

Contact Surveyors:
RP Richard Percival
IH Iain Henderson
BB Ben Blain
MB Mike Beales
AH Amelia Harrison

**Suite 2, Telford House, Riverside,
 Warwick Road, Carlisle. CA1 2BT**
Regulated by RICS
Tel: 01228 544733
E-Mail: carlisle@carigietcowen.co.uk

**Carigiet
 Cowen**

Commercial Property Consultants

www.carigietcowen.co.uk

OFFICE PROPERTY REGISTER

JUNE 2025

	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Carlisle	Suite 6/6a Carlyle's Court 100% Business Rates Relief	First Floor: 897 sqft (83.36 sqm) Second Floor: 752 sqft (69.90 sqm) Kitchen and WC	Rent: £8,750 p.a.	DDA Accessibility Town Centre Location First and second floor offices, providing a mixture of open plan and private rooms. Suitable for office and training purposes. Both floors benefit from passenger lift.	BB/7769
Carlisle	Currock House Community Centre Lediard Avenue Currock	Available Space: Room 7 (first floor)	Rents: £5,000 p.a. NO VAT PAYABLE Inclusive of rent, building insurance & utilities	All Inclusive Rentals Immediately Available Suitable for new businesses, including community uses. Flexible license terms available. On-site parking. Two storey Grade II listed building, suitable for a range of occupiers including: * Office * Group classes * Local businesses To let on new license agreement for a term of 12 months. A rental deposit of £150 will be required upon exchange of contracts. Room 7 Fitted out office and ready for immediate use. 5-6 person office.	AH/7464
Carlisle	26-40 English Street Unit A & B	Unit A: 833 sqft (77.38 sqm) Unit B: 833 sqft (77.38 sqm)	Rent: £15,000 p.a. £15,000 p.a. Or £25,000 p.a. For both units as a whole	PRIME RETAIL/OFFICE UNIT PROMINENT LOCATION Part of the former House of Fraser demise, facing onto St Cuthberts Lane. A double fronted unit, with proposed dedicated access to St Cuthberts Lane. Available as a whole or in part. Suitable for a variety of uses including: retail*office*salon*café* *restaurant. Additional accommodation can be made available either side of this space, subject to requirements.	BB/7394

TOWN	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Carlisle	26-40 English Street Third Floor	Area: 5,698 sqft (529.40 sqm)	Rent: From £1 per sq ft Per annum + VAT + Service Charge	*Prime Retail/Office Unit* Part of the former House of Fraser demise, located on the top floor with self-contained access via a passenger lift. A rectangular shaped unit with open plan floor space and private rooms, featuring staff room, kitchen and WCs.	BB/7394
Carlisle	1 Fisher Street	Total Floor Areas over three floors 2,331 sq ft (216.62 sqm) *No VAT payable*	Freehold Investment For Sale Offers in the region of £195,000 are invited passing rent of £13,000 p.a.	*City Centre Building* Let to Safety Net (UK) registered charity until 12 February 2028 A Grade II listed three storey building. Well fitted out office accommodation throughout, including private and open plan meeting rooms, kitchen, WCs, storage and basement.	BB/7281
Carlisle	Part First Floor Fusehill Medical Practice Fusehill Street	Total Area: 1,322 sq ft (122.83 sqm)	Rent: £21,150 p.a.	*Good Quality Self-Contained Office/Consulting Room* Within Fusehill Medical Centre. A range of private & more open plan office suites or consultancy rooms. Suitable for medical, consultancy or health related users. 3 dedicated on-site parking spaces and street parking. Partitioning could be altered to suit needs of occupier.	RP/7086
Carlisle	Suite 17 Ground Floor Tannery House Tannery Road Harraby Green Business Park 100% Business Rates Relief	Useable Floor Area: 690 sqft (64.09 sqm)	Rent: £8,250 p.a.	*Modern Office Accommodation* *Convenient Location* *On-Site Parking* Ground floor office suite, located below CH Group and could be available for immediate occupation. Benefitting from reception area, storage/archive room, large meeting room, office, modern kitchen and WC. Communal parking to the front of the unit is provided.	BB/7780
Carlisle	22 Lowther Street	Net Internal Area: Ground Floor: 1,403 sq ft(130 sqm) First Floor: 971 sq ft (90 sqm) Second Floor: 692 sq ft (64 sqm) Third Floor: 651 sq ft (60 sqm)	Rent: On request New Lease for a term of years to be agreed.	*Refurbished, High Specification* A Grade II listed building providing high quality office accommodation over 4 floors. 5 car parking spaces to the rear of the property.	BB/7201
Carlisle	Bourne House Milbourne Street	135 sq ft– 270 sq ft (12.5—25.08 m²)	Rents include VAT, rates, utilities, service charge, building insurance.	Modern private & open plan serviced offices located on first & second floors. DDA Compliant On-site car parking.	BB/5619

