

# Lancaster,

the universe and everything (v.3.3 - Sept. 2003)

## Food / Essentials

- 5. **Single Step Wholefood Co-op.**  
78a Penny St. (down alley)
- 18. **Outside Market - The Green Man** (Sat. Only) Organic Veg. Sources as much as possible locally. **Herbs and Plants** in pots. (Wed & Sat)
- 8. **Oxfam** fair trade food.
- 11. **Market - Health & Brew** health food things, also Polish food, home brew stuff;
- Greengrocer's; Cheese Stall** - sells some local veg.
- 4. **Maje's** Indian and Pakistani grocer's.
- 6. **The Granary** fair trade shop in the Church.
- 10. **Greengrocer's**  
**Veggie Boxes** 730175, greenmandeliveries@btoopenworld.com  
**Allotments** - council 582000

## Places to hang out

- 5. **Whale Tail Veggie Cafe** - nice garden and atmosphere. 78a Penny St. (down an alley)
- 13. **Cafe in Assembly Rooms** - at time of writing not sure if it's going to be vegan friendly, but worth checking out.
- 16. **Gregson** (community centre, cafe, bar, room hire, events).
- 22. **Folly Gallery + Cafe** - linux internet cafe
- 25. **Dukes** (independent cinema and theatre, bar).

- 38. **Yorkshire House** pub, events
- 18. **Market Sq** (t'world going by)
- 39. **Green Ayre Skate Park**  
Most pubs have regular live music - particularly John o' Gaunt, Gregson, Yorkshire Hse. Check out *Korners and Crypt* for repetitive beats  
**Indian Restaurants** will do veggie and vegan food.

Get up-to-date local news and events:  
[www.virtual-lancaster.net](http://www.virtual-lancaster.net)

## 2nd Hand, Recycled

- 12. **RSPCA**-nr market
- 8. **Oxfam & Oxfam Books**
- 9. **Barnardo's**
- 28. **Children's Society**
- 29. **St. John's Hospice** - NB - they sell (2nd hand) fur.
- 13. **Assembly Rooms**
- 10. **Atticus Books**
- 14. **Faeries Wear Boots** 2nd hand record shop
- 12. **Market - 2nd hand records**
- Furniture Matters** redistribute furniture to people in need 426622
- Bike-recycling** alison@furniturematters.freesevice.co.uk
- Computer Swapshop:** www.seedsforchange.org.uk/compswap
- Recycling Directory:** online -www.lancaster.gov.uk/Documents/News/recycling%20directory.pdf

## Info + Noticeboards (events, accommodation, campaigns. support)

- 5. **L@RC** - see box. **Single Step, Whale Tail** noticeboards, (accom, campaigns, events), directory of local complementary therapists.
- 16. **Gregson** accom., events
- 21. **Global Link** info, library on sustainable devtpt, global issues
- 14. **Elm House** mental health drop in centre.
- 24. **Homeless Centre** support and advice for the homeless
- Lesbian, Gay & Bisexual switchboard** 847437

## Others

- Middlewood** Permaculture Centre, amazingly beautiful, courses. *Roeburndale, Nr Wray* 015242 21880
- Dacrelands** Natural Health Clinic. Aldren's Ln 39450
- ♻️ **Recycling Points**
- 37. **Musicians Co-op** recording studio and practice rooms.

## Parks

- 22. **Tasting (Secret) Garden** small public garden, hidden away. Open during work hours. *Entrance next to Folly Cafe*
- 31.+32. **Castle Hill, Vicarage Fields** pleasant views, trees etc
- 39. **Green Ayre** Start of cycle path to Caton + **skate park.**
- Williamson Park + Ashton Memorial** keep walking up the hill from the Gregson (16) -

Get this guide online: [www.tofubandits.org.uk/guide.html](http://www.tofubandits.org.uk/guide.html)

**L@RC - Lancaster Activist Resource Centre** - in *The Basement* is a collectively run resource centre and meeting space. L@RC has information on local and worldwide issues, grassroots direct action, a book and video library, Linux computers with internet connection, kids' space, brew facilities, resources for costume making, banner painting and the flier laying out. Pop in for a cuppa and look around any Wed. pm!  
*Under Single Step and Whale Tail: 78a Penny St, (Open Wed)*

- you'll find it. Our favourite park. Lots of nice trees, views to Lake District and the spacey Ashton Memorial (big thing left by aliens one night).
- 3. **Scotch Quarry** urban woodland.
- Canal** avoid the roads, go south for beautiful countryside, north for the Lune Aquaduct and the seaside at Hest Bank.

## Transport

- 33. **Bus Station**
- 1. **Hitching Post** to Uni (lamp-post after bus stop) - may take a while.
- 11,12,34,40 **Bike Shops**
- 🚂 **Train Station**
- 🚲 **Cycle Path to Glasson** (Lune Estuary) head west along south bank of river
- 🚲 **Cycle Path to Morecambe** cross Millenium Bridge and turn left "The seaside town they forgot to close down"
- 🚲 **Cycle Path to Halton, Caton and Bull Beck** - the Lune Valley is beautiful
- 🚲 **Cycle Path to Uni** mostly along quiet roads.

We've only put local shops in this list. Other places to get organic food, allegedly cruelty free cosmetics etc (ie supermarkets, chain stores) aren't on the map 'cos they bankrupt local businesses, take money out of the area, push GM, ship products up and down the country and are just socially and environmentally nasty. (More about why they're nasty: [www.corporatewatch.org.uk](http://www.corporatewatch.org.uk)). Oh, and we left out those charity shops which (as far as we could find out) support animal testing...  
The problem when doing the guide was what to leave out! We had lists of local groups, comments and descriptions, a longer list of places, but we just couldn't fit it onto the page. So we decided to leave out all the things which we thought we could rely on you to find for yourselves by asking in the Tourist Information Office, checking the yellow pages, reading notice boards and flyposters, looking at [virtual-lancaster.net](http://virtual-lancaster.net) or asking people on the street.  
*NB We haven't updated the actual map for a couple of years - so minor details like the number and location of CCTV have changed quite a bit...*