



THE Salon
2 Low Wiend Appleby
Tel: 017683 51641 **19**

Appleby Business Centre
For business support
Tel: 017683 52347 **70**

Pet's Pantry
for all your pets needs
Tel: 017683 53754 **48**

DENTS
Newsagent and Stationers
Tel: 017683 51411 **51**

PIGNEY
Hardware, Repairs & Motor Fuel
017683 51240 **32 33**

Ashiana
Esquisite Asian Cuisine
9 BRIDGE ST., APPLEBY
Tel: 017683 53550 **69**



the FEEL GOOD factory
Health Foods, Whole Foods, Luxury Foods & Supplements
www.thefeelgoodfactoryappleby.co.uk
Tel: 017683 54129 **67**

Guide sponsored by
Rotary Club of Appleby

Appleby Flower Basket
9 Boroughgate Appleby
Tel: 017683 51511 **65**

THE MIDLAND HOTEL
Bed & Breakfast, Bar & Food
www.themidlandhotelappleby.co.uk
Tel: 017683 51524 **96**

ARK@THE CLOISTERS
Artisan Gallery
Tel: 07894 038934 **14**

ARNISON HEELIS
SOLICITORS
Tel: 017683 51591 **66**

LOW HOWGILL
Local Butcher & Deli
Tel: 017683 51644 **57**

CLEATOR
Electrical Goods
Tel: 017683 51728 **68**

Royal Oak
EAT • DRINK • STAY
www.royaloakappleby.co.uk
Tel: 017683 51463 **85**

HIDDEN TREASURES
Antiques & Collectable's
HSBC Bank Yard: Contact Davina
Tel: 07958 183901 **56**

BOJANGLES
Bistro Cafe
Tel: 017683 52662 **11**

STEPHENSON
GREENGROCER
Tel: 017683 51418 **55**

www.applebytown.org.uk
www.applebycumbria.co.uk
Telephone: 017683 51177

APPLEBY
Cumbria

APPLEBY WINDOWS & DOORS
NEIL DEAN
Tel: 017683 62343

Appleby Travel
Tel: 017683 52220 **47**

JOSEPH GREENHOW
Painter & Decorator
Tel: 07710 557045
017683 51815

N.J. DOWDING
Family Butcher
Tel: 017683 52799 **44**

POST OFFICE
Tel: 017683 51594 **30**

Mike Addison
OPTICIAN
Tel: 017683 53199 **87**

56	Antiques, Collectables, Books	Hidden Treasures	07958 183901
36	Architect - Engineering	Blackett-Ord Conservation	017683 52572
52	Bakery	Appleby Bakery	017683 51667
58	Bank	Barclays Bank plc	08457 555555
56	Books	Hidden Treasures	07958 183901
21	Books	Rotary Book Shop	017683 52282/51640
3	Books - Antiquarian	Barry McKay Rare Books	017683 52282
81	Builder	Frederick Potts & Son Ltd	017683 51544
90	Builders Merchant	Westmorland Building Centre	017683 52370
12	Building Society	Cumberland Building Society	017683 52505
104	Business Park	Eden Business Park	
70	Business Services	Appleby Business Centre	017683 52347
44	Butcher	N J Dowding	017683 52799
57	Butcher	Low Howgill	017683 51644
11	Cafe	Bojangles	017683 52662
4	Cafe	Bridge End	017683 53696
76	Cafe	Corrie's Tea Room	07512 727042
73	Cafe	Eden River	017683 54119
40	Cafe	Tastes of Eden	017683 51999
84	Care Home	Appleby Grange	017683 51503
93	Carpet Fitter	Capsticks	017683 51205
63	Carpet Fitter	D R Cannon	017683 51138
18/38	Charity Shop	Age Concern	017683 52819
49	Charity Shop	Something in Mind	017683 53494
64	Chemist	Boots Pharmacy	017683 51410
	Church	Our Lady of Appleby RC	017683 51474
	Church	Sands Methodist Church	017683 51244
	Church	St. Lawrence C of E	017683 61269
97	Coach Hire	Robinson's Coaches	017683 51424
72	Coffee Bar	Temptations	017683 51923
97	Community Centre	Appleby Hub	017683 51640
70	Computers & Stationery	Appleby Business Centre	017683 52347
40	Delicatessen	Tastes of Eden	017683 51999
57	Delicatessen	Low Howgill	017683 51644
	Dentist	ADP Appleby - Medical Centre	017683 54999
88	Dentist	The Limes Dental Practice	017683 51830
34	Dentist	Tufton Dental Practice	017683 51024
	Doctor	Riverside Medical Centre	017683 51584
68	Electrical Shop	D Cleator	017683 51728
13	Estate Agent	Penrith Farmers and Kidd	017683 52345
25	Ex Serviceman's Club	Royal British Legion Club	017683 52164
5	Fashion Accessories	Factor 33	017683 52936
27	Fashion	Hollberrie	017683 51027
59	Fashion, Ladies & Gents	Libra	017683 51648
65	Florist	Appleby Flower Basket	017683 51511
14	Gallery	Ark @ The Cloisters	07894 038934
26	Gallery	Courtyard Gallery	017683 51638
35	Garage	D Harrison	017683 51306
33	Garage	Pigney	017683 51240
79	Garage	Roy Ashley Motors Ltd	017683 51133
45	General Store	Allsorts	017683 53725
62	Gift Shop	Blue Poppy	017683 52860
60	Gift Shop	Branthwaites	017683 51388
55	Greengrocer	Stephenson's	017683 51418
83	Guest House	Bongate House	017683 51245
101	Guest House	The Hollies	017683 52553
82	Hairdresser	Cut 'n' Curl	017683 51710
91	Hairdresser	Hair Zone	017683 52321
86	Hairdresser	Salon Shari	017683 51588