TOWN	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Carlisle	57-61 Newtown Road UNDER OFFER	Ground Floor Net Internal Area: 932 sqft (86.59 sqm) First Floor Flat: 826 sqft (76.76 sqm)	Rent: £19,750 p.a.	Prominent Roadside Location Two storey building providing self-contained ground floor commercial unit providing rectangular shape space with window frontage, WCs and kitchen to the rear. The first floor comprises of a 3 bed flat. This space requires furnishing. An ability to sublet this area will be permitted by the landlord. Suitable for a variety of commercial uses.	BB/7739
Carlisle	24-26 Portland Square	Areas: Ground Floor 3,900 sq ft First Floor 3,800 sq ft (353 sq m) Second Floor 2,992 sq ft	Rent: On application	Well situated central office with on-site parking. To Let on floor by floor basis or as a whole. Toilets and kitchen facilities are on each floor. Approx. 22 parking spaces.	MB/6171
Carlisle	Unit 3 Coleridge House The Maltings Shaddongate	GF Showroom: 4,713 sqft (437.88 sqm) FF Offices & Stores: 2,001 sqft (185.93 sqm)	Rent: £40,000 p.a.	Visible Roadside Location Dedicated Car Parking Two storey retail showroom with glazed window frontages. The ground floor provides open plan area with reception, WCs and kitchen. The first floor provides offices and stores. Loading is provided to the rear of the building. Suitable for retail showroom, dance studio, gymnasium, community uses.	BB/7817
Carlisle	First Floor Unit 3 St Nicholas Street UNDER OFFER	First Floor Sales: 4,317 sqft (401.03 sqm) Staff Room: 172 sqft (16.02 sqm) WC	Rent: £15,000 p.a. NO VAT PAYABLE	DDA Lift Access Large Dedicated Car Park Spacious open plan first floor showroom/office accommodation with shared entrance foyer.	BB/7741
Carlisle	Arnside House & Dalston Pharmacy Sycamore Lane	Arnside House: Total Area: 4,923 sqft (457.64 sqm) Pharmacy Building: 404 sqft (37.55 sqm) Site Area: 1.25 acres (0.507 Hectares)	FREEHOLD FOR SALE £550,000 ARNSIDE HOUSE WITH VACANT POSSESSION DALSTON PHARMACY SUBJECT TO EXPIRED LEASE	Freehold Development Opportunity *Arnside House has full vacant possession *Income producing Pharmacy building *Mature grounds with a generous amount of on-site parking *The property is not a Listed building *Suitable for a variety of alternative uses, subject to planning *Comprehensive redevelopment or conversion opportunity	RP/7003
Carlisle	Victoria Galleries Viaduct House Victoria Viaduct	Floor Area: 2,736 sqft (254.17 sqm)	Rent: £20,000 p.a. NO VAT PAYABLE	Directly Opposite the new University of Cumbria Campus *Modern Vibrant Accommodation *Rectangular Floor Plate *Staff Kitchen Area *WCs male and female Available as a whole or in parts.	BB7717

