

## Bibliography and References

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## Contact Details for Further Information

The entries under each heading are in the order they would be met on our journey through Loyne.

Place	Name	Telephone	Web Address
<b>Cafés</b>			
Newbiggin-on-Lune	Lune Spring Garden Centre	015396 23318	
Dent	Dent Crafts Centre	“ 25400	<a href="http://www.dentdale.com/craftcentre.com">http://www.dentdale.com/craftcentre.com</a>
	Meadowside Café	“ 25329	<a href="http://www.dentdale.com/meadowside.htm">http://www.dentdale.com/meadowside.htm</a>
	Stone Close Tea Room	“ 25231	<a href="http://www.dentdale.com/stoneclose.htm">http://www.dentdale.com/stoneclose.htm</a>
Kirkby Lonsdale	Bay Tree Café	015242 72160	
Ingleton	Mews Coffee House	“ 71007	
	Bernie's Café (The Cavers' Café)	“ 41802	<a href="http://www.berniescafe.co.uk">http://www.berniescafe.co.uk</a>
	Copper Kettle	“ 41020	
Bentham	The Falls Café	“ 41617	<a href="http://www.thefallscfe.co.uk">http://www.thefallscfe.co.uk</a>
	Nose Bag	“ 63150	
Wray	Bridge House Farm Tearooms	“ 22496	<a href="http://www.bridgehousefarm.co.uk">http://www.bridgehousefarm.co.uk</a>
Lancaster	Amy's Tea Shop	01524 841510	
	Eleven Café Bar	“ 33354	<a href="http://bar-eleven.co.uk">http://bar-eleven.co.uk</a>
	Old Bell Café	“ 36561	
Galgate	Sun Café	“ 845599	
	Whale Tail Vegetarian Café	“ 845133	<a href="http://www.whaletailcafe.co.uk">http://www.whaletailcafe.co.uk</a>
	Canalside Craft Centre	“ 752223	<a href="http://www.canalsidecraftcentre.com">http://www.canalsidecraftcentre.com</a>
Conder Green	Silk Mill Café	“ 752450	
	Café d'Lune	“ 752048	
Glasson	Lantern o'er Lune	“ 752323	
<b>Caravan &amp; Camping Sites</b>			
Cautley	Cross Hall Caravan Park	015396 20668	<a href="http://www.cautleycaravans.co.uk">http://www.cautleycaravans.co.uk</a>
Sedbergh	Pinfold Caravan Park	“ 20576	<a href="http://www.hanleycaravans.co.uk/pinfold-leisure-park.php">http://www.hanleycaravans.co.uk/pinfold-leisure-park.php</a>
Dent	Conder Farm	“ 25277	
	Ewegales	“ 25440	
	High Laning Caravan Park	“ 25239	<a href="http://www.highlaning.co.uk">http://www.highlaning.co.uk</a>
	Mill Beck	“ 25275	<a href="http://www.dentdale.com/millbeckcaravan.htm">http://www.dentdale.com/millbeckcaravan.htm</a>
	Wherside Manor (bunkhouse)	“ 25213	<a href="http://www.whersidemanor.com">http://www.whersidemanor.com</a>
Kirkby Lonsdale	Woodclose Caravan Park	015242 71597	<a href="http://www.woodclosepark.com">http://www.woodclosepark.com</a>
Cowan Bridge	New House Caravan Park	“ 71590	
Ingleton	Broadwood Caravan Park	“ 41253	<a href="http://www.ukparks.co.uk/broadwood">http://www.ukparks.co.uk/broadwood</a>
	Holme Head Caravan Park	“ 41874	<a href="http://www.holme-head.bizhosting.com">http://www.holme-head.bizhosting.com</a>
	Moorgarth Farm	“ 41428	<a href="http://www.freewebs.com/moorgarth">http://www.freewebs.com/moorgarth</a>
	Parkfoot Caravan Park	“ 61833	<a href="http://www.parkfoot.co.uk">http://www.parkfoot.co.uk</a>
	Stackstead Farm Caravan Park	“ 41386	<a href="http://www.stacksteadfarm.co.uk">http://www.stacksteadfarm.co.uk</a>
Burton-in-Lonsdale	Gallaber Farm Caravan Park	“ 61361	<a href="http://www.gallaber.btinternet.co.uk">http://www.gallaber.btinternet.co.uk</a>
Clapham	Flying Horseshoe Caravan Site	“ 51532	<a href="http://www.laughing-gravy.co.uk">http://www.laughing-gravy.co.uk</a>
Austwick	Dalesbridge	“ 51021	<a href="http://www.dalesbridge.co.uk">http://www.dalesbridge.co.uk</a>
	Wood End Farm	“ 51296	
Ireby	Ireby Green Caravan Park	“ 41203	
Bentham	Lowther Hill Caravan Park	“ 61657	
	Riverside Caravan Park	“ 61272	<a href="http://www.riversidecaravanpark.co.uk">http://www.riversidecaravanpark.co.uk</a>
Caton	Crook o'Lune Caravan Park	01524 770216	<a href="http://www.ukparks.co.uk/crookolune">http://www.ukparks.co.uk/crookolune</a>
Lancaster	New Parkside Farm Caravan Park	“ 770723	
Glasson	Marina Caravan Park	“ 751787	
Cockerham	Mosswood Caravan Park	“ 791041	<a href="http://www.mosswood.co.uk">http://www.mosswood.co.uk</a>
<b>Events</b>			
Orton	Farmers Market (2nd Sat of each month)		<a href="http://www.ortonfarmers.co.uk">http://www.ortonfarmers.co.uk</a>
Greenholme	Greenholme Show (2nd Sat of June)		
Sedbergh	Festival of Books & Drama (Aug/Sep)		<a href="http://www.sedbergh.org.uk/bookfestival">http://www.sedbergh.org.uk/bookfestival</a>
	Festival of Ideas (July)		<a href="http://www.sedbergh.org.uk/ideasfestival">http://www.sedbergh.org.uk/ideasfestival</a>

