

# THE UPPER EDEN VALLEY



Penrith is a bubbling melting pot for the region's culinary delights, but there's plenty more to taste elsewhere in the Eden Valley.

Follow the Eden Valley food trail to be inspired by some of the unusual food producers and tasty treats to be found in this area. You'll find locally-reared venison and pheasant, devour luxury locally-made ice-cream and uncover a hidden microbrewery.

Download the trail from [www.nurtureeden.org](http://www.nurtureeden.org) or through the Explore More Eden mobile App or pick up copies from Eden Tourist Information Centres.

# PICNICS AND FOOD FESTIVALS



A circular walk from Little Salkeld Watermill leads to Long Meg and Her Daughters, the country's third largest stone circle. It also takes in the River Eden and Lacy's Caves, and very quickly burns up the calories! Pack a picnic and eat al fresco, but don't count the circle's stones – it's very bad luck!

Rheged holds various food-related festivals and events each year, while Cranstons has a 9-10 week summer BBQ and picnicking festival featuring cookery demonstrations, special offers, sampling and competitions. The exciting Marmalade Festival takes place at Dalemain in Feb/Mar and Penrith on a Plate is staged in the summer.



# THE PENRITH FOOD TRAIL



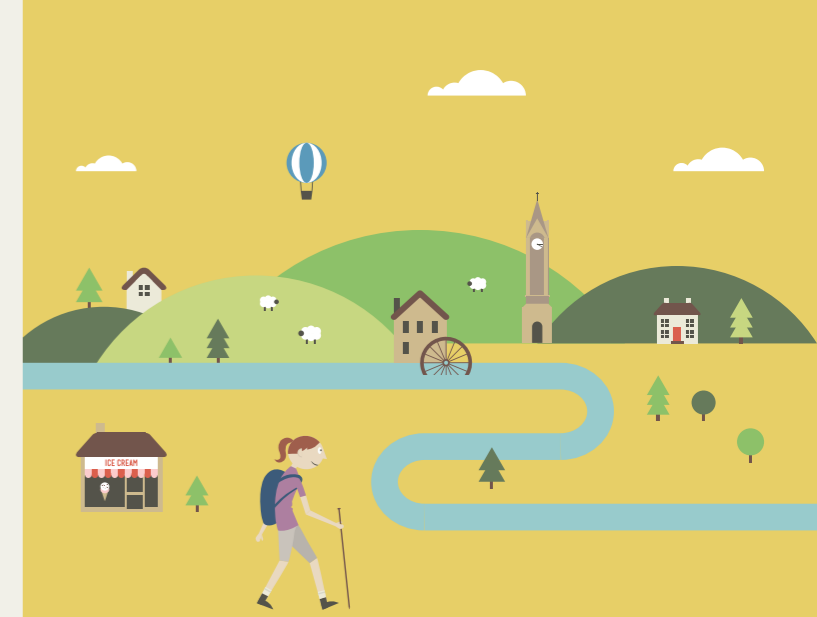
## INTRODUCTION

Penrith, in the Eden Valley, Cumbria, has a distinct and delicious food culture with tasty treats around every turn. Discover the fabulous food and drink that this bustling market town has to offer and be inspired by its passionate producers and food artisans. Whether you dine at local eateries, sample Eden's finest produce in its delis or buy directly from farmers at the farmers' markets, you'll be inspired by Penrith's

gastronomic delights. This trail takes in some of Penrith's culinary joys to give you the inspiration to explore the town through your taste buds.

For more inspiration see Nurture Eden's food film on [www.nurtureeden.org](http://www.nurtureeden.org).

# THE PENRITH FOOD TRAIL



**nurture eden**  
paradise for explorers

[nurtureeden.org](http://nurtureeden.org)

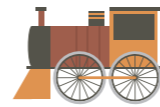
# FIELD TO FORK



Eden is blessed with excellent and award-winning farmers' markets. Witness the producers' passion at Orton (2nd Sat of each month), Brough (3rd Sat of each month) and Penrith (3rd Tues of each month). All run 9.30am-2pm and offer a feast of fabulous farm-fresh food, fully traceable, from field to fork.

Visit Greystone House Farm Shop (Stainton) for prime hung beef, homemade Cumberland sausage and superb Burbush's of Penrith pies, handmade using local meats and free of additives and preservatives. The Carleton Farm Shop has delicious Country Puddings, fresh vegetables, Appleby Creamery cheese and Jeremy's Soups.

