

Calder Vale Walk: Calderbank Legstretcher

Start Point

Calderbank
Country Lodge,
Oakenclough

★ SD 538 475

Distance/Time



3 miles
1.5 hrs

Terrain

Tracks, fields and roads. Gates and some stiles. Steep sections and can be wet underfoot

OS Explorer

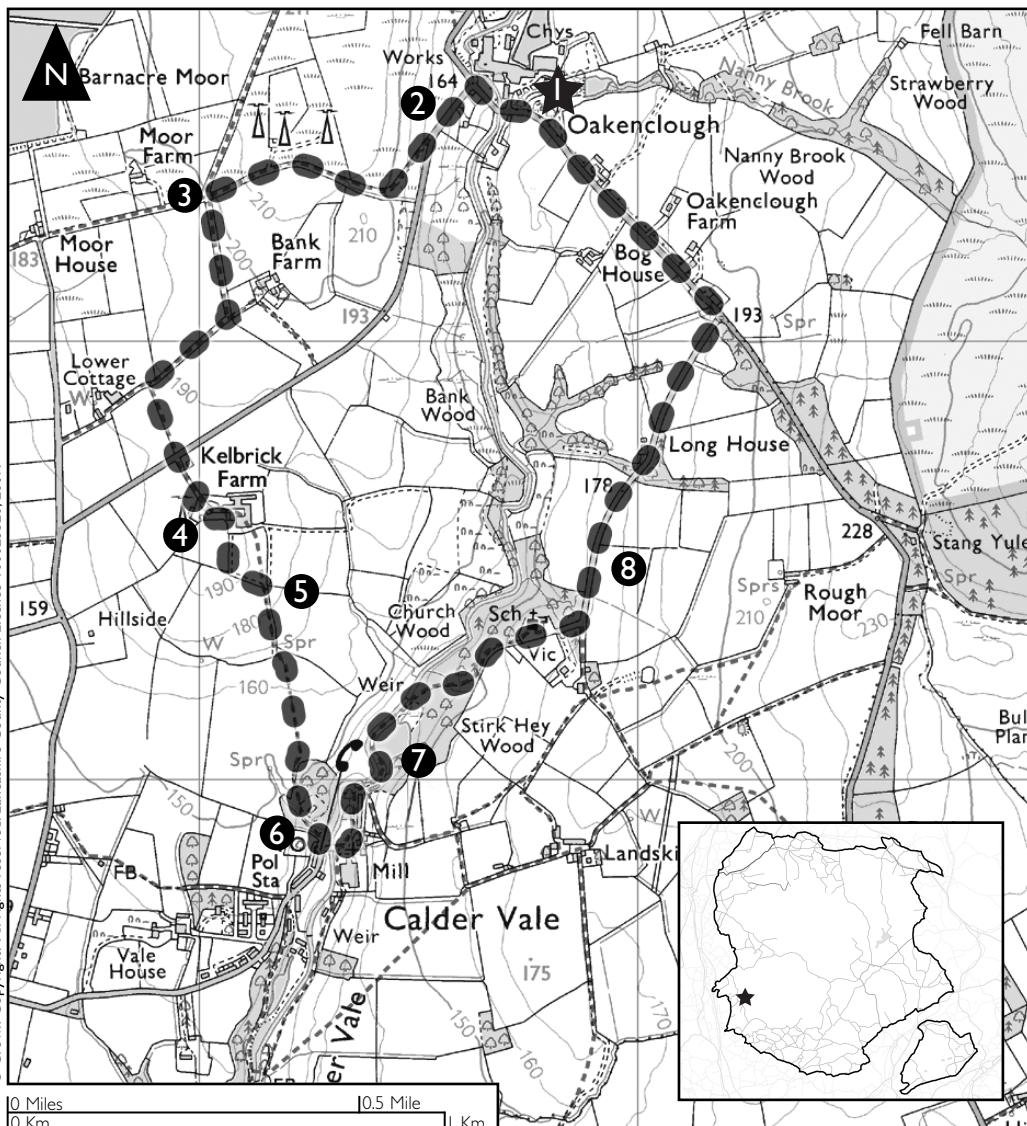
OL41

'Forest of Bowland and Ribblesdale'

Walk Description

This route is waymarked with a green disc labelled 'Calder Vale Walk Green 1'.

