

Mountain Biking



# Saturday Social Cycling

Ladies Cycling

Family Cycling

Meet at the Café every Saturday in season 11am ish



We offer the café as a meeting point on Saturday mornings in season (May to end September) for those who wish to join up with others for a social (mostly road) ride - it's more fun and a great way to share local knowledge and discover new routes. Come & enjoy a coffee, some good reading & see who else is about, before deciding your route locally or maybe a longer trip into the Lakes. An email loop exists for those keen to be involved - please contact the café for details. Cycling for Families, Ladies Cycling and Mountain Biking also have loops: details on our website If driving here [PLEASE leave CARS in VILLAGE c/park](#) Cycle up (350yds)- parking here only for C2C support vehicles. (NOTE-A Cycle Route leader' will not be provided by the café and naturally participants are wholly responsible for their day)

4 miles west of Penrith just north of the A66

We are a Family Run Café Tea Garden on the C2C Cycle Route

### Unusual Café opening times !

(Cyclists see below \*)

Fridays 12 - 6pm Saturdays 10-6pm & the 2<sup>nd</sup> Sun of month 10-6pm (Easter to end Sept)

We serve hot & cold Light Lunches, Cream Teas, Home Made Cakes & Soups, Heavenly Hedgerow Cordials & large mugs of Tea & real Coffee. With spacious Cottage Gardens, ideal for Families, we enjoy lovely views across Parkland to Greystoke Castle, We will open other times esp. for groups- please ask

### Parking for Cycle Support Only

We welcome DRIVERS & WALKERS prepared to take the 350 yd walk around the Castle walls from the village c/ park during above hours.

In season everyday from 10-6pm our **Dedicated Cyclists' Barn** opens with hot drinks and cakes *exclusively* for **Cyclists on Bikes\***



Poplin Dub Greystoke Penrith CA11 OUT  
017684 83984

## Greystoke Cycle Cafe Tea Garden

Beautifully printed by Reeds Printers (Penrith)  
01768 864214

# Greystoke Cycle Cafe

## Quirky Workshops

Cartoon by Billy Showell



You are warmly invited to enjoy an Informal and Relaxing Day with others at our Cumbrian Farmhouse discovering new skills from experienced Artists & Professionals in friendly and Informal Surroundings.

Workshops take place in our Cosy converted Barn or out in the Garden on warmer Summer Days.

017684 83984

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

# Quirky Workshops & Creative Days 2008

[www.greystokecyclecafe.co.uk](http://www.greystokecyclecafe.co.uk) for

full workshops details.

Phone/email for spaces :

[annie@greystokecyclecafe.co.uk](mailto:annie@greystokecyclecafe.co.uk)

Booking usually essential

**017684 83984**

<b>MAY 08</b>	Wed 7 <sup>th</sup>	'Helter Skelter' Willow Wigwams	£38
	Sun 11 <sup>th</sup>	Water Divining & Dowsing Workshop	£43
	Wed 14 <sup>th</sup>	Bike Maintenance Evening	£17
	Thu 15 <sup>th</sup>	Willow Sculptures 'DEER'	£38
	Tu 27 <sup>th</sup> / We 28 <sup>th</sup>	Mountain Biking Day above Ullswater	£42

<b>JUNE 08</b>	Wed 4 <sup>th</sup> -Fr 6 <sup>th</sup>	FIRST AID at WORK **	£170
	Sun 8 <sup>th</sup>	Beginners+ Watercolours in the Garden	£38
	Mon 9 <sup>th</sup>	Botanic Illustration Billy Showell	£48
	Fri 20 <sup>th</sup>	Willow Sculptures 'HERONS & STORKS'	£38
	Fri 27 <sup>th</sup>	First Aid for Parents** Babies/toddlers	£22

<b>JULY 08</b>	Tue 8 <sup>th</sup>	Appointed Persons First Aid 8 Hrs **	£60
	Thu 10 <sup>th</sup>	Summer Sugar Craft	£38
	Su 13 <sup>th</sup> / Mo 14 <sup>th</sup>	Giant Willow Insect Sculptures- J.Starks.	£48
	Sun 13 <sup>th</sup>	Water Divining & Dowsing Workshop	£43
	Tue 15 <sup>th</sup>	Willow Sculptures 'HENS & COCKERELS'	£38
	Wed 16 <sup>th</sup>	Edible Flowers in the Kitchen	£40
	Mon 21 <sup>st</sup>	'Bored by Basildon Bond ? ' Papermaking	£38
	Tue 22 <sup>nd</sup>	Bike Maintenance evening	£17
	Wed 23 <sup>rd</sup>	Rag Rug Day	£38
	Fri 25 <sup>th</sup>	Beg. Watercolours in Summer's Garden	£38