TOWN	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Carlisle	1 Brunswick Street/ Warwick Road UNDER OFFER	Basement: 935 sqft (87 sqm) Ground Floor: 4,672 sqft (434 sqm) First Floor: 4,137 sqft (384 sqm) Second Floor: 2,098 sqft	Offers in the region of £200,000 are invited for the freehold of the vacant property NO VAT PAYABLE	Freehold Investment For Sale Suitable for Various Uses, Subject to Planning Permission Traditional three-storey terrace building. A former doctors surgery. Rear lane and yard area can be accessed from Brunswick Street.	BB/7224
Carlisle	Riverside House Warwick Road First Floor Office 35 Suite 3	Available floor area: 199 sqft	Rent: £2,640 p.a. 100% Business Rates Relief	On-site Parking The property is located at Riverside, just off Warwick Road, the main arterial road linking Carlisle city centre The property benefits from a modern communal kitchen/staff break out area, balcony, passenger lift and WCs, including disabled. 4 parking spaces included.	BB/7672
Warwick Bridge Carlisle	Warwick Mill Business Village 100% Business Rates Relief	Areas from: 236 sq ft (22 sqm) To 692 sq ft (64 sqm)	Rent from £6,700 p.a.	Office space of various sizes available. Ample parking & security. Access to business services & meeting rooms .	BB/5223
Cleator Moor	Crowgarth House 48 High Street	GF: 1,282 sqft (119.06 sqm) FF: 854 sqft (79.66 sqm) SF: 1,251 sqft (116.26 sqm)	For Sale: £275,000 NO VAT PAYABLE	Freehold Property The ground floor provides a rectangular shaped area suitable for a variety of commercial uses Subject to planning, redevelopment of the upper floors could be modified into residential flats, apartments or offices. The building has been granted planning previously for conversion to 7 apartments which has now lapsed, but could be reapplied for. App No. 4/10/2177/OF1.	BB/7320
Cleator Moor	Commerical Unit Crossfield Garage Leconfield Road 100% Business Rates Relief	Net Internal Area:869 sqft Comprising: Net Sales Area: 677 sqft Kitchen:192 sqft	Rent: £10,000 p.a.	Prominent Roadside Location Modern commercial unit with double display windows. Open plan, with Male/Female/ Disabled WCs External Seating Load and unload area. Finished to a modern specification	BB/7742

TOWN	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Cockermouth	93 Main Street 100% Business Rates Relief	First Floor 42.15 sq m (454 sq ft) 1 no car park space	Rent: £8,000 p.a. NO VAT PAYABLE	*Town Centre Location * The first floor is self contained and accessed from the rear of the building. Currently used as storage. Suitable for a variety of commercial uses such as *salon *offices	BB/7648
Cockermouth	First Floor Offices The Town Hall Market Street	Room 1: 1,018 sqft (94.60 sqm) Room 2: 402 sqft (37.35 sqm) Room 3: 173 sqft (16 sqm)	Rent All 3 Offices: £2,000 p.a. inclusive £1,350 p.a. inclusive £750 p.a. inclusive £750 p.a. inclusive	*All Inclusive Rent* *Town Centre Location* *Available as a whole or part* The Grade II Listed Town Hall is an attractive building within a prominent location at the centre of Cockermouth. Providing offices for the Cockermouth Town Council. The available accommodation is located on the first floor and is laid out as three interconnecting suites. Available to rent as a whole or in part, subject to requirement and terms.	BB/7606
Cockermouth	Fairfield House Station Road	Existing Accommodation Areas: Ground Floor: 768 sqft (71.35 sqm) First Floor: 644 sqft (59.83 sqm) Potential Redevelopment to add a single storey extension area: 592 sqft (55 sqm) By adding the extension the overall ground floor area will be over £1,250 sqft	Rent for existing accommodation: £17,500 p.a. Rent for the accommodation with the inclusion of the proposed extension: In the region of £30,000 p.a. May Sell (price on application)	*Town Centre Location Next to Sainsburys *Extensive Enclosed Dedicated Car Park * Suitable for a Variety of Commercial Uses *Opportunity to Increase Ground Floor Area Did Not Flood in 2009 or 2015 Two storey semi-detached building with extensive tarmac surfaced forecourt area providing spaces for approx. 12 cars. There is a potential redevelopment opportunity to the ground floor exterior to add a single storey extension, providing an additional 592 sq ft to the ground floor, taking the overall ground floor area to over 1,250 sqft. (FUL/2024/0016)	BB/7545
Cockermouth	Part First Floor Suite Within Tithe House Station Road 100% Business Rates Relief	Private Office: 145 sqft (13.50 sqm) Open Plan Area: 589 sqft (54.75 sqm) Kitchen WC Useable Floor Area: 734 sqft (68.25 sqm)	Rent: £6,000 p.a. On a new lease for a term to be agreed. NO VAT PAYABLE	Modern Office Suite (opposite Sainsburys) A first floor suite, regular in shape, providing modern, mainly open plan accommodation with an integral private office, staff kitchen and WC.	BB/7728
Cockermouth	Lakeland Business Park Unit 3B 100% Business Rates Relief	Area: 1,480 sqft (137.4 sqm)	Rent: £13,750 p.a. Service Charge: £5,466.60 p.a.	First Floor Office Suite Open plan and private offices, with staff kitchen/break room. Communal WCs are located on the ground floor.	MB/7534
Cockermouth	Lakeland Business Park Unit 4B 100% Business Rates Relief	Suite: 1,454 sq ft (135.1 sqm)	Rent: £14,580 p.a. Service Charge: £4,883.05 p.a.	First Floor Office Suite Providing 3 good sized open plan offices plus private office/meeting room, with air conditioning. Small kitchen and shared wc facilities on the ground floor. On-site parking.	MB/7301

