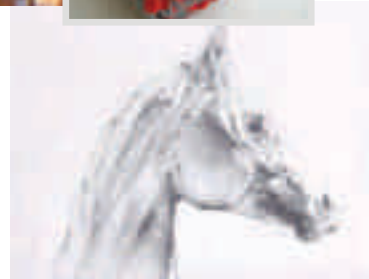
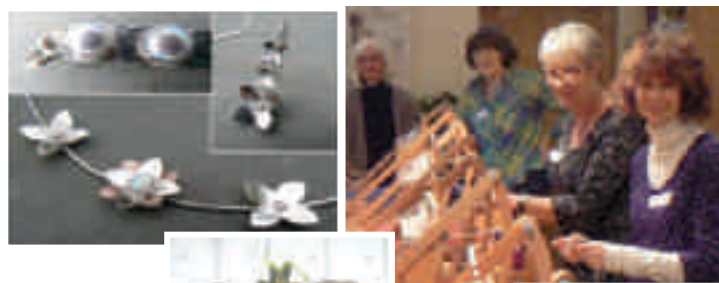


October 2013

Sat 5	Chutneys & Mincemeats for Xmas	£70
Tue 8	Artisan Cheese making at Home	£77
Wed 9	Pottery Green Man with Roma Short	£65
Thu 10	Far Eastern Brush~ Irene Sanderson	£60
Mon 14	Felt Nuno Scarves Day	£65
Mon 14	Bush craft Pole Lathe~BOWL turning	£90
Tue 15	Design & Weave a Winter Scarf	£68
Thu 17	Willow Sculptures small Sheep	£85
Fri 18	Willow Sculptures Hares	£68
Sat 19	Ceramic Sculptures family am	25/12
Sat 19	Blacksmith for a Day	115/55 F
Tue 22	Rag Rug Day Emma Tennant,	£68
Sa- Su 26-27	Silver Jewellery W/end Beg/Int	£145
Tue 29	Drawing and Painting the Horse	£65/25 F
Thu 31	Rag Rugs with Heather Ritchie	£68



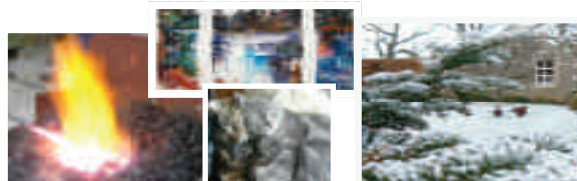
December 2013

Fri 6	Christmas Cards in Pen & Wash	£65
Sat 7	Christmas Cards in Pen & Wash	£65
Wed 11	Willow Angels for Xmas	£68
Thu 12	Willow Angels for Xmas	£68
Sat 14	Wreath making Workshop	£50
Mon 16	Wreath making Workshop	£50
Wed 12	2014 Living Willow Day	£74

We are an Alasdair Sawday recommended small meeting venue offering a refreshingly non-corporate approach

Free WIFI,

We offer unique ideas for Hen & Stag afternoons, private courses and team building days
A variety of local accommodation. Available.



November 2013

Wed 13	Felt Nuno Scarves Linda Chapman	£65
Thu 14	Rag Rugs traditional floor Emma Tennant	£68
Fri 15	The Art of Spinning on a Wheel	£68
Sat 16	Scrumptious Scones Day	£68
Tu-We 19-20	Stained Glass Panel 2 day course	135
Tue 26	Willow Sculptures Hen & Cockerels	£68
Wed 27	Design & Weave a Scarf	£68
Fri 29	Flower Fairies from the Garden Fiona Clucas	£68
Sat 30	Real Bread by Hand	£72



The Old School Guest House

5 Star Luxury accommodation with Gold award
Just 2 miles from Greystake towards Penrith, almost on the C2C route
Tel - 01768 483709
info@theold-school.com www.theold-school.com

Jane Tomlinson's

Lake District Walking Festival
www.walkforall.com

Turn over a new leaf and Wake up to Walking this Autumn...

