

Discover Bowland Itinerary – N° 1

Journey to the Centre of the Kingdom!

Centre of the Kingdom!

Equip yourself with O.S Explorer Map 41 (Forest of Bowland & Ribblesdale) to navigate your way around the area

You can access some land across England without having to use Public Rights of Way – this land is known as 'access land'. For info on what you can and can't do visit:

www.gov.uk/right-of-way-open-access-land/use-your-right-to-roam

The area is very welcoming of four-legged friends, just be aware that Bowland is home to sheep and cattle and ground-nesting birds. Be aware of livestock and keep your dog under effective control. For "walking safely" info visit www.forestofbowland.com/Walking-Information

Ordnance Survey – the people who map the entire country – calculated that the geographical centre of Great Britain is located on a remote hillside above Dunsop Bridge in the heart of the Forest of Bowland AONB. This three-day itinerary takes you – literally – to the centre of the kingdom and goes on to explore some of the beautiful landscapes and pretty villages of the Forest of Bowland on foot and by bike. It's an ideal short break for active couples or adventurous families.




Stay

There is no shortage of cosy pubs, cottages and inns to rest your legs after a day on the fells or to reflect on your day of exploring. The most difficult job will be deciding which one to pick! Quality, combined with a wonderful Lancastrian welcome will mean you'll be getting ready to plan your next escape.

Day 1:

The Big Adventure

Plan your expedition to the geographical heart of Great Britain – located on a remote hill – Whitendale Hanging Stones near Dunsop Bridge. Reaching the geographical centre is a challenging walk on open access land and recommended only for a seasoned walker; however there are a number of routes from Dunsop Bridge which take you amidst the fells to capture the essence of this beautiful area. Fortify yourself with coffee and home-made cakes or scones at **Puddleducks Tearoom** , or choose something more substantial from the homemade menu, which includes corned beef hotpot, pea & ham soup and their famous cheese and onion pie. There's also a 'Centre of the Kingdom' sign here for you to take the all-important selfie!

The Dunsop Valley is a favourite with bird watchers and you might catch sight of a variety of raptors including hen harrier, merlin, kestrel, peregrine falcon, short eared owl and goshawk, which are most commonly seen in spring. Closer to the village of Dunsop Bridge you might see house martin, swallow and great spotted woodpecker:

Be prepared for all weathers!
We celebrate the seasons here in Bowland, it's what brings the vibrancy in colours and wonderful variety of animal, bird and plant life - so don't let a bit of rain stop you, just bring along the right gear (waterproofs, wellies/boots a must!)



Dunsop Valley - Matthew Savage

Route Options

(all starting from Dunsop Bridge):

- For a village circular walk across farmland taking in some wonderful fell views, try the River Dunsop and Black Brook two mile route
- For a family-friendly walk, download the 3.5-mile Easy Access route
- For a walk combining riverside and fell top download the 4.5 mile Hodder Bank Fell Circular route
- Reaching the actual Centre of the Kingdom, at Whitendale Hanging Stones is a more demanding undertaking across open access land, which is an extension of the 3.5-mile route in Option B, making a 9-mile linear route. Make sure you're equipped with a map and compass and have good navigational skills!




To download the above routes go to www.forestofbowland/walking



Whitendale - Matthew Savage



End your day with some wonderful seasonal, local food at the award-winning Parker's Arms gastropub in Newton in Bowland.  Enjoy hearty regional and global fare cooked and served with an individual stamp.

Day 2 AM:

The Ribble Valley Villages Ride

This easy-going 29-mile road ride follows the valley floor with some gentle climbs to explore the prettiest villages in the Clitheroe area

www.forestofbowland.com/files/uploads/pdfs/cycle_route/bikerouteribblevalley.pdf.

This picturesque route also passes some of the best pubs and cafes – including the **Waddington Arms** ③ and **Hudsons Ice Cream Shop, Chatburn** ④ – both of which welcome thirsty cyclists.

For something a little more challenging, try the 60-mile Ribble Valley Ride route.

www.strava.com/routes/7520014

For more ride ideas, go to: www.forestofbowland/cycling

Immerse yourself in the peacefulness of the area, take your time, and savour the sights, sounds, tastes and smells to get a true Bowland Experience!

Day 2 PM:

Replace Those Calories!

Help yourself to a large portion of traditional Lancashire fayre at the acclaimed **Three Fishes Inn, Mitton** ⑤ – one of the region's most highly regarded gastropubs. Tuck into Morecambe Bay shrimps, Lancashire Cheese soufflé and legendary Lancashire hotpot, admire the superb view up the valley from the bridge ①, then walk it all off with a gentle wander alongside the River Ribble.

Day 3 AM:

Explore

Historic Browsholme Hall ⑥ – family seat of the Parker family for centuries and one of the most important stately homes in the area. Marvel at the Elizabethan splendour of this Grade I listed building and meander through the immaculately tended gardens before adjourning for tea and cake in the café. (check ahead for opening times).

Day 3 PM:

Picnic

Pick up a mouth-watering picnic from the **Bowland Food Hall** at **Holmes Mill, Clitheroe** ⑦ and head to either Higher ⑧ or Lower Hodder bridges ⑨. Park considerably and follow the footpath along the western bank through dense woodland to find one of many perfect riverside picnic spots. It's an amazing experience in spring, when the woods are carpeted in wild garlic and bluebells and alive with birdsong. If the weather is less than ideal for dining al fresco, head instead to **Bashall Barn** ⑧ for a traditional afternoon tea.

Waddington - John Sparks



Hudsons Ice Cream Shop



Browsholme Hall



Bowland Experience Offers!

To get the discount code for all the listed offers visit:
www.forestofbowland.com/Bowland-Experience-Offers



Tasty Bites

Get 15% discount at **Puddleducks Tearoom** 1 (minimum spend £10).

Save 20% off food at the **Spread Eagle, Sawley** 9 - an unassuming but attractive coaching inn nestled next to the River Ribble. This inn comprises seven lovely bedrooms and all individually furnished. The Spread Eagle is open all day offering award-winning food, fine wines and locally sourced real ales. (Monday to Friday only & excluding existing offers).

Rural Retreats

Save 10% at the pretty self-catering cottage - **Bowland Cottage in Newton** 10 for a tranquil rural retreat in the delightful Hodder Valley – just a short drive from the

Centre of the Kingdom. Shortlisted for the Lancashire Tourism Awards and winners of a Ribble Valley Tourism Award, this luxury Grade 2 listed self-catering cottage sleeps three.

Larger family groups can save up to £250 with a free extra night's stay (four for the price of three) at the brand new **Ribble Valley Country Cottages** 11. Perched on the fellside high above the picture postcard village of Waddington, these contemporary, open plan cottages offer a touch of luxury and between them can accommodate up to 14 people.

For a self-catering break with direct access to the countryside, **Shireburne Park** 12 is offering 10% discount off stays of three nights or more in their self-catering apartments or luxury holiday caravan (excluding Christmas and New year). Located just a mile outside Clitheroe, Shireburne Park is a quiet, friendly park offering both holiday homes and residential pitches, with scenic views across the Ribble Valley.

For business contact details and for full terms and conditions, visit the website address above.

The Spread Eagle



Bowland Cottage



Shireburne Park



Ribble Valley Country Cottages

