumberland, Scotland, the Yorkshire Dales. Carlisle is an interesting city and there are many fascinating small market towns within easy reach. A beautiful, tranquil area in which to relax. Also right on The Pennine Way.

Appleby-in-Westmorland

Vegan/vegetarian bed and breakfast

Hall Croft
Dufton
Appleby-in-Westmorland
Cumbria CA16 6DB

Tel: 01768-352 902

Email: r.walker@leaseholdpartnerships.co.uk

Train station: Appleby 3 miles

Collection available from train station

Open: all year, except Christmas

Directions: A66 to Appleby – Dufton is signposted. The village is 3 miles out of Appleby. Hall Croft is situated at the lower end of the village green.

Parking: available

Children of all ages welcome

Pets by arrangement

Owners more than willing to advise on routes, or occasionally, to lead runs or cycle rides

Packed lunches available on request £5

Homemade cake and tea/coffee offered each afternoon

No smoking throughout

AA 4 Diamonds

Lakeland Living

Big family house with a large organic vegetable garden and lots of pets. Two double ensuite rooms at £20 per person, one in country cottage style, the other modern and minimalistic.

Start the day with a selection of fresh and dried fruit and nuts and cereals, followed by cooked potato and seaweed cakes. Also toast or bread, homemade marmalade, jams, and an own recipe spread of tahini and mulberry extract, all organic. Soya milk, vegan margarine, yoghurt and muesli are all available.

The owner Anita is vegan and used to run her own restaurant. There is a fabulous evening menu for £10. Choose from lentil and veg soup, garlic and herb mushrooms, nutty strudel or homemade haggis. Or a traditional Corfu dish of tomatoes, baked aubergine, red onions, haricots and olives. All served with veggies from the garden.

Dessert can be homemade vegan chocolate ice-cream or fruit crumble. Homemade fruit juice is also available all day.

There are several cats in the house, and rabbits and guinea pigs in garden. There are no resident children, but frequent visits from baby grandchildren.

A few minutes walk from Quince & Medlar vegetarian restaurant and the Granary health food store.

On the edge of the National Park, with mountains and lakes within walking distance. Watersports, walking, swimming and a seaside 6 miles away. Museums such as Wordsworth House and 2 mins away, the Toy and Doll Museum. Brewery with visitor centre close by. The town centre has a theatre and cinema.

Cockermouth

Vegetarian and Vegan B&B

15 Challoner Street
Cockermouth
Cumbria CA13 9QS

Tel: 01900-824 045

Email: anita@yuvaorganic-foods.wanadoo.co.uk

Train station: Maryport, 6 miles, then bus or taxi or collection

Open: all year

Directions: Challoner Street is in the centre of town, almost opposite Barclays Bank.

Parking: the street is very narrow and one-way (away from main street), therefore there is only space for one car. However, parking is available in a nearby area.

Children of all ages welcome

High chairs and facilities for babies

Dogs welcome if they don't chase cats!

No smoking throughout

Tea and coffee making facilities, washbasin and hairdryer in rooms.

10% discount for Vegan Society, Viva! and people with this book

Beech Tree Guest House

Beech Tree Guest House is set in its own grounds, at the foot of the Old Man of Coniston, 150 yards from the centre of the village. There are six double rooms, three with enSuites and two twin rooms, one with an ensuite. Rooms with enSuites are £26–£27 per person per night and those without are £20–£23 per person per night.

Begin the day with fruit juice, cereals and grapefruit followed by vegetarian sausage-burgers or vegetarian sausages, mushrooms, beans, tomatoes and toast. Vegan margarine, soya milk and vegan muesli are available. Special diets catered for. Let them know your requirements when you book. No evening meal is offered, but there is a wide range of restaurants and pubs in Coniston and the surrounding villages.

There are walks right from the house to local waterfalls, the lower valleys or to Coniston Old Man and the high fells. Some of the most beautiful scenery in the Lake District is nearby, as well as many famous houses and attractions.

Coniston is an ideal stopover on the Cumbria Way. It is an excellent centre for many activities. There is much to do for people of all interests and abilities, such as walks ranging from gentle strolls to difficult climbs, sailing and canoeing, and of course just sightseeing and relaxing. Coniston makes a good base to explore the Langdale Valleys, Wastwater and the Southern Fells.

Guests are welcome to enjoy the small but interesting garden. Drying facilities are available. Tea and coffee making facilities in rooms. Guest lounge with television.

