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RETAIL PROPERTY REGISTER

NOVEMBER 2025

TOWN	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Aspatria	50-52 King Street	GF Commercial: 653 sqft (60.67 sqm) First Floor: 659 sqft (61.22 sqm) Second Floor: 106 sqft (9.85 sqm)	FREEHOLD FOR SALE WITH VACANT POSSESSION SALE PRICE REDUCED TO £174,950 NO VAT PAYABLE	Commercial & Residential Two Bedroom Flat with Multi Fuel Stove and Gas Boiler with Wall Mounted Panel Radiators plus office stores The building is arranged over three levels. The former Post Office and gift shop areas on the ground floor have their own kitchen and wc and can be occupied in two parts or as a whole. Intended uses: salon, offices, retail shop, café or could be converted to residential, subject to planning and building modification. An integral staircase leads to a two bed, well equipped spacious flat on the first floor and the second floor provides further accommodation, currently used as an office/store, but could be utilised as a further bedroom.	BB7804
Barrow	171 Dalton Road 100% Business Rates Relief	Net Sales Area: 463 sqft (43.01 sqm) First Floor: 274 sqft (25.46) Second Floor: 358 sqft (33.26 sqm) Basement:	FREEHOLD FOR SALE WITH VACANT POSSESSION £85,000 UNDER OFFER	Prime Retail Unit Three storey, mid terraced unit providing ground floor retail space, first and second floor staff offices and ancillary. A small external yard to the rear with access to the basement. Nearby occupiers include: Holland & Barrett, McDonalds, Costa & Poundland. BAE Systems will shortly be opening a new training facility from the former Debenhams building.	BB/7457
Bowness on Windermere	Royal Square Lake Road	Commercial Net Internal Area: 536 sqft (49.80 sqm) FF: 484 sqft (44.97 sqm) Basement: 272 sqft (25.26 sqm) WC Residential Area: SF 581 sqft (53.98 sqm)	FREEHOLD INVESTMENT FOR SALE £850,000 NO VAT PAYABLE Fully Let & Income Producing Approx. 1.75 years to lease expiry FRI lease with no schedule of condition attached	Prime Premises in The Heart of The Lake District Positioned on the corner of Lake Road & Ash Street, leading to the lake promenade of Lake Windermere, which is arguably one of the main tourist attractions in Bowness and the busiest parts of the town and Lake District in general. Building suitable for a variety of commercial and resi uses with scope to increase passing rental value.	BB/7863

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Carlisle	Former Scotby Cycles Building Church Street Caldewgate	Areas: GF Showroom: 5,785 sqft (537.44 sqm) FF: 4,478 sqft (416.02 sqm) SF: 2,596 sqft (241.18 sqm) Attic: 887 sqft (82.41sq m)	Rent: £30,000 p.a. NO VAT PAYABLE	Large Prominent Showroom Suitable for various commercial uses (stp) The building provides extensive open plan showroom, upper floor workshop/stores, offices, WC and further stores to the second floor area. Suitable commercial uses include: *Showroom including kitchen, bathroom, flooring *fitness centre *dance studio *gymnastics studio *restaurant plus other uses Subject to planning	BB/7920
Carlisle	2 Corporation Road 100% Business Rates Relief	Areas: Ground Floor: Front Room: 184 sqft Rear Room: 188 sqft Kitchen: 70 sqft Second Floor: Rear Room: 189 sqft Front Room: 183 sqft Front Room 2: 82 sqft Bathroom: 52 sqft Total Area: 947 sqft (87.99 sqm)	Rent: £14,750 p.a. NO VAT PAYABLE	Suitable for Various Commerical Uses, STP Prominent property over two floors with dedicated parking for up to 4 vehicles to the rear. Located opposite the Civic Centre and Adrianos. The pedestrianised shopping centre lies within close proximity.	BB/7912
Carlisle	26-40 English Street Unit A & B Viewing is highly recommended to fully consider the opportunity that is available	Unit A:833 sqft (77.38 sqm) Unit B: 833 sqft (77.38 sqm)	Rent: £15,000 p.a. + VAT £15,000 p.a.+ VAT Or £25,000 p.a. + VAT For both units as a whole	PRIME RETAIL UNIT 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.	BB/7394
Carlisle	26-40 English Street Rear Warehouse Areas	Floor Area available from: 2,215 sqft (205.8 sqm) Various Floor Plates Available	To Rent on a new lease for a term of years to be agreed. Rent and service charge rates available on application	Rear Warehouse City Centre Location Suitable for Various Uses (stp) The warehouse is located to the rear corner of the former House of Fraser, facing Blackfriars Street and St Cuthberts Church. The property can be configured to a variety of specifications and could benefit from new frontages and windows. Suitable uses: Retail*Offices*Leisure*Gym*Kids Soft Play	BB/7394
Carlisle	Ground Floor Unit 26-40 English Street	Approximate Net Internal Area: 1,100 sq ft	Rent: £29,750 p.a. + VAT	PRIME CITY CENTRE LOCATION The unit is located on the ground floor of the former House of Fraser building. The space is situated between Tesco and Caffè Nero. The space will be handed over in a shell condition, complete with kitchenette and WC to the rear. Suitable for a wide range of commercial uses, subject to planning	BB/7394