	Music Festival (June, biennial)		<a href="http://www.sedbergh.org.uk/events/music-festival">http://www.sedbergh.org.uk/events/music-festival</a>
Dent	Dent Folk Festival (June)		<a href="http://www.dentfolkfestival.co.uk">http://www.dentfolkfestival.co.uk</a>
	Dentdale Festival (Aug Bank Holiday)		
Barbon	Barbon Show & Sheepdog Trials (3rd Sat in Aug)		
Underley	Lunesdale Agricultural Show (2nd Tues in Aug)		
Kirkby Lonsdale	Victorian Fair (early Sep)		
Chapel-le-Dale	Three Peaks Race (late April)		<a href="http://www.threepeaksrace.org.uk">http://www.threepeaksrace.org.uk</a>
Ingleton	Ingleton Gala (3rd Sat in July)		<a href="http://ingletongala.org.uk">http://ingletongala.org.uk</a>
Austwick	Cuckoo Festival (late May)		
Bentham	Agricultural Show (Sep)		
Wray	Wray (Scarecrow) Festival (Apr/May)	015242 22311	<a href="http://www.wrayvillage.co.uk/scarecrows.htm">http://www.wrayvillage.co.uk/scarecrows.htm</a>
Lancaster	Dukes Outdoor Theatre (July/Aug)	0845 344 0642	
	Jazz Festival (Sept)	01524 582803	
	Fireworks Spectacular (early Nov)		
	Literature Festival (Oct)	01524 582394	<a href="http://www.litfest.org">http://www.litfest.org</a>
Glasson	Glasson Dock Festival (early July)		<a href="http://www.glassonfestival.org.uk">http://www.glassonfestival.org.uk</a>
general	Bowland Arts Festival (May, June)	015242 21233	<a href="http://www.bowlandarts.co.uk">http://www.bowlandarts.co.uk</a>
	Bowland Festival (early June)	01484 861148	<a href="http://www.forestofbowland.com">http://www.forestofbowland.com</a>
	Lunesdale Open Studio Trail (June)	015242 61718	<a href="http://www.lunesdalearts.co.uk">http://www.lunesdalearts.co.uk</a>
<b>Fisheries</b>			
Newbiggin-on-Lune	Bessy Beck Trout Fishery	015396 23303	<a href="http://www.bessybecktrout.co.uk">http://www.bessybecktrout.co.uk</a>
Arkholme	Redwell Fisheries	015242 21979	<a href="http://www.redwellfisheries.co.uk">http://www.redwellfisheries.co.uk</a>
Caton	Bank House Fly Fishery	01524 770412	<a href="http://www.ribblesdale.net/stocks/bankhouse">http://www.ribblesdale.net/stocks/bankhouse</a>
Quernmore	Forrest Hills Fly Fishery	“ 752566	<a href="http://www.forresthills.co.uk">http://www.forresthills.co.uk</a>
Thurnham	Thursland Hill Fishery	“ 751076	<a href="http://www.thurslandhillfishery.co.uk">http://www.thurslandhillfishery.co.uk</a>
Cockerham	Cockerham Quarry	07957 888048	
Nateby	Manor House Farm Fishery	01995 602203	
Nateby	Copthorne Lakes Fishery	“ 602120	
<b>Galleries</b>			
Kirkby Lonsdale	Finestra Gallery	015242 73747	<a href="http://www.finestragallery.co.uk">http://www.finestragallery.co.uk</a>
Ingleton	Peter Bolton Gallery	“ 41703	<a href="http://www.visitingleton.co.uk/peterbolton.html">http://www.visitingleton.co.uk/peterbolton.html</a>
Bentham	Bentham Gallery	“ 63366	
Lancaster	Arteria Ltd	01524 61111	<a href="http://www.arteriawithgallery23.co.uk">http://www.arteriawithgallery23.co.uk</a>
	Peter Scott Gallery	“ 593057	<a href="http://www.peterscottgallery.com">http://www.peterscottgallery.com</a>
	Storey Gallery	“ 844133	<a href="http://www.storeygallery.org.uk">http://www.storeygallery.org.uk</a>
	Town House Gallery	“ 63436	<a href="http://www.townhousegallery.co.uk">http://www.townhousegallery.co.uk</a>
<b>Golf Courses</b>			
Sedbergh	Sedbergh Golf Club	015396 21551	<a href="http://www.sedberghgolfclub.co.uk">http://www.sedberghgolfclub.co.uk</a>
Casterton	Casterton Golf Course	015242 71592	<a href="http://www.castertongolf.co.uk">http://www.castertongolf.co.uk</a>
Kirkby Lonsdale	Kirkby Lonsdale Golf Club	“ 76365	<a href="http://www.kirkbylonsdalegolf.co.uk">http://www.kirkbylonsdalegolf.co.uk</a>
Bentham	Bentham Golf Club	“ 62455	<a href="http://www.benthamgolfclub.co.uk">http://www.benthamgolfclub.co.uk</a>
Lancaster	Lancaster Golf Club	01524 751247	<a href="http://www.lancastergc.co.uk">http://www.lancastergc.co.uk</a>
Quernmore	Forrest Hills	“ 752566	<a href="http://www.forresthills.co.uk">http://www.forresthills.co.uk</a>
<b>Groups &amp; Societies</b>			
	Cave Rescue Organisation		<a href="http://www.cro.org.uk">http://www.cro.org.uk</a>
	Craven Pothole Club		<a href="http://www.cravenpotholeclub.org">http://www.cravenpotholeclub.org</a>
	Friends of the Lake District	01539 720788	<a href="http://www.fld.org.uk">http://www.fld.org.uk</a>
	Lancaster Civic Society	01524 845301	<a href="http://www.lancastercivicsociety.org">http://www.lancastercivicsociety.org</a>
	Limestone Pavement Action Group	01539 816300	<a href="http://www.limestone-pavements.org.uk">http://www.limestone-pavements.org.uk</a>
	Lune Rivers Trust	015242 22174	
	Middlewood Trust	“ 22214	<a href="http://www.middlewood.org.uk">http://www.middlewood.org.uk</a>
	Yorkshire Dales Society	01943 461938	<a href="http://www.yds.org.uk">http://www.yds.org.uk</a>
<b>Guest Houses and B&amp;B (see also Hotels and Inns)</b>			
Tebay	High Bank House	015396 24651	
	Primrose Cottage	“ 24791	<a href="http://www.primrosecottagecumbria.co.uk">http://www.primrosecottagecumbria.co.uk</a>
	The Old School	“ 24286	<a href="http://www.theoldschooltebay.co.uk">http://www.theoldschooltebay.co.uk</a>
Sedbergh	Brantrigg	“ 21455	<a href="http://www.brantrigg.co.uk">http://www.brantrigg.co.uk</a>

