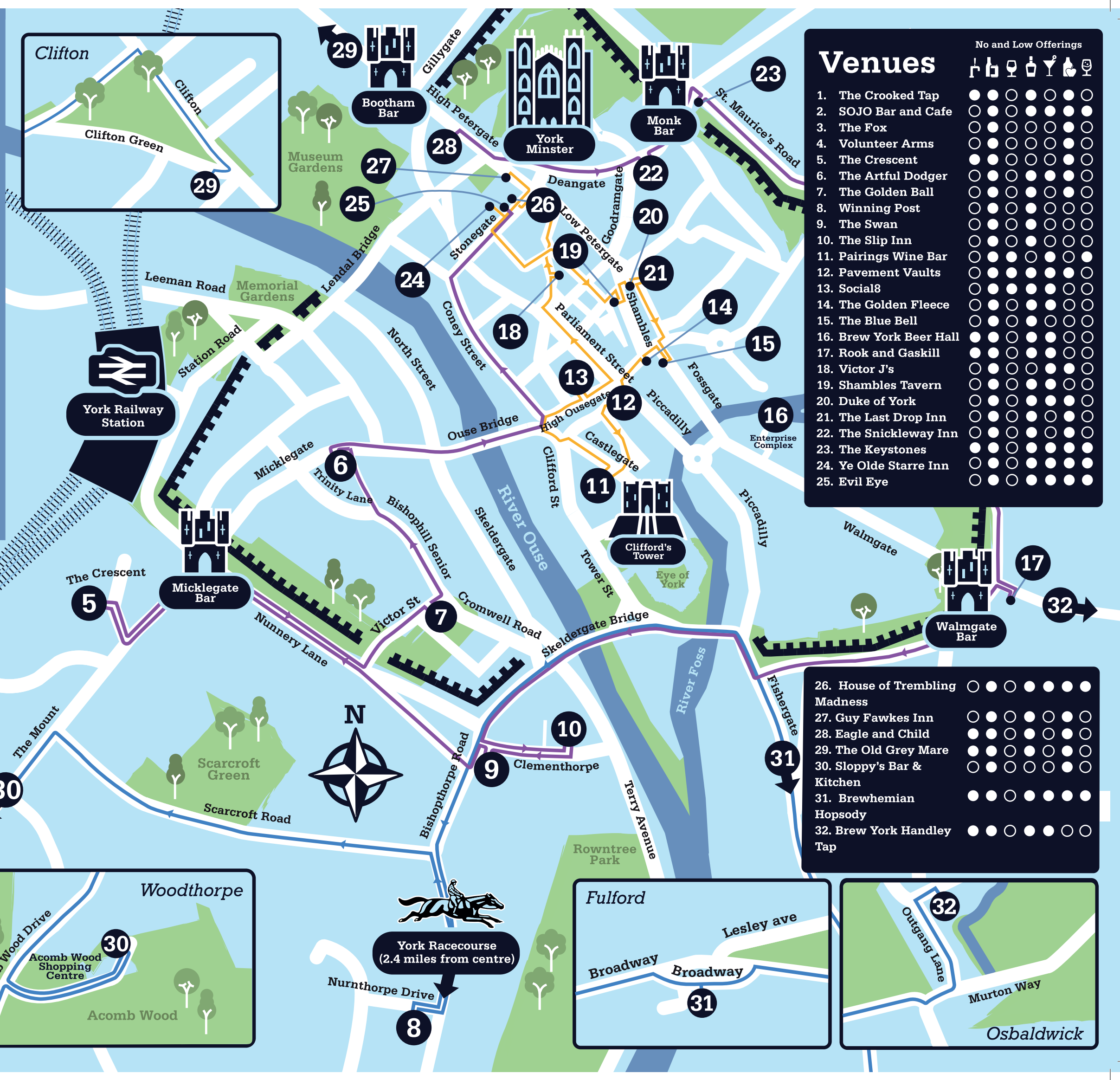


no and low york venues



Visited a spot on the map?
Found a drink you love?
We want to know!