Sunday 8th September 2013 | Windermere
5, 13 or 22 mile routes to choose from - www.walkforall.com
All profits from Walk For All Ltd - Lake District Walking Festival will go directly to the Jane Tomlinson Appeal.

cycling and walking guidebooks

The C2C Cycle Route
Walking in Cumbria's Eden Valley
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... from our
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Hot & Cold light lunches, tasty pasta & home made soups, Aga baking & cream teas, real coffee, hot chocolate, milk shakes home-made cordials & softy cats. With spacious walled cottage gardens, perfect for families we overlook parkland to Greystoke Castle.

Laser Hair Removal for Men & Women & cycling legs!

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Red Vein Treatment & Pigment Removal

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Ghyllmount Dental Practice, Penrith 01768 862291



Steven and Claire Bland - Abbott Lodge Jersey Ice Cream

Clifton, Nr Penrith, Cumbria CA10 2HD t: 01931 712720

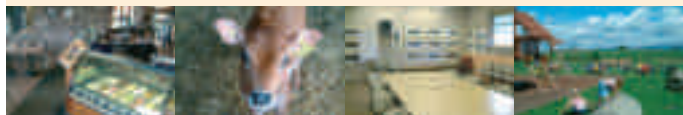
4 miles south of Penrith, just off the A6 (Melkinthorpe turn off)

e: info@abbottlodgejerseyicecream.co.uk w: 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



Cycle Café Tea Garden
Opening Times

Easter
to end
Sept

if you're arriving ON a bike

we're open 10-6pm everyday

with always hot drinks & tasty flapjack
& if we can, much more.

There's a lovely garden with gazebos & a Cyclists' Barn plus use of chain oil, bike pumps, maps & free juice for your water bottle refills.

We welcome EVERYONE ELSE arriving by foot (please walk from village c/park) during the following times:

FRIDAYS 12-6 SATS 10-6

& 2nd Sunday of month 10-6

and 'whenever the FLAG is flying'

so if you're on the Castle walk (summer page) you'll see from the top whether to walk back via the Cycle Café for Tea & scones

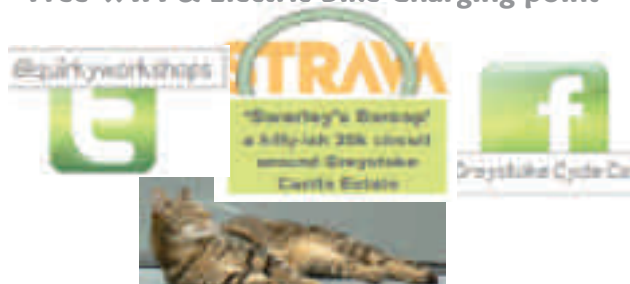
Greystoke Cycle Café Tea Garden

Greystoke, Penrith **CA11 0UT**

017684 83984

We are 5 mi W of Penrith and M6 J40
3 mi N of A66, & 7 mi N of Ullswater.

Free WIFI & Electric Bike Charging point



Quirky 2013 Workshops Greystoke Cycle Cafe



"Always walk through life as if you have something new to learn - and you will" ... Vernon Howard

Another year of exciting courses

More fabulous days dedicated to Crafts, Heritage Skills, Cookery, Art, Bees, Bikes, Bush craft, Textiles Sculpture & more.

Expert tutors & Aga lunches at our C17th Cumbrian Farmhouse making wonderfully relaxing & creative days out.

www.greystokecyclecafe.co.uk

017684 83984

NEW Family friendly days

F



Quirky Workshops at Greystoke

April 2013

Tue 2	Drawing and Painting the Horse	£65/25	F
Wed 3	Scrumptious Scone Sessions am/pm	£30/18	F
S-Su 6-7	Begs. Complete BeeKeeping 16hr W/ent	£145	
Tue 9	Beginners' Knitting Wrist Warmers	£64/25	F
Tue 9	Green wood Pole Lathe session am/pm	£35/20	F
Wed 10	Beginners' Watercolours in Spring	£64/25	F
Thu 11	Ceramic Sculpture sessions am	£25/12	F
Thu 11	Traditional Coracle Building W'shop	£85/45	F
Sun 14	Be an 'Artist Blacksmith' for a Day	£115/55	F
Sun 21	Hands-on 'Strip & Build Bike' Day	£74	
Sat 20	Bike Maintenance Beginners evening	£24	F



