

# Force Mill

Lazonby, Penrith, Cumbria  
CA10 1BZ



*Sally's Cottages*

Creating Beautiful  
Lake District Experiences

## Visitor Information

# Welcome to Force Mill

*We do hope you enjoy your stay, and love Force Mill as much as we do. To make your stay simpler, here are some notes about the smooth running of the house...*

## **Parking**

Please park outside the house. If you wish, you may also park within Dutch barn, up the slope, outside Crakeld Holm, the red sandstone barn.

## **Security**

Please close and secure all windows and doors whenever you leave the house.

## **Septic tank**

The sewerage is via a septic tank so please do not put anything other than loo paper down the loo.

## **Smoking**

We have a **no smoking policy**, not only within the house but also within the grounds and outhouses.

## **Internet**

The code for using WiFi is: otters14. Please DO NOT touch the router/modem/wires in any way at all.

## **Central Heating/Hot Water Instructions**

The heating and hot water is provided by an oil fired boiler which is located outside the property. The controls for the system can be found in the large cupboard in the utility hall.

## **Sitting Room Fire**

To light the fire use a combination of firelighters (available from the local shop) and kindling to get started before adding logs.

Please ensure that the fireguard is in place at all times as the logs may spit out sparks.

## **Fire precautions**

You will find a fire blanket and fire extinguisher in the kitchen.

If you discover a fire you must **get everyone out as quickly as possible and call the fire service on 999**. However, you may discover a fire in its very early stages and think that you can deal with it yourself but remember that fire spreads very quickly, even a small-contained fire and they produce smoke and fumes which can kill in seconds. If you are in any doubt do not tackle the fire, no matter how small. You can put yourself at risk by fighting the fire.

**If in doubt get everyone out, call the Fire Service out and stay out.**

Candles and tealights or ethanol burners are not provided and, for reasons of fire safety, we request that you do not use them.

The stove in the dining area may look as if it is a log burner but actually it is electric and operated by a remote control. In common with stoves of all types it radiates heat and gets quite hot. Please ensure small children, in particular, cannot accidentally touch it once turned on. There is a dedicated fire guard for this purpose.

### **Fires, generally**

Outside fires are forbidden, except for the barbecue provided. Please only use the barbecue a safe distance away from any buildings, in a wind-free environment and ensure it is never left unattended.

### **Breakages**

Please report any breakages so we can replace them for the next guests.

### **Rubbish**

If you do have rubbish left over after your stay please put it in the boxes and bins provided in the outhouse next to the woodshed. To help us recycle your rubbish please separate bottles, plastics and paper from domestic waste and place them in the relevant, labelled bins.

### **Recycling**

The nearest recycling centre is located by the roadside, to the left as you exit our lane (Mill Gate) onto the B6412. It is off the lay-by, this side of Great Salkeld village.

### **Pets**

One well behaved dog is welcome, can we please ask that they are kept off the furniture and out of the bedrooms. Please remember to check and clear up any deposits left by your dog at the end of your stay.

### **Mill building**

For safety reasons we ask you not in any circumstances to enter the mill building opposite. It is very dilapidated and unsafe. Please particularly prevent children from playing nearby.

### **Maintenance Visits**

On occasion a window cleaner or gardener may attend the property to carry out their usual round. Ordinarily this will be done on a change-over day so shouldn't impact your stay. If we have had a spell of wet weather for example during change over days then this may not always be possible and they may have to visit the property during the week. Please be assured they will always keep disruption to a minimum.

### **Car Charging**

We kindly ask that you do not use mains electric at this property to charge electric cars due to the high costs it incurs. However the nearest car charging points are in Penrith at Morrisons or Booths supermarkets on Brunswick Road, CA11 7JU.

[www.zap-map.com](http://www.zap-map.com) lists charging points throughout the UK.

We hope that you don't encounter any problems during your stay, but in the event that you do require assistance or have any queries, **please call 017687 80571 or email [sally@sallycottages.co.uk](mailto:sally@sallycottages.co.uk)**. The office is open 7 days a week 8.30am-9pm.