Tag @NoLowProject on
Instagram with your pics, videos,
and must-try recs.
Cheers to great finds—and even
better snaps!



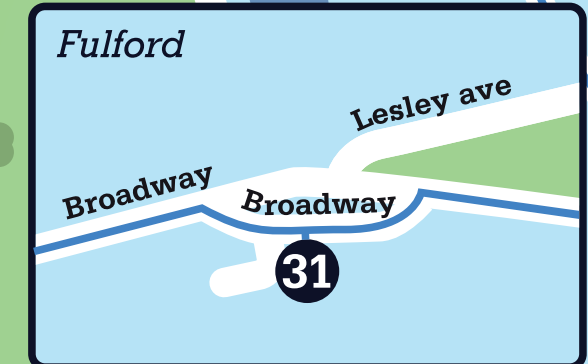
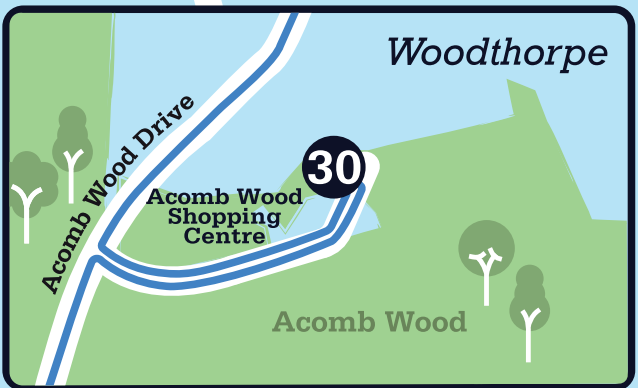
Venues

No and Low Offerings

	AF on tap	AF Bottles / Cans	AF Wine	AF Spirits/Long drinks	AF Cocktails	AF Cider	AF Sparkling Wine
1. The Crooked Tap	●	●	○	○	○	○	○
2. SOJO Bar and Cafe	○	○	○	○	○	○	○
3. The Fox	○	○	○	○	○	○	○
4. Volunteer Arms	○	○	○	○	○	○	○
5. The Crescent	○	○	○	○	○	○	○
6. The Artful Dodger	○	○	○	○	○	○	○
7. The Golden Ball	○	○	○	○	○	○	○
8. Winning Post	○	○	○	○	○	○	○
9. The Swan	○	○	○	○	○	○	○
10. The Slip Inn	○	○	○	○	○	○	○
11. Pairings Wine Bar	○	○	○	○	○	○	○
12. Pavement Vaults	○	○	○	○	○	○	○
13. Social8	○	○	○	○	○	○	○
14. The Golden Fleece	○	○	○	○	○	○	○
15. The Blue Bell	○	○	○	○	○	○	○
16. Brew York Beer Hall	○	○	○	○	○	○	○
17. Rook and Gaskill	○	○	○	○	○	○	○
18. Victor J's	○	○	○	○	○	○	○
19. Shambles Tavern	○	○	○	○	○	○	○
20. Duke of York	○	○	○	○	○	○	○
21. The Last Drop Inn	○	○	○	○	○	○	○
22. The Snickleway Inn	○	○	○	○	○	○	○
23. The Keystones	○	○	○	○	○	○	○
24. Ye Olde Starre Inn	○	○	○	○	○	○	○
25. Evil Eye	○	○	○	○	○	○	○
26. House of Trembling Madness	○	○	○	○	○	○	○
27. Guy Fawkes Inn	○	○	○	○	○	○	○
28. Eagle and Child	○	○	○	○	○	○	○
29. The Old Grey Mare	○	○	○	○	○	○	○
30. Sloppy's Bar & Kitchen	○	○	○	○	○	○	○
31. Brewhemian Hopsody	○	○	○	○	○	○	○
32. Brew York Handley Tap	○	○	○	○	○	○	○

AF on tap
 AF Bottles / Cans
 AF Wine
 AF Spirits/Long drinks
 AF Cocktails
 AF Cider
 AF Sparkling Wine
 (AF = Alcohol Free)

Sober Cycle
 Stroll n' Sip
 York Wall Walk



Welcome to the York No and Low Map!

