

## Welcome to The Forest of Bowland AONB

Discover Bowland and explore 803 sq km of rural Lancashire and Yorkshire.

The Forest of Bowland was designated as an Area of Outstanding Natural Beauty in 1964 and provides some of the most peaceful and remote walking, riding and cycling in the country. Explore some of the many unique villages steeped in history, while away your time observing some of the rare and enigmatic birds and wildlife, or simply indulge in afternoon tea in some fantastic cafes, tearooms, hotels and inns.

For a year round calendar of events celebrating the birds, wildlife, landscape and culture of the Forest of Bowland AONB visit [www.forestofbowland.com/Festival-Bowland-Events](http://www.forestofbowland.com/Festival-Bowland-Events)

### Family Fun

Download family-friendly I Spy village quizzes from [www.forestofbowland.com/Family-Fun](http://www.forestofbowland.com/Family-Fun)



Bowland Hay Meadow © Graham Cooper

## Bowland's Gateways

The beautiful market town of **Clitheroe** with its castle and museum, as well as art galleries and independent shops and eateries including **Holmes Mill**, is a destination for all food and drink lovers. **Bentham** - a small but lively market town on the banks of the river Wenning, is well-known for its auction mart, wide range of independent shops and a friendly welcome. The city of **Lancaster** is dominated by its medieval castle and narrow, Georgian streets and contains a wealth of attractions, shops and restaurants. **Garstang** is situated on the river Wyre and boasts one of Lancashire's oldest traditional street markets, first established in the 14th century. **Longridge** to the south and **Settle** to the north are both traditional market towns with an interesting mix of shops, eateries and antique galleries.

River Wenning © Richard Bayley



### Champion Bowland

**CHAMPION BOWLAND** is a charity which provides easily accessible small grants for local projects which benefit the environment, local communities and visitors within the Forest of Bowland AONB. Champion Bowland raises funds from visitor donations, charitable activities and other sources.

Look out for donation boxes in local businesses, or text CBOW15 followed by the amount you wish to donate (eg £1 or £5) to **70070** or for further information visit [www.championbowland.org.uk](http://www.championbowland.org.uk)

## Hodder Valley



Slaidburn © Margaret Merrin

**Newton in Bowland** sits snugly at the foot of the Waddington Fell road and is dotted with 18th century listed buildings. At the entrance to the village you'll find the **Parkers Arms** pub for that all-important refreshment stop. Most attractive is Newton Bridge, which leads to a number of footpaths next to the river Hodder where you can take in the views and do some wildlife spotting.

**Dunsop Bridge** is at the centre of the British Isles and a popular destination for walkers. Spring sees the woodland floors blanketed with bluebells and wild garlic and, in late summer, large areas of purple heather decorate the hillsides. Rest on a bench on the village green and enjoy watching the resident ducks waddle by the river Dunsop next to **Puddleducks Tearoom** or, for a short walk, follow the

3km Black Brook Circular Route. A few miles south of Dunsop Bridge is the hamlet of Whitewell with the popular **Inn at Whitewell** - a beautiful, peaceful location for indulging in afternoon tea next to the River Hodder.

**Slaidburn** is a picturesque grey stone village set on the banks of the river Hodder. The church of Saint Andrew is mostly 15th century but has a history that can be traced back over ten centuries. Park in the village car park and take a 3.5km circular route to the flower-rich Bell Sykes hay meadows to see the designated Coronation Meadow for Lancashire - at its best during June/July - then treat yourself to homemade cakes at **Riverbank Tearooms** or, a little further on, **The Old Vicarage Tearooms** at Tosside.

## Lune Valley & Craven



Hornby Castle

**Hornby** on the north west periphery of the AONB retained a strong coaching trade throughout the 18th century and the Castle Hotel in Hornby was one of the principal stabling points. Visit the parish church of St Margaret, dating in part from medieval times and take in the fine views of Hornby Castle from the bridge over the river Wenning. The castle is an imposing crenellated dwelling dating mainly from the 19th century (although not open to the public). Visit **Hornby Tearooms** as part of your tour.

The village of **Wray** is popular with cyclists and walkers - there are a number of bike routes in and around Lancaster and Wray is on the Lancashire Cycleway. In the summer of 1967 a flash flood swept away many buildings. Today, a community garden with a stone mosaic commemorating

the flood stands on the site of some of the houses that were demolished. Many visitors have enjoyed the renowned Scarecrow Festival which has traditionally culminated in a fair on May Day Bank Holiday. Combine a stroll around the village on the 2km 'Rivers & Villages Ramble' with homemade cakes at **Bridge House Farm Tearooms**.