Coniston

Vegetarian Guest House

Yewdale Road
Coniston
Cumbria LA21 8DX
England

Tel: 01539-441 717

Train Station: Windermere,
12 miles, then bus

Open: all year

Directions: phone for details
and map

Parking: ample private
parking

Children over 10 only

No pets

No smoking throughout

Glenthorne Country House

Victorian country house set in one of the most peaceful locations in Grasmere. It's as large as a hotel but not as formal. There is accommodation to suit everyone including self catering apartments and three simple bunk style rooms for walkers and cyclists.

There are 25 rooms in all: 4 standard singles £28 per person per night, 1 single ensuite £35; 6 double enSuites £49; 2 standard twins £42 and 12 ensuite twins £49.

Cereal and a full cooked veggie breakfast are offered. There's not so much for vegans although they do have soya milk.

A three course dinner is available for £16.50 and the restaurant is open to non residents too. There is always one veggie option available for example, melon cocktail, followed by nut roast with provençale sauce and for dessert, fresh fruit salad, cheese cake or chocolate torte. If you are vegan or have any other dietary requirements, let them know in advance.

Glenthorne is surrounded by fells and beautiful scenery. Take strolls around Grasmere village and lake, or set out for the day with a packed lunch provided by the guest house for a more challenging walk.

Alternatively, have a lazy day relaxing in the lounges or gardens with a book.

There is a conference room which seats up to 45 people. Tea and coffee making facilities are available in the rooms.

Grasmere

Omnivorous Guest House & Restaurant

Easedale Road
Grasmere
Cumbria LA22 9QH
England

Tel and Fax:
01539-435 389

www.glenthorne.org

Email: info@glenthorne.org

Train Station: Windermere,
10 miles, then bus or taxi

Open:
February–November

Directions: from junction 36 on the M6 take the A591 to Grasmere. Turn left into the village, then go past the Red Lion Hotel and Heaton Cooper Studio. Turn left onto Easedale Road. Glenthorne is at the top of the hill on the left.

Parking: available

Conference room

Clothes drying and bike
storage facilities

Discounts available on long
stays and with large group
bookings

No smoking throughout

Children welcome

Cots and high chairs
provided

Lancrigg

Lancrigg is set in 30 acres of idyllic gardens overlooking the serenity of Easedale. You will appreciate the total absence of traffic noise and the sound of nearby waterfalls and birds. There is excellent walking right from the doorstep.

There are 13 rooms, with singles, doubles, twins and families, all with ensuite bathrooms. Most have special features such as gorgeous views and whirlpool spa baths. Prices range from £50-£99 per person per night and include a four course dinner. Cheaper rates for stays of three nights or more. Deduct £20 if you don't want dinner.

In the morning help yourself to fruit juices, fruit salads and natural cereals. This is followed by a continental or full cooked breakfast of basil tomatoes, vegetarian burgers, baked beans, mushrooms and toast. Vegan margarine, soya milk, soya yoghurt, vegan muesli, veggie sausages and vegan croissants are all available.

Dinner could be roasted aubergine and tomato torte with a romesco sauce, followed by carrot and fennel soup. Your main might be provençal mushroom, leek and pinekernel stuffed pepper, with a tomato and olive sauce and new potatoes, roasted in lemon and fresh herbs, served with salad. For dessert, chocolate and walnut cake. Finish off with fresh ground coffee and chocolates. Organic wine available. Special diets catered for. Food is organic where possible and free from artificial additives.

Champagne and luxury chocolates may be ordered to be in your room on arrival. Tea & coffee making and TV in rooms.

Grasmere

Vegetarian
country house hotel

Easedale
Grasmere
Cumbria LA22 9QN
England

Tel: 015394 35317

Fax: 015394 35058

www.lancrigg.co.uk

Email: info@lancrigg.co.uk

Train Station:
Windermere 8 miles
then taxi

Open: all year

Directions: From the M6,
take the A591 to Grasmere.
In the centre of the village,
turn left up Easedale Road.
The entrance is 1/2 mile on
the right.

Parking: available

Children and pets welcome.
They have cots and high
chairs.

Smoking in rooms only

Breakfast can be served in
rooms if requested

10% discount to members of
the Vegetarian Society,
Vegan Society, Viva! and
people presenting this
book.



Lancrigg
VEGETARIAN
COUNTRY HOUSE HOTEL

THE LAKE DISTRICT

GRASMERE

"Where time stands still"

**Idyllic mountain setting, whirlpool baths,
4 posters, fresh air, pure food and fine wine
provides inspiration for Lakeland lovers.**

Lancrigg's timeless charm comes from its unrivalled
position overlooking the serenity of Easedale.
Whether on foot, car or local transport, you are but
half a mile away from the Lakeland village of Grasmere.