<b>AUG</b>	Mon 4 <sup>th</sup> / Tu 5 <sup>th</sup>	Dry Stone Walling Workshop	£44
	Tue 5 <sup>th</sup>	Crash Cookery Course for Students	£44
	Sun 10 <sup>th</sup>	Calligraphy Workshop - Terry Johnson	£44

<b>SEPT 08</b>	Wed 10 <sup>th</sup>	What Sort of Artist might You be ?	£42
	Wed 10 <sup>th</sup>	Bike Maintenance Evening	£17
	Tues 16 <sup>th</sup>	Life Drawing (with Model)	£46
	Wed 17 <sup>th</sup>	'Bored by Basildon Bond ? ' Papermaking	£38
	Mon 22 <sup>nd</sup>	Crochet Revival	£36
	Wed 24 <sup>th</sup>	Discovering Watercolour Pencils Day	£38
	Thu 25 <sup>th</sup>	Making Bread by Hand - Gillian Harris	£38
	Tue 30 <sup>th</sup>	Paper Crafting and Cards Workshop	£35

[www.irenesanderson.com](http://www.irenesanderson.com) Discovering 'Far Eastern Ink Painting' with Irene Sanderson



All our Day Courses (usually 9.30 - 3.30 pm) include Coffees, Teas, Homemade Cakes & a Tasty two course lunch, taken around our large Farmhouse Kitchen table or in the walled Garden on warmer days, looking out across Parkland to Greystoke Castle. We hope you find some days that appeal.

We are always adding New Courses/Dates - don't miss out - Email us to join our Database & stay in touch for all additions.

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(There is a small extra materials charge on some days).

## OCT 08

Wed 1 <sup>st</sup>	Cooking With Game - Anna Rowley	£45
Fri 3 <sup>rd</sup>	Intro to Pen and Wash - Margaret Jarvis	£38
Wed 8 <sup>th</sup>	Making Beaded Tassels	£38
Thu 9 <sup>th</sup>	Rag Rug Day	£38
Mon 13 <sup>th</sup>	Willow Spheres	£38
Thu 16 <sup>th</sup>	Cookery Day.....Completely Canapés	£44
Fri 17 <sup>th</sup>	'New Macramé'	£37
Tue 21 <sup>st</sup>	Discovering Far Eastern Ink Painting (Hens & Cockerels)	£42

## NOV 08

Tue 4 <sup>th</sup>	Cookery - 'Sexy Soups' - Anna Rowley	£39
Wed 5 <sup>th</sup>	'Just Desserts to Die For' -Anna Rowley	£42
Sat 8 <sup>th</sup>	'India's Rasoi' -Cookery with Alka Singhal	£40
Tue 11 <sup>th</sup>	Willow Sculptures 'HARES'	£38
Wed 12 <sup>th</sup>	Willow Sculptures 'DEER'	£38
Thu 13 <sup>th</sup>	Making Xmas Breads fm around the World	£42
Thu 20 <sup>th</sup>	Xmas Cards with Watercolour Pencils	£38
Fri 21 <sup>st</sup>	Xmas Cards in Watercolours Paints	£38
Tue 25 <sup>th</sup>	Danish Christmas Decorations	£38
Wed 26 <sup>th</sup>	Christmas Cake Decorating	£38

## DEC 08

Wed 3 <sup>rd</sup>	Christmas Door Rings	£38
Thu 4 <sup>th</sup>	Willow Weaving 'Stars and Garlands'	£38
Fri 5 <sup>th</sup>	Willow Weaving 'Christmas Angels'	£38
We 10 <sup>th</sup> /Th 11 <sup>th</sup>	Willow Weaving 'Christmas Angels'	£38

Apparently our Days make

Perfect Presents!



Willow Spheres Oct 08

GIFT VOUCHERS enable you to give one of our Quirky Days to Someone Special. Better Still enjoy the day Together often you will leave with something you have made both Tangible and Happy Memories.

\*\* A Variety of dynamic First Aid Courses take place at the Café all year - pls. enquire.

