LOCATION	Premises Name	Real Ale Guide	Website
Allonby	SHIP INN	Maryport, Aspatria and Solway Coast	www.theshipallonby.co.uk
Arlecdon	HOUND	A5086 Rowrah to Egremont & Ennerdale	www.hound-inn.co.uk
Aspatria	LETTERS INN	Maryport, Aspatria and Solway Coast	No website currently
Aspatria	RED LION NO REAL ALE?	Maryport, Aspatria and Solway Coast	No website currently
Baggrow	GREY GOAT	Maryport, Aspatria and Solway Coast	No website currently
Bassenthwaite	CASTLE INN TAVERN (Previously LAKERS BAR)	Bordering Cockermouth	www.castleinncumbria.co.uk
Bassenthwaite Lake	PHEASANT	Bordering Cockermouth	www.the-pheasant.co.uk
Bassenthwaite Village	SUN INN	Bordering Cockermouth	www.suninnlakes.co.uk
Beckermet	ROYAL OAK	A595 Hensingham to Gosforth	No website currently
Beckermet	WHITE MARE	A595 Hensingham to Gosforth	www.thewhitemare.co.uk
Beckermet, Blackbeck	BLACKBECK INN	A595 Hensingham to Gosforth	www.blackbeck.co.uk
Bigrigg	OLD CAPTAINS HOUSE	A5086 Rowrah to Egremont & Ennerdale	No website currently
Boot	BOOT INN	A595 Holmrook to Waberthwaite	www.thebooteskdale.co.uk
Boot	BROOK HOUSE INN	A595 Holmrook to Waberthwaite	www.brookhouseinn.co.uk
Boot	HARDKNOTT BAR & CAFÉ (at the Woolpack Inn)	A595 Holmrook to Waberthwaite	www.woolpack.co.uk
Borrowdale	BORROWDALE HOTEL	Outer Keswick	www.theborrowdalehotel.co.uk
Borrowdale	LODORE FALLS HOTEL	Outer Keswick	www.lodorefallshotel.co.uk
Borrowdale	MARY MOUNT	Outer Keswick	www.marymounthotel.co.uk
Borrowdale	YHA	Outer Keswick	www.yha.org.uk/hostel/borrowdale
Bothel	GREYHOUND INN	Maryport, Aspatria and Solway Coast	No website currently
Braithwaite	COLEDALE INN	Outer Keswick	www.coledale-inn.co.uk
Braithwaite	MIDDLE RUDDINGS COUNTRY INN	Outer Keswick	www.middle-ruddings.co.uk
Braithwaite	ROYAL OAK	Outer Keswick	www.royaloak-braithwaite.co.uk
Branthwaite	WILD DUCK	Workington Area	No website currently
Bridgefoot	DUKE OF CUMBERLAND	Workington Area	www.doci.com
Buttermere	BRIDGE HOTEL	Bordering Cockermouth	www.bridge-hotel.com
Buttermere	FISH HOTEL	Bordering Cockermouth	www.fishinnbuttermere.co.uk
Calderbridge	STANLEY ARMS	A595 Hensingham to Gosforth	www.stanleyarmshotel.com
Cleator	BROOK	A5086 Rowrah to Egremont & Ennerdale	No website currently
Cleator	ENNERDALE COUNTRY HOUSE HOTEL	A5086 Rowrah to Egremont & Ennerdale	www.bespokehotels.com/ennerdale hotel
Cleator Moor	CROWN	A5086 Rowrah to Egremont & Ennerdale	No website currently
Cleator Moor	PARKSIDE HOTEL	A5086 Rowrah to Egremont & Ennerdale	www.theparksidehotel.co.uk
Cleator Moor	WATH BROW HORNETS	A5086 Rowrah to Egremont & Ennerdale	No website currently
Cockermouth	ALLERDALE COURT HOTEL	Cockermouth	www.allerdalecourthotel.co.uk
Cockermouth	BELLE VUE INN (Previously SPOTTED PIG)	Cockermouth	No website currently
Cockermouth	BITTER END	Cockermouth	www.bitterend.co.uk
Cockermouth	BREWERS FAYRE	Cockermouth	www.brewersfayre.co.ukl
Cockermouth	BROWN COW	Cockermouth	No website currently
Cockermouth	BUSH INN	Cockermouth	www.bushinncockermouth.co.uk
Cockermouth	CASTLE BAR	Cockermouth	www.cockermouth.org.uk/castlebar
Cockermouth	CLUB DERWENT Previously CONSERVATIVE CLUB)	Cockermouth	No website currently
Cockermouth	FLETCHER CHRISTIAN TAVERN	Cockermouth	No website currently
Cockermouth	GLOBE HOTEL	Cockermouth	No website currently