19	Hairdresser	The Salon	017683 51641
32	Hardware	Pigney	017683 51240
67	Health & Luxury Food	The Feel Good Factory	017683 54129
102	Hotel	Appleby Manor	017683 51571
41	Hotel	Crown and Cushion	017683 51595
96	Hotel	Midland Hotel	017683 51524
85	Hotel	Royal Oak	017683 51463
43	Hotel	Tufton Arms	017683 51593
103	Industrial Estate	Cross Croft	11
	Insurance	National Farmers Union Mutual	017683 51324
62	Interiors	Blue Poppy	017683 52860
27	Interiors	Hollberrie	017683 51027
8	Interiors	Jak & Co.	017683 51555
39	Laundrette	Emerald Laundrette	017683 51593
20	Leisure Centre	Appleby Swimming Pool	017683 51212
15	Library	Town Library	017683 51170
	Medical Centre	Appleby Medical Practice	017683 51584
6	Motor Supplies (open Saturdays)	Discount Motor Accessories	017683 51088
4	Newsagent	Bridge End News	017683 53696
51	Newsagent	N G & L Dent	017683 51411
105	Nursery	Shining Stars Nursery	017683 53333
87	Optician	Mike Addison	017683 53199
48	Pet Shop	Pet's Pantry	017683 53754
98	Photographer	Witt-Woo	017683 51697
89	Police	Police Station	101
30	Post Office	Appleby Post Office	017683 51594
41	Public House	Crown and Cushion	017683 51595
31	Public House	Golden Ball	017683 51493
61	Public House	Hare and Hounds	017683 51353
74	Public house	Kings Head	017683 51409
96	Public House	Midland Hotel	017683 51524
85	Public House	Royal Oak	017683 51463
69	Restaurant	Ashiana (Indian)	017683 53550
85	Restaurant	Royal Oak	017683 51463
43	Restaurant	Tufton Arms	017683 51593
99	School - Primary	Appleby Primary	017683 51431
1	School - Secondary	Appleby Grammar	017683 51580
100	Scrap Merchant	Chris Sowerby	07976 442781
66	Solicitor	Arnison Heelis	017683 51591
53	Solicitor	Gaynam King and Mellor	017683 51422
2	Sports Hall	Sports Hall	017683 52957
80	Supermarket	Co-Operative	017683 51577
42	Supermarket	Spar	017683 53439
72	Sweet Shop	Temptations	017683 51923
69	Take Away	Ashiana (Indian)	017683 53550
17	Take Away	China Moon	017683 53816
77	Take Away	Pizza Roma	017683 53880
40	Take Away	Tastes of Eden	017683 51999
92	Take Away	Riverside Fish & Chip Shop	017683 51464
76A	Tattoos	Fortis Tattoo Studio	07800 991388
	Taxi	Appleby Taxis Ltd	017683 52772
	Taxi	Keith's Cab	07786 888863
	Taxi	NMK	07596 646450
	Taxi	Raymond Dodd	07882 686520
?	Tourist Information	Tourist Information	017683 51177
47	Travel Agent	Appleby Travel	017683 52220
24	Tree Surgery	Tyla Services	017683 54188
95	Undertaker	Glyn Jones	017683 51569
37	Wool Shop	Jeybeez Knit & Babywear	07834536410

ROY ASHLEY
Garage & Motor Repairs
Tel: 017683 51133 **79**

Appleby
Local choice BAKERY
Tel: 017683 51667 **52**

D.R. CANNON
Flooring Contractors
Tel: 017683 51138 **63**

FREDERICK POTTS & SON
Building Contractors
Safe Contractor Approved
Tel: 017683 51544 **81**

Industrial Area
Airey & Parker Removals
Appleby Creamery
Appleby Tyres
Cannon Hire
Carrs Billington
Courtfield Garage
Eden View Garage
Excel Body Repairs
J T Atkinsons
K & A Thompson & Son
Logic
N C Motors
Old Hall Vets
Roly Head Scrap Metals
Tethera Vets
103 104