One aspect you will really appreciate is the total absence
of traffic noise - the silence punctuated only by the sound
of nearby waterfalls and birdsong.

Enjoy the relaxed atmosphere of the
elegant Georgian dining room
where meals are served overlooking
Easedale valley. Soft music and
candlelit tables add to the setting.

**Special
Breaks**

Tel: 015934 35317
Email: info@lancrigg.co.uk
www.lancrigg.co.uk

Fox Hall Vegan B&B

Seventeenth century converted barn in the rural village of Sedgwick, four miles south of Kendal, with two rooms sleeping up to five people ensuite. Children aged five to sixteen stay for £10 and those under five are free.

Breakfast is entirely vegan and is a selection of cereals or porridge with soya milk, soya yoghurt and fresh fruit followed by a choice from several dishes including creamed mushrooms on toast; tofu, onion, mushrooms and dill on toast; home made lemon and sultana pancakes or the Big One—two nut rissoles or bean burgers with scrambled tofu, mushrooms, onions and plum tomatoes. Organic and GMO free foods are used where possible.

There is an extensive evening meal menu from which you could choose leek and potato soup, wholemeal pancakes layered with fennel, spinach and tomato and for dessert, chocolate and orange gateau. A child's meal is £3.50. Packed lunches are available for £3. They can cater for all types of special diet including gluten or sugar free and raw.

From Sedgwick, there are good local walks along the disused Lancaster to Kendal Canal towpath, the banks of the River Kent and into Leven Park. Levens Hall and Sizergh Castle are within walking distance. The town is ideally situated for exploring the lakes and mountains of Cumbria and the North West coast. It's only twenty drive minutes to Windermere.

Tea and coffee making and colour TVs in the rooms.

Kendal

Vegan Bed & Breakfast

Sedgwick
Kendal
Cumbria LA8 0JP
England

Tel and Fax:
015395 61241

www.fox.hall@
btinternet.co.uk

Email: www.fox.hall.
btinternet.com

Train Station: Oxenholme, 3
miles, then bus or taxi.

Open: all year

Directions: From junction 36
on M6, follow A590 to
Barrow-in-Furness. Drop
down to roundabout for
A590/A591. Follow
Sedgwick one mile. Go
under canal bridge. Fox
Hall is the first house on the
left.

Parking: three spaces

Travel cot and high chair.

No smoking throughout.

No pets

They no longer have a self-
catering cottage.

FOX HALL VEGAN B&B

Sedgwick, Kendal, Cumbria, LA8 0JP

Come and stay with a vegan family who care about your holiday in our 17th century converted barn 4 miles south of Kendal, South Lakes. Extensive menu - all vegan. Comfortable, well-equipped cottage and happy family home. Children very welcome, travel cot and high chair available. Sorry, no smoking or pets. Good local walks. Ideal base for exploring the English Lake District.

Tel/Fax: Sylvia or Chris on 015395 61241

E-mail: Fox.Hall@btinternet.com or

**Visit our Website: www.fox.hall.btinternet.co.uk
for more info and pictures.**



Anworth House

Relax in this small friendly Victorian guest house quietly situated within walking distance of the town centre and run by vegetarian staff. Quality accommodation with one twin ensuite £23–£28 per person per night, three double ensuites and one fourposter ensuite £23–£28. Single person supplement £5.

All meals are served in the attractive dining room. Start the day with cereal or vegan muesli with soya milk or soya yoghurt followed by a full vegetarian or vegan cooked breakfast of scrambled tofu and sausage. Vegan margarine is also available.

Vegetarian evening meal £10 is available for residents only by request and could start with hot and sour soup or hummous, followed by moussaka and red peppers, then a dessert of strawberry and coconut terrine or peach and apricot puffs.

A small market town Keswick is surrounded by beautiful mountains and lakes in the heart of the Lake District National Park with Scafell Pike, the biggest Lake Windermere and the Solway coastline and Walney Island. A walker's paradise, Keswick is on the 'Cumbria Way', the 'Allerdale Ramble' long distance footpath, and the C2C cycle way.

As well as sailing and canoeing on Lake Derwentwater there are always plenty of things to do from theatre, cinemas, and museums, to shops, two parks, and a leisure pool. Other places to visit include Puzzling Place, Historical Mire House, and in Cockermouth the birthplace of Wordsworth.

Nearby is the Lakeland Pedlar restaurant and Sundance health food shop.

Keswick

Vegetarian Bed and Breakfast

27 Eskin Street
Keswick
Cumbria CA12 4DQ

Tel: 01768-772 923

www.anworthhouse.co.uk

Train station: Penrith, 16 miles, then bus or taxi.