**We hope you enjoy your stay.**

## Your Departure

**1. Departure time**

Please vacate the property before 10am, to enable the house to be made ready for the next guests.

**2. Cleaning**

Please leave the house clean and tidy, as you found it.

**3. Beds**

Please strip any beds that you have used and leave the sheets in a pile on the landing.

**4. Pets**

Please make sure that any mess your dog may have made in the garden has been cleared away.

**5. Keys**

When you leave, please put the keys back into the key box which is located by the main front door. Please make sure the door locks when you close it behind you.

Thank you.

## Local Information

The Eden Valley, lying between the Pennines and the Lake District fells, has been featured on BBC2's Britain's Heritage Heroes and ITV1's 'The Adventurer's Guide to Britain.' It is a fantastic mix of green countryside, traditional towns and attractive sandstone villages, Melmerby, Lazonby, Langwathby and Kirkoswald to name but a few. It is also home to the River Eden, one of the finest salmon and trout rivers in the North of England. You can find many popular riverside walks here too - Lacy's caves, carved out of sandstone on the opposite riverbank, is one of the most famous (see below).

For the shoppers amongst you then the town of Penrith will be a grand day out. The town offers a special shopping experience and prides itself on its range of individual family-run shops with names and frontages unique to the town. Penrith combines the advantages of being located in a beautiful and inspiring area with the amenities of a vibrant local community. You can also get your hands on some fresh local produce; for speciality foods and organic produce visit Penrith's Farmers' Market held on the third Tuesday of the month in Market Square.

For a rainy day with the kids you could try the Rheged Centre in Penrith (towards Keswick along the A66) home to a giant 3D cinema, pottery painting, art gallery, cookery school, cafes and children's workshops.

Lying within the heart of the Eden Valley is Appleby-in-Westmorland which boasts its own castle and leisure centre. There are also plenty of attractions in and around Appleby to suit all tastes. For a family friendly day out why not take the kids to Acorn Bank, a National Trust garden renowned for its herbs and fruit orchards. Explore the creatures of Acorn Bank on a family-friendly nature trail. Discover minibeasts, identify creepy crawlies, and match the eggs to the creatures they came from.

During the first week in June the Appleby Horse Fair takes place just outside the town. Visitors from far and wide travel to this event and if you are a horse lover it will be right up your street.

This area is an excellent centre for exploring the varied surrounding landscape on foot, bicycle, car or horseback. The Dales Highway, The Westmorland Way, Lady Anne's Way, and The Pennine Way are all long distance walking routes in the Eden Valley. Appleby is also on the North Pennine and the C2C cycle route. For the more energetic there is an indoor swimming pool in the Leisure Centre which also hosts a gym and climbing wall.

If a scenic drive out is something you love then have a tootle up the A868 to Alston. Surrounded by a unique landscape of moorland, hills, rivers and waterfalls and it is one of England's highest market towns (being about 1,000 feet above sea level). This intriguing town with its cobbled streets and fascinating nooks and crannies has been the location for ITV productions of Jane Eyre and Oliver Twist.

## Activities

### Fishing

Trout, Salmon and Grayling fishing is sometimes available on 1.8 miles of the River Eden. This is by prior arrangement only and bookings can be made here: [www.rivereden.co.uk](http://www.rivereden.co.uk)

### Swimming & boating/canoeing

Please do not swim or boat in the river. It is extremely dangerous. The river has very strong currents that are not always evident on the surface.

There is an outside public swimming pool at Lazonby (seasonal opening) or indoor pools at Penrith Leisure Centre.