	Holmecroft	“	20754	<a href="http://www.holmecroftbandb.co.uk">http://www.holmecroftbandb.co.uk</a>
	Number Ten	“	21808	
	Summerhill	“	20360	
Cowgill	River View	“	25592	<a href="http://www.dedicate.co.uk/river-view">http://www.dedicate.co.uk/river-view</a>
Dent	Garda View	“	25209	<a href="http://www.dentdale.com/gardaview.htm">http://www.dentdale.com/gardaview.htm</a>
	Slack Cottage	“	25439	<a href="http://www.dentdale.com/slack.htm">http://www.dentdale.com/slack.htm</a>
	Smithy Fold	“	25368	<a href="http://www.smithyfold.co.uk">http://www.smithyfold.co.uk</a>
	Stone Close	“	25231	<a href="http://www.dentdale.com/stoneclose.htm">http://www.dentdale.com/stoneclose.htm</a>
Barbon	Kemps Hill B&B	015242	76322	<a href="http://www.kempshill.co.uk">http://www.kempshill.co.uk</a>
Ingleton	Bridge End	“	41413	<a href="http://www.ingleton.co.uk/stayat/bridgeend/page1.asp">http://www.ingleton.co.uk/stayat/bridgeend/page1.asp</a>
	Dales Guest House	“	41401	<a href="http://www.dalesgh.co.uk">http://www.dalesgh.co.uk</a>
	Gatehouse Farm	“	41458	<a href="http://www.gatehouseingleton.co.uk">http://www.gatehouseingleton.co.uk</a>
	Ingleborough View	“	41523	<a href="http://www.ingleboroughview.com">http://www.ingleboroughview.com</a>
	Inglenook Guest House	“	41270	<a href="http://www.inglenookguesthouse.com">http://www.inglenookguesthouse.com</a>
	Nutstile	“	41752	<a href="http://www.nutstile.co.uk">http://www.nutstile.co.uk</a>
	Riverside Lodge	“	41359	<a href="http://www.riversideingleton.co.uk">http://www.riversideingleton.co.uk</a>
	Seed Hill Guest House	“	41799	<a href="http://www.come2ingleton.com">http://www.come2ingleton.com</a>
	Springfield Country	“	41280	<a href="http://www.yorkshirenet.co.uk/stayat/springfieldhotel">http://www.yorkshirenet.co.uk/stayat/springfieldhotel</a>
	Thorngarth Country	“	41295	<a href="http://www.thorngarth.co.uk">http://www.thorngarth.co.uk</a>
Burton-in-Lonsdale	River Cottage	“	64988	<a href="http://rivercottagebandb.tripod.com">http://rivercottagebandb.tripod.com</a>
Tunstall	Barnfield Farm B&B	“	74284	
Clapham	Arbutus	“	51240	
	Brookhouse	“	51580	<a href="http://www.brookhouseclapham.co.uk">http://www.brookhouseclapham.co.uk</a>
Austwick	Pengarth	“	51073	<a href="http://www.pengarth.co.uk">http://www.pengarth.co.uk</a>
	Wood View	“	51190	<a href="http://www.woodviewbandb.com">http://www.woodviewbandb.com</a>
Bentham	Fowgill Park	“	61630	<a href="http://www.fowgillpark.co.uk">http://www.fowgillpark.co.uk</a>
	Halsteads Barn	“	62641	<a href="http://www.halsteadsbarn.co.uk">http://www.halsteadsbarn.co.uk</a>
	New Butts Farm	“	41238	
Cloughton	Low House Farm B&B	“	21260	<a href="http://www.lowhousefarm.co.uk">http://www.lowhousefarm.co.uk</a>
Lancaster	Edenbreck House	01524	32464	
	Greaves House B&B	“	39344	<a href="http://www.greaveshousebedandbreakfast.co.uk">http://www.greaveshousebedandbreakfast.co.uk</a>
