Creating a workflow that involves more than one site (or subsite) or performing an action that involves more than one site (or subsite) doesn’t seem to be possible out of the box in sharepoint server 2010. We would have to use Visual Studio.

Source: <http://social.technet.microsoft.com/Forums/en-US/sharepoint2010customization/thread/8e7e4b79-6a7d-492e-9da1-3537722870f2/>

This tutorial gives an simple example on how to create cross-subsite actions:

<http://parassanghani.blogspot.com/2012/09/sharepointcustomworkflowactivity.html>