Open: all year

Directions: Turn off M6 at junction 40 onto A66 Penrith. Anworth House is found off Penrith Road in Keswick, fourth left after Derwent petrol station into Greta Street leading to Eskin Street.

Parking: available

Adults only

Visa, Mastercard, JCB

All rooms have tea and coffee making facilities with washbasin, television and hairdryer

No pets

No smoking throughout

ETC 3 diamonds

Edwardene Hotel

Omnivorous hotel with a veggie proprietor, in an 1885 traditional grey slate, three storey building. There are eleven rooms, all with ensuite bathrooms; two singles at £28–£33 per night, and six doubles, two twins and one family all at £29–£37.50 per person.

For breakfast you could have Morning Glory – oats and fruit steeped in maple syrup and soya milk, or a full cooked veggie breakfast. For vegans muesli, margarine, soya milk and sausages are all available.

Dinner is £16.95. The main course could be Fruity Bean Casserole with savoury rice, served with naan bread. They are open to non-residents for dinner too. Visit the veggie cafe The Lakeland Pedlar in town for lunch.

The hotel is in a quiet position, and is only two minutes walk from the town centre and all attractions. Keswick has shops, restaurants, numerous pubs, a theatre, a cinema, as well as galleries and museums.

Keswick is set amidst spectacular scenery and is paradise for walkers. The town is overlooked by Skiddaw, the fourth highest mountain in England. It is an excellent base from which to explore the Central and Northern Lake District.

Co-proprietor Margaret is a qualified chiropodist and Reiki therapist, and is happy to attend to your needs.

There is a guest lounge with a fireplace, television, video player and hi-fi. It has no bar although is licensed to sell alcohol. All rooms have a direct dial telephone, alarm clock and radio, television, hairdryer and tea and coffee making facilities. Some rooms contain videos, bars and other luxury upgrades.

Keswick

Omnivorous Hotel

26 Southey Street
Keswick
Cumbria CA12 4EB
England

Tel: 01768-773 586

Fax: 01768-773 824

www.edwardenehotel.com

Email: info@edwardenehotel.com

Train Station: Penrith, 16 miles, then bus or taxi

Open: all year

Directions: From the M6 junction 40, follow the A66 west towards Keswick. Turn left on the A591 and follow signs to town centre. Just before pedestrian traffic lights turn left, then sharp left again into Southey Street. They are 150 yards on the right.

Parking: 2 spaces

Children of any age welcome

Cot and high chair available

Pets in special circumstances

Credit cards accepted

No smoking throughout

32 Skiddaw Street

Veggie B&B set in the popular Lake District town of Keswick. There are one double and one family room at £20-£25 per person per night.

A full cooked vegetarian breakfast is available on request, and vegan by arrangement.

Dinner is not offered, but veggie food is easily available in Keswick. For lunch, try Keswicks only fully vegetarian cafe, the Lakeland Pedlar.

Keswick is an excellent centre for exploring the fells, walking and climbing. There are many museums, galleries and country houses to visit nearby. See entertainment at Keswick's Theatre by the Lake, open throughout the year. It hosts a wide range of visiting drama, music, dance, talks, comedy and film.

The Keswick Museum and Art Gallery reveal Keswick's past, from an industrial mining centre to home of the Lakeland Poets.

If you need a day off walking, but still want to take in fresh air and magnificent scenery, take a boat trip around Derwentwater. You can spend all day hopping on and off at any of the seven landings.

Tea and coffee making facilities are available and there is a television in the family room.

Keswick

Vegetarian Bed and Breakfast

32 Skiddaw Street
Keswick
Cumbria CA12 4BY
England

Tel: 01768-772 752

Train Station: Penrith, then get a bus

Open: all year, except Christmas and New Year

Directions: A66 from Penrith, left hand slip road to Keswick. Right at Chestnut Hill, past BP petrol station, under bridge, past fire station, then second left into Blencathra Street. Follow to right, then turn left into Skiddaw Street.

Parking: on street

A lock-up garage is available for bicycles and canoes

Children aged five and over welcome

No smoking throughout

Honister House

Centrally located 18th century home in the lovely market town of Keswick. There are three rooms all with ensuite bathrooms: double, twin and family accommodation from £27 per person per night.

A breakfast of fruit juice, fresh fruit and cereal or porridge is offered followed by hash browns, veggie sausages, mushrooms, tomatoes, baked beans, toast and preserves. Soya milk, and vegan margarine are available as is home-baked organic vegan bread.

