

Discover Bowland Itinerary – N°3

Fields, Fells and Fabulous Local Food

Look out for the rare whimbrel roosting at Barnacre Reservoir near Oakenclough. These elegant waders fly in to roost during the breeding season in April and May. Good views from the public footpath to the south of the reservoir.

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

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

Stretching from the high fells of the Bleasdale Horseshoe to the sharply edged ridge of Longridge Fell, the southwestern fringe of the Forest of Bowland combines amazing, striking scenery with rich farmland and superb local produce.

This largely rural area is a walkers' and cyclists' paradise, criss-crossed with some outstanding circular walks and quiet country lanes to cruise along on two wheels. And there's plenty of scope for enthusiastic foodies to embark on a gastronomic tour of this productive corner of Bowland where local cheeses are a speciality.

Not to be missed! During May the woods of Calder Vale surrounding the church are filled with the glorious sight and scent of bluebells. The church also serves refreshments on Sundays throughout May.

Stay

This remote corner of the Forest of Bowland has an inviting selection of cosy B&Bs and self-catering providers – many of whom actively welcome walkers and cyclists. See the section at the end for a list of options.

Day 1: Big Views on Foot

Rolling hills that rise behind the Lancashire Plain offer splendid views over Morecambe Bay and beyond to the Lakeland fells. On a really clear day it is possible to see the Isle of Man and the Great Orme on the North Wales coast. Birds such as meadow pipits and skylarks are common on the fell, while the more fortunate may catch a glimpse of tree pipits or yellowhammers.

Be sure to visit Beacon Fell Country Park which features 75 hectares of woodland, grassland and moorland. There are several woodland trails which are great for families and four-legged friends. The visitor centre and cafe are also open daily.

Route Options

- **Bluebells and Woodland Delights** – 3 mile circular starting at Cobble Hey Farm & Gardens. Parking is available free of charge for those using the tea room, please ring to check opening times **01995 602643**
- **Delph Quarry** – 7 mile circular offering wonderful views of the Bleasdale Fells
- **Grizedale Valley & Nicky Nook** – 5.5 and 3.5 mile route options - Nicky Nook, though modest in height, offers splendid views over Lancashire's coastal plain.
- **Scorton Picnic Site** – a local nature reserve with flat, easy walking, suitable for wheelchairs, pushchairs & Trampers.



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





Day 2 AM:

Explore on Two Wheels

The quiet roads make this part of Bowland a paradise for cyclists. Both on and off-road routes all feature undulating terrain with some extended steep climbs. We have two recommended routes for road cyclists, both of which start at the pretty village of Scorton - a hub for cyclists, with some fantastic eateries.

Scorton Circular is a lovely 16 mile tour of the quiet lanes and hamlets along the southern fringe of the Bowland Fells or, for an extended 27 mile route, enjoy the unspoilt beauty of **Grizedale and Bleasdale**.

To download these routes visit:

www.forestofbowland.com/cycle-routes



Day 2 PM:

The Big Cheese

Lancashire Cheese is famous throughout Britain for its astringent tang and characteristic crumbliness and **Leagram Organic Dairy** on the edge of Chipping is one of the finest producers of this subtle local cheese. Leagram have been producing quality cheeses for the last 15 years. As well as their famous Creamy, Crumbly and Tasty Lancashire cheeses, they also produce an award-winning sheep's cheese - Ramshackle. Call **01995 61532** to check opening times.



Day 2 Evening:

Enjoy an Epicurean Adventure

As well as producing some superb cheese and meat, this side of Bowland has some excellent eateries in which to sample local produce. Fantastic pubs include the Derby Arms, Longridge and the Shireburn Arms, Hurst Green or, for more formal dining, try the restaurant at the Gibbon Bridge Hotel and sample some mouth-watering Lancastrian delicacies.

Don't miss the Bikes and Barrows Festival held the first bank holiday weekend of May in Scorton - bicycle rides, fun run, flower festival and wheelbarrow racing!

Day 3 AM:

Down On The Farm

Get up close with some friendly farm animals at **Cobble Hey Farm and Gardens**. This working farm in the foothills of the Bleasdale Fells welcomes visitors during spring and summer and feeding the lambs in March and April is extremely popular. There's also an on-site café serving wonderful home produce. Call Cobble Hey **01995 602643** to check opening times, which vary according to the farming calendar.

