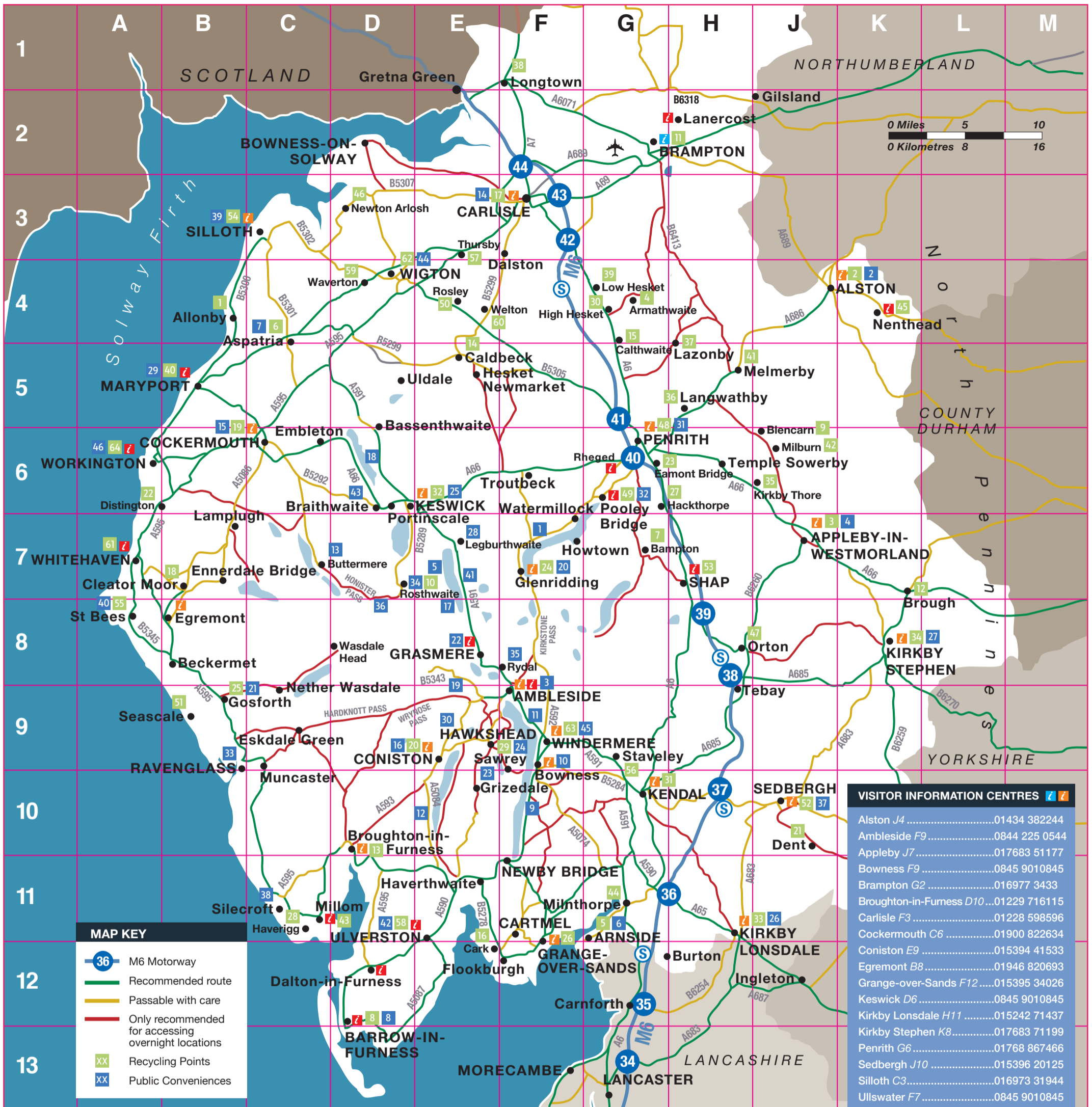


MOTOR CARAVANNERS' COUNTY MAP



VISITOR INFORMATION CENTRES	
Alston J4	01434 382244
Ambleside F9	0844 225 0544
Appleby J7	017683 51177
Bowness F9	0845 9010845
Brampton G2	016977 3433
Broughton-in-Furness D10	01229 716115
Carlisle F3	01228 598596
Cockermouth C6	01900 822634
Coniston E9	015394 41533
Egremont B8	01946 820693
Grange-over-Sands F12	015395 34026
Keswick D6	0845 9010845
Kirkby Lonsdale H11	015242 71437
Kirkby Stephen K8	017683 71199
Penrith G6	01768 867466
Sedburgh J10	015396 20125
Silloth C3	016973 31944
Ullswater F7	0845 9010845
Windermere F9	015394 46499

Roads with bends, gradients or restricted width which require additional consideration and caution

- A591 Bothel to Keswick:** very narrow at Mirehouse.
- A592 Kirkstone Pass:** caution needed as large vehicles cannot pass one another on several stretches on both sides of the pass.
- A593 Ambleside to Coniston:** between Clappersgate and Skelwith Bridge narrow with passing places. Narrow over bridge. Special care needed between Skelwith Bridge and Coniston.
- A595 Dalton to Silecroft:** From Kirkby-in-Furness very narrow to Grizebeck, particular care over last quarter mile into Grizebeck. Between The Green and Silecroft care needed.
- A684 Kendal to Sedburgh:** Low bridge when leaving Kendal 12' 3" - follow signed large vehicle route. Hairpin bend on hill. Over motorway down to River Lune Bridge extreme care needed as this bridge is very narrow.
- A5074 Gilpin Bridge to Bowness-on-Windermere:** Road starts wide and flat but narrows extremely as soon as road begins to climb after approximately 1.5 miles.