Dinner is not offered but there are plenty of restaurants, pubs and a veggie cafe for example, the Lakeland Pedlar. After dinner you could take in a movie at the cinema or go to the 'Theatre by the Lake'.

Keswick is surrounded by beautiful mountains and lake Derwentwater. There is unlimited walking for all abilities, as well as cycle routes.

If you want to take it easy, go for a cruise on Derwentwater and take in the magnificent views from a different angle.

There are many places of historical and cultural interest within easy reach such as the 4,000 year old Castlerigg Stone Circle and William Wordsworth's home.

Packed lunches on request. They have bicycle storage, boot storage and a drying area. Facilities for making Fairtrade tea and fresh coffee are available in the rooms with vegan and handmade vegetarian biscuits.

Keswick

Omnivorous Guest House

1 Borrowdale Road
Keswick
Cumbria CA12 5DD
England

Tel: 01768-773 181
Fax: 08701-202 948

www.honisterhouse.co.uk

Email: philandsueh@aol.com

Train station: Penrith, 20 miles, then bus or taxi

Open: all year

Directions: From the town centre and tourist information follow the right hand fork, Lake Road. After one minute walk they are on the left hand side.

Parking: available

Discounts to Viva! members

Children welcome.
Cot and high chair available.
Baby sitting by arrangement.

Baby sitting available

Drying area and bicycle storage

Credit cards accepted

No smoking throughout

RAC Four Diamond Rating
RAC Sparkling Diamond &
Warm Welcome Awards

Pickle Farm

Eighteenth century farmhouse in a secluded location with panoramic views over the surrounding countryside. There are three rooms: two double ensembles with balconies and one twin ensuite for £28-£34 per person per night. On arrival you will be offered complimentary homemade veggie or vegan afternoon teas.

Breakfast is whatever you would like, for example fresh and dried fruits, homemade muesli and granola, followed by a variety of cooked foods and homemade breads and preserves. For vegans homemade sausages, muesli, margarine, soya milk and soya yoghurt are all available. There are many restaurants in and around Kirkby Lonsdale where veggie food can be found.

Pickle is located in the Lune Valley between the Yorkshire Dales and the Lake District. Walk from the door to the climbing spot of Hutton Roof Crags and to the Rakes, a spectacular limestone pavement. A few minutes drive away is the nature reserve and bird sanctuary at Leighton Moss. Kirkby Lonsdale is walking distance where you could visit Devil's Bridge, Ruskin's View and the many interesting shops. Ingleton is a short drive away for waterfalls and caves, or for serious walking go to the Three Peaks of Wharfedale, Ingleborough and Pen y Ghent. You could also visit the market towns of Dent, Settle and Skipton. In the other direction is the Lake District, famous for its scenery and fell walking.

There is also a spacious one-bed two-person cottage attached to the Farm with fabulous views. One week from £195 in low season to £325 during high season.

At night relax in the sitting room in front of the wood-burning stove. Tea and coffee making facilities in the rooms.

Kirkby Lonsdale

Vegetarian / Vegan
Bed and Breakfast

Pickle Farm
Hutton Roof
Kirkby Lonsdale
Cumbria CA6 2PH
England

Tel: 01524-272 104

www.picklefarm.co.uk

Email:
stay@picklefarm.co.uk

Train station: Carnforth, 10 miles

Open: all year

Directions: From Kirkby Lonsdale Tourist Information Centre, take New Road out of town to mini roundabout. Turn left and pass Booths Supermarket. Turn right at roundabout onto A65 towards Kendal, then take the first left, sign-posted Hutton Roof 3 miles. At the T junction turn right. After another mile turn right into Hutton Roof. Proceed through village to the church on the left. Pickle gateway is on the right 200 yards past the church.

Parking: plenty available

Exclusively for adults

No smoking throughout

Michelin Bib award

Five Diamonds Gold Award with Visit Britain

See pictures (facing page)



For updates to this guidebook

visit

www.vegetarianguides.co.uk/updates

For links to sites covering other
countries

www.vegetarianguides.co.uk/links

Kirkwood Guest House

Omnivorous guest house that's been trading for twenty years.

There are seven rooms: four double ensembles (all with four poster beds), two twin ensembles and a family room (one double and two singles). From £25 per person per night for a standard room, and from £27 per person for the four posters.

Breakfast could be fruit, juice and cereal or muesli followed by beans, tomatoes, mushrooms, hash browns and veggie sausages. They sometimes have pancakes. Soya milk, vegan muesli and soya yoghurt are available, but it is best to let them know in advance if you are vegan.

Windermere is a very popular base to explore the Lake District and at times can feel like a seaside resort. If you are wanting a lively stay in the Lakes, this is the town to come to. There are lots of restaurants and bars, many offering veggie food.