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Carlisle	67 English Street	Ground Floor: 921 sqft (85.57 sqm) First Floor: 800 sqft (74.32 sqm) Basement: 874 sqft (81.23 sqm)	Rent: £22,500 p.a.	REFURBISHED PRIME RETAIL UNIT 100M FROM NEW UNIVERSITY DEVELOPMENT Prime retail/office unit over 3 floors. Double fronted & glazed frontage. DDA accessibility. Rear access.	BB/7384
Carlisle	8-12 Grinsdale Avenue UNDER OFFER	Ground Floor Area: 1,213 sqft 112.81 sqm 100% Business Rates Relief	Rent: £1,000 per calendar month *No VAT payable*	Located in Strong Residential Area of Belle Vue Close to Local Primary Schools An end terraced ground floor unit which operated as a convenience store for many years. The open plan unit has loading doors to the rear for deliveries and pull in , pull out car parking to the front of the property. Suitable for a variety of commercial uses: *Sunbed Shop*Beauty Salon *Café*Sandwich Shop*Storage	BB/7932
Carlisle	Unit 2 Gateway 44 Retail Park	1,226 sqft (113.9 sqm)	Rent: £25 psf (£30,650 p.a)	CLOSE TO J44 OF M6 Mid terrace retail warehouse unit within modern fully let retail park, close to J44 of M6.	RP/7715
Carlisle	Amante Bar & Premises 9 Lowther Street	10 YEAR LEASE WITH EFFECT FROM 1ST DECEMBER 2023 At a passing rent of £45,000 p.a. NO VAT PAYABLE	FREEHOLD INVESTMENT FOR SALE Plus redevelopment opportunity on the upper floors £695,000	INVESTMENT PLUS REDEVELOPMENT OPPORTUNITY Three storey, mid terraced property. Amane Bar sits within the ground floor & part of the first floor with dedicated access and external seating area. The remaining parts to the first and second floors are currently derelict, but would be suitable for redevelopment to at least 8 no. flats or alternative uses, STP. These areas have their own dedicated access stairwell.	BB/7420
Carlisle	Pizza Express 21 Lowther Street	Ground Floor: 1,803 sqft (167.5 sqm) Basement: 866 sqft (80.45 sqm) First Floor: 998 sqft (92.72 sqm) Second Floor: 1,114 sqft (103.49 sqm) Total Area: 4,781 sqft (444.16 sqm) Cumberland Council Planning ref number 22/0609, expires 3 August 2025.	FREEHOLD INVESTMENT FOR SALE £597,500 NO VAT PAYABLE Pizza Express (Restaurants) Limited tenant on the ground floor & basement New internal repairing & insuring 10 Year Lease from January 2025 At a passing rent of £35,000 p.a. exclusive	POPULAR DAYTIME, EVENING AREA RESI REDEVELOPMENT OPPORTUNITY TO UPPER FLOORS Three storey building is positioned on the corner of Lowther Street and Devonshire Street, in a popular daytime and evening area that provides a variety of local bars and restaurants. The ground floor and basement has been occupied by Pizza Express since the lease began in January 2000. The first & second floors has self-contained access to the office accommodation, with the potential for these areas to be converted to residential use.	BB/7447
Carlisle	22 Lowther Street	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 application New Lease for a term of years to be agreed.	HIGH SPECIFICATION ON-SITE PARKING Grade II listed building providing high quality office space. Suitable for retail & leisure uses. Over 4 floors the accommodation has been refurbished to an extremely high-quality specification.	BB/7201

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Carlisle	64 Lowther Street (ground floor)	Sales ITZA: 592 sqft (55.03 sqm)	Rent: £15,000 p.a.	Prominent City Centre A ground floor retail unit, opposite The Lanes Shopping Centre and located on the main bus arterial route through the city. Open plan sales area with staff wc and storage to the rear. Benefits from side access door for convenient loading and unloading.	BB7798
Carlisle	70/78 Lowther Street Former Supermarket	Total Ground Floor Area: 5,745 sq ft (533.9 sqm) Total First Floor Area: 1,176 sq ft (109.3 sqm)	Rent: £50,000 p.a. Various Commercial Uses Considered	Large Car Park Adjacent A former supermarket premises with extended glazed frontages to Lowther St and Chapel Street. Ground floor open plan accommodation with internal cold stores & offices. First floor internal stores and offices.	BB/6797
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.	Highly 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	Espresso Hub 7 St Albans Row	Net Sales Area: 789 sqft (73.34 sqm) Sales ITZA: 699 sqft (64.96 sqm) External stores WC	Espresso Hub Ltd Business For Sale £125,000 Invited for the business, trade name, fixtures, fittings, goodwill and stock Passing rent: £23,000 p.a.	Business For Sale Due to Retirement A ground floor corner building providing highly attractive frontages with DDA level access with large outdoor seating area. Assignment of the existing lease is available as would be a new lease direct from the landlord, subject to terms being agreed.	BB7604
Carlisle	17/18 St Cuthbert's Lane	Net Sales Area: 968 sq ft (90 sqm)	Rent £1,250 per month	**Recently Refurbished** Attractive ground floor unit. Open plan sales with WC and kitchen.	BB/7307
Carlisle	St Nicholas Street Unit 1: Unit 2A: Unit 2B:	Floor Areas: Units 1 & 2 as a whole 11,363 sqft (1,055.66 sqm) Unit 1: 3,767 sq ft (350 m²) Unit 2A: 3,229 sq ft (300 m²) Unit 2B: 5,382 sq ft (500 sqm) The building will be subject to re-assessment following the sub-division works	Rent: In the region of £5 per sq ft p.a. £25,000 p.a. £40,000 p.a. £25,000 p.a. NO VAT PAYABLE ON RENT	High Visible Trading Position Dedicated Car Parking The unit is available as a whole or in part. Extensive car park to the rear of the property. Unit 1: Can provide: Rectangular, open plan shaped showroom with extensive window frontage. Staff kitchen & WC'. Unit 2A: Can provide: Corner unit providing rectangular showroom space with extensive window frontage. DDA access, kitchen & WC's. Unit 2B: Can provide: Warehouse/showroom space to the rear of the property. A new access frontage will be installed. The three units can be combined, subject to availability.	BB/6130

