



## ▶ A Farm to Fork Tour

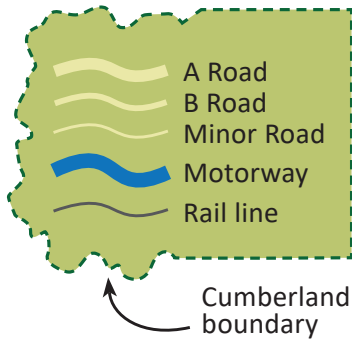
Stunning landscapes and rich agricultural heritage make it easy to keep things local when it comes to food and drink. From farm shops to innovative options like dairy milk vending machines, this farm-to-fork itinerary will help you discover it all.

### ★ Highlights

- Local food & drink
- Countryside walks
- History & heritage



## MAP & KEY



- Points of interest
  - Open all year
  - On public transport route
  - Parking
  - Accessible Parking/ Drop off point
  - Wheelchair access
  - Accessible toilets
  - Hearing loop
  - Refreshments available
  - EV Charger
  - Wifi
  - Dog Friendly
- ACCOMMODATION ONLY:**
- Star Rating
  - Price indicator
- VE/AA Visit England / AA



## Get hands on with food experiences

Try your hand at being a miller for the day at [Warwick Bridge Corn Mill](#), where a 'Miller's Experience' offers the chance to make your own bag of flour.

Learn the art of the perfect brew, with Keswick based [Carvetii Coffee's](#) 'Home Barista Workshop'.





## Things to do nearby

**Explore historic Carlisle**  
Spend a morning in Cumbria's only city; home to a rich history and heritage, with the imposing [Carlisle Castle](#), [Carlisle Cathedral](#) and [Tullie](#) all offering an insight into its fascinating past.



**Watchtree Nature Reserve**  
Discover a 205 acre nature reserve on the Solway plain. Home to a range of habitats and wildlife including brown hares, roe deer and skylark. Accessible trails make it easy to explore; bike hire is also available.



[www](#)



### DAY 1

## Carlisle

Pick up farm fresh produce at a local food hall, before trying your hand at cheesemaking at a family-run dairy.

### 1 Cranstons Orton Grange Food Hall Orton Rd, Carlisle CA5 6LA

A family butcher for 100+ years, Cranstons operate several locally stocked food halls across Cumbria. As well as their own meat, you'll also find products from local makers including chutneys, jams, cheeses, local ales and more.

Cranston's at Orton Grange is set on a 360 acre dairy farm; stocked with award winning butchery and delicatessen goods, as well as a gift shop and cafe, it's a great place to treat yourself to some farm fresh produce.



[www](#)

**GOOD TO KNOW:** Cranston's also have locations in Carlisle and Brampton.

### 2 Thornby Moor Dairy Crofton Hall, Thursby, Crofton, Carlisle CA5 6QB

Founded in 1979, Thornby Moor Dairy is known for its artisan cheeses, made in the Solway Plain just eight miles from Carlisle. A small shop at the dairy is a great place to buy the cheeses; alternatively, keep an eye out for them at farmers markets and in shops across the area.



[www](#)

**FANCY GIVING IT A GO YOURSELF?** Thornby Moor Dairy offers cheesemaking days (by arrangement) for anyone who wants to get stuck in and try their hand at making their own cheese.



## Things to do nearby

### Explore Maryport

If you fancy exploring the stunning Cumbrian coastline, it's just a three mile walk from The Moody Cow to Maryport. Here, enjoy a stroll along an accessible beachfront boardwalk, new in 2024; and explore the town's harbour, with boards displaying the local history. Watch out for fishing boats selling their catch of the day, like Charisma Fresh Fish - who share details on their [Facebook](#).



### Visit Whitehaven

Discover Cumbria's rum and spice trade in Whitehaven, around a 35 minute drive down the coast. Head to [The Rum Story](#) for a fascinating look into seafaring and spirit-making.



## DAY 2

# The Coast

From Carlisle we head west to enjoy a walk along the coast, and pick up farm fresh produce along the way.

### 3 The Moody Cow at Allonby

Blue Dial Caravan Park, Maryport CA15 6PB

Enjoy fresh farm produce at The Moody Cow, located at Blue Dials Farm. Vending machines stock delicious milkshakes and fresh milk; while a shop serves up home baked cakes and more. With a focus on regenerative farming, visitors can enjoy the beautiful location and even see the cows who produce the milk grazing on the hills.



WWW

**GOOD TO KNOW:** Keep an eye out for farm open days, with activities and farm talks.

# Save the Date

Keep an eye out for Taste Cumbria food festivals in Maryport, Cockermouth, Carlisle and Wigton. These vibrant weekend events are a celebration of local food and drink. Learn more [here](#).



© Midtown Milkhouse



© Tom Kay Photographics

### DAY 3

## The North Lakes

From meats and cheeses to a milkshake vending machine, the northern Lake District has so much to discover.

#### 4 Midtown Milkhouse 3 Hodden Ct, Caldbeck, Wigton CA7 8EL

Tucked away in pretty Caldbeck, beneath the northern Lake District fells, this family run farm is home to a herd of 250 pedigree Holstein cows - and their very own milk vending machine. Pop in for fresh milk; you can even add flavour to turn it into a milkshake.