The Bentham Line, which links the rail station at Leeds in the east to Lancaster and Morecambe in the west, skirts the northern edge of the Forest of Bowland AONB. It provides access to the pretty hamlet of **Eldroth** along with the villages of **Clapham** and **Austwick**, each with their own local distinctiveness and located on the edge of the Yorkshire Dales National Park. Visit the award-winning **Traddock**, Austwick for a traditional afternoon tea.

## Ribble Valley

**Bolton-by-Bowland** is certainly worth a visit for walkers, cyclists and photography enthusiasts. It is a tranquil and charming spot with two greens around the church in the middle of the village.

For refreshments you will find the **Coach and Horses pub** and a **traditional shop and tearooms**. The tearooms will provide you with information about a village heritage trail as well as 5.3 km nature walk across surrounding farmland. Nearby is the attractive hamlet of Holden and **The Garden Kitchen** - a destination for garden lovers with refreshments served from a Shepherd's Hut. Or visit nearby **Gisburn** and the **Delicious Deli & Café**.

**Waddington**, with its babbling brook and beautiful Coronation Gardens, has earned the title of 'Best Kept Village in Lancashire' on many occasions. Before

1974 it was often the best kept village in Yorkshire too! There are three pubs and a number of walking opportunities from here to explore the river Ribble.

**Chipping** is a picturesque village on the slopes above the river Loud. In medieval days no less than five water mills were sited along Chipping Beck. This is a conservation area with stone-built cottages, a 17th century school and almshouses endowed by John Brabin, dyer and cloth merchant. The village also has a 13th century church, which was partly re-built in 1505 and 1706 and again in the 19th century. Make a day of it at nearby visitor attraction, **The Wild Boar Park**, offering a great family day out and on-site café. The village also has a farm shop selling wonderful local produce. Or enjoy afternoon tea in a beautiful setting at the nearby **Gibbon Bridge Hotel**.



Bolton by Bowland © Graham Cooper

## Pendle

Nestling at the foot of Pendle Hill, **Downham** is one of the prettiest villages in the area - quiet and unspoiled - with a gurgling brook running past the village green and stone-built cottages. There is a lovely 6.5km Downham circular walk passing Twiston Mill and offering great views of the hill. You will find plenty of opportunities for refreshment at the Downham Icecream Shop, or visit **Greendale View Kitchen** just outside the village, or Hudson's traditional ice cream shop in the centre of neighbouring Chatburn.

Like many small villages around Pendle Hill, **Barley** began as a farming community and developed as the textiles industry grew. It has a central car park and facilities, as well as **The Cabin** cafe. The village of **Sabden** is a great base to explore the Pendle Hill area. **Sanwiches cafe** in the village and **Nest on the Hill** at the Nick of Pendle provide welcoming refreshment stops.

Sawley Abbey



## Other AONB highlights:

- Whalley Abbey, Stonyhurst College and Browsholme Hall, all set in beautiful grounds provide a insight into Lancashire's past. For a farm to fork experience visit **Bashall Barn** or for something more extravagant visit **Northcote's** Michelin-starred restaurant for afternoon tea
- The Cistercian Abbey at Sawley and the **Spread Eagle Inn**, occupying a beautiful setting on the banks of the river Ribble
- The ancient riverside village of Ribchester; built on the site of the Roman fort of Bremetennacum, and the pottery café **Potter's Barn**
- For outdoor enthusiasts - Gisburn Forest & Stocks and visit the **Gisburn Forest Hub Café** and the nearby **Nectar Café** at Be A Gardenmaker



Take a tour of Bowland's villages and discover a great selection of tearooms, cafes, hotels & inns

# EXPLORE

Area of Outstanding Natural Beauty  
**FOREST OF BOWLAND**

## Further Information

For more information about the Forest of Bowland AONB visit [www.forestofbowland.com](http://www.forestofbowland.com) or stay in touch via [twitter.com/forestofbowland](https://twitter.com/forestofbowland) or [facebook.com/bowlandaonb](https://facebook.com/bowlandaonb) Tel: 01200 448000 Email: [bowland@lancashire.gov.uk](mailto:bowland@lancashire.gov.uk)