May 2013

Sat 4	Try Meditation ~ with Dave Stones	£28	
Su Mo 5-6	Beg. Beekeeping 16 hr B Hol course	£145	
Mon 6	Bush Craft Pole Lathe Workshop	75/45	F
Mon 6	Wild Food ~ Bunny Burgers /Fire Bread	£70/45	F
Fri 10	Willow Wigwam plant supports	£66	
Sat 11	Pottery Green Man ~ Roma Short	£68	
Sun 12	Relief Woodcarving in Hardwoods	£74	
Sun 12	Gluten Free Breads & Pastries	£72	
Mon 20	Cupcake Piping Class 10-1pm	£36	
Tue 21	Artisan Cheese making at Home	£77	
Fr Sa 24-5	Make a Stained Glass Panel	£145	
Sat 25	Be an 'Artistic Blacksmith' for a Day	115/55	F
Su Mo 26-27	Two Day Silver Jewellery Beg/Int.	£145	
Tue 28	Pottery Plaques Pilgrims Journey - C top R	£68	
Wed 29	Scrumptious Scones Workshop	£68/30	F
Thu 30	Cupcake Piping Class 10-1pm	£36/24	F
Thu 30	Cup Cake Decorating 2-4.30	£28/22	F

We STILL love our printers Reeds ~ Penrith 01768 864214



Our Day courses include lovely Aga lunches & cream teas and are suitable for all abilities.

We're told our workshops make wonderful presents; open vouchers are available online

www.greystokecyclecafe.co.uk

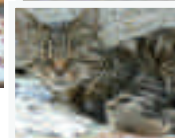
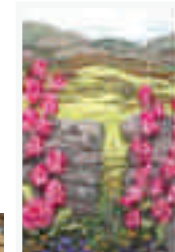
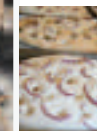
New dates are added throughout the year, please see website. Tutors experienced in teaching all abilities.

Materials usually charged extra. We're a family run Tea Garden with unusual Opening times -see overleaf *



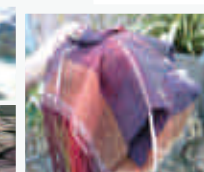
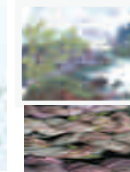
see July

Family friendly prices /spaces for U18's F



June 2013

Wed 5 th	Willow Sculptures ~ Life size Sheep	£85	
Thu 6 th	Willow Sculptures Hares~ Phil Bradley	£68	
Fr-Su 7/8/9	Stone Carving with Pip Hall Begs/ Ints.	190	
Sun 9 th	Far Eastern Brush ~ Irene Sanderson	£60	
Sat 22 nd	Be an 'Artist Blacksmith' for a Day	115	F
Sat 22 nd	Intro to Mixed Media ~ Frances Winder	£70	F
Wed 12	Botanical Illustration. Kay Rees Davies	£70	
Thu 13	Botanical Illust. W'colours Kay R-Davies	£70	
Fri 14	Delights of Pen & Wash—all abilities	64/25	F
Sat 15	A Day with Brigit Strawbridge (BBC2 It's not ... easy being Green) 'Bees, Biodiversity & Wildlife Gardening'	£38	
Fri 28 th	Felt Slipper Making Debra Esterhuizen	£66	
Fri 28 Sat 29 Jun is Woolfest 2013 in Cockermouth			
Sat 29 th	Rag Rug Day ~ Heather Ritchie	£68	F
Sun 30 th	Bush Craft Pole Lathe workshop	75/45	