- A5084 Ulverston to Torver:** Very narrow at Water Yeat. Bad bend approaching Torver.
- A5086 Egremont to Cockermouth:** Narrow in places. Caution needed.
- A5091 Matterdale to Ullswater:** Very narrow between Dockray and Matterdale.
- A5092 Duddon Bridge:** Traffic light controlled bridge, then extreme care from bridge through Duddon Bridge Farm and up Buckman Brow Hill.
- B5285 Coniston to Hawkshead and Hawkshead to Clappersgate:** Due to difficulties when encountering oncoming traffic drivers are encouraged to travel from Coniston to Hawkshead and not the other way round. Approximately 1 mile after leaving Coniston the road narrows through a series of bends where it is not possible to pass other large vehicles. Extreme caution needed along all of this route.
- B5289 Buttermere:** This is not recommended for larger vehicles.

For information regarding road closures and works visit www.cumbria.gov.uk/roadworks
 Know before you go, visit www.saferlakes.co.uk to find out which car parks and areas of the county are busy.

VISITOR INFORMATION POINTS	
Barrow D12	01229 876557
Dalton D12	01229 464000
Grasmere E8	015394 35475
Hadrian's Wall H2	016977 41267
Maryport B5	01900 817760
Millom C11	01229 772555
Nenthead K4	01434 408040
Rhedeg G6	01768 860034
Pooley Bridge G6	01768 486627
Shap H7	01931 717539
Ulverston E11	01229 585778
Waterhead F9	015394 43360
Whitehaven A7	01946 592302
Workington A6	01900 706170

SEASONAL (blue icon)
OPEN ALL YEAR* (orange icon)
 *possible limited opening during winter months