TOWN	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Cockermouth	Lakeland Business Park Unit 7E	Ground Floor Suite: 570 sqft (52.96 sqm)	Rent: £6,840 p.a. Service Charge: £2,205.80 p.a.	Ground Floor Office/Clinic The open plan office suite was converted for use as a holiday dialysis clinic in 2004. It provides open plan area with kitchenette and two storage cupboards with part poly floor and part laminate floor coverings. Idea for continued clinical/therapy use or could be converted back to office use.	MB/7619
Cockermouth	Lakeland Business Park 7D: Ground Floor * 100% Business Rates Relief *	Suite: 403 sq ft (37.44 m²)	Rent: £4,836 p.a. Service Charge: £1,876.30 p.a.	Self contained office suites within a multi-let 2 storey building. Suitable for 4-5 people. Shared kitchen and WC facilities on each floor. Ample parking with full CCTV coverage.	MB/7801
Cockermouth	Pattinson House Dovenby Hall	Areas: GF: 3,077 sqft	Rent: £9.50 psf	Ground floor office suite within two storey open plan office building. Set in high quality secure landscaped grounds.	RP/6678
Cockermouth	Ground Floor (Right) Sutton House, Dovenby Hall Estate,	1,200 sqft (111.8 sqm)	Rent: £12,000 pa.	Self-contained ground floor office suite within multi-let 2 storey building. A range of private offices of varying sizes with staff and ancillary facilities. High quality Business Park location with on-site parking.	RP/7124
Cockermouth	Ground Floor (Left) Sutton House, Dovenby Hall Estate,	1,060 sqft (98.5 sqm)	Rent: £11.50 psf	Self-contained ground floor office suite, providing 3 individual offices of varying sizes with staff and WC facilities. Potential to combine with adjacent suite to create circa. 2,260 sqft of ground floor space.	RP/7302
Cockermouth	First Floor (Right) Sutton House, Dovenby Hall Estate	1,780 sqft (165.4 sqm)	Rent: £10 psf	Self-contained ground floor office suite, providing open plan & private office space. Potential to combine with adjacent suite to provide 2,980 sq ft of space. On-site parking.	RP/7303
	First Floor (Left) Sutton House, Dovenby Hall Estate	1,200 sqft (111.5 sqm)	Rent: £10 psf		RP/7304
Cockermouth	First Floor Suite South Wing Dovenby Hall Estate	1,463 sqft (135.4 sqm)	Rent: On application	First floor office suite within two storey office building attached to main Dvoenby Hall itself. Refurbished office space with feature beams.	RP/7665
Cockermouth	Causey House Dovenby Hall Estate	1,750 sqft (162.58 sqm)	Rent: On application	Detached, single storey building providing a range of private and open plan ground floor office space. Ample on site parking.	RP/7577
Burton in Kendal	Rural Enterprise Offices Clawthorpe Hall Business Centre * 100% Business Rates Relief *	The Courtyard: Unit 10 240 sq ft Unit 9: Windermere House: Unit 22: 507 sq ft Unit 23: 626 sq ft	Rent: From £55 per week* *Rents will vary from suite to suite and costs will depend on services selected.	All Inclusive Flexible Leases Shared Conference Space Generous Parking On-Site Self contained high quality offices. Each contain own kitchen and WC. The Courtyard has reception hallway. Windermere House has shared reception area with lift to upper floor.	RP/7150