	Lancaster Town House	“	383148	<a href="http://www.lancastertownhouse.co.uk">http://www.lancastertownhouse.co.uk</a>
	Mulberry Cottage	“	64755	<a href="http://www.mulberrycottages.uk.com">http://www.mulberrycottages.uk.com</a>
	The Ashton, Well House	“	68460	<a href="http://www.theashtonlancaster.com">http://www.theashtonlancaster.com</a>
	The Old Station House	“	381060	<a href="http://www.oldstationhouse.info">http://www.oldstationhouse.info</a>
	The Shakespeare B&B	“	841041	
Bay Horse	Salt Oke South B&B	“	752313	
Forton	Middle Holly Cottage	“	792399	<a href="http://www.middlehollycottage.co.uk">http://www.middlehollycottage.co.uk</a>
<b>Holiday Cottages (self-catering)</b>				
Newbiggin-on-Lune	High Lane Farm	105396	23416	<a href="http://www.cumbriaholidaycottage.co.uk">http://www.cumbriaholidaycottage.co.uk</a>
Whittington	Sellet Hall Cottages	015242	71865	<a href="http://www.sellethall.com">http://www.sellethall.com</a>
Austwick	Spoutscroft Cottage	“	51052	<a href="http://www.cottageguide.co.uk/spoutscroft/">http://www.cottageguide.co.uk/spoutscroft/</a>
Bentham	Fourstones	“	64876	<a href="http://www.fourstoneshouse.co.uk">http://www.fourstoneshouse.co.uk</a>
	Oysterber Farm	“	61567	<a href="http://www.oysterberfarm.co.uk">http://www.oysterberfarm.co.uk</a>
Gressingham	Garden Cottage	“	21347	<a href="http://www.cottageguide.co.uk/garden-cottage">http://www.cottageguide.co.uk/garden-cottage</a>
Tatham	Hill Farm	“	62424	
	Swallow Cottage	“	22599	<a href="http://www.cottageguide.co.uk/swallow">http://www.cottageguide.co.uk/swallow</a>
Lancaster	Shepherds Barn	01524	36867	<a href="http://www.longtonsheepdogs.com">http://www.longtonsheepdogs.com</a>
Heaton	Whittam Barn	“	852336	<a href="http://www.whittambarn.co.uk">http://www.whittambarn.co.uk</a>
Quernmore	Lodge View Cottages	“	63109	<a href="http://www.lodgeview.co.uk">http://www.lodgeview.co.uk</a>
	Knotts Farm	07768	211842	<a href="http://www.knottsfarm.co.uk">http://www.knottsfarm.co.uk</a>
Galgate	Lakewood Cottages	01524	751053	<a href="http://www.lakewoodcottages.co.uk">http://www.lakewoodcottages.co.uk</a>
Cockerham	Near Moss Farm	01523	790504	<a href="http://www.nearmossfarm.co.uk">http://www.nearmossfarm.co.uk</a>
	Patty's Farm Barn	01524	751285	<a href="http://www.pattysbarn.co.uk">http://www.pattysbarn.co.uk</a>
Forton	Forton Hall Barn	“	791457	<a href="http://www.fortonhall.com">http://www.fortonhall.com</a>
<b>Holiday Parks</b>				
Ingleton	Greenwood Leghe Holiday Home Park	015242	41511	<a href="http://www.greenwoodleghe.co.uk">http://www.greenwoodleghe.co.uk</a>
Bentham	Goodenbergh Country Holiday Park	“	62022	<a href="http://www.goodenberghleisure.co.uk/">http://www.goodenberghleisure.co.uk/</a>
Cockerham	Cockerham Sands Country Park	01524	751387	<a href="http://www.cockerhamsandscountrypark.co.uk">http://www.cockerhamsandscountrypark.co.uk</a>