Cockermouth	HUNDITH HILL HOTEL	Cockermouth	<u>www.hundith.com</u>
Cockermouth	HUNTERS	Cockermouth	No website currently
Cockermouth	KINGFISHER INN (CURRENTLY CLOSED)	Cockermouth	No website currently
Cockermouth	NEW COCK & BULL	Cockermouth	www.thenewcockandbull.co.uk
Cockermouth	SETH'S BAR (Previously 1761)	Cockermouth	No website currently

Cockermouth	SWAN INN	Cockermouth	www.cwaninnoockarmouth.com
Cockermouth	TITHE BARN (Previously SHEA'S) (CURRENTLY CLOSED)		www.swaninncockermouth.com  No website currently
		Cockermouth	<del>-</del>
Cockermouth	TROUT HOTEL	Cockermouth	https://trouthotel.co.uk
Cockermouth	WORDSWORTH HOTEL (CURRENTLY CLOSED)	Cockermouth	No website currently
Crosby	STAG INN	Maryport, Aspatria and Solway Coast	No website currently
Dean	ROYAL YEW INN	Bordering Cockermouth	www.theroyalyew.co.uk
Deanscales	OLD POSTING HOUSE	Bordering Cockermouth	www.oldpostinghouse.co.uk
Dearham	COMMERCIAL	Maryport, Aspatria and Solway Coast	No website currently
Dovenby	SHIP (Previously DOVENBY SHIP)	Bordering Cockermouth	www.thedovenbyship.co.uk
Drigg	VICTORIA HOTEL	A595 Holmrook to Waberthwaite	www.thevicatdrigg.co.uk
Egremont	EGREMONT RANGERS ARLFC	A5086 Rowrah to Egremont & Ennerdale	www.pitchero.com/clubs/egremontrangers
Egremont	EGREMONT RUFC	A5086 Rowrah to Egremont & Ennerdale	www.pitchero.com/clubs/egremont
Egremont	WHEATSHEAF	A5086 Rowrah to Egremont & Ennerdale	No website currently
Embleton	EMBLETON SPA HOTEL	Bordering Cockermouth	www.embletonspa.co.uk
Embleton	WHEATSHEAF INN	Bordering Cockermouth	www.wheatsheafembelton.co.uk
Ennerdale Bridge	FOX & HOUNDS INN	A5086 Rowrah to Egremont & Ennerdale	www.foxandhoundsinn.org
Ennerdale Bridge	SHEPHERDS ARMS HOTEL	A5086 Rowrah to Egremont & Ennerdale	www.shepherdsarms.com
Eskdale Green	BOWER HOUSE INN	A595 Holmrook to Waberthwaite	www.bowerhouseinn.com
Eskdale Green	GEORGE IV INN	A595 Holmrook to Waberthwaite	www.kinggeorge-eskdale.co.uk
Eskdale Green	IRTON HALL	A595 Holmrook to Waberthwaite	www.irtonhall.co.uk
Gilcrux	BARN BISTRO	Bordering Cockermouth	www.barnbistro.co.uk
Gilcrux	MASONS ARMS	Bordering Cockermouth	www.masons-arms-gilcrux.com
Gosforth	GLOBE HOTEL	A595 Hensingham to Gosforth	No website currently
Gosforth	GOSFORTH HALL HOTEL	A595 Hensingham to Gosforth	www.gosforthhall.co.uk
Gosforth	KELLBANK (Previously HORSE & GROOM)	A595 Hensingham to Gosforth	www.thekellbank.co.uk
Gosforth	LION & LAMB	A595 Hensingham to Gosforth	www.thelionandlamb.co.uk
Great Broughton	BROUGHTON CRAGGS HOTEL	Bordering Cockermouth	www.broughtoncraggs.co.uk
Great Broughton	PUNCHBOWL INN	Bordering Cockermouth	No website currently
Great Clifton	MARKET CROSS	Workington Area	No website currently
Great Clifton	OLD GINN HOUSE	Workington Area	www.oldginnhouse.co.uk
Hensingham	GLOBE HOTEL	A595 Hensingham to Gosforth	www.theglobehensingham.co.uk
Hensingham	LOWTHER ARMS	A595 Hensingham to Gosforth	http://lowtherarms.co.uk/index.html
Hensingham	RICHMOND (CURRENTLY CLOSED)	A595 Hensingham to Gosforth	www.therichmondgrill.co.uk
Hensingham	SUN INN	A595 Hensingham to Gosforth	No website currently
High Harrington	GALLOPING HORSE	Workington Area	www.thegallopinghorse.co.uk
Holmrook	LUTWIDGE ARMS	A595 Holmrook to Waberthwaite	www.lutwidgearms.co.uk