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Carlisle	B & B Bathtub Dog Grooming Business Tyne Street	Ground Floor Workshop: 368 sqft Store: 45 sq ft WC	Business For Sale with Leasehold Tenure £50,000 Passing Rent: £4,800 p.a. NO VAT PAYABLE	Established Dog Grooming Business For Sale Due to Retirement An exciting opportunity for a new start or established dog groomer to expand on this solid business foundation. The sale price is for the business, stock, fixtures, fittings, company vehicle, trade name and goodwill.	BB/7882
Carlisle	Former CTD Premises Viaduct Estate	Total Floor Area: 11,555 sqft (1,073.5 sqm)	Rent: £46,000 p.a. Assignment or sub-let of an existing lease (Landlord would sell)	Showroom/Trade Counter/ Warehouse with Offices/ Yard & Plenty of Parking Former tile display showroom with associated ground and first floor offices. Large yard area with generous amount of parking.	RP/7675
Carlisle	19 Warwick Road	Ground Floor: 661 sqft (61.43 sqm) First Floor: 491 sqft (45.62 sqm) Second Floor: 379 sqft (35.23 sqm)	Rent: £28,500 p.a. NO VAT PAYABLE	*Close to Bars & Restaurants* A mid terraced, three storey building providing extremely well fitted out retail space. A large sales area on the ground floor. The first floor provides retail space, kitchen , WC and the second floor provides further retail space and storage.	BB/7788
Carlisle	50 Warwick Road	Sales ITZA: 595 sqft (55.27 sqm) Net Sales Area: 694 sqft (64.48 sqm) Basement: 518 sqft (48.10 sqm) WC	Rent: £22,500 p.a.	Prominent City Location High Profile Corner Frontage High Specification The available accommodation comprises a ground floor commercial unit, featuring panoramic corner window frontage to both Warwick Road and Cecil Street. Providing open plan sales area. Along with a basement area, accessed via an integral staircase, providing ancillary, storage, a kitchen and wc facilities. The accommodation is of high specification.	BB/7841
Cleator Moor	2 High Street	Ground Floor: 314 sqft (29.20 sqm) First Floor: 196 sqft (18.25 sqm)	Freehold For Sale With vacant possession: £49,000 NO VAT PAYABLE	Prime High Street Location Excellent visibility on the High Street which is a main cut through to Sellafield. The two storey property provides ground floor retail space with integral stairwell leading to the first floor, comprising of stores, office and wc. Suitable for a variety of commercial uses.	BB/7819

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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 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 Street 100% Business Rates Relief	Net Internal Area: 869 sqft (80.69 sqm) Comprising: Net Sales Area: 677 sqft (62.90 sqm) Kitchen: 192 sqft (17.84 sqm)	Rent: £10,000 p.a.	Hot Food Takeaway Use Prominent Roadside Location Modern commercial unit with double display windows. Open plan, regular shape Male/Female/Disabled WCs External Seating Load and unload area Finished to modern specification	BB/7742
Cleator Moor	Wath Brow Fish & Chip Shop 1 Princes Street	Ground Floor (Fish and Chip Shop) 731 sqft (67.90 sqm) Ground Floor & First Floor Residential Dwelling: 1,035 sqft (96.14 sqm) Total Areas: 1,766 sqft (164.04 sqm)	FREEHOLD PROPERTY FOR SALE WITH VACANT POSSESSION AND THE FISH & CHIP SHOP BUSINESS INCLUDES FIXTURES FITTINGS GOOD WILL TRADE NAME AND STOCK £225,000 NO VAT PAYABLE ON THE SALE PRICE	Well Established Hot Food Takeaway Business with Three Bedroom Dwelling 1 Princess Street is a two storey end of terraced property with Wath Brow Fish and Chip shop positioned on part of the ground floor only. Providing a fully fitted out Hot Food Takeaway sales area, kitchen, prep area to the front with storage, WC/ boiler area and stairs to the attic for further storage to the rear. The residential self-contained dwelling is part of the ground and first floor, comprising of spacious living/ dining room, kitchen to the ground floor and 3 bedrooms, large bathroom and storage to the first floor.	BB/7718
Cockermouth	Tarantella Italian Restaurant 22 Main Street Selling due to retirement 100% Business Rates Relief	Ground floor restaurant NO VAT PAYABLE New 10 year Lease	Business For Sale Offers in the region of £110,000 Are invited for the business, fixtures, fittings & goodwill	Restaurant Business For Sale with Leasehold Tenure Established since 2007 Town Centre Location Attractive ground floor property. DDA access. Floor to ceiling arched windows providing good natural light and window seating.	BB/6474
Cockermouth	Hunters 43A Main Street	Three storey property	Rent: £30,000 p.a. To let on a new lease for a term of years to be agreed.	Prominent Location Undergoing Refurbishment A three storey property fitted out as a public house and undergoing refurbishment.	BB/