WASTE RECYCLING POINTS

No.	Location	Postcode	Grid Ref.	No.	Location	Postcode	Grid Ref.
1	Allonby, by the Public Conveniences	CA15 6PT	B4	40	Langwathby, Village Hall	CA10 1NQ	H5
2	Alston, Tyne Willows	CA9 3HZ	J4	41	Lazonby, Eden Bridge Car Park	CA10 1BL	H5
3	Appleby, Broad Close Car Park	CA16 6QR	J7	42	Longtown, Longtown Community Centre, Arthuret Rd	CA6 5SJ	F1
4	Appleby, Primary School	CA16 6TX	J7	43	Low Hesket, Village Hall	CA4 0ES	G4
5	Armathwaite, Primary School	CA4 9PN	G4	44	Maryport, Maryport HWRC, Solway Ind. Estate	CA15 8NT	B5
6	Arnside, Black Dyke Road, lay-by near railway	LA5 0HH	G11	45	Melmerby, Village Hall	CA10 1HD	H5
7	Aspatria, Queen Street Car Park	CA7 3AR	C4	46	Milburn, Fell Lane	CA10 1TN	J6
8	Bampton, Bampton Memorial Hall	CA10 2RS	G7	47	Millom, Tesco Supermarket, Lancashire Road	LA18 4BX	C11
9	Barrow-in-Furness, Corner House Park, Hindpool Road	LA14 2NE	D12	48	Milnthorpe, Park Road Car Park	LA7 7QR	G11
10	Barrow-in-Furness, The Strand	LA14 2HF	D12	49	Nenthead, next to Wright's Garage	CA9 3NP	K4
11	Blencarn, Village Hall	CA10 1TX	J6	50	Newton Arlosh, Joiners Arms	CA7 5ET	D3
12	Borrowdale, Scafell Hotel	CA12 5XB	D7	51	Orton, Primary School	CA10 3RG	H8
13	Brampton, Union Lane Car Park	CA8 1BX	G2	52	Penrith, Kilgour Street	CA11 7FD	G6
14	Brough, lay-by at west end of Main Street	CA17 4AY	K7	53	Penrith, Morrisons Supermarket	CA11 7JU	G6
15	Broughton-in-Furness, Foxfield Road	LA20 6BN	D10	54	Pooley Bridge, Lake District National Park Car Park	CA10 2NP	G6
16	Caldbeck, Parish Hall, Upton	CA7 8EU	E5	55	Rosley, Rosley Village Hall	CA7 0LU	E4
17	Calthwaite, Globe Inn	CA11 9QT	G4	56	Seascale, Foreshore Car Park	CA20 1PZ	B9
18	Cark, Railway Station Car Park	LA12 8AS	E12	57	Sedbergh, Joss Lane Car Park	LA10 5AS	J10
19	Carlisle, Bousteads Civic Amenity Site, Rome Street	CA2 5LG	F3	58	Sedbergh, Spar Shop	LA10 5DL	J10
20	Cleator Moor, Co-op Supermarket	CA25 5QA	B7	59	Shap, Memorial Hall	CA10 3LY	H7
21	Cockermouth, Sullart Street Car Park	CA13 0DZ	C6	60	Silloth, North View Car Park	CA7 4AW	C3
22	Cockermouth, Kirkgate Centre Car Park	CA13 9PJ	C6	61	St Bees, Foreshore	CA27 0ET	A8
23	Coniston, Lake Road	LA21 8HT	E9	62	Staveley, Alec Row Car Park	LA8 9LU	G9
24	Dent, Main Car Park	LA10 5QP	J10	63	Thursby, Crofton Mission Hall	CA5 6QB	E3
25	Distington, Main Street Car Park	CA14 5UJ	B6	64	Ulverston, Outdoor Leisure Complex	LA12 9HT	E11
26	Eamont Bridge, The Crown Inn	CA10 2BX	G6	65	Waverton, Village Hall	CA7 0AE	D4
27	Glenridding, Lake District National Park Car Park	CA11 0PA	F7	66	Welton, Village Green, Welton	CA5 7ES	E4
28	Gosforth, Main Car Park	CA20 1AR	B9	67	Whitehaven, Morrisons Supermarket	CA28 7RW	A7
29	Grange-over-Sands, Berners Close Car Park	LA11 7DQ	F12	68	Whitehaven, Tesco Supermarket	CA28 7XT	A7
30	Hackthorpe, Lowther Village Hall	CA10 2HT	G6	69	Wigton, Co-op Car Park, Station Road	CA7 9BA	D4
31	Haverigg, Foreshore	LA18 4ES	C11	70	Wigton, Syke Park HWRC	CA7 9NE	D4
32	Hawkshead, Main Car Park	LA22 0NT	E9	71	Windermere, Booths Supermarket	LA23 1QA	F9
33	High Hesket, Primary School	CA4 0HU	G4	72	Windermere, Broad Street Car Park	LA23 2AB	F9
34	Kendal, Morrisons Supermarket	LA9 6DU	G10	73	Workington, Clay Flatts Industrial Estate HWRC	CA14 3YA	A6
35	Kendal, Asda Supermarket	LA9 7JA	G10	74	Workington, Tesco Store, New Bridge Road	CA14 3YG	A6
36	Keswick, Otley Road Car Park	CA12 5LE	D6				
37	Kirkby Lonsdale, Booths Supermarket	LA6 2HG	H11				
38	Kirkby Stephen, Hobsons Lane	CA17 4RN	K8				
39	Kirkby Thore, Memorial Hall	CA10 1XW	J6				