Why not stay a while and explore the area at your leisure? The Forest of Bowland offers a wide range of quality accommodation from camping barns, pods and farmhouse B&Bs to luxury self-catering cottages and hotels. For a full list of accommodation as well as activities & eateries visit [www.discoverbowland.co.uk](http://www.discoverbowland.co.uk)

For other information about places to stay and visit in the area contact local Visitor Information Centres:

- **Bentham** – Town Hall, Station Road, LA2 7LF Tel: 015242 62549
- **Bowland Visitor Centre** – Beacon Fell Country Park, Goosnargh, Preston, PR3 2NL Tel: 01995 640557
- **Clitheroe** – Platform Gallery & Visitor Information Centre, Station Rd, Clitheroe, BB7 2JT Tel: 01200 425566
- **Garstang** – Cherestanc Square, Garstang, PR3 1EF Tel: 01995 602125
- **Lancaster** – The Storey, Meeting House Lane, LA1 1TH Tel: 01524 582394
- **Pendle Heritage Centre** – Colne Road, Barrowford, BB9 6JQ Tel: 01282 677150
- **Preston** – Town Hall, Preston, PR1 2RL Tel: 01772 906900
- **Settle** – Town Hall, Cheapside, BD24 9EJ Tel: 01729 825192

Make the most of your Bowland visit and be sure to follow the Countryside Code: [www.gov.uk/government/publications/the-countryside-code](http://www.gov.uk/government/publications/the-countryside-code)

Inclusion in this leaflet does not imply recommendation by the Forest of Bowland AONB. Although efforts are made to ensure accuracy of the information in this leaflet at the time of going to print (April 2021), changes can occur and it is advisable to confirm information with the relevant provider before you travel.