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Cockermouth	84 Main Street	GF Shop: Net Sales Area: 424 sqft (39.4 sqm) Office Area: 114 sq ft (10.6 sqm) Staff Ancillary inc WC 104 sqft (9.7 sqm) First Floor Flat: 597 sqft (55.4 sqm)	FOR SALE £225,000 NO VAT PAYABLE 100% Business Rates Relief	Prominent Location Commercial Unit with 2 Bed Flat Above Grade II Listed, two storey terraced building with attractive frontage and DDA access. The ground floor commercial unit is open plan with office area, staff toilet and storage. The first floor has self contained access from the side elevation to a two bedroom flat, comprising a large living room, bathroom and kitchen. No dedicated parking with the title.	BB/7880
Cockermouth	93 Main Street	First Floor 42.15 sq m (454 sq ft) 1 no car park space	£8,000 p.a. NO VAT PAYABLE	Town Centre Location The two storey, end of terraced property is located in a prominent position on the main arterial route Cockermouth. The ground floor is Let. The first floor, is a 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 *retail	BB/7648
Cockermouth	12 Market Place	Ground Floor Useable Floor Area: 494 sq ft (45.94 sqm) First Floor Useable Floor Area: 592 sq ft (55.06 sqm) Second Floor Useable Floor Area: 359 sq ft (33.35 sqm) Total Floor Area: 1,445 sqft (134.24 sqm)	Rent: £15,000 p.a. On a new lease for a term to be agreed	Three Storey Property Suitable for Various Commercial Uses STP Prime town centre location. The ground floor provides a reception area, open plan office/ meeting room, WC, staff kitchen and access to the rear yard and side land. The integral stairwell provides access to the first and second floors, currently providing open plan office area with good levels of natural light. Separate male and female WCs are located on the landing of the first floor. The second floor provides a further office and a separate storage/archive room. Currently occupied by the buildings owners.	BB/7921
Cockermouth	Bamboo Restaurant 16 Market Place 100% Business Rates Relief An opportunity to acquire an established and profitable business with the option to expand the residential offerings available.	Net Internal Area: 2,973 sqft (276.18 sqm) Comprising: GF Restaurant: 1,415 sqft (131.45 sqm) FF Residential: 528 sqft (49.04 sqm) SF Residential: 537 sqft (49.86 sqm) Attic Area: 493 sqft (45.83 sqm)	Freehold Building & Business For Sale £750,000 Alternatively, Sale of the Business for £125,000 and a new lease for the whole building at a rent of £40,000 p.a. NO VAT PAYABLE On the sale price or the rent	Bamboo Restaurant Business For Sale—Established 2007 Consistent Profitable Accounts A Grade II listed building over three storeys. DDA access to the restaurant. An extension has been added to the rear along with a raised garden and storage/bin area. The restaurant is largely open plan with 60 cover capacity, with large conservatory to the rear. Along with bar, kitchen and WCs, including disabled. The upper floors are fully residential with self-contained access and meters. Providing 4 double bedrooms, 2 bathrooms, kitchen. Plus and an attic, providing a further bedroom with en-suite and storage. Disc zone pull in pull out parking is available to the front of the property and pay and display parking is near by.	BB/7793

