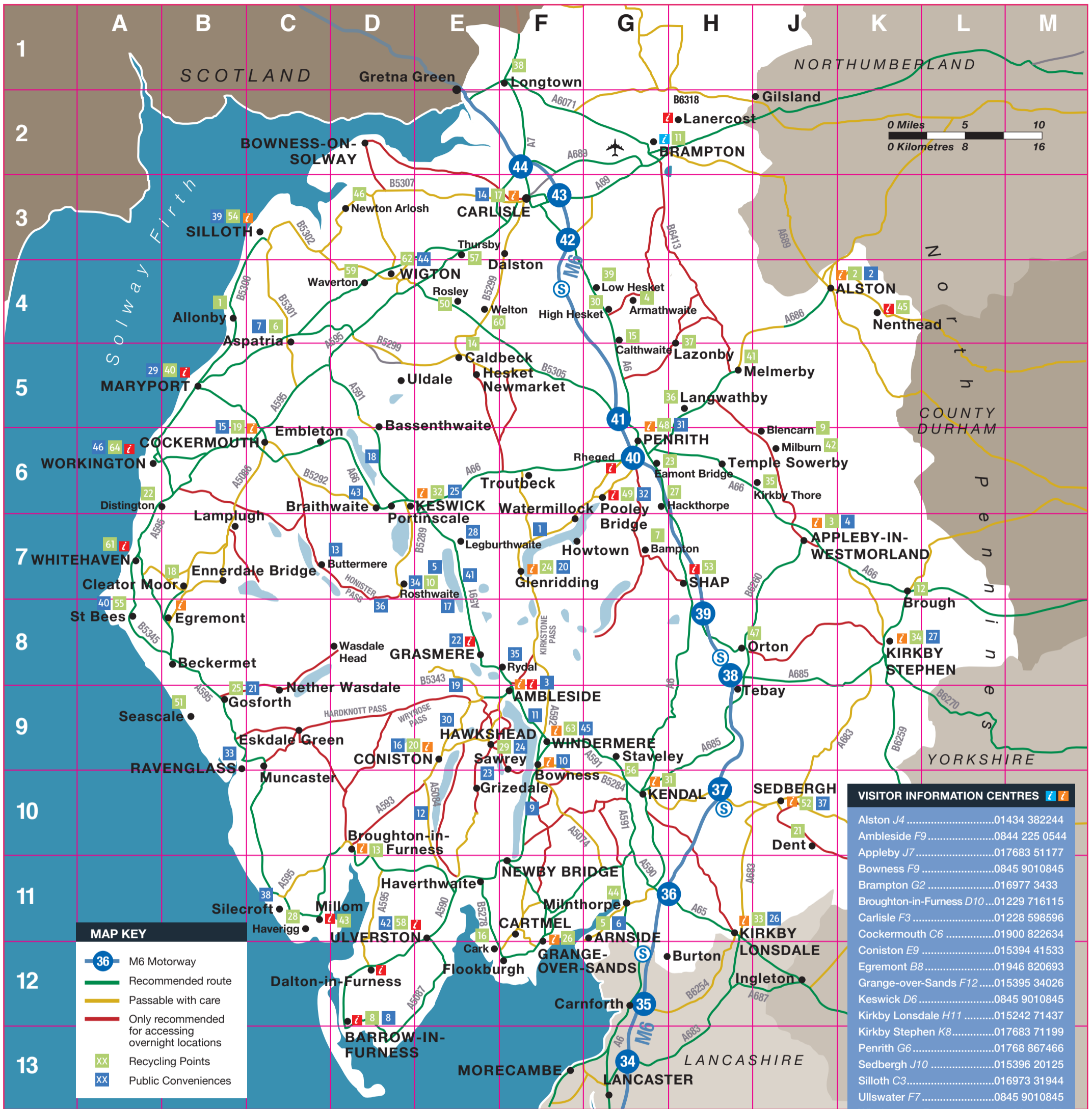


MOTOR CARAVANNERS' COUNTY MAP



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.
Very narrow past Damson Dene Hotel and through Winster village until the road approaches Bowness-on-Windermere.
- 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	36	Langwathby, Village Hall	CA10 1NQ	H5
2	Alston, Tyne Willows	CA9 3HZ	J4	37	Lazonby, Eden Bridge Car Park	CA10 1BL	H5
3	Appleby, Broad Close Car Park	CA16 6QR	J7	38	Longtown, Longtown Community Centre, Arthuret Rd	CA6 5SJ	F1
3	Appleby, Primary School	CA16 6TX	J7	39	Low Hesket, Village Hall	CA4 0ES	G4
4	Armathwaite, Primary School	CA4 9PN	G4	40	Maryport, Maryport HWRC, Solway Ind. Estate	CA15 8NT	B5
5	Arnside, Black Dyke Road, lay-by near railway	LA5 0HH	G11	41	Melmerby, Village Hall	CA10 1HD	H5
6	Aspatria, Queen Street Car Park	CA7 3AR	C4	42	Milburn, Fell Lane	CA10 1TN	J6
7	Bampton, Bampton Memorial Hall	CA10 2RS	G7	43	Millom, Tesco Supermarket, Lancashire Road	LA18 4BX	C11
8	Barrow-in-Furness, Corner House Park, Hindpool Road	LA14 2NE	D12	44	Milnthorpe, Park Road Car Park	LA7 7QR	G11
8	Barrow-in-Furness, The Strand	LA14 2HF	D12	45	Nenthead, next to Wright's Garage	CA9 3NP	K4
9	Blencarn, Village Hall	CA10 1TX	J6	46	Newton Arlosh, Joiners Arms	CA7 5ET	D3
10	Borrowdale, Scafell Hotel	CA12 5XB	D7	47	Orton, Primary School	CA10 3RG	H8
11	Brampton, Union Lane Car Park	CA8 1BX	G2	48	Penrith, Kilgour Street	CA11 7FD	G6
12	Brough, lay-by at west end of Main Street	CA17 4AY	K7	48	Penrith, Morrisons Supermarket	CA11 7JU	G6
13	Broughton-in-Furness, Foxfield Road	LA20 6BN	D10	49	Pooley Bridge, Lake District National Park Car Park	CA10 2NP	G6
14	Caldbeck, Parish Hall, Upton	CA7 8EU	E5	50	Rosley, Rosley Village Hall	CA7 0LU	E4
15	Calthwaite, Globe Inn	CA11 9QT	G4	51	Seascale, Foreshore Car Park	CA20 1PZ	B9
16	Cark, Railway Station Car Park	LA12 8AS	E12	52	Sedbergh, Joss Lane Car Park	LA10 5AS	J10
17	Carlisle, Bousteads Civic Amenity Site, Rome Street	CA2 5LG	F3	52	Sedbergh, Spar Shop	LA10 5DL	J10
18	Cleator Moor, Co-op Supermarket	CA25 5QA	B7	53	Shap, Memorial Hall	CA10 3LY	H7