TOWN	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Lancaster	Former Meeting House & Car Park Powder House Lane UNDER OFFER	Building: 2,454 sq ft Site Area: 0.403 acres	For Sale Offers in excess of £325,000 for the Freehold Interest	A former meeting house. Fenced car park for approx. 30 vehicles.	RP/7231
Penrith	Newton Rigg Estate	Various Sizes	Rent on application	NEWTON RIGG ESTATE A range of buildings, suitable for a variety of uses, subject to planning. Office*Retail*Leisure	RP/6859
Penrith	41 King Street	GF Restaurant & Bar Area: 990 sqft (Kitchen, Prep & Storage: 410 sqft Entrance Area & WCs: 200 sqft First Floor Offices: 850 sqft Second Floor Offices: 900 sqft Second Floor Storage: 150 sqft 2 Bed Residential Flats: 1-4, 5 & 6	FREEHOLD INVESTMENT FOR SALE £775,000 MIXED COMMERCIAL & RESIDENTIAL Average rental income around £70,000 p.a.	TOWN CENTRE LOCATION A Grade II listing building over three floors. The ground floor is fitted out and trades as a good quality restaurant. The first and second floors at the front of the building are currently fitted out as office suites with their own dedicated access off King Street. The rear section of the building has been converted to provide a mixture of 4 no. 1 bed flats and 2 no. 2 bed flats which are privately rented on Assured Shorthold Tenancy agreements.	BB/7060
Penrith	The Old Observer House Rawcliffe Lane 100% Business Rates Relief	Ground Floor Entrance: 4'8" x 13'0" Mezzanine area 8'0" x 13'0" First Floor Room: 10'7" x 18' Second Floor Kitchen: 10'10" x 7'6" Second floor Room: 10'7" x 18'3" Total Useable Floor Area: 914 sqft (84.91 sqm)	Rent: £400 per calendar month (inclusive of building insurance) NO VAT PAYABLE	TOWN CENTRE LOCATION The three storey property provides ground floor reception/ office/storage space. First floor treatment/office room and mezzanine 'waiting area' or further office space. Second floor WC, kitchen/staff room and a further large treatment/office room. Suitable for beauty/health treatment centre or general offices/storage for a small business start up.	BB/7779
Silloth	Former St Andrew Church Solway Street	Gross Internal Area: 3,366 sq ft (312.75 sq m) Site Area: 0.27 acres The building is not listed and not in a conservation area.	FREEHOLD FOR SALE WITH VACANT POSSESSION £250,000 NO VAT PAYABLE	Redevelopment Opportunity Promient Location A substantial, detached, single storey building. The ground floor layout comprises of two main church hall areas which are interconnecting and have numerous individual accesses. WCs, a kitchen and stores are provided. A small boiler house is located within the basement. The property lends itself to a variety of commercial and residential uses, subject to planning. Converting the existing buildings and demolishing and producing a new scheme are possibilities.	BB/7709

TOWN	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Moor Row Whitehaven	First Floor Buttermere Pavilion Ingwell Hall Complex Westlakes Science Park	2,116 sq ft (196.58 sqm)	To Let £37,000 p.a.	Recently refurbished first floor office accommodation. Self contained with kitchen and WC's.	IH/7149
Whitehaven	132A Queen Street	Net Sales Area: 964 sqft (89.59 sqm) Kitchen: 38 sqft (3.50 sqm) WC	Freehold For Sale with Vacant Possession £115,000	Prominent Location Opposite St Nicholas Church Park Single storey, end of terrace building under a flat roof. The exterior is well presented with three floor length arched windows on the front elevation. An archway leads to the main entrance of the shop, between the subject property and Casa Roma. The unit has an open plan sales area with a storage room, kitchen and WC to the rear. Close to independent retailers, restaurants and businesses	BB/7799
Workington	16-18 Finkle Street * 100% Business Rates Relief *	GF: 678 sqft (63.04 sqm) FF: 925 sqft (22.91 sqm)	Rent: £10,000 p.a. NO VAT PAYABLE	Good Location Two storey, mid terraced building located in a good secondary trading location. Open plan ground floor sales space with steps down to the rear office/stores. Storage, kitchen & WC are on the first floor.	BB/7215
Workington	Cumbria House Murray Road & Oxford Street	GF: 3,966 sq ft (368.47 sqm) FF: 2,135 sqft (198.40 qm)	INVESTMENT FOR SALE £450,000 FULLY OCCUPIED Annual Income £51,214 p.a. NO VAT PAYABLE	Fully Occupied Prominent Location Two storey, corner building let to four separate occupiers, and is fully Let. To the rear is an enclosed car park of 6 no. spaces. Occupiers: Ground Floor Retail Unit: Let to Images Hair Salon Ground Floor Offices: Let to Ground Works Ground Floor Retail Unit: Let to Age UK First Floor Offices: Let to Cumbria Gateway	BB/7719
Workington	51 Pow Street	Ground Floor: 1,003 sqft (93.18 sqm) First Floor: 839 sqft (77.95 sqm) WC	As a whole Rent: £15,000 p.a. Ground floor Only Rent: £12,000 p.a. First floor only Rent: £7,500 p.a. NO VAT PAYABLE	Prime Commercial Unit Available as a whole or split Two storey, mid terraced unit with ground floor sales area and WC to the rear. The first floor provides staff room space/ storage, WC and kitchen. Suitable for various commercial uses.	BB/7773