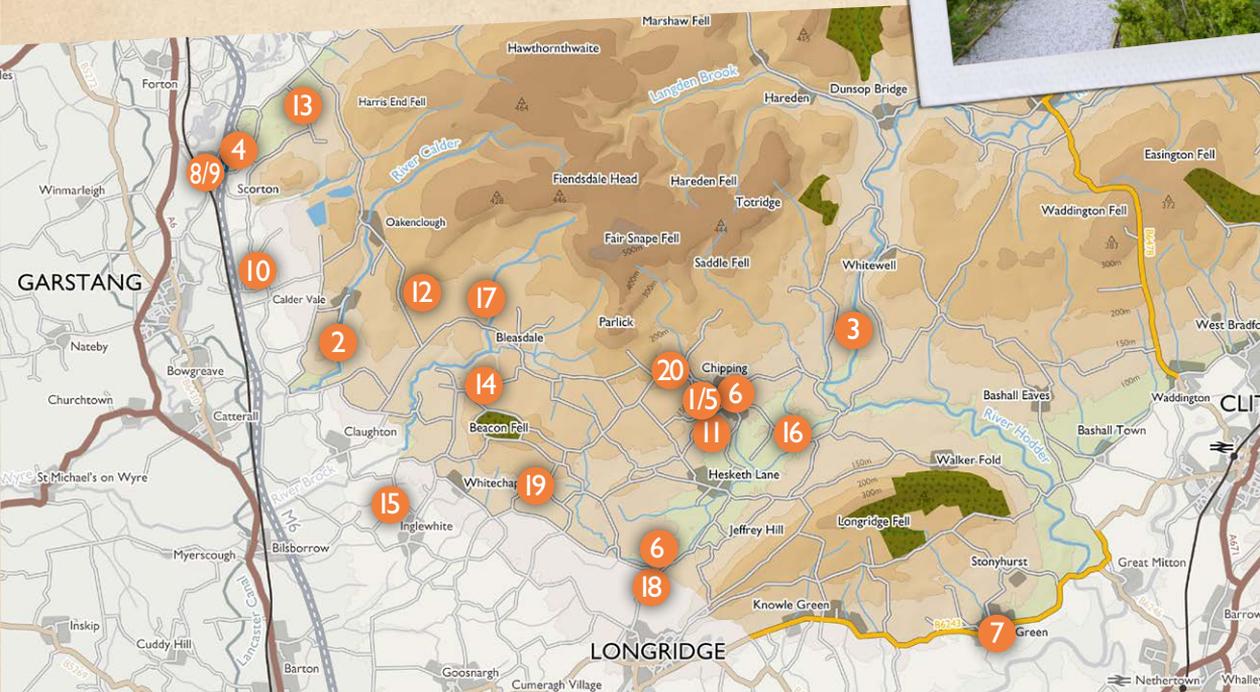
Or visit **Bowland Wild Boar Park** - one of the most popular visitor attractions in the area. This out of the way farm and wildlife park is especially popular with families and schoolchildren, who love getting close to the farm animals and exploring nature on one of the park's wildlife walks. You can even extend your stay by hiring one of the park's camping pods. Call **01995 61075** to book your visit.



Day 3 PM:

Time For Tea?

After a ride or walk, you have every excuse to indulge in a few sweet or savoury treats at one of the locale's noted cafes or farm shops. **The Barn** at Scorton is an extremely popular destination with local cyclists in search of a good coffee and something sticky and sweet, while **The Apple Store** at **Wyresdale Park** is a must-visit destination for any fan of traditional English Afternoon Tea. .



Visit, Eat & Stay

See map on previous page
for locations.

Visit

- 1 Chipping Farm Shop**
Chipping, PR3 2QH
Tel: 01995 699444
Web: www.chippingfarmshop.co.uk
- 2 Cobble Hey Farm & Gardens**
Claughton-on-Brock, PR3 0QN
Tel: 01995 602643
Web: www.cobblehey.co.uk
- 3 Wild Boar Park (Visit & Stay)**
Chipping, PR3 2QT
Tel: 01995 61075
Web: www.wildboarpark.co.uk

Eat

- 4 Apple Store Café (Eat & Stay)**
Scorton, PR3 1BA
Tel: 01524 791011
Web: www.wyresdalepark.co.uk/cafe
- 5 Cobbled Corner Café**
Chipping, PR3 2QH
Tel: 01995 61551
Web: www.cobbled-corner.co.uk
- 6 Derby Arms**
Longridge, PR3 2NB
Tel: 01772 782370
Web: derbyarmslongridge.co.uk
- 7 Shireburn Arms (Eat & Stay)**
Hurst Green, BB7 9QJ
Tel: 01254 826678
Web: www.shireburnarmshotel.co.uk
- 8 The Barn**
Scorton, PR3 1AU
Tel: 01524 793533
Web: www.plantsandgifts.co.uk
- 9 The Priory (Eat & Stay)**
Scorton, PR3 1AU
Tel: 01524 791255
Web: www.theprioryscorton.co.uk

Stay

- 10 Barnacre Cottages**
Barnacre, PR3 1GN
Tel: 01995 600918
Web: www.barnacre-cottages.co.uk
- 11 Brickhouse Touring Caravan Site**
Chipping, PR3 2QW
Tel: 01995 61747
Web: www.brickhouseccs.co.uk
- 12 Broadgate Farm B&B**
Bleasdale, PR3 1UR
Tel: 01995 602402
Web: www.broadgatefarm.co.uk
- 13 Fell View Caravan Park**
Scorton, PR3 1DA
Tel: 01524 791283
Web: www.fellviewparkandfishing.co.uk
- 14 Dale View CL Site**
Whitechapel, PR3 2ET
Web: www.caravanclub.co.uk/certificated-locations/england/lancashire/garstang/dale-view/
- 15 Garden Cottage**
Inglewhite, PR3 2LJ
Tel: 01995 640007
Web: www.thegarden-cottage.co.uk
- 16 Gibbon Bridge Hotel (Stay & Eat)**
Chipping, PR3 2TQ
Tel: 01995 61456
Web: www.gibbon-bridge.co.uk
- 17 Lanterns & Larks**
Bleasdale, PR3 1UY
Tel: 01638 778131
Web: www.lanternandlarks.co.uk/glamping-locations/bleasdale
- 18 The Shippon Luxury Holiday Let**
Thornley, PR3 2NB
Tel: 07850221034
Web: theshipponluxuryholidaylet.co.uk
- 19 The Old Woodshed**
Goosnargh, PR3 2WH
Web: www.english-country-cottages.co.uk/cottages/the-old-woodshed-ukc3143Wolfen Mill
- 20 Wolfen Mill Country Retreats**
Chipping, PR3 2GR
Tel: 01253 675633
Web: www.wolfenmill.co.uk