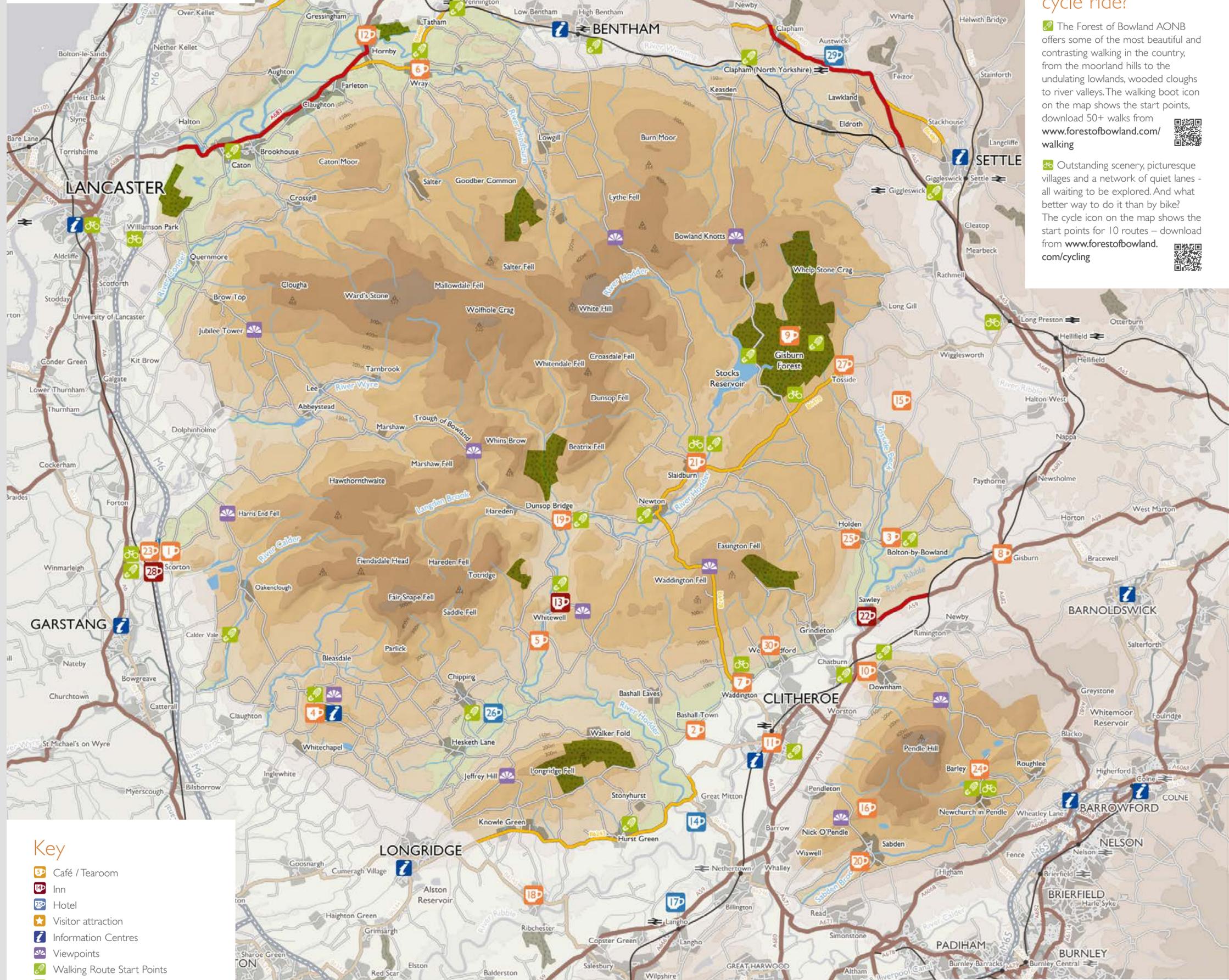


# Tearooms of Bowland

- 1P Applestore Café**  
Snowhill Lane, Scorton, PR3 1BA  
Tel: 01524 791011  
Web: [www.wyresdalepark.co.uk](http://www.wyresdalepark.co.uk)
- 2P Bashall Barn** ★  
Bashall Town, Clitheroe, BB7 3LQ  
Tel: 01200 428964  
Web: [www.bashallbarn.co.uk](http://www.bashallbarn.co.uk)
- 3P Bolton by Bowland Tea Rooms**  
Main St, Bolton-by-Bowland, BB7 4NW  
Tel: 01200 447201
- 4P Bowland Visitor Centre Café** ★  
Beacon Fell Country Park, Preston, PR3 2NL  
Tel: 01995 641160
- 5P Bowland Wild Boar Park Café** ★  
Chipping, PR3 2HB  
Tel: 01995 61075  
Web: [www.wildboarpark.co.uk](http://www.wildboarpark.co.uk)
- 6P Bridge House Farm Tearooms**  
Wray, LA2 8QP  
Tel: 015242 37775  
Web: [www.facebook.com/BridgeHouseFarmWray](http://www.facebook.com/BridgeHouseFarmWray)
- 7P Country Kitchen Café**  
Waddington, BB7 3HP  
Tel: 01200 429364  
Web: [www.facebook.com/countrykitchenwaddington](http://www.facebook.com/countrykitchenwaddington)
- 8P Delicious Deli & Café**  
Gisburn, BB7 4HA  
Tel: 01200 445213  
Web: [www.facebook.com/DeliciousGisburn](http://www.facebook.com/DeliciousGisburn)
- 9P Gisburn Forest Hub Café**  
Gisburn Forest, BB7 4TS  
Tel: 01200 446387  
Web: [www.facebook.com/gisburnforesthub](http://www.facebook.com/gisburnforesthub)
- 10P Greendale View Kitchen**  
Downham Road, Chatburn, BB7 4DL  
Tel: 01200 441517  
Web: [www.greendaleviewbandb.co.uk](http://www.greendaleviewbandb.co.uk)
- 11P Holmes Mill Food Hall Café** ★  
Greenacre St, Clitheroe, BB7 1EB  
Tel: 01200 407130  
Web: [www.holmesmill.co.uk](http://www.holmesmill.co.uk)
- 12P Hornby Tea Rooms**  
Main St, Hornby, LA2 8JR  
Tel: 015242 21237  
Web: [www.facebook.com/HornbyTeaRooms](http://www.facebook.com/HornbyTeaRooms)
- 13P Inn at Whitewell**  
Whitewell, BB7 3AT  
Tel: 01200 448222  
Web: [www.innatwhitewell.com](http://www.innatwhitewell.com)
- 14P Mitton Hall Hotel**  
Mitton Road, Clitheroe, BB7 9PQ  
Tel: 01254 826544  
Web: [www.mittonhallhotel.co.uk](http://www.mittonhallhotel.co.uk)
- 15P Nectar Café at Be A Gardemaker** ★  
Coars Farm, Wigglesworth, BD23 4SN  
Tel: 01729 840848  
Web: [beagardemaker.co.uk](http://beagardemaker.co.uk)
- 16P Nest on the Hill**  
Clitheroe Rd, Sabden, BB7 9HN  
Tel: 07414 001118  
Web: [www.facebook.com/Nest-on-the-hill-109723624178291/](http://www.facebook.com/Nest-on-the-hill-109723624178291/)
- 17P Northcote**  
Northcote Road, Langho, BB6 8BE  
Tel: 01254 240555  
Web: [www.northcote.com](http://www.northcote.com)
- 18P Potter's Barn** ★  
Ribchester, PR3 3YE  
Tel: 01254 878431  
Web: [www.potters-barn.com](http://www.potters-barn.com)
- 19P Puddleducks Tearoom**  
Dunsop Bridge, BB7 3BB  