# GETTING AROUND



## PUBLIC TRANSPORT

Penrith is on the main West Coast railway line with connections to Carlisle and Oxenholme, Kendal, Manchester and London. The Settle-Carlisle Railway, one of Britain's most picturesque routes, runs through Eden connecting Kirkby Stephen, Appleby, Langwathby, Lazonby and Armathwaite. There are car parks at each of the stations.

For timetables and fares, visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) and [www.settle-carlisle.co.uk](http://www.settle-carlisle.co.uk). There are also regular bus services from Penrith town centre into the surrounding area. You can reach Rheged by bus from Penrith using the X4 and X5. The 106 from Penrith to Kendal follows the A6 passing through Clifton. For more info visit [www.traveline.info](http://www.traveline.info).

## CYCLING

Bikes can be carried on the Settle to Carlisle and the West Coast lines, spaces are limited



and you may need to book in advance. Electric bikes can be hired from the Electric Cycle Centre in Penrith. Bike hire is also available from Arragon's Cycle Centre, Penrith. For more info visit [www.electriclecyclecentrepenrith.co.uk](http://www.electriclecyclecentrepenrith.co.uk) and [www.arragons.com](http://www.arragons.com).




**Steven and Claire Bland - Abbott Lodge Jersey Ice Cream**  
Clifton, Nr Penrith, Cumbria CA10 2HD ☎: 01931 712720  
4 miles south of Penrith, just off the A6 (Melkinthorpe turn off)  
e: [info@abbottlodgejerseyicecream.co.uk](mailto:info@abbottlodgejerseyicecream.co.uk) w: [www.abbottlodgejerseyicecream.co.uk](http://www.abbottlodgejerseyicecream.co.uk)

**Tea Room • Play Area • Calf Viewing • Disabled facilities**  
Opening times: 11am to 5pm daily  
Open all Bank Holidays except Christmas and New Year





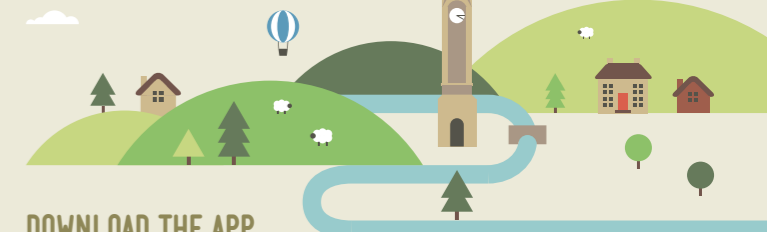
**Country inn with ten bedrooms serving fresh, seasonal produce from the Lowther Estate.**



**01768 865 381**  
[www.georgeanddragonclifton.co.uk](http://www.georgeanddragonclifton.co.uk)  
Clifton, CA10 2ER – just two miles from Penrith on the A6



# WHAT'S IT ALL ABOUT?



## DOWNLOAD THE APP

For more information on the walks, rides, and experiences mentioned in this trail, and for more inspiring days out in Eden, download the **Explore More Eden** or **Cycle More Eden** apps. Have fun exploring!



## ABOUT NURTURE EDEN

We have made a set of 6 trails to inspire more people to explore the hidden gems of Eden. You can also access great ideas for days out and travel information at [www.nurtureeden.org](http://www.nurtureeden.org) and on our mobile apps 'Explore More Eden' and 'Cycle More Eden'.

Nurture Eden aims to help Eden become a leading destination for sustainable tourism, growing local tourism businesses, whilst also protecting the environment.

This project is supported by the Rural Development Programme for England (RDPE) for which Defra is the Managing Authority, part funded by the European Agricultural Fund for Rural Development: Europe investing in rural areas.



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# THE PENRITH FOOD TRAIL

Ancient market town, Penrith, is a bustling hub of fine Eden produce, grown and cooked by passionate producers and inspirational food artisans. Follow our delicious food trail and tickle your taste buds!

## 1 RHEGED

Rheged and its fifty-producer Taste Food Hall and three cafes is a short cycle ride from Ullswater with its steam-powered pleasure cruises. It is close to Dalemain, an historic home and gardens, and just a hop from Quirky Workshops in Greystoke. Rheged offers food heaven whether you fancy delicious farmhouse cheese, locally brewed ales or handmade pies. Peter Sidwell@Rheged Café's inspirational menus feature dishes like chorizo and potato hash. Don't miss tasty 'Fish and Chip Fridays' or the annual Great Northern Cheese Festival (early Autumn).