Pilling	Fold House Holiday Home Park	01253 790267	<a href="http://www.foldhouse.co.uk">http://www.foldhouse.co.uk</a>
<b>Hotels</b> (see also Inns)			
Newbiggin-on-Lune	Brownber Hall Country House	015396 23208	<a href="http://www.brownberhall.co.uk">http://www.brownberhall.co.uk</a>
Orton	George Hotel	“ 24229	<a href="http://www.thegeorgehotelorton.co.uk">http://www.thegeorgehotelorton.co.uk</a>
Salterwath	Shap Wells Hotel	01931 716628	<a href="http://www.shapwells.com">http://www.shapwells.com</a>
Sedbergh	Bull Hotel	015396 20264	<a href="http://www.bullhotelsedbergh.co.uk">http://www.bullhotelsedbergh.co.uk</a>
Dent	George & Dragon Hotel	“ 25256	<a href="http://www.thegeorgeanddragondent.co.uk">http://www.thegeorgeanddragondent.co.uk</a>
Middleton	Head at Middleton	“ 20258	<a href="http://www.middleton-head.co.uk">http://www.middleton-head.co.uk</a>
Kirkby Lonsdale	Kings Arms Hotel	015242 71220	
	Orange Tree Hotel	“ 71716	<a href="http://www.theorangetreehotel.com">http://www.theorangetreehotel.com</a>
	Snooty Fox Hotel	“ 71308	<a href="http://thesnootyfoxhotel.co.uk">http://thesnootyfoxhotel.co.uk</a>
	Whoop Hall	“ 71284	<a href="http://www.whoophall.co.uk">http://www.whoophall.co.uk</a>
Cowan Bridge	Hipping Hall	“ 71187	<a href="http://www.hippinghall.com">http://www.hippinghall.com</a>
Thornton-in-Lonsdale	Marton Arms Hotel	“ 41281	<a href="http://www.martonarms.co.uk">http://www.martonarms.co.uk</a>
Whittington	Dragons Head Hotel	“ 72383	
Arkholme	Bay Horse Hotel	“ 21425	
Clapham	New Inn Hotel	“ 51203	<a href="http://www.newinn-clapham.co.uk">http://www.newinn-clapham.co.uk</a>
Austwick	Austwick Hall	“ 51794	<a href="http://www.austwickhall.co.uk">http://www.austwickhall.co.uk</a>
	Traddock Hotel	“ 51224	<a href="http://www.austwicktraddock.co.uk">http://www.austwicktraddock.co.uk</a>
Bentham	Black Bull Hotel	“ 61213	<a href="http://www.theblackbullbentham.co.uk">http://www.theblackbullbentham.co.uk</a>
	Punch Bowl Hotel	“ 61344	<a href="http://www.punchbowlhotellowbentham.co.uk">http://www.punchbowlhotellowbentham.co.uk</a>
Caton	Scarthwaite Country House Hotel	01524 770267	<a href="http://www.thescarthwaite.co.uk">http://www.thescarthwaite.co.uk</a>
	Station Hotel	“ 770323	
Halton	Greyhound Hotel	“ 811356	
Skerton	Skerton Hotel	“ 37580	
Lancaster	Bowerham Hotel	“ 65050	
	Fox & Goose Hotel	“ 66899	
	Golden Lion Hotel	“ 842198	
	Greaves Hotel	“ 63943	<a href="http://www.mitchellshotels.co.uk/greaves-hotel.shtml">http://www.mitchellshotels.co.uk/greaves-hotel.shtml</a>
	Horse & Farrier Hotel	“ 63491	
	Lancaster House Hotel	“ 844822	<a href="http://www.elh.co.uk/hotels/lancaster">http://www.elh.co.uk/hotels/lancaster</a>
	Moorlands Hotel	“ 33792	
	Park Hotel	“ 64886	
	Penny Street Bridge	“ 599900	<a href="http://www.pennystreetbridge.co.uk">http://www.pennystreetbridge.co.uk</a>
	Ring O' Bells Hotel	“ 64747	
	Royal Kings Arms Hotel	“ 32451	
Galgate	Green Dragon Hotel	“ 751062	
Conder Green	Stork Hotel	“ 751234	
Overton	Globe Hotel	“ 858228	<a href="http://www.globehoteloverton.co.uk">http://www.globehoteloverton.co.uk</a>
	Ship Hotel	“ 858231	
Pilling	Springfield House Hotel	01253 790301	<a href="http://www.springfieldhousehotel.co.uk">http://www.springfieldhousehotel.co.uk</a>
<b>Inns</b> (see also Hotels & Pubs)			
Tebay	Cross Keys Inn	015396 24240	
Cautley	Cross Keys Temperance Inn	“ 20284	<a href="http://www.cautleyspout.co.uk">http://www.cautleyspout.co.uk</a>
Sedbergh	Dalesman Country Inn	“ 21183	<a href="http://www.thedalesman.co.uk">http://www.thedalesman.co.uk</a>
Cowgill	Sportsman's Inn	“ 25282	<a href="http://www.thesportsmansinn.com">http://www.thesportsmansinn.com</a>
Dent	Sun Inn	“ 25208	<a href="http://www.a1tourism.com/uk/thesuninndent.html">http://www.a1tourism.com/uk/thesuninndent.html</a>
Middleton	Swan Inn	015242 76223	
Barbon	Barbon Inn	“ 76233	<a href="http://www.barbon-inn.co.uk">http://www.barbon-inn.co.uk</a>
Casterton	Pheasant Inn	“ 71230	<a href="http://www.pheasantinn.co.uk">http://www.pheasantinn.co.uk</a>
Kirkby Lonsdale	Red Dragon Inn	“ 71205	
	Sun Inn	“ 71965	<a href="http://www.sun-inn.info">http://www.sun-inn.info</a>
Nether Burrow	Highwayman Inn	“ 73338	<a href="http://www.highwaymaninn.co.uk">http://www.highwaymaninn.co.uk</a>
Ribblehead	Station Inn	“ 41274	<a href="http://www.thestationinn.net">http://www.thestationinn.net</a>
Chapel-le-Dale	Old Hill Inn	“ 41256	<a href="http://www.oldhillinn.co.uk">http://www.oldhillinn.co.uk</a>
Ingleton	Craven Heifer Inn	“ 41515	<a href="http://www.cravenheiferingleton.co.uk">http://www.cravenheiferingleton.co.uk</a>
	Three Horseshoes Inn	“ 41247	
	Wheatsheaf Inn	“ 41275	<a href="http://www.wheatsheaf-ingleton.co.uk">http://www.wheatsheaf-ingleton.co.uk</a>
Arkholme	Redwell Inn	“ 21240	