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Cockermouth	4 & 4D Station Street	Unit 4: Let to Memoscan Ltd t/a Mama Mia Total Area: 2,016 sqft (178.22sqm) Unit 4D: Let to Fyne Fish Total Area: 1,313 sqft (121.99 sqm)	Investments For Sale Fully Occupied UNDER OFFER Unit 4 Individual Sale Price £190,000 Passing Rent £14,400 p.a. AVAILABLE Unit 4D Individual Sale Price £180,000 Passing Rent £13,000 p.a.	Long Leasehold Retail Investment Fully Let & Income Producing Two self-contained ground floor retail units of a three storey terrace building. Unit 4 let to Memoscan Ltd t/a/ Mama Mia on a new 25 year lease with effect from December 2023 at a rent of £14,400 p.a, with rent reviews every 5 years. Tenant only breaks in December 2038 and 2043. Unit 4D: Let to Fyne Fish on a new 10 year lease with effect from November 2021 at a rent of £13,000 p.a. with rent reviews in 2024, 2027 and 2030. Tenant only breaks in April 2028 and 2030.	BB/6852
Cockermouth	11 Station Street 100% Business Rates Relief	Net Sales Area: 438 sqft (40.69 sqm) Basement: 367 sqft (34.10 sqm) NO VAT PAYABLE	Rent: £10,500 p.a. Assignment or sub -letting of the current lease expiry 3rd Sept 2026. A new lease may be agreeable direct from the landlord.	Town Centre Location A self-contained ground floor unit with basement. The property has an extensive glazed window frontage, with personnel access door to Station Street. The ground floor is split into two areas at present. Rectangular in configuration and suitable for *salon*café*showroom *uses	BB/7602
Egremont	1A Main Street 100% Business Rates Relief	GF: 647 sqft Workshop: 407 sqft FF 3 bedsits SF 1 bedsit (bedsits not measured due to occupation)	Sale Price £265,000 For the Freehold Investment NO VAT PAYABLE	Investment/Owner Occupation The ground floor is an open plan sales area with office. A detached workshop with parking and self-contained accesses to the four let & income producing residential bedsits over the two upper floors.	BB/7813
Egremont	29 Main Street	Ground Floor - Shop/kitchen: 717 sqft (66.65 sqm) First floor flat: 467 sqft (43.35 sqm) External Space: Cold store: 65 sqft (6 sqm) Store: 975 sqft (90.53 sqm) Garage: 444 sqft (41.25 sqm) Additional land to the eastern end of the site. No outline planning permission has been obtained.	FREEHOLD FOR SALE WITH VACANT POSSESSION £225,000	Prominent Town Location* Commercial Ground Floor Unit*First Floor 2 Bed Flat above*Outbuildings & Land Development Opportunity A former family butchers shop, operating for many years is available for sale. Suitable for a variety of commercial uses. The ground floor retail unit is of rectangular shape with kitchen. The first floor is a self-contained 2 bed flat with access from the kitchen area. Additional outbuildings to the rear of the property as well as a potential redevelopment opportunity to the eastern end of the site.	BB/7538

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Kendal	13 Market Place UNDER OFFER	Ground Floor: 2,241 sqft (208.22 sqm) First Floor: 1,269 sqft (117.89 qm) Second Floor: 667 sqft (62 sqm) Basement: 164 sqft (15.20 sqm) Total: 4,341 sqft (403.31sqm)	TO LET £35,000 p.a. On a new FRI lease for a term of years to be agreed	Music/Events Venue Fully DDA Compliant The 3 storey property is located in a prominent town centre position with high profile glass frontage facing Market Place. The ground floor provides customer seating area, a bar and concert space complete with stage to the rear. A basement provides storage and incorporates 4 no. WCs. A staircase leads to the first floor, providing open plan seating area with a balcony that overlooks the stage below. The second floor was formerly used as a commercial kitchen .	BB/7840
Kendal	1 Stramongate & 2 Kent Street	Sales ITZA: 655 sqft (60.85 sqm) Disabled WC FF customer seating: 367 sqft (34.10 sqm) FF storage: 316 sqft (29.36 sqm) SF: 849 sqft (78.87 sqm) Basement: 269 sqft (25.02 sqm0	FREEHOLD INVESTMENT FOR SALE Tenant: Let To SUBWAY £350,000 + vat	Prime Retail Investment 15 Year Lease from Feb 2025 The building is Let to Subway with a passing rent of £21,000 p.a. The rent can be reviewed on an upwards only basis in the 5th and 10th year of the lease. The three storey corner building has prominent frontage with convenient vehicle access available. Operating as Subway for many years and remains the only one in Kendal town centre. The tenant rents the whole property.	BB7803
Kendal	7 Stricklandgate	Areas: GF: 1,016 sqft (94.43 sqm) FF: 748 sqft (69.46 sqm) Basement: 874 sqft	Rent: £37,500 p.a.	Prime Location Attractive Frontage Largely open plan ground floor and first floor providing storage and offices along with staff kitchen and male/female WCs. Plus basement.	BB/7784
Keswick	High Hill AVAILABLE	Useable Floor Area: 1,968 sq ft (182.84 sqm) * No VAT Payable *	Café/ Restaurant Rent from: £30,000 p.a. As an introductory rent and will increase to £40,000 p.a, subject to term and covenant strength. Rent of the whole building, including luxury apartment: POA (All Fixtures & Fittings included)	Fully Furnished Café/Restaurant Alternative uses considered: - Salon Premises - Convenience Store, Farm Shop, or Deli - Bike Hire or other outdoor adventure sports office Close to Keswick Town Centre Next Door to Premier Inn Letting of the Luxury Apartment Above Considered Ground floor self-contained unit fitted out to a good standard throughout. Car parking for approx.14 vehicles and outdoor seating patio area.	BB/7227