## 2 CRANSTONS CUMBRIAN FOOD HALL

Cranstons Cumbrian Food Hall is an oasis of Eden food excellence open seven days a week. Forty different Cumbrian suppliers have food treats to tempt, while Cranstons particularly champions prime meat, like Saddleback pork, Herdwick and Saltmarsh lamb, Cumberland and speciality sausages. The six-foot pie counter is a feast for the eyes while scrumptious handmade chocolates are a chocoholic's temptation! With freshly caught seafood, top quality fruit and veg, 100 fine wines, micro-brewery ales, preserves, cheeses and more, Cranstons deserves its many accolades.

## 3 THE TOFFEE SHOP AND BRUNSWICK DELI

The large wooden spoon on the world-famous Toffee Shop's wall marks Prince Charles's 2003 opening of the new-look shop. Resist the sweet aroma of this unique-tasting fudge and toffee, described as 'the best in the world' for long enough and discover more royal patronage in the visitors' book. Next door is Brunswick Deli – the only retailer selling acclaimed Dalemain marmalade, as well as own-brand chutneys, jellies, jams and relishes, gingerbread from Granny Dowbekins at Pooley Bridge and an array of local cheeses. They even create extraordinary wedding cakes made from cheese!



Image courtesy of Martin Campbell  
Traditional Cumberland Sausage



Cycling to the Watermill at Little Salkeld



### KEY

- Railway Station
- Railway Line
- River
- 'A' Road
- Motorway

## 4 J AND J GRAHAM, MARKET SQUARE

This fabulous food emporium (estab. 1793) has olde-world charm in abundance, with its magnificent, brass coffee weighing scales and an old-fashioned grocers' delivery bicycle. The on-site baker Alan Potter, bakes the irresistible egg custards, pies, pasties, sausage rolls, tarts, quiches and cakes daily. Food lovers retreat to Graham's foodie heaven not just for its bakes, but for marvellous local cheeses and specially selected teas too. Deli items from local producers abound and you simply must check out the Tudor and Beef Growler pies.

## 5 LLAMA KARMA KAFE, A66 AT BROUGHAM

This quirky, Peruvian-themed café offers innovative dishes and a gluten-free menu, served while its large llama herd mooch around their paddock, checking out your choice! Here, breakfast (until 11am) is an institution for walking parties and for self-caterers who love a fantastic full English. From local black pudding and bacon panini, to Hungarian chicken baguettes, superb soups, homemade pies and the scrumptious Llama Karma Korma, this Countryside Alliance Rural Oscar winner has a taste treat for you, whether you are walking Lady Anne's Way, or cycling the underpass route down to Clifton.

## 6 GEORGE AND DRAGON, CLIFTON AND ABBOTT LODGE JERSEY ICE-CREAM

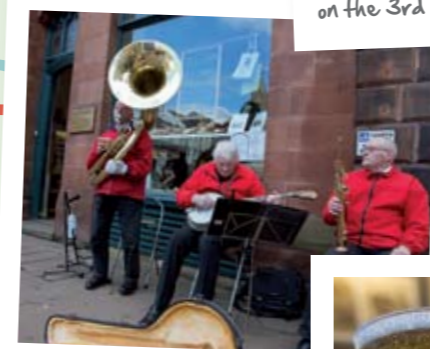
The stylish George & Dragon breathes fire into local produce, sourcing much from its Lowther Estate and Askham Hall kitchen garden. A blackboard proudly displays details of local producers – from Gregor the Estate Stalker to game bird supplier, Reagill Grange, while the owner's own Shorthorns provide excellent meaty fare. Vegetarians can always opt for the twice-baked cheese soufflé signature dish. Cycle or walk to Abbott Lodge for 16 imaginative flavours of ice cream made from their pedigree Jersey cows' milk.

## 7 LITTLE SALKELD WATERMILL AND THE VILLAGE BAKERY, MELMERBY

The most-used adjective in this charming organic mill's visitor book is 'yummy', with tearoom visitors, young and old, raving about the baked treats they have devoured. Mill tours highlight how wheat is ground by waterpower, taking water from Sunnysill Beck, which runs past the tearoom window. Marvellous breakfasts are hugely popular with C2C cyclists, who use them as fuel for the ascent up Hartside, maybe calling at the Village Bakery, Melmerby, en route, to top up with gluten and dairy-free treats.



Image courtesy of Dave Willis  
Penrith farmers' market takes place on the 3rd Tuesday of the month



Outside the olde-worlde grocers J&J Graham



Enjoy an Eden-brewed real ale at the George and Dragon