There are cruises around Lake Windermere or you could hire your own rowing boat. For rainy days, there are museums including the Steamboat Museum and the World of Beatrix Potter.

Orrest Head is a one and a half mile climb from the train station and offers great Lakeland views. Another good viewpoint is Brant Fell. Beatrix Potter's cottage at Hill Top and the village of Hawkshead are walking distance away.

There is a guest lounge. Rooms have tea and coffee making facilities, radio, hairdryer and TV.

Windermere

Omnivorous
Guest House

Princes Road
Windermere
Cumbria CA23 2DD
England

Tel: 01 539-443 907

www.kirkwood51.co.uk

Email:
info@kirkwood51.co.uk

Train Station: Windermere,
1/2 mile, then walk or get a
taxi.
Collection possible by
arrangement.

Open: all year

Directions: Please phone or
see map on website for
directions

Parking: available

No smoking throughout

Children welcome

Animals welcome

Credit cards accepted

Discounts for longer stays

Quince and Medlar

Gourmet vegetarian food, three times winner of 'vegetarian restaurant of the year' and four times runner up. Situated in a listed Georgian building with a wood panelled candlelit dining room featuring work by local artists. Very swish, recommended for a special occasion.

Starters £3.95–£6.95 such as soup, roast aubergine and sundried tomato paté, and baked French onion tart.

Main courses £12.75 include parsnip, fennel and basmati rice discs with white truffle oil and Madeira sauce; lentil and apricot strudel in filo pastry on a bed of wilted spinach leaves with tomato and red wine sauce; spiced Moroccan vegetable cone with creamed coconut, lemongrass and tumeric, with a ring of wild rice and chutney.

Home-made garlic bread £1.35.

Desserts £4.75 include chocolate orange pie, lemon tart, and coffee and Tia Maria parfait. Vegan ice cream is available.

The menu changes every 6–8 weeks. Vegan options are available but not marked on the menu. About half the ingredients used are organic.

House wine £11.15 a bottle, £2.95 glass, other wines up to £30.

They appreciate advance notice of special diets.

The owners take great pride in their restaurant and have even won 'loo of the year' award!

Cockermouth

Vegetarian Restaurant

13 Castlegate
Cockermouth
Cumbria CA13 9EU

Tel: 01900-823 579

www.quinceandmedlar.co.uk

Open:
Tue–Sat from 19.00

Booking advisable

Licensed

Children over 5 years
welcome

No smoking throughout

Visa, MC

Ambleside

Nab Cottage

Omnivorous guest house

Rydal, Ambleside, Cumbria,
CA22 9SD
01539-435 311
www.rydalwater.com
Email: tim@nabcottage.com
Open: all year

Seven rooms, one single and two twin/doubles at £24 per person per night and four twin/double ensembles at £26 per person. Vegans and those on special diets catered for with advance notice. Children of all ages welcome at a discounted price. Pets by arrangement. Smoking in the sitting room only

Caldbeck

The Watermill Restaurant

Vegetarian restaurant

Priest's Mill, Caldbeck, Wigton,
Cumbria CA7 8DR
01697-478 267
Open: Mon 11–16.00, Tue–Sun 10–17.00,
closed from start Jan until mid Feb
www.watermillrestaurant.co.uk
joeshort@watermillrestaurant.co.uk

Light refreshments to full meals. Some tables overlook the river or you can sit outside on the grassy terrace overlooking the village cricket pitch. Starters from £2.95, mains £6. Always something vegan and gluten-free. No smoking throughout. Cash and cheque only. Evening parties and outside catering by arrangement. Disabled access. Free parking. At the end of June 2005 this restaurant was due to change hands and the new owners may introduce meat dishes. Check www.vegetarianguides.co.uk/updates for latest news.

Cockermouth

The Granary

Health food shop

15 Main Street
Cockermouth, Cumbria CA13 9LE
Tel: 01900-822 633
Open: Mon–Sat 9.30–17.30

Pride themselves on their individual service. Fully veggie shop with chiller and freezer cabinets. Stocks toiletries and offers clothes washing.

Grasmere

How Beck

Vegetarian bed and breakfast

Grasmere, Cumbria, CA22 9RH
01539-435 732
Email: trevor.eastes@btinternet.com
Open: all year, except Christmas and New Year

Two double ensuite rooms £27–£30 per person per night. No children or pets. No smoking throughout. Visa, MC.