[www](#)

**TOP TIP:** You'll also find a Midtown Milkhouse vending machine at Booths in Keswick.

#### 5 Pow Heads Farm Meat Pow Heads, Sandale, Mealsgate, Wigton CA7 1DF

Open on Mondays, this small shop sells its own meat on a hilltop farm above Wigton. With views towards Caldbeck and high quality local produce, it's a great destination for those wanting an authentic local experience. Be sure to check their Facebook page before travelling.

[www](#)

#### 6 Torpenhow Cheese Company Park House Farm, Torpenhow, Wigton CA7 1JZ

Park House Farm is home to a happy herd of pasture fed Friesian-Jersey cows - whose milk goes into several award winning products, including cheeses and ice cream. While the farm isn't usually open to visitors, its produce is renowned for its quality - so keep an eye out for it on menus and in local shops across the area.

[www](#)

## Things to do nearby

**Take a leisurely stroll**  
Take a short stroll of less than a mile from Caldbeck's village car park to the Howk: a limestone gorge with waterfalls, where you'll also find the ruins of an old bobbin mill.



**Visit the Lake District Wildlife Park**  
Home to 100+ species of animals from zebra and red panda to lynx and birds of prey this is a unique place to learn more about our planet's wildlife against the silhouette of the mighty Skiddaw.

[www](#)

**TOP TIP:** Keep an eye out for events and open days, offering the chance to explore the farm and learn more about the produce made there.



© Muncaster Castle

## DAY 4

# The Western Lakes

Further south, spend a day in the western Lake District where you'll find handmade ice cream, a farm shop and cafe, and a world-famous sausage.

### 7 The Ravenglass Ice Cream Company

Baystone Bank Farm, Whicham Valley, Millom LA18 5LY

This small local company supplies handcrafted, small batch ice cream to a range of locations across the area. You'll also find it - alongside fresh bakes and light bites - at their cafe located at Cumbrian Heavy Horses near Millom.

Visiting the [Ravenglass & Eskdale Railway](#)? Don't miss the company's honesty hut, located on the station platform at Ravenglass.

[www](#)

### 8 The Sawmill Cafe & Farm Shop

The Sawmill, Nether Wasdale CA20 1ET

Head to the Wasdale Cafe and Farm Shop for great local food and drink in a stunning location, in the heart of the Wasdale valley. The majority of food served in the cafe and sold in the farm shop is sourced locally. Don't miss the working waterwheel and millrace, running through the centre of the building.

(seasonal)

[www](#)

### 9 Waberthwaite Cumberland Sausage

4 Stockbridge, Lane End, Waberthwaite, Millom LA19 5YJ

You've guessed it: you're in the home of the renowned Cumberland Sausage. It's so special the EU has even granted it special 'protected' status!

Head to the small village of Waberthwaite for an authentic taste of this local delicacy, made to a centuries-old recipe by the Woodall family for generations. Visit their famous village shop for a fine range of hams, bacon and sausages.

(nearby)

[www](#)

## Things to do nearby

### Cumbria Heavy Horses

A range of experiences, from riding lessons to farm and beach rides, are available at this family run Heavy Horse Riding Centre on the Cumbrian coast.

[www](#)

### Muncaster Castle

An historic castle, complete with extensive gardens and a Medieval Weapons Hall - where you can try your hand at axe throwing, archery and more!

★ Save the date: the annual Muncaster Sausage Festival, held in spring, is a celebration of local food - and particularly, the sausage.

[www](#)

### Marra Bikes & Boards

Get active with equipment hire and guided activities from Nether Wasdale based Marra Bikes and Boards. Stay safe if heading for the water and always wear your life jacket.

[www](#)



© Hidden River Cabins



## Dates for the diary

- Food Festivals & Farmers Markets

**Carlisle Farmers Market**  
First Saturday of the month

**Brampton Farmers Market**  
Last Saturday of the month

**Egremont Farmers,  
Crafts and Fairtrade Market**  
Third Friday of the month

**Orton Farmers Market**  
Second Saturday of the month

**Keswick Market**  
Every Thursday and Saturday

**The Cumberland Show**  
Annually in June

## Ones To Watch

Keep an eye out for local produce at shows and in shops across the area, including:

**Hallsford Farm Produce** - high quality Shorthorn beef, Llanwenog lamb and rare breed pork.

**Stonehouse Smokery** - Cumbrian charcuterie and smoked meats.

**Haverigg Smokery** - the first food smokery to be installed in a government run prison.

## Where to Stay

### Hidden River Cabins

Longtown, Carlisle CA6 5TU

Luxury cabins and cottages located on a private estate, with river views. Home to Hidden River Restaurant, which focuses on high quality dishes with locally sourced ingredients.

P Wi-Fi 🐾 ☕ ££-£££ [www](#)

### Brayton Park Lodges

Brayton Park, Aspatria, Wigton CA7 3PY

Luxury lodges with hot tubs. There's also a fishing lake and golf course; as well as a farm butchery shop and field to fork restaurant.

🚗 P P<sup>WC</sup> 🐾 Wi-Fi ☕ £££ [www](#)

### Wellington Farm

Lamplugh Rd, Cockermouth CA13 0QU

Luxury hot tub glamping on a family run farm. Home to Wellington Farm Tea Room serving homemade food and the farm's own Jersey ice cream.

P Wi-Fi ☕ ££ [www](#)

### The Wayside & Whisky Barn

Whitbeck, Millom LA19 5UP

Luxury accommodation in the western Lake District, just a stone's throw from the coast. Choose from guest rooms and a self catering cottage.

P Wi-Fi 🐾 ☕ ££ [www](#)