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Keswick	24 Main Street UNDER OFFER	Net Sales Area: 529 sqft (49.14 sqm) GF Sales Area ITZA: 393 sqft (36.51 sqm) FF Ancillary: 408 sqft (37.90 sqm) SF Ancillary: 440 sqft (40.88 sqm)	Rent: £34,500 p.a NO VAT PAYABLE	Available from Feb 2026 Prime retail unit in prominent Lake District town. 3 storey, mid terraced property providing open plan ground floor retail space with office and kitchen and storage and WCs on the upper floors.	BB7910
Keswick	Ground Floor 49/51 Main Street	GF: tbc First Floor: tbc	INVESTMENT FOR SALE £1,595,000.00 PASSING RENT £88,000 P.A. UNTIL JUNE 2028 * No VAT Payable *	Prime Trading Location Let to FATFACE The ground floor retail unit provides triple glazed shop frontage, facing onto the pedestrianised area in the centre of Keswick. Large open plan sales area which has been fitted out by the tenant. An integral staircase provides access to the first floor storage area with wc. Extensive storeroom area with rear access, staff ancillary areas and wcs at ground floor level also. Given the size of the unit and position along Main Street, in the event of the building becoming vacant, demand is likely to be high.	BB/7881
Keswick	The Moot Hall Market Square UNDER OFFER	Total Net Internal Area: 2,102 sqft (195.29 sqm) Ground Floor Sales Area: 843 sqft Store: 104 sqft First Floor: Sales: 305 sqft Offices: 226 sqft Second Floor: Offices: 625 sqft	Rent: £48,000 p.a. Available from 1ST APRIL 2026 Available To Let As a whole on a new internal, repairing & insuring lease for a term of years to be agreed.	Sector uses for Community Purposes Considered *Strong footfall all year round *Historic Grade II Listed *DDA access & passenger lift A detached, 3-storey property which was refurbished in 2017. The ground floor offers an open plan sales area with storage to the rear. The first floor provides further sales area with offices and storage, accessed via an internal open staircase and lift to the front. The second floor also with staircase and lift access, provides community room/meeting area with a kitchen, wc and storage.	BB/7850
Keswick	30 Station Street	Ground Floor: Occupied by the Cumberland Building Society Branch: 1,151 sqft(106.97 sqm) First Floor Holiday Accommodation: Kitchen/Diner: 307 sqft(28.54 sqm) Bedroom Master: 194 sqft(17.99 sqm) Bedroom Twin: 153 sqft(14.25 sqm) Cleaning Room: 62 sqft (5.75 sqm) WC	Freehold Interest For Sale Offers in the region of £575,000 No VAT Payable	Investment Opportunity Two storey mid-terraced property. The ground floor comprises a self-contained commercial unit, currently operating as the Cumberland Building Society Branch. The first floor is a self-contained holiday flat, comprising of entrance hallway, two double bedrooms, kitchen/diner, separate WC & cleaning room. Fitted out to a good standard throughout. The holiday accommodation is managed by a third party. The holiday let accommodation will continue as is, but could be converted to alternative uses or other forms of residential, subject to planning.	BB/7600

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Keswick	Ground Floor 3 Tithebarn Street 100% Business Rates Relief	Ground Floor: 887 sqft (82.41 sqm) WC Car parking space Please note: The upstairs is not included within the demise. This is a separately owned residential premises.	FREEHOLD FOR SALE £300,000 WITH VACANT POSSESSION OR TO LET £27,500 P.A. No VAT Payable	Strong Footfall All Year Round Located close to Booths supermarket and the town's bus station and 200 yards from Market Square, the prime retail trading area where multiple national retailers can be found. The ground floor unit is self- contained and the interior accommodation is finished to a high standard. Open plan sales area with subdivided rooms to the rear providing office, kitchen/break out room and wc. A rear door offers secondary access directly to the dedicated car parking area.	BB/7951
Penrith	41 King Street	GF Restaurant & Bar Area: 990 sqft (92sqm) Kitchen, Prep & Storage: 410 sqft(38 sqm) Entrance Area & WCs: 200 sqft (18.3 sqm) First Floor Offices: 850 sqft (79 sqm) Second Floor Offices: 900 sqft (83.5 sqm) Second Floor Storage: 150 sqft (14 sqm) Residential Flats: Flats 1-4: 2 bed flats Flats 5 & 6: 2 bed flats	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	4 & 5 Market Square	Unit 4 Net Sales Area 330 sqft (30.65 sqm) Unit 5 Net Sales Area 335 sqft (31.08 sqm)	Long Leasehold Investment For Sale £275,000 Total Rental Income £20,500 p.a.	PRIME TOWN CENTRE INVESTMENT Two ground floor commercial shops fully let. Unit 4, currently operating as a café/coffee shop on a 5 year lease from 1 November 2024 & expires 31 Oct 2029 at a rent of £10,500 p.a. A break clause at the end of the 3rd year on an IRI lease. Unit 5, currently operating as a barber shop on a 7 year lease from 24 July 2024, expiring 31 Oct 2029 at a rent of £10,000 p.a. Rent reviews in July 2027 & 2030 on at IRI lease with no break clause.	BB/7883
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	Unit H1 3 Bowling Green Lane Penrith New Squares AVAILABLE	GF: 1,909 sq ft FF: 1,939 sq ft	Rent: £15,000 p.a.	TWO STOREY UNIT Unit is constructed to a shell condition. Attractive display double frontage.	BB/4572
Penrith	Unit J1 1 Brewery Lane Penrith New Squares AVAILABLE	1,340 sq ft	Rent: £12,000 p.a.	CENTRALLY LOCATED Unit is constructed to a shell condition. Attractive return frontage.	BB/4572
Penrith	Unit J4 7 Brewery Lane Penrith New Squares AVAILABLE	1,129 sq ft	Rent: £11,250 p.a.	ATTRACTIVE DISPLAY FRONTAGE Unit is constructed to a shell condition.	BB/4572