19	Cockermouth, Sullart Street Car Park	CA13 0DZ	C6	54	Silloth, North View Car Park	CA7 4AW	C3
19	Cockermouth, Kirkgate Centre Car Park	CA13 9PJ	C6	55	St Bees, Foreshore	CA27 0ET	A8
20	Coniston, Lake Road	LA21 8HT	E9	56	Staveley, Alec Row Car Park	LA8 9LU	G9
21	Dent, Main Car Park	LA10 5QP	J10	57	Thursby, Crofton Mission Hall	CA5 6QB	E3
22	Distington, Main Street Car Park	CA14 5UJ	B6	58	Ulverston, Outdoor Leisure Complex	LA12 9HT	E11
23	Eamont Bridge, The Crown Inn	CA10 2BX	G6	59	Waverton, Village Hall	CA7 0AE	D4
24	Glenridding, Lake District National Park Car Park	CA11 0PA	F7	60	Welton, Village Green, Welton	CA5 7ES	D4
25	Gosforth, Main Car Park	CA20 1AR	B9	61	Whitehaven, Morrisons Supermarket	CA28 7RW	A7
26	Grange-over-Sands, Berners Close Car Park	LA11 7DQ	F12	61	Whitehaven, Tesco Supermarket	CA28 7XT	A7
27	Hackthorpe, Lowther Village Hall	CA10 2HT	G6	62	Wigton, Co-op Car Park, Station Road	CA7 9BA	D4
28	Haverigg, Foreshore	LA18 4ES	C11	62	Wigton, Syke Park HWRC	CA7 9NE	D4
29	Hawkshead, Main Car Park	LA22 0NT	E9	63	Windermere, Booths Supermarket	LA23 1QA	F9
30	High Hesket, Primary School	CA4 0HU	G4	63	Windermere, Broad Street Car Park	LA23 2AB	F9
31	Kendal, Morrisons Supermarket	LA9 6DU	G10	64	Workington, Clay Flatts Industrial Estate HWRC	CA14 3YA	A6
31	Kendal, Asda Supermarket	LA9 7JA	G10	64	Workington, Tesco Store, New Bridge Road	CA14 3YG	A6
32	Keswick, Otley Road Car Park	CA12 5LE	D6				
33	Kirkby Lonsdale, Booths Supermarket	LA6 2HG	H11				
34	Kirkby Stephen, Hobsons Lane	CA17 4RN	K8				
35	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

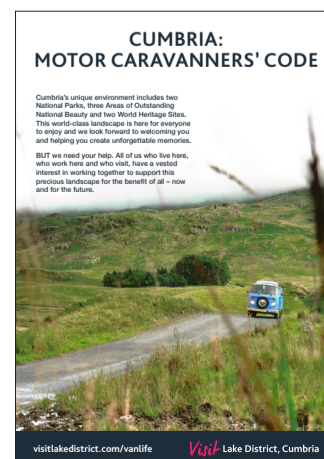
No.	Location	Postcode	Grid Ref.	No.	Location	Postcode	Grid Ref.
1	Aira Force	CA11 0JS	F7	22	Grasmere, Stock Lane	LA22 9SJ	E8
2	Alston, Alston Town Hall, Front Street	CA9 3RF	J4	23	Grizedale Visitor Centre	LA22 0QQ	E10
3	Ambleside, Low Fold	LA22 0DN	F9	24	Hawkshead	LA22 0NT	E9
3	Ambleside, Rydal Road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

DISTANCES

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

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