The Rowan Tree

Vegetarian cafe

Church Bridge, Grasmere, Cumbria CA22 9SN
01539-435 528
www.therowanreegrasmere.co.uk
Open: Spring–Autumn Mon–Sun 10–17.00 and 18–21.00;
Jan–Feb just weekends daytime only
Closed Xmas and New Year holidays

Located beside the river Rothay, this vegetarian café becomes a restaurant at night. Choose from starters such as hummous £3.50, mushroom, hazelnut and red wine paté £4.50, spring rolls £4.50 and mains including fruit and vegetable curry £7.75. No smoking throughout. Visa, MC.

Waterside Wholefoods

This vegetarian café and shop, which has been going for over 25 years, offers cosmopolitan food and strives to be as organic as possible.

The daily changing menu includes pizzas with toppings such as spinach and pine kernal, mushroom or pineapple. Pates such as hummous or fennel and orange.

Main meals include pasta and vegetable bake, mushroom and bean stroganoff, Turkish pilaff, spiced vegetable and chickpea tagine, cauliflower and cashew nut curry, from £3.20 per portion.

Salads include bulgar wheat with mint, cucumber and tomato; cauliflower, cashew nut and date; pasta with mixed peppers, French dressing & herbs.

Cakes and slices such as chocolate fudge, luscious lemon with lemon curd topping, coffee & walnut, fig & ginger, orange & poppy seed, carrot cake.

Usual selection of coffees £1.10 filter to £1.60 for lattes. Fairtrade available also.

Organic wine is available.

Special diets are catered for, such as wheat and gluten free, diabetic, raw and of course vegan. They always have vegan margarine, soya milk, cappucino and milkshakes/smoothies.

They cater for children and also do outside catering

Kendal

Vegetarian cafe,
restaurant and shop

Kent View
Waterside
Kendal
Cumbria LA9 4DZ

Tel: 01539 729743 shop
01539 733252 office

Toni@glenrae.
freeserve.co.uk

Train: Oxenholme

Open: Mon- Sat 9.00-
16.30

Licensed with food

Vegan and vegetarian
wholefood 50% organic

No smoking

All credit cards accepted

High chairs for children

Kendal

The Tapestry Tearooms

Vegetarian cafe

Stramongate, Kendal, Cumbria LA9 4BH
01539-722 975
Open: Mon-Fri 10.00-16.30
www.quaker-tapestry.co.uk

This delightful cafe is part of The Quaker Tapestry Exhibition Centre. They do a good range of usual cafe foods much of which is vegan. All vegetarian. Also has space for 1-3 people to stay.

Kan Foods

Wholefood shop

9 New Shambles, Kendal, Cumbria CA9 4TS
01539 721190
Open: Mon-Sat 9.00-17.00

Veggie shop, selling grains, pulses etc. Organic cosmetics and natural skin care products. No ready-made foods.

Keswick

Lakeland Pedlar

See full page listing page 66.

Mayson's Wholesome Food Restaurant

Omnivorous restaurant

33 Lake Road, Keswick, Cumbria CA12 5DQ
01768-774 104
www.maysonsrestaurant.btinternet.co.uk
Open: 7 days, summer 10-20.45,
winter 10.30-16.00

Omnivorous restaurant with about 30% of meals veggie. All salads vegetarian. Always have a vegan dish such as vegan biryani curry £6.25. Desserts around

£1.95, vegan flapjacks 95p.
House wine £2.10 glass, half carafe £5.15, litre carafe £10.25. Lots of bottled and draft beers. Pot of tea 85p, coffee £1.10. No soya milk.
No smoking from 12 noon. Cash or cheque only. Small portions for children. High chairs available.
They own a take-away called Mayson's directly opposite which does veggie and vegan sandwiches, around £2.65.

Sundance Wholefoods

Wholefood shop

33 Main Street, Keswick CA12 5BL
017687-74712
Open: Daily 09.00-17.00

Veggie and vegan shop offering take-away food. Chiller cabinet with cakes and samosas.

Milnthorpe

Living Well

Wholefood shop

26 The Square, Milnthorpe, Cumbria CA7 7QJ
Tel: 01539-563 870
Open: Mon-Fri 9.00-17.00, Sat til 13.00

Veggie shop with fridge and freezer.

Penrith

Little Salkeld Watermill

Vegetarian organic tea room

Little Salkeld, Cumbria LA10 1NN
6 miles NE of Penrith
01768-881 523
Open: Feb-Christmas every day 10.30-17.00
www.organicmill.co.uk

Organic vegetarian cafe using flour from the next door traditional 18th century

The Lakeland Pedlar

Situated in central Keswick, this veggie cafe, popular with cyclists and walkers, has great views of the fells. Decorated in warm deep reds and yellows with the walls festooned with cycling prints and memorabilia, the cafe makes a memorable and relaxing place to pass the time. Most dishes are or can be made vegan.