Keekle	KEEKLE INN	A5086 Rowrah to Egremont & Ennerdale	No website currently
Keswick	18-20 CELLAR BAR & DINING	Keswick	www.lakedistrictinns.co.uk
Keswick	BANK TAVERN	Keswick	www.banktavern.co.uk
Keswick	BAR ES	Keswick	www.esbarkeswick.co.uk
Keswick	CAFE BAR 26	Keswick	No website currently
Keswick	CHIEF JUSTICE OF THE COMMON PLEAS	Keswick	www.jdwetherspoon.com/
Keswick	DOG & GUN	Keswick	www.thedogandgunkeswick.co.uk
Keswick	FLYING FOX BAR (KESWICK BREWERY TAP)	Keswick	www.keswickbrewerv.co.uk
Keswick	GEORGE HOTEL	Keswick	www.georgehotelkeswick.co.uk
Keswick	GOLDEN LION	Keswick	www.goldenlionkeswick.co.uk
Keswick	HEIGHTS HOTEL (CRAG BAR)	Outer Keswick	www.theheightshotel.co.uk
Keswick	INN ON THE SQUARE	Keswick	www.innonthesquare.co.uk
Keswick	KESWICK PARK HOTEL		www.hinontnesquare.co.uk
VESMICK	NEOWICK PARK HUTEL	Keswick	<u>www.keswickparknotei.co.uk</u>

Keswick	KINGS ARMS HOTEL & CASAS SPORTS BAR	Keswick	www.lakedistricthotels.net/kingsarms
Keswick	LAKE ROAD INN	Keswick	www.lakeroadinn.robinsonsbrewery.com
Keswick	LAKES BAR & BISTRO	Keswick	www.lakesbarbistro.co.uk
Keswick	LEGENDS SPORTS BAR	Keswick	No website currently
Keswick	MAGNOLIA BELGIAN BEER BAR & BISTRO	Keswick	www.magnoliabarbistro.co.uk
Keswick	ODDFELLOWS ARMS	Keswick	No website currently
Keswick	PACK HORSE INN	Keswick	www.packhorsekeswick.co.uk
Keswick	PHEASANT INN	Outer Keswick	www.pheasantinnkeswick.co.uk
Keswick	ROYAL OAK (Previously KESWICK LODGE)	Keswick	http://www.thwaites.co.uk/hotels-and-inns/inns/royal-oak-at-keswick/
Keswick	RUGBY CLUB	Outer Keswick	www.keswickrugby.com
Keswick	SKIDDAW HOTEL	Keswick	www.lakedistricthotels.net/skiddawhotel
Keswick	SQUARE ORANGE	Keswick	www.squareorange.co.uk
Keswick	THEATRE BY THE LAKE	Outer Keswick	www.theatrebythelake.co.uk
Keswick	TWA DOGS INN	Outer Keswick	www.twadogs.co.uk
Keswick	WAINWRIGHT (Previously FOUR IN HAND)	Keswick	www.thewainwright.pub
Low Lorton	WHEATSHEAF INN	Bordering Cockermouth	www.wheatsheafinnlorton.co.uk
Loweswater	KIRKSTILE INN	Bordering Cockermouth	www.kirkstile.com
Maryport	CAPTAIN NELSON TAVERN	Maryport, Aspatria and Solway Coast	No website currently
Maryport	GOLDEN LION	Maryport, Aspatria and Solway Coast	No website currently
Maryport	LIFEBOAT INN	Maryport, Aspatria and Solway Coast	No website currently
Maryport	MIDDLE TAP (NO REAL ALE)	Maryport, Aspatria and Solway Coast	<u>www.middletap.com</u>
Mawbray	LOWTHER ARMS	Maryport, Aspatria and Solway Coast	www.mawbraypub.co.uk
Nether Wasdale	LOW WOOD HALL HOTEL	A595 Holmrook to Waberthwaite	www.lowwoodhall.co.uk
Nether Wasdale	SCREES INN	A595 Holmrook to Waberthwaite	www.thestrandsinn.co.uk
Nether Wasdale	STRANDS HOTEL & BREWERY	A595 Holmrook to Waberthwaite	www.thestrandsinn.co.uk
Plumbland	LAST MAN INN	Maryport, Aspatria and Solway Coast	No website currently
Portinscale	FARMERS ARMS	Outer Keswick	www.farmersarmspub.co.uk
Ravenglass	INN AT RAVENGLASS	A595 Holmrook to Waberthwaite	www.theinnatravenglass.co.uk
Ravenglass	PENNINGTON ARMS	A595 Holmrook to Waberthwaite	www.penningtonhotel.co.uk
Ravenglass	RATTY ARMS	A595 Holmrook to Waberthwaite	No website currently
Rosthwaite	SCAFELL HOTEL	Outer Keswick	<u>www.scafell.co.uk</u>