Tel: 01200 448241  
Web: [www.facebook.com/Puddleduckscafedunsopbridge/](http://www.facebook.com/Puddleduckscafedunsopbridge/)
- 20P Sanwiches Cafe**  
Union mill, Watt Street, Sabden, BB7 9ED  
Tel: 01282 775006  
Web: [www.facebook.com/Sanwichessabden](http://www.facebook.com/Sanwichessabden)
- 21P Riverbank Tearooms**  
Slaidburn, BB7 3ES  
Tel: 01200 446398  
Web: [www.riverbanktearooms.co.uk](http://www.riverbanktearooms.co.uk)
- 22P Spread Eagle**  
Sawley, BB7 4NH  
Tel: 01200 441202  
Web: [www.spreadeaglesawley.co.uk](http://www.spreadeaglesawley.co.uk)
- 23P The Barn** ★  
Scorton, PR3 1AU  
Tel: 01524 793533  
Web: [www.plantsandgifts.co.uk](http://www.plantsandgifts.co.uk)
- 24P The Cabin**  
Barley, BB12 9JX  
Tel: 01282 696937  
Web: [www.facebook.com/Barleypicnicite](http://www.facebook.com/Barleypicnicite)
- 25P The Garden Kitchen** ★  
Holden Clough Nurseries, BB7 4PF  
Tel: 01200 447447  
Web: [www.holdencloughnursery.com](http://www.holdencloughnursery.com)
- 26P The Gibbon Bridge Hotel & Restaurant**  
Green Lane, Chipping, PR3 2TQ  
Tel: 01995 61456  
Web: [www.gibbon-bridge.co.uk](http://www.gibbon-bridge.co.uk)
- 27P The Old Vicarage Tea Room**  
Tosside, BD23 4SQ  
Tel: 07809 489282  
Web: [www.tossidetearoom.org](http://www.tossidetearoom.org)
- 28P The Prioory**  
Scorton, PR3 1AU  
Tel: 01524 791255  
Web: [www.theprioryscorton.co.uk](http://www.theprioryscorton.co.uk)
- 29P The Traddock**  
Austwick, Settle, LA2 8BY  
Tel: 01524 251224  
Web: [www.thetraddock.co.uk](http://www.thetraddock.co.uk)
- 30P The Woodland Cafe**  
Three Rivers Woodland Park, Eaves Hall Lane, West Bradford, BB7 3JG  
Tel: 01200 423523  
Web: [www.facebook.com/TheWoodlandCafe](http://www.facebook.com/TheWoodlandCafe)

# Tearoom Map

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### Key

- Café / Tearoom
- Inn
- Hotel
- Visitor attraction
- Information Centres
- Viewpoints
- Walking Route Start Points
- Cycling Route Start Points
- Elevation Height Above Sea Level
- Station

Why not combine your tearoom visit with a walk or cycle ride?

The Forest of Bowland AONB offers some of the most beautiful and contrasting walking in the country, from the moorland hills to the undulating lowlands, wooded cloughs to river valleys. The walking boot icon on the map shows the start points, download 50+ walks from [www.forestofbowland.com/walking](http://www.forestofbowland.com/walking)

Outstanding scenery, picturesque villages and a network of quiet lanes - all waiting to be explored. And what better way to do it than by bike? The cycle icon on the map shows the start points for 10 routes - download from [www.forestofbowland.com/cycling](http://www.forestofbowland.com/cycling)