Start the day with a full "Pedlars" veggie breakfast including beans, grilled tomatoes, mushrooms, hash browns and toast for £5.85. Or try the Bacon Ciabatta Buttie £3.75, made with vegan rashers. Breakfast served until 11.30am.

Lunchtime specials include spinach, carrot and cashew nut filo pie, baked butternut squash and leek crepes or roast Mediterranean vegetables and sundried tomato tart.

Homemade soups with organic bread are £3.05.

Main courses, £5.95, include veggie chilli with pitta bread and side salad; 3 bean burritos with jalapenos. The soup, salad and bread combo is £5.15.

Children's menu, £2-£3.40, such as the "Pirate" soup with wholemeal bread or veggie burgers.

Lots of desserts and dairy-free organic ice cream £1.85.

Fair trade coffee and tea, £1.30-£1.60 and herbal teas £1.25. Cold drinks, £1.25-£1.60 including ginger beer, juices and Purdey's.

At certain times of the year the Pedlar is open for an evening menu with vegan wines, beers and ciders.

Outside seating is available where you may smoke.

Keswick

Vegetarian cafe & bicycle centre

Hendersons Yard
Bell Close Car Park,
Keswick
Cumbria CA12 5JD

Tel: 017687-74492
Fax: 017687 75752
www.lakelandpedlar.co.uk
lakeland.pedlar@btclick.com

Open: Mon-Sun 9.00-17.00

Licensed for cider, beer and wine. Organic and vegan

Allergies catered for

No smoking

Visa, MC, Maestro

10% discount to Viva!,
Vegetarian and Vegan
Society members

Children's menu

Private parties catered for

water-powered mill, which is open to visitors for £3.50 adult, £1.50 child.

Veggie cafe has little for vegans. Soups, biscuits and fruit pies, all made from their own flour. Bring your own alcohol. No smoking throughout. High chairs and children's portions. MC, Visa.

Nature's Health Store

Wholefood shop

1 King Street, Penrith, Cumbria CA11 7AR
01768 899262.
Open: Mon-Sat 9.00-17.00 (16.30 Wed)

Good range of cruelty-free cosmetics and special dietary products. Can also offer advice.

The Village Bakery

Omnivorous organic cafe

Melmerby, 9 miles NE of Penrith on A686
Tel: 01768-881 515
www.village-bakery.com
Open: Mon-Sat 8.30-17.00, Sun 9.30-17.00
Special evening meals on certain Saturdays

Snacks and light meals using ingredients from the wood-fired bakery and smallholding. Wheat, gluten and dairy free catered for. Shop sells organic bread, cakes (apricot and date flapjacks are vegan), groceries, baking books and equipment. Exhibitions, demonstrations, talks and events, books and pamphlets on organic gardening and agriculture. Baking courses.

Ulverston

World Peace Cafe

Vegetarian cafe and meditation centre

5 Cavendish Street, Ulverston LA12 7AD
Tel: 01229-587793
Open: Tue-Sat 10-16.30, Wed -15.00,
Fri Stop the Week evening from 19.30

Soup £2.80. Lunch £5 such as veg biryani with tarka dal, falafel. Open sandwich £4 with salad. Coffees, teas, smoothies in summer with soya milk, gluten free and vegan cakes £1-1.50. Garden area. Sofas in front window. No smoking. No alcohol. Children welcome, high chairs. No credit cards. Meditation room upstairs for recentering yourself. (You don't have to be a Buddhist) Tuesday and Thursday meditation 12.30-13.00 £3 which entitles you to soup afterwards for £1.50. Classes Thursday 19.30-21.00/21.30 £4 followed by refreshments. Stop the Week Friday night 19.30 meditation class and three course dinner £9.50.

Appleseeds

Health food shop

59 Market Street, Ulverston CA12 7LP
Tel: 01229-583 394
Open: Mon-Sat 9.00-17.00 (Wed 15.30)

Veggie shop offering a variety of organic veggies and alcohol, gluten-free products, healthy drinks such as smoothies, soya foods, ready meals, pre-bagged and organic fruits, nuts and grains. Chiller cabinet. Books on health, complementary therapies, music tapes.

Holland & Barrett

Health food shop

206-208 Dalton Road, Barrow-in-Furness
Tel: 01229-835795

2 Globe Lane, The Lanes, Carlisle
Tel: 01228-530827

54 Stricklandgate, Kendal
Tel: 01539-733828

53 Pow Street, Workington
Tel: 01900-62214