This map celebrates the brilliant York venues that offer no and low alcohol (NoLow) drinks and took part in the University of York NoLow Visibility Project. The project aims to make NoLow a more visible, normal and enjoyable part of a social outing; no pressure, no judgement, just more choice for everyone.

Our team at the University of York, Anglia Ruskin University and University College Cork have examined NoLo consumer behaviour using global datasets, perceptions research and experiments in North Yorkshire cosy venues. We started by digging through existing research and quickly realised something important: people like NoLow options, but they're often hard to spot, and lots of customers feel awkward asking what's available. So, we set out to fix that and make NoLows more visible. With venues across York, we tried out posters, eye-catching tap displays, clever product placement, and other simple changes to see what would happen. The result? Stocking NoLow beer didn't hurt revenue; in fact, venues told us it helped staff feel better about their venues and what they could offer their customers. To support even more pubs, we joined forces with City of York Council and co-created a NoLo Guide for publicans.

York, Let's Make Nights Out for Everyone

Alcohol is a big part of UK culture but many people now want to moderate or reduce their drinking and many companies are developing innovative no and low (NoLow) alcohol products. Organisations like the World Health Organisation, the EU Parliament, and even England's 'Fit for the future: 10 Year Health Plan' back the rise of NoLow-alcohol products to support people's changing alcohol consumption.

NoLow options aren't about telling people not to drink, they're about giving everyone the freedom to enjoy a night out without pressure or stigma and to choose what they want to drink. Many people are choosing to moderate their drinking to support their mental and physical health and this can only be a positive.

This matters for customers, but also for the people working behind the bar. Publicans and bar staff are among the most likely to drink heavily, and "alcohol-free" drinks have been especially helpful for people trying to reduce their intake.

Additionally, as of 2025, in the UK the NoLow scene has exploded to £413 million market value, with more than a third of drinkers now enjoying these options regularly. Yet loads of people still leave venues disappointed because the choices aren't great. That's where our York No & Low Map comes in.

Here's to a more inclusive York.


The brilliant Sam Armstrong from York St John University designed a whole set of free point-of-sale materials including posters, fridge stickers, pump-clip crowns and beer mats, to help make NoLow options visible without fuss. We tested them in real venues to make sure they actually worked.

In order for us to learn from and support venues as much as possible, we've been out and about in all weathers, chatting to publicans, sharing materials, and hearing fantastic stories from venues leading the way in offering inclusive, alcohol-free options alongside the classics.

The York NoLow map highlights the York venues that helped make this research possible. Each one played a part in shaping more welcoming drinking environments; places where everyone can join in, no matter what's in their glass.

So go explore, raise a glass (alcoholic or not!), and discover the venues helping make choice and visibility of NoLow the new normal in York.

Cheers to that.



Spot the Logo!

If you spot the No and Low logo around York on coasters, stickers, or posters, tag @nolowproject on Instagram and share it around — your support helps make inclusive drinking venues more visible!

Moderation Choices

Are you..



Zebra stripping?

Alternating alcoholic and non alcoholic drinks



Top and Tailing?

Starting and ending the night with a no and low drink



95% Sober?

Only occasionally drinking an alcoholic drink



A damp drinker?

Drinking mostly lower ABV products



100% Sober?

Consume no alcohol and stick to no and low drinks only.

Pub Crawl Routes

Route 1: Sober Cycle
(65min cycle; 11.8miles)



Ride the Sober Cycle route from Handley Tap to the Old Grey Mare, stopping at spots like Brewhemian Hopsody, Sloppy's, Crooked Tap, and The Fox for great NoLo choices along the way.

