

Cycling Cafes North of Preston.

Sorry if I have missed some of your favourite haunts but it's taken some intensive research and sampling to get this far. Let me know if I need to add to the list.

Billingtons, Catforth,

Nearest stop north of Preston. May be difficult to find for the geographically challenged. Not really Catforth more Blackleech. Also a craft centre.

<http://www.billingtonsartsandcraftscentre.co.uk/>

Bonds, Elswick

Another favourite. Since they re decorated not as many cyclists use it but still OK. Good in summer for an ice cream stop as they make it on the premises.

<http://www.bondsofelswick.co.uk/>

Courtyard Cafe and Bar, Great Eccleston.

Good but a bit up market if you are very wet. Bonds at Elswick is probably a better bet. In the centre of the village.

The Weird Fish, St.Michaels

A bit up market for us. More like a Bistro. Off the main road through St Michaels

Cafe D'Lune, Conder Green near Glasson Dock

One of the favourites at the moment. Always lots of clubs here. Very friendly staff. You can sit outside in summer. Good views of the estuary. A high tide sometimes covers the road. Seating upstairs as well.

<http://www.alexbarnes1653.webspace.virginmedia.com/cafe/index.html>

Wallings, Cockerham.

Ok for a coffee and cake if Café D'Lune is closed. Also makes its own well known ice cream. Go west through Cockerham and it's on your right. www.wallingsfarm.co.uk

The Lantern O'Er Lune. Glasson Dock

Can get very busy but Ok if you can get a seat.

Knott End Café, Knott End.

Just by the ferry across to Fleetwood. Cheap and cheerful. A regular destination. You may require a guide if you don't know the way through the Fylde lanes. Once you get to Knott End just keep going till you hit the sea.

<http://maps.google.co.uk/maps/place?ftid=0x487b5db272298ec5:0xbbb1054d38b534ca&q=knott+end+cafe,+knott+end&gl=uk&ved=0CA4Q-gswAA&sa=X&ei=0RoET4ygOckNjwe-0tEm>

Cobbled Hey, Bleasdale

A popular destination, just off the road to Scorton, just follow the signs for Cobble Hey Gardens. On top of a fell on a dead end farm track. Not open every day in Winter. <http://www.visitlancashire.com/things-to-do/search/cobble-hey-farm-and-gardens-p16077#proxprodtype=acco>

Vistors Centre, Bleasdale Fell.

Ok for a coffee and a cake. Climb up to the one way road round the fell and it's next to the main car park.

The Priory, Scorton

Was once a Mecca for cyclist from all over the north many club members having been regulars for 30 plus years but sadly no more? The owners now actively discourage us and most now go across the road to the Barn. Seems strange as they have a bike shop on the premises.

The Barn, Scorton.

Now the place to go in Scorton. No beans on toast but enough on the menu to satisfy. Bigger than it looks with many rooms past the counter. You can sit out at the back in summer.

<http://www.plantsandgifts.co.uk/>

The Apple Store Cafe, Scorton, Snow Hill,

New café. Go up the hill by the side of the Priory, over the motorway, get to the top and turn left.

Pinewood Garden Centre Cafe, Forton

Just off the A6. OK but nothing special.

JC country stores. Forton,

Nice Café in a store selling welly boots and country clothing. Through Scorton and turn left off the road to the Trough or you can get to it off the A6. Follow the signs. <http://www.jccountry.co.uk/>

Puddleducks, Dunsop Bridge

The centre of the UK. A regular stop when going round the Trough. Can get busy in summer. You can feed the ducks if you've got time. <http://www.cafe.southlakesgroup.org/puddleducks-cafe.html>

Carmen Rose Tea Rooms, Old Barn, Church Street, Ribchester PR3 3YE

This is a new one and pretty good at that. You need to go into Ribchester and its off the main road

Hillcrest Tea Rooms, Mitton Road, Great Mitton, BB7 9PQ

Not one we use a lot. We usually go to Waddington.

Country Kitchen, Waddington

A regular destination for many club runs. Pretty good service. Good beans on toast and cakes. <http://www.cyclistcafes.co.uk/Waddington.html>

The Barn, Waddington.

About three miles outside Waddington. Recently extended. Not as good as the Country Kitchen.

The Cobbled Corner, Chipping

Another well known retreat. Service can be ropey at times. Owner can get shirty if you do not have the correct change.

Bridge House Farm, Wray.

Cafes are a bit thin on the ground in this area but this is a good one. In the centre of Wray.

Riverbank Catering, The Green, Slaidburn, Lancs

Centre of Slaidburn.