Rowrah	ENNERDALE BREWERY TAP	A5086 Rowrah to Egremont & Ennerdale	<u>www.ennerdalebrewery.co.uk</u>
Rowrah	STORK HOTEL	A5086 Rowrah to Egremont & Ennerdale	<u>www.storkhotel.co.uk</u>
Santon Bridge	BRIDGE INN	A595 Holmrook to Waberthwaite	www.santonbridgeinn.co.uk
Scales	WHITE HORSE INN	Outer Keswick	www.thewhitehorse-blencathra.co.uk
Seascale	CALDER HOUSE HOTEL	A595 Holmrook to Waberthwaite	<u>www.calderhouse.com</u>
Seatoller	GLARAMARA HOTEL	Outer Keswick	<u>www.glaramarahouse.co.uk</u>
Seaton	PACKHORSE	Workington Area	No website currently
Seaton	ROYAL OAK	Workington Area	No website currently
St Bees	ALBERT HOTEL	A595 Hensingham to Gosforth	www.alberthotel-stbees.co.uk
St Bees	MANOR	A595 Hensingham to Gosforth	www.manorhousestbees.co.uk
St Bees	ODDFELLOWS ARMS	A595 Hensingham to Gosforth	No website currently
St Bees	QUEENS HOTEL	A595 Hensingham to Gosforth	www.marstonspubs.co.uk/queenshotel.cumbria
St Bees	SEACOTE HOTEL	A595 Hensingham to Gosforth	<u>www.seacote.com</u>
Stonethwaite	LANGSTRATH COUNTRY INN	Outer Keswick	www.thelangstrath.com
Tallentire	BUSH INN	Bordering Cockermouth	No website currently
Thirlspot	KINGS HEAD	Outer Keswick	www.lakedistrictinns.co.uk
Threlkeld	HORSE & FARRIER	Outer Keswick	<u>www.horseandfarrier.com</u>
Threlkeld	SALLY@THRELKELD (Previously SALUTATION)	Outer Keswick	<u>www.thesalutation.co.uk</u>

Waberthwaite	BROWN COW	A595 Holmrook to Waberthwaite	www.thebrowncowinn.com
Wasdale Head	WASDALE HEAD INN	A595 Holmrook to Waberthwaite	<u>www.wasdale.com</u>
Whitehaven	ANCHOR VAULTS	Whitehaven	No website currently
Whitehaven	BARRA JACKS	Whitehaven	No website currently
Whitehaven	BRANSTY ARCH	Whitehaven	www.jdwetherspoon.co.uk
Whitehaven	CANDLESTICK	Whitehaven	No website currently
Whitehaven	CHASE HOTEL	Whitehaven	<u>www.chasewhitehaven.co.uk</u>
Whitehaven	GLASS HOUSE	Whitehaven	www.theglasshouse-whitehaven.co.uk
Whitehaven	JOHN PAUL JONES (Currently Closed)	Whitehaven	No website currently
Whitehaven	LOWTHER CLUB (Previously CONSERVATIVE CLUB)	Whitehaven	No website currently
Whitehaven	PUNCHEON	Whitehaven	No website currently
Whitehaven	SHAKERS COCKTAIL & CAFÉ BAR	Whitehaven	No website currently
Whitehaven	SHIPWRIGHTS	Whitehaven	No website currently
Whitehaven	SNECKLIFTER	Whitehaven	No website currently
Whitehaven	SUNNY HILL	Whitehaven	No website currently
Whitehaven	TAVERN	Whitehaven	No website currently
Whitehaven	THREE TUNS	Whitehaven	No website currently
Whitehaven	VAGABOND	Whitehaven	www.thevagabondwhitehaven.co.uk
Whitehaven	WATERFRONT	Whitehaven	No website currently
Whitehaven	WAVERLEY HOTEL	Whitehaven	<u>www.thewaverleyhotel.co.uk</u>
Whitehaven	WHITTINGTON CAT	Whitehaven	No website currently
Whitehaven, Howgate	HOWGATE (BREWERS FAYRE) (NO REAL ALE)	Whitehaven	www.brewersfayre.co.uk/
Winscales	OILY'S (Previously OILY JOHNNIES)	Workington Area	https://oilyspub.co.uk/
Workington	BLUE BELL	Workington Area	No website currently
Workington	CONSERVATIVE CLUB	Workington Area	No website currently
Workington	GREEN DRAGON	Workington Area	www.greendragonhotel.co.uk
Workington	HENRY BESSEMER	Workington Area	www.jdwetherspoon.co.uk
Workington	MINERS ARMS	Workington Area	No website currently
Workington	SOUL SUITE (Previously COMMERCIAL INN)	Workington Area	No website currently