

Ainstable KIRKOSWALD
Alston ALSTON MOOR
Appleby 1) APPLEBY 2) BONGATE
Armathwaite (½) - **Ainstable KIRKOSWALD**
Armathwaite (½) - **Hesket HESKET**
Barras - **Stainmore BROUGH**
Bleatarn - **Warcop WARCOP**
Blencarn - **Culgaith HARTSIDE**
Bolton CROSBY RAVENSWORTH
Brampton - **Long Marton LONG MARTON**
Brough BROUGH
Brough Sowerby BROUGH
Brougham KIRKBY THORE
Burrells - **Bandleyside WARCOP**
Calthwaite - **Hesket HESKET**
Fieldhead, Calthwaite - **Hesket HESKET**
Castle Sowerby SKELTON
Catterlen HESKET
Centre Parks Holiday Village - **Brougham KIRKBY THORE**
Church Brough - **Brough BROUGH**
Cliburn MORLAND
Clifton EAMONT
Clifton Dykes - **Clifton EAMONT**
Colby - **Bandleyside WARCOP**
Coupland - **Warcop WARCOP**
Crackenthorpe LONG MARTON
Croft End - **Long Marton LONG MARTON**
Croglin – **Ainstable KIRKOSWALD**
Crosby Garrett RAVENSTONEDALE
Crosby Ravensworth CROSBY RAVENSWORTH
Crossrigg – **Bolton CROSBY RAVENSWORTH**
Culgaith HARTSIDE
Drybeck - **Bandleyside WARCOP**
Duffton LONG MARTON

Eamont Bridge - north of the river is: **Penrith**
Eamont Bridge - south of the river is:
Yanwath & Eamont Bridge YANWATH
Edenhall - **Langwathby LANGWATHBY**
Ellonby - **Skelton SKELTON**
Fell End - **Ravenstonedale RAVENSTONEDALE**
Flakebridge - **Murton WARCOP**
Flitholme (½) - **Warcop WARCOP**
Flitholme (½) - **Musgrave BROUGH**
Flusco - **Dacre DACRE**
Gaisgill - **Tebay ORTON WITH TEBAY**
Garrigill - **Alston ALSTON MOOR**
Gamblesby – **Glassonby LANGWATHBY**
Glassonby LANGWATHBY
Great Asby - **Asby CROSBY RAVENSWORTH**
Great Blencow - **Dacre DACRE**
Great Musgrave - **Musgrave BROUGH**
Great Ormside - **Bandleyside WARCOP**
Great Salkeld LAZONBY Great Strickland MORLAND
Greystoke GREYSTOKE
Gullom - **Milburn LONG MARTON**
Gypsum Works - **Kirkby Thore KIRKBY THORE** Hackthorpe - **Lowther ASKHAM**
Hartley KIRKBY STEPHEN
Hesket HESKET
High Hesket - **Hesket HESKET**
Helbeck BROUGH
Hilton - **Murton WARCOP**
Hoff - **Bandleyside WARCOP**
Hunsonby LANGWATHBY
Hutton End - **Skelton SKELTON**

Ivegill (½) - **Hesket HESKET**
Ivegill (½) - **Skelton SKELTON**
Johnby - **Greystoke GREYSTOKE**
Kaber KIRKBY STEPHEN
Kelleth - **Orton ORTON WITH TEBAY**
Kings Meaburn CROSBY RAVENSWORTH
Kirkby Stephen KIRKBY STEPHEN
Kirkby Thore KIRKBY THORE
Kirkland - **Culgaith HARTSIDE**
Kirkoswald KIRKOSWALD
Knock - **Long Marton LONG MARTON**
Laites - **Skelton SKELTON**
Lamonby - **Skelton SKELTON**
Langwathby LANGWATHBY
Lazonby LAZONBY
Leadgate - **Alston ALSTON MOOR**
Little Asby - **Asby CROSBY RAVENSWORTH**
Little Blencow - **Greystoke GREYSTOKE**
Little Musgrave - **Musgrave BROUGH**
Little Ormside - **Bandleyside WARCOP**
Little Salkeld - **Hunsonby LANGWATHBY**
Little Strickland MORLAND
Little Strickland MORLAND
Long Marton LONG MARTON
Low Hesket - **Hesket HESKET**
Mallerstang KIRKBY STEPHEN
Maulds Meaburn - **Crosby Ravensworth CROSBY RAVENSWORTH**
Melkinthorpe - **Lowther ASKHAM**
Melmerby - **Ousby HARTSIDE**
Milburn LONG MARTON

Millhouse - **Castle Sowerby SKELTON**
Morland MORLAND
Motherby - **Greystoke ULLSWATER**
Murton WARCOP
Nateby KIRKBY STEPHEN
Nenthead - **Alston ALSTON MOOR**
Nentsberry - **Alston ALSTON MOOR**
Newbiggin - **Dacre DACRE**
Newbiggin (Temple Sowerby) **KIRKBY THORE**
Newbiggin-on-Lune - **Ravenstonedale RAVENSTONEDALE**
Newby MORLAND
Newton Reigny - **Catterlen HESKET**
North Stainmore - **Stainmore BROUGH**
Orton ORTON WITH TEBAY
Ousby HARTSIDE
Outhgill - **Mallerstang KIRKBY STEPHEN** Penrith **1) PENRITH NORTH; 2) PENRITH EAST; 3) PENRITH CARLETON; 4) PENRITH PATEGILL; 5) PENRITH SOUTH; 6) PENRITH WEST**
Plumpton (½) - **Hesket HESKET**
Plumpton Head (½) - **Penrith PENRITH NORTH**
Raisbeck - **Orton ORTON WITH TEBAY**
Ravenstonedale RAVENSTONEDALE
Reagill - **Crosby Ravensworth CROSBY RAVENSWORTH**
Redhills - **Dacre DACRE**
Rheged - **Dacre DACRE**
Renwick - **Kirkoswald KIRKOSWALD**
Ruckcroft - **Ainstable KIRKOSWALD**

Sandford - **Warcop WARCOP**
Shap SHAP
Shap Wells Hotel - **Crosby Ravensworth CROSBY RAVENSWORTH**
Skelton SKELTON
Skirwith - **Culgaith HARTSIDE**
Sleagill MORLAND
Smardale - **Waitby RAVENSTONEDALE**
Sockbridge and Tirril EAMONT
Soulby (Kirkby Stephen) RAVENSTONEDALE South
Stainmore - **Stainmore BROUGH**
Southwaite - **Hesket HESKET**
Sowerby Row - **Castle Sowerby SKELTON**
Staffield - **Kirkoswald KIRKOSWALD**
Stainton - **Dacre DACRE**
Tebay West MSA - **Orton ORTON WITH TEBAY**
Tebay ORTON WITH TEBAY
Temple Sowerby KIRKBY THORE
Thrimby MORLAND
Unthank - **Glassonby LANGWATHBY**
Unthank - **Skelton SKELTON**
Waitby RAVENSTONEDALE
Warcop WARCOP
Wharton KIRKBY STEPHEN
Whinfell Forest - **Brougham KIRKBY THORE**
Whitbarrow Hall - **Hutton ULLSWATER**
Wildriggs Plant - **Penrith PENRITH WEST**
Winskill - **Hunsonby LANGWATHBY**
Winton KIRKBY STEPHEN
Wreay Hall - **Southwaite HESKET**
Yanwath - **Yanwath & Eamont Bridge EAMONT**