- 6 At Calder Vale the path emerges in the centre of the village by the post office and shop. Turn left over the road bridge, towards the mill, and bear left in front of a row of terraced cottages, Long Row. At the end take the track straight ahead into the woodland. On your right are the sluice gates for the mill lodge.
- 7 Go past the mill lodge and go up through the woodland to St John's Church. Go through the graveyard and schoolyard to the road and turn left.
- 8 Follow the road past Long House farm to a T-junction. Turn left and follow the road back to Calderbank Country Lodge.



★ Turn right out of Calderbank Lodge along the road to a T-junction. Turn left up hill for 300m and take the grassy track on the right.

2 Continue uphill, passing the track to the aerial masts and wireless station on the right, and down to a track crossroads.

3 Turn left and continue towards Bank Farm. As you get near the farm take the track to the right. After 500m cross the stile on the left and take the field path to the road. Go straight across and follow the farm track to Kelbrick Farm.

4 Turn right over a stile before the farmhouse and cross the fields downhill towards Calder Vale. Cross 3 field stiles and follow a track down to a gate.

5 Go through the gate, then another gate on the left. Cross the field to a kissing gate that takes you into woodland. Follow the path down through the wood to Calder Vale.

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About This Walk

CalderVale grew around several textile mills, one of which still operates today. The mill is in the centre of the village and is run by the Lappet Company. They produce cotton Arab headdresses which they export to the Middle East.

During springtime, the woodland between the village and St John's Church is a carpet of bluebells and wildflowers. Typical woodland birds to be seen are tits, chaffinch, blackbird, robin and wren.

Passing through CalderVale during summer, you may hear the "screaming" of the swifts, up above in the sky. These remarkable birds have sickle shaped wings and remain in flight for almost the whole of their life; they even sleep whilst flying. The only time they land is to nest and raise their young.

Sustainable Tourism

The Forest of Bowland Area of Outstanding Natural Beauty (AONB) is a protected landscape that has international importance for its heather moorland, blanket bog and rare birds. In 2005 the AONB became the first protected area in England to be awarded the European Charter for Sustainable Tourism in Protected Areas, joining just 30 other areas across Europe. The Charter is awarded to protected areas that are delivering tourism that is both nature and landscape friendly and which contributes to the economic development of the region. The Charter approach ensures that organisations, local people and businesses are working together to protect the area, whilst at the same time increasing opportunities for visitors to discover and enjoy its special qualities.

You can contribute to sustainable tourism by:

- Leaving the car at home and using public transport instead
- Purchasing local products, including food and drink
- Making a donation to the Bowland Tourism Environment Fund through donation boxes at participating businesses in the area

Countryside / Moorland Code



From a gentle stroll or relaxing picnic, to a long-distance walk or heart-pumping adventure, the countryside provides every opportunity for enjoyment and relaxation. If you follow the Countryside Code wherever you go, you'll get the best enjoyment possible and you'll help to protect our open spaces now and for future generations.

1. Be safe - plan ahead and follow any signs
2. Leave gates and property as you find them
3. Protect plants and animals, and take your litter home
4. Keep dogs under close control
5. Consider other people
6. Prevent uncontrolled moorland fires

Safety

If you are going for a walk, it is strongly recommended that you:

- Dress appropriately - avoid wearing denim and any other clothing, which doesn't dry quickly. It is better to wear lots of lighter layers, which can be easily removed or added. Sturdy footwear and waterproofs are also a must
- Carry the right equipment - including an Ordnance Survey Map (OS Explorer OL41); compass; small first aid kit; high energy snack; something to drink; mobile phone (be aware that coverage can be patchy); whistle
- Always let someone know where you're going and what time you expect to be back
- Do not take any unnecessary risks.

If you are in difficulty or see someone in difficulty, please dial **999** and ask for **Mountain Rescue**

To report any other incident contact:

- **Countryside Service** - **01772 534 709**, open 9am-5pm, Monday to Friday
- **Lancashire Constabulary** - **0845 1 25 35 45** or **999** for emergencies