Austwick	Game Cock Inn	“ 51226	<a href="http://www.gamecockinnaustwick.co.uk">http://www.gamecockinnaustwick.co.uk</a>
Bentham	Coach House	“ 62305	
	Horse & Farrier Inn	“ 61381	<a href="http://www.horseandfarrier.org.uk">http://www.horseandfarrier.org.uk</a>
	Sun Dial Inn	“ 61532	
Wennington	Bridge Inn	“ 21326	
Wray	The Inn	“ 21722	<a href="http://www.vrwwray.com/the-inn-at-wray.html">http://www.vrwwray.com/the-inn-at-wray.html</a>
Caton	Ship Inn	01524 770265	<a href="http://www.theshipatcaton.co.uk">http://www.theshipatcaton.co.uk</a>
Lancaster	Holiday Inn	0870 4009047	<a href="http://www.holidayinn-lancaster.hotel-details.com">http://www.holidayinn-lancaster.hotel-details.com</a>
	The Sun Inn	01524 66006	<a href="http://www.thesunhotelandbar.co.uk">http://www.thesunhotelandbar.co.uk</a>
Galgate	New Inn	01524 751643	<a href="http://www.newinngalgate.co.uk">http://www.newinngalgate.co.uk</a>
	Plough Inn	“ 751337	<a href="http://www.the-plough.co.uk">http://www.the-plough.co.uk</a>
Thurnham	Mill Inn	“ 752852	<a href="http://www.thurnham-mill-hotel.co.uk">http://www.thurnham-mill-hotel.co.uk</a>
Glasson	Victoria Inn	“ 751423	
Bay Horse	Bay Horse Inn	“ 791204	<a href="http://www.bayhorseinn.com">http://www.bayhorseinn.com</a>
Cockerham	Manor Inn	“ 791252	<a href="http://www.themanorinn.co.uk">http://www.themanorinn.co.uk</a>
<b>Market Days</b>			
Sedbergh	Wednesday		
Kirkby Lonsdale	Thursday		
Ingleton	Friday		
Bentham	Wednesday		
Lancaster	Wednesday & Saturday		
<b>Museums</b>			
Lancaster	Castle	01524 46998	<a href="http://www.lancastercastle.com">http://www.lancastercastle.com</a>
	City Museum	“ 64637	<a href="http://www.lancashire.gov.uk/acs/sites/museums/lancastercity/">www.lancashire.gov.uk/acs/sites/museums/lancastercity/</a>
	Judges' Lodgings	“ 32808	
	Maritime Museum	“ 382264	
	Priory		<a href="http://www.priory.lancs.ac.uk">http://www.priory.lancs.ac.uk</a>
	Ruskin Library	“ 593587	<a href="http://www.lancs.ac.uk/users/ruskinlib/">http://www.lancs.ac.uk/users/ruskinlib/</a>
<b>Pubs (see also Hotels &amp; Inns)</b>			
Tebay	Barnaby Rudge Tavern	015396 24328	
Sedbergh	Red Lion	“ 20433	
Ingleton	Masons Arms	015242 41158	
Tunstall	Lunesdale Arms	“ 74203	<a href="http://www.thelunesdale.co.uk">http://www.thelunesdale.co.uk</a>
Bentham	The Byres	“ 62846	
Wray	George & Dragon	“ 21403	<a href="http://www.wrayvillage.co.uk/george/home.htm">http://www.wrayvillage.co.uk/george/home.htm</a>
Hornby	Royal Oak	“ 21228	
Cloughton	Fenwick Arms	“ 21250	<a href="http://www.fenwickarms.co.uk">http://www.fenwickarms.co.uk</a>
Brookhouse	Black Bull	01524 770329	<a href="http://www.black-bull-inn.co.uk">http://www.black-bull-inn.co.uk</a>
Halton	White Lion	“ 812199	
Lancaster	Blue Anchor	“ 66898	
	The Bobbin	“ 32606	
	Boot & Shoe	“ 63011	
	Duke of Lancaster	“ 66909	
	George & Dragon	“ 844739	
	Golden Ball	“ 63317	
	Green Ayre	“ 585240	
	John O'Gaunt	“ 65356	<a href="http://www.yeoldejohnogaunt.org.uk">http://www.yeoldejohnogaunt.org.uk</a>
	Lord Ashton	“ 841185	
	Royal Oak	“ 65641	
	Sir Richard Owen	“ 541500	
	Three Mariners	“ 388957	<a href="http://www.threemariners.co.uk">http://www.threemariners.co.uk</a>
	Wagon & Horses	“ 846094	<a href="http://www.wagonandhorsespub.co.uk">http://www.wagonandhorsespub.co.uk</a>
	Water Witch	“ 63828	<a href="http://www.thewaterwitch.co.uk">http://www.thewaterwitch.co.uk</a>
	White Cross	“ 33999	
	Yorkshire House	“ 64679	<a href="http://www.yorkshirehouse.enta.net">http://www.yorkshirehouse.enta.net</a>
Glasson	Dalton Arms	“ 751213	<a href="http://www.daltonarms.co.uk">http://www.daltonarms.co.uk</a>
Winmarleigh	Patten Arms	“ 791484	
<b>Restaurants</b>			