Brew York Handley Tap	32	<input type="checkbox"/>
Brewhemian Hopsody	31	<input type="checkbox"/>
Winning Post	7	<input type="checkbox"/>
Sloppy's	30	<input type="checkbox"/>
Crooked Tap	1	<input type="checkbox"/>
Sojo	2	<input type="checkbox"/>
The Fox	3	<input type="checkbox"/>
Volunteer Arms	4	<input type="checkbox"/>
Old Grey Mare	29	<input type="checkbox"/>

Route 2: Sober Stroll n' Sip
(21 min stroll; 1 mile)



The Sober Stroll n' sip leads you from the Guy Fawkes Inn through some of York's most iconic spots and finishes at House of Trembling Madness with great vibes and great NoLow options along the way.

Guy Fawkes Inn	27	<input type="checkbox"/>
Ye Olde Starre Inne	24	<input type="checkbox"/>
Shambles Tavern	19	<input type="checkbox"/>
Duke of York	20	<input type="checkbox"/>
The Last Drop Inn	21	<input type="checkbox"/>
The Blue Bell	15	<input type="checkbox"/>
Golden Fleece	14	<input type="checkbox"/>
Pavement Vaults	12	<input type="checkbox"/>
Pairings Wine Bar	11	<input type="checkbox"/>
Social 8 Lounge	13	<input type="checkbox"/>
Victor J's	18	<input type="checkbox"/>
House of Trembling Madness	26	<input type="checkbox"/>

Route 3: York Wall Walk
(83min walk; 3.7miles)



The York Wall Walk pub crawl takes you from the Eagle & Child through a run of classic locals and hidden gems, finishing at Evil Eye after winding your way around the city walls one pint at a time.

Eagle & Child	28	<input type="checkbox"/>
SnickleWay Inn	22	<input type="checkbox"/>
The Keystones	23	<input type="checkbox"/>
Brew York Beer Hall	16	<input type="checkbox"/>
The Rook & Gaskill	17	<input type="checkbox"/>
The Slip Inn	10	<input type="checkbox"/>
The Swan	9	<input type="checkbox"/>
The Crecent Community Venue	5	<input type="checkbox"/>
Golden Ball	7	<input type="checkbox"/>
The Artful Dodger	6	<input type="checkbox"/>
Evil Eye	25	<input type="checkbox"/>

And here's the team making it all happen!



Dr Nadine Waehning

Favourite venue: I love all the venues and pick based on the occasion.

Favourite NoLow: Allergies mean no craft beer, so I go for an AF Tommy's or AF G&T.

"I work on the NoLo Visibility Project because I want drinking spaces to feel inclusive and welcoming for everyone."



Professor Victoria Wells

Favourite venue: The Swan

Favourite NoLow: Lucky Saint lager or Brooklyn Brewery Special Effects Hoppy Lager

"I'm concerned about UK pub closures, and NoLow helps attract new customers. All pubs should include it in their offer."



Dr Sarah Forbes

Favourite venue: I usually decide what I'm looking for depending on the occasions.

Favourite NoLow: I enjoy lots of different NoLow options, so I like to see what's on offer.

"I want to help drive positive change by making NoLo options more visible for consumers and helping businesses attract new customers."

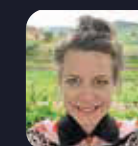


Dr Fergal O'Connor

Favourite venue - The Blue Bell

Favourite NoLow - Erdinger Blue

"I research consumers and no- and low-alcohol beer to understand shifting preferences toward healthier, moderation-focused beverage choices."

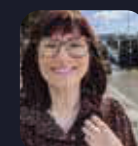


Dr Franziska Sohns

Favourite venue - Evil Eye

Favourite NoLow - Lucky Saint

"I support the NoLo project because no one should feel they must drink alcohol to fit in."



Dr Emily Nicholls

Favourite venue: Brew York Beer Hall

Favourite NoLow: Beavertown Lazer Crush IPA

"I've spent over a decade researching drinking culture, and I'm passionate about supporting the NoLow movement and helping pubs become more welcoming for non-drinkers."



Samuel Armstrong

Favourite venue - House of Trembling Madness

Favorito NoLow - Old Mout Zero

"As a designer, I support the No and Low project because I want to use visuals to make venues more welcoming for non-drinkers"