TOWN	ADDRESS	AREAS	RENT/PRICE	DESCRIPTION	CONTACT
Penrith	Unit K1 9 Brewery Lane Penrith New Squares AVAILABLE	1,492 sq ft	Rent: £12,750 p.a.	ATTRACTIVE DISPLAY FRONTAGE Unit is constructed to a shell condition.	BB/4572
Penrith	Unit L1 13 Brewery Lane Penrith New Squares AVAILABLE	2,042 sq ft	Rent: £15,000 p.a.	ATTRACTIVE DISPLAY FRONTAGE-NEXT TO FULLY FITTED OUT UNIT	BB/4572
Penrith	Two Lions Hotel Great Dockray Penrith New Squares AVAILABLE		To Let/ May Sell	Former Hotel/Pub has been refurbished to a shell finish ready to be fitted out.	BB/4572
Silloth	15 Criffel Street 100% Business Rates Relief	Commercial Basement 383 sqft (35.58 sqm) Ground Floor: 751 sqft (69.73 sqm) Landing WCs First Floor: 1,136 sqft (105.59sqm) Second & Third Floor Flat: 1,301 sqft (120.91 sqm)	FREEHOLD INVESTMENT FOR SALE £385,000 £20,800 pa Commercial rental income + 3 bed owner occupied flat NO VAT PAYABLE	Prime Location Commercial & Resi Uses Stunning Views over the Solway Firth A substantial end of terrace, corner building fronts onto Crifel Street & Esk Street with stunning views over the Solway Firth and Silloth Green. Arranged over 3 floors plus basement, the basement, ground and first floor is occupied currently by Mrs Wilsons trading as a café/ restaurant. The second & third floors are owner occupied residential flat with 3 bedrooms and spacious rooms. This area could be used as AirBnb or holiday let accommodation, subject to planning.	BB/7776
Whitehaven	6 Church Street Inclusive of all furnishings & installations, subject to offer	Ground Floor: 429 sqft (39.89 sqm) First Floor: 407 sqft (37.82 sqm) Second Floor 396 sqft (36.82 sqm)	Freehold For Sale & Airbnb business with vacant possession SALE PRICE REDUCED £220,000 The Airbnb business has been operating since 2023	AirbnbBusiness Opportunity High quality Airbnb accommodation, inclusive of all furnishing and installations. Three storey, mid terraced property, converted to provide a shared living, kitchen and utility area on the ground floor with 4 no. private bedrooms over the two upper floor levels. One bedroom to each level has a shower en-suite. There are also private bathrooms for the non-en-suite bedrooms. Access to a rear yard area for bike storage.	BB/7667
Whitehaven	21 & 21a Church Street UNDER OFFER	Ground Floor (21): 412 sqft (38.23 sqm) First Floor (21A): 336 sqft (31.23 sqm) Second Floor (21A): 317 sqft (29.49 sqm) Basement: 268 sqft (24.94)	FREEHOLD INVESTMENT FOR SALE £77,500 LET RETAIL UNIT WITH VACANT RESIDENTIAL FLAT ABOVE	TOWN CENTRE LOCATION A three storey mid-terraced building. The ground floor accommodation has recently been Let on a new lease, operating as a local salon. The vacant first & second floors have a dedicated access to the residential accommodation, providing 4 rooms plus a bathroom, in need of refurbishment.	BB/7523

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Whitehaven	53 King Street	Net Sales Area: 742 sq ft 68.93 sq m) First Floor Office: 243 sq ft (22.60 sq m) Second Floor Stores: 499 sq ft (46.39 sq m)	Investment For Sale * Offers in the region of £125,000 are invited for the freehold	FREEHOLD PROPERTY A three storey, mid terrace unit. Let for a term of 10 years from June 2018 to Ramsden's Financial Ltd at a passing rent of £12,000 p.a. rising to £15,000 p.a. from year 4. Upward only rent review at the end of year 5.	BB/6064
Whitehaven	23-24 Lowther Street (ex WILKO)	Ground Floor Retail: 34,547 sq ft (3,209.5 sqm) First Floor Ancillary: 2,692 sq ft (250.09 sqm)	Available To Let Rent on Application Sale of freehold may be considered	Town Centre Location For a Variety of uses Available To Let as a whole or in parts on a new lease for a term to be agreed. Alternatively a sale of the freehold may be considered.	BB/7393
Whitehaven	32 Lowther Street * 100% Business Rates Relief *	GF: 400 sqft (37.2 sqm) FF: 334 sqft (31 sqm) SF: 364 sqft (33.8 sqm)	FREEHOLD FOR SALE WITH VACANT POSSESSION £85,000 + VAT OR TO LET £8,500 p.a. + VAT	Prime Trading Location Three storey, mid terraced property front Lowther Street. Prime location close to a number of national occupiers including: Costa, Subway, Greggs, Cumberland Building Society & Santander. Internally the unit provides open plan rooms, benefitting from wc and kitchen to the upper floors.	BB/7532
Whitehaven	124 Queen Street	Ground Floor: 584 sqft (54.3 sqm)	Long Leasehold For Sale With Vacant Possession £75,000 No VAT Payable	Opposite St Nicholas Church Park Self-contained ground floor commercial unit with good window frontage. A large rectangular, open plan area with WC, kitchen and rear fire escape door. To the rear of the building are two dedicated car parking spaces. Suitable for: Salon use*Studio*Sandwich shop	BB/7928
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	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.	BB/7799