Kirkby Lonsdale	Copper Kettle	015242 71714	
	Sorrel & Thyme	“ 72772	
Ingleton	La Tavernetta	“ 42465	
Bentham	Asian Spice	“ 63400	
	Fish Inn	“ 61317	
Lancaster	Bamboo Garden	01524 849948	
	Bella Italia	“ 36340	<a href="http://www.bellapasta.co.uk">http://www.bellapasta.co.uk</a>
	Bistro 26	“ 846252	<a href="http://www.bistro26.co.uk">http://www.bistro26.co.uk</a>
	Bombay Balti	“ 844550	
	Etna Pizza Pasta	“ 69551	
	Gatehouse	“ 849111	<a href="http://www.thegatehouserestaurant.co.uk">http://www.thegatehouserestaurant.co.uk</a>
	Golden Dragon	“ 33100	
	Il Bistrot Morini	“ 846252	
	Imran's	“ 466010	
	Marco's Pizzeria	“ 844445	<a href="http://www.marcosrestaurant.com">http://www.marcosrestaurant.com</a>
	Meeting House	“ 848049	<a href="http://www.meetinghouserestaurant.co.uk">http://www.meetinghouserestaurant.co.uk</a>
	Miyabi Japanese	“ 848356	<a href="http://www.miyabi-restaurant.co.uk">http://www.miyabi-restaurant.co.uk</a>
	Moghuls	“ 36253	
	Mung Mee Thai	“ 64107	<a href="http://www.mungmee.co.uk">http://www.mungmee.co.uk</a>
	Pizza Margherita	“ 36333	<a href="http://www.pizza-margherita.co.uk">http://www.pizza-margherita.co.uk</a>
	Rastellis	“ 843008	<a href="http://www.rastelli-heatonhall.co.uk">http://www.rastelli-heatonhall.co.uk</a>
	Shabab Indian	“ 388454	
	Quite Simply French	“ 843199	<a href="http://www.quitesimplyfrench.co.uk">http://www.quitesimplyfrench.co.uk</a>
	Spaghetti House	“ 846011	
	Sultan of Lancaster	“ 61188	<a href="http://www.sultanoflancaster.com">http://www.sultanoflancaster.com</a>
	Verdes	“ 383436	<a href="http://verdes-restaurant-lancaster.co.uk">http://verdes-restaurant-lancaster.co.uk</a>
<b>Riding Centres</b>			
Tatham	Greenhall Riding Centre	015242 61594	<a href="http://www.greenhallridingcentre.co.uk">http://www.greenhallridingcentre.co.uk</a>
Aldcliffe	Low Wood Barn	01524 35343	
Overton	Lunebank Riding Centre	07767 831095	<a href="http://www.lanquestrianltd.com/Lunebank-Riding-Centre">http://www.lanquestrianltd.com/Lunebank-Riding-Centre</a>
Nateby	Hawthorn Equestrian Centre	01995 601225	<a href="http://www.hawthorn-equestrian.co.uk">http://www.hawthorn-equestrian.co.uk</a>
<b>Tourist Attractions</b>			
Cautley	Cold Keld Walking Holidays	015396 23273	<a href="http://www.coldkeld.com">http://www.coldkeld.com</a>
Garsdale	Sedgwick Geological Trail		<a href="http://www.kgg.org.uk/sedgwick.html">http://www.kgg.org.uk/sedgwick.html</a>
Sedbergh	Farfield Mill Arts & Heritage Centre	015396 21958	<a href="http://www.farfieldmill.org">http://www.farfieldmill.org</a>
	Holme Open Farm	“ 20654	<a href="http://www.holmeopenfarm.co.uk">http://www.holmeopenfarm.co.uk</a>
Dent	Craft Centre (Helmside)	“ 25400	
	Dent Brewery	“ 25326	<a href="http://www.dentbrewery.co.uk">http://www.dentbrewery.co.uk</a>
	Village Heritage Centre	“ 25800	<a href="http://www.dentvillageheritagecentre.co.uk">http://www.dentvillageheritagecentre.co.uk</a>
Mansergh	Mansergh Hall Farm Shop	015242 71397	<a href="http://www.manserghhall.co.uk">http://www.manserghhall.co.uk</a>
Cowan Bridge	Lune Valley Hampers	“ 71775	<a href="http://www.lunevalleyhampers.com">http://www.lunevalleyhampers.com</a>
Ingleton	Ingleton Pottery	“ 41363	<a href="http://www.ingletonpottery.co.uk">http://www.ingletonpottery.co.uk</a>
	Scenery Co. (Waterfalls Walk)	“ 41930	<a href="http://www.ingletonwaterfallswalk.co.uk">http://www.ingletonwaterfallswalk.co.uk</a>
	White Scar Cave	“ 41244	<a href="http://www.whitescscarcave.co.uk">http://www.whitescscarcave.co.uk</a>
Clapham	Ingleborough Show Cave	“ 51242	<a href="http://www.ingleboroughcave.co.uk">http://www.ingleboroughcave.co.uk</a>
	Reginald Farrer Trail		
Feizor	Yorkshire Dales Falconry Centre	01729 822832	<a href="http://www.falconryandwildlife.com">http://www.falconryandwildlife.com</a>
Arkholme	Docker Park Farm Visitor Centre	015242 21331	<a href="http://www.dockerparkfarm.co.uk">http://www.dockerparkfarm.co.uk</a>
Bentham	Bentham Pottery	“ 61567	<a href="http://www.benthampottery.com">http://www.benthampottery.com</a>
Lancaster	Canal Waterbus	01524 389410	<a href="http://www.budgietransport.co.uk">http://www.budgietransport.co.uk</a>
	Castle	“ 64998	<a href="http://www.lancastercastle.com">http://www.lancastercastle.com</a>
	Leisure Park (and GB Antiques)	“ 68444	<a href="http://www.gbantiquescentre.com/about-llp.php">http://www.gbantiquescentre.com/about-llp.php</a>
	Priory	“ 65338	<a href="http://www.priory.lancs.ac.uk">http://www.priory.lancs.ac.uk</a>
	Williamson Park (and Butterfly House)	“ 33318	<a href="http://www.williamsonpark.com">http://www.williamsonpark.com</a>
Glasson general	Smokehouse	“ 751493	<a href="http://www.glassonsmokehouse.co.uk">http://www.glassonsmokehouse.co.uk</a>
	Goldsworthy Sheepfolds		<a href="http://www.sheepfoldscumbria.co.uk">http://www.sheepfoldscumbria.co.uk</a>
	Rural Footprints guided walks	01524 221122	<a href="http://www.ruralfootprints.co.uk">http://www.ruralfootprints.co.uk</a>
	Settle-Carlisle Railway	08457 484950	<a href="http://www.settle-carlisle.co.uk">http://www.settle-carlisle.co.uk</a>