### More outdoor activities

Keswick Adventures offers outdoor activities to suit all age groups and levels. Ghyll scrambling, climbing/abseiling, canoe trips, hydro-speeding, and much, much more, [www.keswickadventures.co.uk](http://www.keswickadventures.co.uk) Tel: 07712162088

### Ullswater steamers

Cruise England's most beautiful lake on a heritage vessel. [www.ullswater-steamers.co.uk/timetable-fares](http://www.ullswater-steamers.co.uk/timetable-fares)

## Local attractions

### Lacy's caves

On the opposite river bank there is a picturesque and well-trodden, gentle woodland footpath from Little Salkeld, leading past the obsolete alabaster mines to Lacy's caves. These are essentially man-made caves, created by Colonel Lacy, the once owner of Salkeld Hall and were supposedly carved out by him in the eighteenth century as a folly (with resident 'hermit') to entertain his guests.

### Long Meg and her daughters

Also at Little Salkeld can be found the third largest stone circle in England! Long Meg is a 12ft high Bronze Age 'mother stone' surrounded by a circle of 'daughters'. Legends and magic abound: local folklore insists the stones were once a coven of witches turned to stone who, if you count the stones and get the same total twice, will come back to life and exact their revenge!

### The Little Salkeld Watermill

Force Mill and Crakeld Holm (once the Force Mill farm barn) are part of an earlier water-powered mill complex. There is a working eighteenth century corn mill nearby at Little Salkeld, across the river between Langwathby and Glassonby; it produces organic flour and will give you some idea of what Force Mill might have been like back in the day. It is open to the public all year round but guided tours and the rather good vegetarian restaurant are only available from March through to the end of October. Tel: 01768 881 523

# Local Facilities

## Groceries

The nearest supermarket is in Lazonby, the Lakes and Dales Co-Op. Turn right at the top of the lane and Lazonby is about 2 miles away. Enter the village and park near the junction at the bottom of the steep hill. You will find most essentials here and there is also a post office in store but more comprehensive food shopping is found at Penrith - at either Morrisons on Brunswick Road, CA11 7JU or Booths (a good quality northern supermarket chain, similar to Waitrose) also on Brunswick Road. There is also a Marks & Spencer 'Simply Food' on King Street and a Sainsbury's nearby, both towards the southern end of town.

Lazonby Co-Op opening hours (correct at going to press!)

Mon – Fri	07.30 – 20.00
Sat	07.30 – 18.00
Sun	09.00 – 13.00

The Co-Op will deliver on Monday, Tuesday and Friday, if ordered before 11am  
Call to place order - 01768 898210

Most of the other supermarkets will also deliver or practice 'click and collect', see their web pages for details.

The specific address for deliveries is: FORCE MILL, LAZONBY, PENRITH, CUMBRIA, CA10 1BZ

The Village Bakery at Melmerby, CA10 1HE (as recommended on TV by those Hairy Bikers)

Cranstons the Butchers, Ullswater Road, Penrith, CA11 7EH (proper Cumberland sausages) Cranstons click and collect: [www.cranstons.net](http://www.cranstons.net)

The Toffee Shop, Brunswick Road, Penrith, CA11 7LU (world renowned toffee and fudge)

PLEASE NOTE: Penrith operates a free parking by disc scheme. Any shop will give you a disc but to start you off there should be some discs in the house - but please replace them in the cottage for the next occupants when you leave. You get a stiff fine if you fail to display your disc. There are also pay car parks.

## **Pubs**

### **The Highland Drove & Kyloes Restaurant, Great Salkeld**

*"a haven of everything a good country pub should be"*

*Les Routiers Northern Dining Pub of the year, Good Pub Guide Northern Dining Pub*

01768 898349

### **Queens Head Inn, Tirril, Penrith**

*"With all the bric-a-brac, memorabilia and character you would expect from an age-old pub"*

01768 863219

### **The New Inn, Appleby**

*"Superb small pub with excellent home cooking"*

017683 52423

### **Dockray Hall, Great Dockray, Penrith**

*"With a relaxed atmosphere, you will be warmly welcome"*

01768 210676

### **Shepherds Inn, Langwathby**

*"Welcome to the heart of traditional food..."*

01768 881463

### **The Mason Arms, Long Marton**

*"A cottage-style pub, lays nestled deep in the village"*

017683 61395

### **The Crown Inn, Kirkoswald**

*"Traditional eighteenth century village pub in the northeastern corner of Cumbria"*