Please note, the postcode may not take you to the exact site and is for guidance only. Most recycling centres should be accessible for larger vehicles or have parking nearby which is. Please use your judgement when approaching the site as to whether it is appropriate for your vehicle.

PUBLIC CONVENIENCES

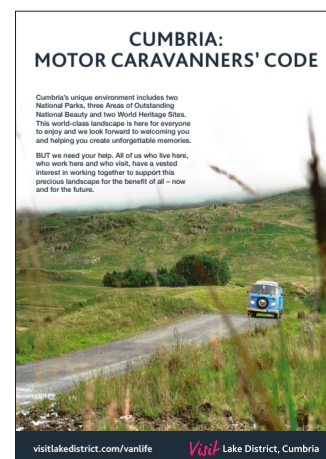
No.	Location	Postcode	Grid Ref.	No.	Location	Postcode	Grid Ref.
1	Aira Force	CA11 0JS	F7	28	Grasmere, Stock Lane	LA22 9SJ	E8
2	Alston, Alston Town Hall, Front Street	CA9 3RF	J4	29	Grizedale Visitor Centre	LA22 0QQ	E10
3	Ambleside, Low Fold	LA22 0DN	F9	30	Hawkshead	LA22 0NT	E9
4	Ambleside, Rydal Road	LA22 9AY	F9	31	Keswick, Bell Close	CA12 5JD	D6
5	Ambleside, Waterhead	LA22 0ES	F9	32	Keswick, Lakeside Car Park	CA12 5DG	D6
6	Appleby-in-Westmorland, Broad Close Car Park, Chapel Street	CA16 6QR	J7	33	Kirkby Lonsdale, Devil's Bridge	LA6 2AE	H11
7	Armboth Car Park	CA12 4TW	E7	34	Kirkby Stephen, Stoneshot	CA17 4QU	K8
8	Arnside, The Promenade	LA5 0HD	G11	35	Legburthwaite	CA12 4TW	E7
9	Aspatria, St Mungos' Park	CA7 3JF	C4	36	Maryport, The Harbour, Irish Street	CA15 8AY	B5
10	Barrow-in-Furness, West Shore Car Park	LA14 3YT	D12	37	Monk Coniston	LA21 8AH	E9
11	Beech Hill	LA23 3PR	F10	38	Penrith, Castle Park, Ullswater Road	CA11 7EG	G6
12	Bowness, Braithwaite Fold	LA23 3HB	F9	39	Pooley Bridge	CA10 2NW	G6
13	Bowness, Ferry Nab	LA23 3BF	F9	40	Ravenglass	CA18 1SQ	B10
14	Bowness, Quarry Mount	LA23 3HE	F9	41	Rosthwaite	CA12 5XN	D7
15	Bowness, Rayrigg Road	LA23 3BZ	F9	42	Rydal, White Moss (Upper)	LA22 9SE	F8
16	Brockhole	LA23 1LJ	F9	43	Rydal, White Moss (Lower)	LA22 9SE	F8
17	Brown Howe	LA12 8DW	E10	44	Seatoller	CA12 5XN	D8
18	Buttermere	CA13 9XA	C7	45	Sedbergh, Main Street	LA10 5AD	J10
19	Carlisle, City Centre	CA3 8QG	F3	46	Silecroft, The Shore	LA18 4NY	C11
20	Cockermouth, Bitterbeck Car Park, Kirkgate	CA13 9NJ	C6	47	Silloth, Skinburness	CA7 4QE	C3
21	Coniston Boating Centre	LA21 8AN	E9	48	St Bees, Beach Car Park	CA27 0EY	A8
22	Coniston, Ruskin Ave	LA21 8EH	E9	49	Swirls Car Park	CA12 4TW	E7
23	Dobgill Car Park	CA12 4TW	E8	50	Ulverston, The Gill	LA127BJ	E11
24	Dodd Wood	CA12 4QE	D6	51	Whinlatter Visitors Centre	CA12 5TW	D6
25	Elterwater, Stickle Gyll Langdale	LA22 9HU	E8	52	Wigton, Market Hall	CA7 9AA	D4
26	Glenridding	CA10 2NE	F7	53	Windermere, Rayrigg Meadow	LA23 1BP	F9
27	Gosforth, Gosforth Car Park, Whitecroft	CA20 1AR	B9	54	Workington, Town Centre	CA14 3DZ	A6