**Tourist/Visitor Information Centres**

Sedbergh	72 Main St.	015396 20125	
Kirkby Lonsdale	24 Main St.	015242 71437	
Ingleton	Community Centre, Main St.	“ 41049	<a href="http://www.visitingleton.co.uk">http://www.visitingleton.co.uk</a>
Bentham	26 Main St.	“ 62549	
Lancaster	Storey Institute	01524 32878	<a href="http://www.visitlancaster.co.uk">http://www.visitlancaster.co.uk</a>

**Websites**

Tebay		<a href="http://www.visitcumbria.com/pen/tebay.htm">http://www.visitcumbria.com/pen/tebay.htm</a>
Sedbergh		<a href="http://www.sedbergh.org.uk">http://www.sedbergh.org.uk</a>
Dent		<a href="http://www.dentdale.com">http://www.dentdale.com</a>
Kirkby Lonsdale		<a href="http://www.kirkbylonsdale.co.uk">http://www.kirkbylonsdale.co.uk</a>
Ingleton		<a href="http://www.ingleton.co.uk">http://www.ingleton.co.uk</a>
Whittington		<a href="http://www.whittingtonvillage.fsnet.co.uk">http://www.whittingtonvillage.fsnet.co.uk</a>
Clapham		<a href="http://www.claphamyorkshire.co.uk">http://www.claphamyorkshire.co.uk</a>
Austwick		<a href="http://www.austwick.org">http://www.austwick.org</a>
Bentham		<a href="http://www.bentham.net">http://www.bentham.net</a>
Tatham		<a href="http://www.tathamfells.me.uk">http://www.tathamfells.me.uk</a>
Wray		<a href="http://www.wrayvillage.co.uk">http://www.wrayvillage.co.uk</a>
Hornby		<a href="http://www.hornbyvillage.org.uk">http://www.hornbyvillage.org.uk</a>
Caton		<a href="http://www.catonvillage.org.uk">http://www.catonvillage.org.uk</a>
general	Cumbria Wildlife Trust	<a href="http://www.cumbriawildlifetrust.org.uk">http://www.cumbriawildlifetrust.org.uk</a>
	Forest of Bowland	<a href="http://www.forestofbowland.com">http://www.forestofbowland.com</a>
	Lancaster Cycling Club	<a href="http://www.lancastercc.co.uk">http://www.lancastercc.co.uk</a>
	Lune Cycling Club	<a href="http://www.lunercc.org.uk">http://www.lunercc.org.uk</a>
	Lune Valley	<a href="http://www.visitlunevalley.co.uk">http://www.visitlunevalley.co.uk</a>
	Rough Fell Sheep	<a href="http://www.roughfellsheep.co.uk">http://www.roughfellsheep.co.uk</a>
	Yorkshire Dales	<a href="http://www.yorkshiredales.org">http://www.yorkshiredales.org</a>
	Yorkshire Dales (a landscape through time)	<a href="http://www.outofoblivion.org.uk">http://www.outofoblivion.org.uk</a>

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Figures in **bold** refer to an 'information box'.

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The *Land of the Lune* is a guide to the region of northwest England that lies within the Lune watershed. It flows from the fells (the Howgills, Orton Fells, Shap Fells, Ingleborough, Ward's Stone, ...) through the dales (Rawtheydale, Dentdale, Barbondale, Gretadale, Wenningdale, ...) visiting natural and man-made features of interest along the way (including all the towns and villages from Newbiggin-on-Lune to Pilling).

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