July 2013

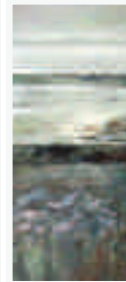
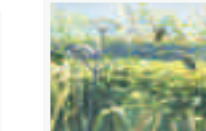
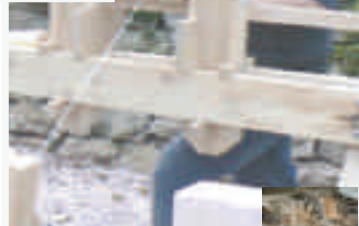
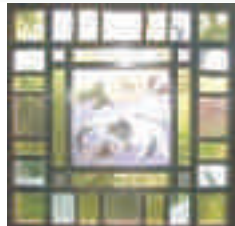
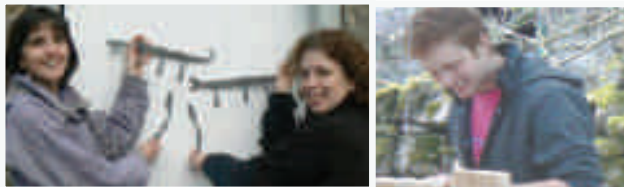
Mon	1	Design & Weave a scarf (Hand Loom)	£68
Tue	2	Fine merino/silk eco- dyeing Helen Melvin	£74
Wed	3	More Eco Dyeing for textile artists “ “	£74
Wed	3	Traditional Coracle Building in a day	£85/45 F
Thu	4	Nuno Felt Scarf & Corsages	£66
Fri	5	Felt Art Day	£66
Sa/Su	6/7	Rustic Stool making– family friendly	115/55 F
Mon	8	Willow Sculptures ~ a life size Deer	£68
Fri	12	Watercolours Summers Garden-Beg/Int	£64/25 F
Sa-Su	13-14	Rush & Cane Seating Restoration 2 days	£135
Sa-Su	13-14	Artist Blacksmith 2 day course	£200
Fr-Sat	19-20	Make a Stained Glass Panel	£135
Sun	21	Hands On 'Strip & Build A Bike' Day	£74
Sun	21	Bike Maintenance ~ Begs 4.45-7.15pm	£24 F
Tue	23	The Art of Spinning on a Wheel	£68/45 F
Tue	23	Bush craft~ Pole Lathe greenwood day	£75/45 F
Thu	25	Drawing and painting the Horse	£65/25 F
Sun	28	Painting the Layers of Nature~ Fiona Clucas	£70
Sun	28	Real Bread by Hand Day Hands On	£70
Tue	30	Botanical Illust. W'colours S Williams SBA	£70
Wed	31	Wildlife Illust. W'colours/gouache	£70



To book ~ or for last minute spaces **017684 83984**

August 2013

Thu	1	Wildlife or Bot. Illust. W'colours/Gouache S Will.	£70
Fri	2	Dyeing with Natural Dyes ~ Marion Woolcott	£68
Wed	7	Scone Making ~ family friendly am /pm	£30/18 F
Fri	9	Learn to Crochet ~ Hand Warmers	£64/25 F
Sat	10	Traditional Coracle Building W'shop in a day	£85/45 F
Sat	10	Water in the Landscape ~ Frances Winder	£70
Sun	11	Be an 'Artist Blacksmith' for a Day	115/55 F
Sun	11	A foray into the World of Dowsing	£64
Fri	16	Wire Garden Sculptures - Geese	£85
Sat	17	Wire Garden Sculptures - Hens	£75
Tue	20	Relief Woodcarving in Hardwoods	£74
Wed	21	Hands On 'Strip & Build A Bike' Day	£74
Wed	21	Bike Maintenance for Beginners 5.30-8pm	£24 F
Wed	21	Creative Canapés 'family friendly'~ am/pm	£30/18 F
Thu	22	Bush craft ~ Green Wood Spoon Carving	£66
Thu	22	Artisan Cheese making at Home	£77
Fri	23	Bush Craft ~ Wild Food Pigeon's Fish & Smoking	£78/45 F
Sat	24	Skep Building Workshop for Bee Swarms etc	£55



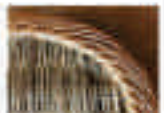
Family friendly prices +/or spaces for U18's **F**

September 2013



C-Art Gallery

Between Sept 14th & 29th we are a GALLERY for C Art Open Studios opening everyday 11-5pm exc. Mon or Tues.



A lovely 5-7mi circular walk exists on Graystone Castle Estate - low level rough tracks or higher limestone crags. Full details on our website or SW corner village c/park. This footpath is open til June 2016. NO dogs.

A flag flying at the Cycle Cafe means we're open to Waiters for Tea & Cakes whatever the day (see website for unusual general opening times)

