

Table 1

Location	Company	Address	Post Code	Tel No.	Email Address	Opening Times	Discount Offering
Abbeystown	The Wheatsheaf Inn	Abbey Road	CA7 4RQ	016973 61074; 07399 429 052	wheatsheaf@harrisons-group.com	Wednesday - Sunday Lunch: 12:00-2:30pm Evening: 5pm-12am	10% discount on all food and drinks
Allonby	Jack's Surf Bar		CA15 6PE	07399 429 052	pdblake@sky.com	Tuesday - Sunday Lunch: 11am-3pm Evening: 4pm-close	10% discount on all food and drinks
	Allonby Tearooms & Gift Shop	The Square	CA15 6QA	01900 881309	holyoakejbox@aol.com	Wednesday-Sunday: 10am-4pm	10% discount on all food and drinks
Bowness-on-Solway	Garrison Bistro	Bowness House Farm	CA7 5AF	016973 52418	lan.hunter@hunterleisure.co.uk ; ian.hunter@huntercontract-ne.co.uk		10% discount on all food and drinks
	The Kings Arms Inn		CA7 5AF	016973 51426	info@kingsarmsbowness.co.uk	Monday -Sunday: 12pm-10pm	10% discount on all food and drinks
	Pear Tree Tea Room		CA7 5AF	07917 131740	peartreetearoom@btinternet.com	Thursday: 10:30-2:00pm Friday - Sunday: 10:30-3:30pm	10% discount on all food and drinks
Burgh by Sands	Greyhound Inn		CA5 6AN	01228 575168	The greyhoundinnncarlisle@gmail.com		10% discount on all food
Great Orton	R&J Mulholland & Son		CA5 6Na	01228 710298	mulhollandbutchers@btinternet.com		10% discount on all snack foods and drinks
	The Wellington Inn		CA5 6LZ	01228 710775	barrielomas@hotmail.co.UK	Wednesday - Sunday: 12pm-12am	10% discount on all food and drinks
Kirkbride	Inn at the Bush	Station Road	CA7 5HT	016973 98001	manager@innatthebush.co.uk ; colin@yellowasp.co.uk	Monday-Thursday: 3pm-10:30pm Friday - Sunday: 12pm-12am	Bottle of water and a chocolate bar to each visiting participant.
Mawbray	Bike & Bite Cafe, Ani-Mel Haven Rescue Sanctuary	Bank Mill		01900 881 340; 07957 683 561	mel.j.j@hotmail.co.UK	Wednesday-Sunday 11am-3pm	10% discount on all take-away food and drinks. Cafe will open later in the summer.

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	The Lowther Arms	Goodyhills Farm, Goodyhills	CA15 6QX	01900 881 441	TheLowtherarms.co.uk		10% discount on all food and drinks
	Mawbray Cheese Company	Mawbray Cheese Shed, Mawbray village, Maryport,	CA15 6QT,	07964 515058		Thursday 11am to 6pm, Friday 11am to 4pm and Saturday 11am to 2pm	10% discount on all food and drinks
Newton Arlosh	Joiner's Arms		CA7 5ET	016973 52669		Wednesday 5:30pm-11pm Thursday-Friday Lunch: 12pm-2pm Evening: 5:30pm -11pm Saturday-Sunday: 12pm-11:30pm	10% discount on all food and drinks
Port Carlisle	The Hope & Anchor		CA7 5BU	016973 51460; 07588 287 868	hopeandanchor@mail.com	Sunday 10am-10:30pm Monday-Thursday 10am-11:45pm Friday-Saturday 10am-12am	10% discount on all food and drinks
Seaville	Cups & Saucers	Seaville Farm	CA7 4PT	016973 61256		Wednesday - Sunday 10:30am-4:30pm	10% discount on all food and drinks
Silloth							
	Paramount Amusements	The Green	CA7 4DA	016973 31131		Sunday - Saturday 11:30am-5pm	10% discount on all food and drinks
	The Ice Cream Factory	12 Criffel Street	CA7 4BT	016973 34287	Sales@davisonsicecream		10% discount on all food and drinks
	Mrs Wilson's			078866 362 524	acmckay@live.co.uk	Tuesday-Saturday: 10am-3pm Sunday: 11am-3pm	10% discount on all food and drinks. Will refill water bottles and provide toilet facilities irrespective of purchase of goods..
	Winters	2 Eden Street	CA7 4AD	016973 31323	info@wintersofsilloth.co.uk	Monday-Saturday: 5:30am-5:00pm Sunday: 6am-4pm	10% discount on all food and drinks, and matching 10% to Watchtree Wheelers.
Wiggonby	Watchtree Nature Reserve	The Cafe		01228 973529	ryan@watchtree.co.uk	Monday-Sunday 9am-4:45pm	10% discount on all food and drinks
		The Shed		01228 973529	ryan@watchtree.co.uk		10% discount on all food and drinks

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NB: All opening times are subject to change and should to be confirmed prior to ride date, Table bookings are highly recommended to avoid disappointment during this busy holiday period.							