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Wigton	Ground Floor 53 High Street 100% Business Rates Relief	Ground Floor: 404 sq ft (37.50 sqm) Basement: (187 sq ft (17.41 sqm) WC	Rent: £6,950 p.a. NO VAT PAYABLE	Suitable for Various Commercial Uses (stp) Self-contained ground floor, end of terrace unit with full glass frontage. Providing open plan floor area with access via both the front and side entrances. WC at the rear of the property. A basement area is also available, subject to requirement. A shared yard to the rear of the property for bin storage.	BB/7906
Wigton	The Filling Station Station Road	Depot Office/Stores: Net Internal Area: 946 sqft (87.89 sqm) WC Car parking: 16-18 no. spaces	FREEHOLD FOR SALE With vacant possession £175,000	Car Sales Depot with Forecourt & Diesel Filling Station The site sits in a prominent position close to Wigton Train Station. The forecourt features a large canopy and two operational diesel pumps. 12-14 vehicles spaces are provided, as well as a further 4 spaces positioned slightly north and detached from the site. Sales office and staff offices are well fitted out and benefit from recent modernization, kitchen area and WCS. A roller shutter with ramp provides access to a store area.	BB/7852
Windermere	Rosthwaite New Road	Ground floor commercial unit: 3,500 sq ft (325.16 sqm)	Rent On application For ground floor commercial unit Alternatively, a SALE of the 0.3 acre site as is now may be considered. Offers in the region of £1.5 Million Are invited for the sale of the freehold interest	Lake District Location Rosthwaite site currently provides two holiday rental properties with dedicated parking. The owner of the site has secured planning permission for a new development to provide a ground floor commercial unit of circa 3,500 sqft, plus 10 units above. Lake District National Park Planning Application portal, reference number 7/2022/5218. An opportunity for a well established commercial user to explore taking a lease within the ground floor of the proposed development on New Road.	BB/7527
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	Suitable for a Variety of Commercial Uses 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 first floor.	BB/7215

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Workington	29 Finkle Street 100% Business Rates Relief	Sales Area: 868 sq ft (80.68 sq m) Workshop: 380 sq ft (35.27 sq m)	SALE PRICE £95,000 For the Freehold with vacant possession NO VAT PAYABLE	Prominent Town Centre Location Convenient Garage External Yard A single storey property, mostly rectangular shape with large open plan sales space to the front and an attached garage/ store with roller shutter door, staff kitchen and wc facilities. An external yard is provided to the side and rear. Suitable uses: Retail Office:Trade Counter	BB/7848
Workington	27 Jane Street 100% Business Rates Relief	Ground Floor: 505 sqft (46.9 sqm) First Floor: 449 sqft (41.7 sqm) NO VAT PAYABLE	REDUCED SALE PRICE £89,995 REDUCED RENT £8,995 p.a. On a new lease for a term to be agreed	Prominent Trading Position Two storey, end of terrace property located opposite Washington Square Shopping Centre and the towns bus stops. The ground floor benefits from UPVC double-glazed glass frontage. Internally, an open plan office area with a kitchenette, storage and WC to the first floor.	BB/7870
Workington	57 John Street	GF: 2,034 sqft (189 sqm) FF: 819 sqft (76.06 sqm) SF: 482 sqft (44.79 sqm) Total Areas: 3,794 sqft (352.42 sqm)	FREEHOLD FOR SALE WITH VACANT POSSESSION £195,000 NO VAT PAYABLE	Potential Residential Redevelopment A pair of mid-terraced, three storey buildings amalgamated into one former surgery premises. Offering multiple rooms on each floor. Amenities include staff kitchen and several WCs across all floor levels. To the rear, a single storey extension presents potential for conversion into a small workshop, storage area or office space. There are 4 parking spaces to the rear of the property	BB/7855
Workington	Cumbria House Murray Road & Oxford Street	GF: 3,966 sq ft (368.47 sqm) FF: 3,371 sqft (313.20 sqm)	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	25 Pow Street	Ground Floor: 1,645 sqft(152.84 sqm) First Floor: 519 sqft(48.27 sqm) Second Floor: 252 sqft (23.48 sqm) Basement: 381 sqft (35.46 sqm)	SALE PRICE REDUCED £99,500 FREEHOLD FOR SALE WITH VACANT POSSESSION SOLD AS SEEN	Redevelopment Potential Commercial with Resi above Town Centre Location A former public house, suitable for café, salon, restaurant, bar or shop. Potential to create an upper floor residential flat.	BB/7589
Workington	50 Pow Street	Ground Floor: 716 sqft (66.53 sqm) First Floor: 1,152 sqft (107.05 sqm) WC	Rent: £1,000 Per month NO VAT PAYABLE	Prime Commercial Unit A two storey building with ground floor sales area and WC. First floor office/storage/ staff areas with facilities including WC and kitchen. Suitable for various commercial uses.	BB/7775