DISTANCES

APPLEBY																							
35	ALSTON																						
42	53	AMBLESIDE																					
62	87	32	BARROW-IN-FURNESS																				
46	57	6	26	BOWNESS-ON-WINDERMERE																			
39	19	58	93	63	BRAMPTON																		
59	85	26	20	21	82	BROUGHTON-IN-FURNESS																	
45	69	22	22	16	75	18	CARK-IN-CARTMEL																
32	28	52	85	55	10	81	68	CARLISLE															
43	50	31	62	36	35	50	52	26	COCKERMOUTH														
55	59	8	24	13	61	37	29	60	37	CONISTON													
41	48	4	36	10	54	31	26	49	27	8	GRASMERE												
50	58	5	28	10	70	28	26	57	35	11	9	HAWKSHEAD											
36	52	14	35	11	58	30	18	52	44	21	18	18	KENDAL										
29	36	16	47	22	41	45	37	36	15	21	13	21	29	KESWICK									
48	58	26	40	23	65	35	23	60	69	33	30	30	14	42	KIRKBY LONSDALE								
63	70	14	19	9	75	16	9	70	45	18	19	19	17	30	23	LAKESIDE							
51	55	38	70	44	37	51	59	28	8	53	34	44	51	22	77	52	MARYPORT						
14	20	33	64	38	27	68	51	22	31	38	29	37	29	17	40	51	38	PENRITH					
47	51	50	83	65	33	63	84	23	20	67	46	56	80	34	73	65	12	35	SILLOTH				
65	77	22	10	16	83	11	11	77	52	14	26	26	24	37	30	9	59	58	71	ULVERSTON			
57	64	45	56	50	47	57	53	39	15	45	40	59	58	27	83	51	16	45	27	48	WHITEHAVEN		
32	56	5	27	1	58	25	17	57	35	12	9	9	9	21	21	10	43	37	55	17	49	WINDERMERE	
51	57	38	60	44	41	44	59	33	8	43	34	43	52	22	76	52	7	38	19	58	9	42	WORKINGTON

HELP IS AT HAND

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www.visitlakedistrict.com/vanlife



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