01768 870410

### **The Fetherston Arms, Kirkoswald**

*"a family run pub with real log burning fires"*

*Pub of the Season 2012, Pub of the Year 2014 a finalist for Solway CAMRA Award in 2015*

01768 898284



## **Restaurants**

### **Four and Twenty, Penrith**

*"Good food in Penrith"*

01768 210231

### **The Bridge, Penrith**

*"Elegant, clean and honest food from classic bistro dishes"*

017683 62766

### **George & Dragon, Clifton, Penrith**

*"More than just a local"*

01768 865381

### **Oak Room Restaurant at Appleby Manor, Appleby**

*"Good food and friendly service are the perfect recipe for a memorable meal every night"*

017683 51571

### **The Midland Hotel, Appleby**

*"Locally sourced, homemade, tasty food and quality beverages"*

017683 51524

### **Fantails Restaurant, Wetheral**

*"Delicious food in an historic setting"*

01228 560239

### **The Dog & Gun Inn, Skelton**

*"A family-owned Cumbrian pub offering real, homemade pub food"*

*Winner 2020 Cumbria Life Dining Pub of the Year*

*and the only Michelin Bib Gourmand in Cumbria*

017684 84301

# Useful Contacts

## Doctor

The Surgery, Kirkoswald: 01768 898 560

## Accident & Emergency

The nearest A&E department is in Carlisle.

Cumberland Infirmary, Newtown Rd, Carlisle, Cumbria, CA2 7HY  
01228 523444

NHS out of hours EMERGENCY NUMBER: 0300 303 4365

NHS 111. If you have an urgent medical problem and you are not sure what to do, dial 111

## Police

Cumbria Constabulary HQ, Carleton Hall, Penrith, Cumbria, CA10 2AU

For a non-emergency situation, call 101

**Emergency:** Fire/Police/Medical: 999

## Pharmacy

Joseph Cowper Ltd, 49-50 King Street, Penrith, CA11 7AY. 01768 862063

Hospital (no A&E).

Penrith Hospital, Bridge Lane, Penrith, CA11 8HX 01768 245555

Dentist: Stricklandgate Dental Practice, Penrith, CA11 7HN. 01768 865744

## Church

St Cuthbert's Church, Great Salkeld

Sunday Service - Holy Communion 10am

Alternating with

St Nicholas Church, Lazonby

Sunday Service - Holy Communion 10am

## Weather

Lake District Weather Line: 0844-846-2444

## Tourist Information Centre

Penrith - Middlegate, Penrith CA11 7PT

Appleby - Moot Hall, Boroughgate, Appleby, Cumbria, CA16 6XE

## Cinema

Lonsdale Alhambra, Middle Gate, Penrith 01768 862400

The Rheged Centre, Penrith 01768 868000

## Theatre

Theatre by the Lake, Keswick: 017687-74411

# Travel

## Local Taxis, Penrith

Eden Taxis	01768 865432
Penrith Taxis	01768 899298
Station Taxis	01768 211004

## Buses

Stagecoach operates bus services throughout Cumbria.

[www.stagecoachbus.com/timetables](http://www.stagecoachbus.com/timetables)

Stagecoach Gold X4 & X5 service operate between Penrith North Lakes Rail Station Coach Stop and Keswick Bus Station located outside Booths Supermarket. The journey time is ~ 40 minutes.

## Trains

The most scenic railway in England, the Settle to Carlisle line runs through the Eden Valley with stations at Lazonby, Langwathby, Appleby and Kirkby Stephen.

Virgin Trains operate high speed rail services from London Euston to Penrith North Lakes  
The journey time is between 3 to 4 hours.

[www.nationalrail.co.uk](http://www.nationalrail.co.uk)