There are 4 main gateway towns to the AONB each with its own unique charm and distinctiveness.

The beautiful market town of Clitheroe with its castle and museum, as well as art galleries and plenty of independent shops and eateries including: Ultras, MLA, a destination for all food and drink lovers. Bentham - a small but busy market town on the banks of the river Wenning, 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 the River Lune flowing through to the sea. The narrow Georgean streets surrounding the castle contain 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 16th century and still going strong. Along the road from Garstang to S ternab, developed around the cotton mills and railway in the 19th century.

Champion Bowland

Champion Bowland is a charity which works to enhance the outstanding landscape of the Forest of Bowland AONB. It does this by raising funds from visitor donations and charitable activity and these funds are then awarded to local projects which benefit the environment, local communities and visitors. For further information visit www.championbowland.org.uk

Bowl Amanda

Bowl Amanda is a large bowl on the Colne Vale, divided into four by the River Colne. From 1967 a flash flood swept away many buildings, including the St John’s School. Today the bowl is a sculptural piece of performance art with a woodland and hillside park, visitor centre and café. The bowl remains a popular place for walking and cycling. In 2019 a new café was opened at the bowl. For further information visit www.bowlamericabowl.co.uk

Lune Valley & Craven

The village is a popular spot for walkers and cyclists as well as nature lovers. Those looking for a relaxing cup of tea after a village stroll, there are plenty of options at the Priory Tearoom or the White Horse Pub. There are some lovely walking opportunities in nearby Clitheroe with a climb up Moel Fool or through the woodlands. A more leisurely way across the valley starts from Soppton Pool Gate.

Beacon Fell is a great base for a day’s exploring - including a woodland and sculpture trail and climb up to the triangulation pillar. The summit reaches nearly 626m above sea level and on a clear day it provides spectacular panoramic views of the beautiful Bowland countryside. On site is the Bowland Visitor Centre café for a refreshment stop, or venture a little further for a family day out with a team at Cliffe, Hey Farm & Gardens at Clutton.

Family Fun

Download the family-friendly 17 day route ques on from www.forestofbowland.com/Family-Fun

For refreshments you will find the Parkers Arms pub for a more substantial lunch, the Cistercian Abbey at Sawley and the beautiful rural setting at the nearby Gibbon Bridge Hotel.

Dunsop Bridge is at the centre of the British lakes and a popular destination for walkers. Spring sees the woodland floors blanketed with bluebells and wild flowers, and in late summer areas of purple heather cover the slopes. Rest on a bench in the woods, up the river, or enjoying a picnic on the river bank. You can hire a rowing boat from Dunsop Bridge to paddle under the beautiful waterfall at Sharples Leap. As well as being surrounded by spectacular countryside, Dunsop Bridge is home to a number of lovely tearooms and inns.

Boxley-by-Bowland - is a rural village, surrounded by mountains, and a perfect place for walking enthusiasts. It is a tranquil and charming spot with two great arched gateways around the church in the middle of the village. For retirement fund raisers you will find the Coop and Harris Inn and the traditional shop and tearooms. The tearooms will provide you with information about local wildlife and nature, with maps and guides to the area. The boxley village hall is used extensively for community events, and is always open to visitors.

Hodder Valley

The Hodder Valley is a great place to explore, with its babbling brooks and beautiful countryside. You will find plenty of opportunities for refreshment at the Valley Mill Tearooms or the Old Yellow Waggon Tearooms at Tosside.

Newton in Bowland sits snuggly 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 retirement stop. Most attractive is Newton Bridge, which leads to a number of paths and paths to the River Hodder, where you can take in the views and do some wildlife spotting.

Ribble Valley

Ribble Valley

Ribble Valley

Ribble Valley

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

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

Bentham - Town Hall, Station Road, LA7 7HL
Tel: 015242 62549
Website: www.absoludensearn.org.uk

Bowland Visitor Centre – Beacon Hill Country Park, Gisburn
Tel: 01729 825192
Website: www.visitlancaster.co.uk

Lancaster – The Storey Meeting House Lane, LA1 1TH
Tel: 01524 532894
Website: www.visitscotland.co.uk

Penrod – Bideford, Staffordshire, WA9 4JR
Tel: 01722 749675
Website: www.visitscotland.co.uk

Settle – Town Hall, High Street, BD24 9EJ
Tel: 01729 825821
Website: www.visitscotland.co.uk

Welcome to The Forest of Bowland AONB

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

Ribble Valley

Boxley-by-Bowland is certainly worth a visit for walkers, cyclists and photography enthusiasts. It is a tranquil and charming spot with two great arched gateway around the church in the middle of the village. For retirement fund raisers you will find the Coop and Harris Inn and the traditional shop and tearooms. The tearooms will provide you with information about local wildlife and nature, with maps and guides to the area. The boxley village hall is used extensively for community events, and is always open to visitors.

Hodder Valley

The Hodder Valley is a great place to explore, with its babbling brooks and beautiful countryside. You will find plenty of opportunities for refreshment at the Valley Mill Tearooms or the Old Yellow Waggon Tearooms at Tosside.

Newton in Bowland sits snuggly 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 retirement stop. Most attractive is Newton Bridge, which leads to a number of paths and paths to the River Hodder, where you can take in the views and do some wildlife spotting.

Ribble Valley

Ribble Valley

Ribble Valley

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

Bentham - Town Hall, Station Road, LA7 7HL
Tel: 015242 62549
Website: www.absoludensearn.org.uk

Bowland Visitor Centre – Beacon Hill Country Park, Gisburn
Tel: 01729 825192
Website: www.visitlancaster.co.uk

Lancaster – The Storey Meeting House Lane, LA1 1TH
Tel: 01524 532894
Website: www.visitscotland.co.uk

Penrod – Bideford, Staffordshire, WA9 4JR
Tel: 01722 749675
Website: www.visitscotland.co.uk

Settle – Town Hall, High Street, BD24 9EJ
Tel: 01729 825821
Website: www.visitscotland.co.uk

Penrod – Boundary Mill, Wivsey Way, Cohoe, BB9 9WW
Tel: 01282 856186
Website: www.visitspenrod.co.uk

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

Bentham - Town Hall, Station Road, LA7 7HL
Tel: 015242 62549
Website: www.absoludensearn.org.uk

Bowland Visitor Centre – Beacon Hill Country Park, Gisburn
Tel: 01729 825192
Website: www.visitlancaster.co.uk

Lancaster – The Storey Meeting House Lane, LA1 1TH
Tel: 01524 532894
Website: www.visitscotland.co.uk

Penrod – Bideford, Staffordshire, WA9 4JR
Tel: 01722 749675
Website: www.visitscotland.co.uk

Settle – Town Hall, High Street, BD24 9EJ
Tel: 01729 825821
Website: www.visitscotland.co.uk

Penrod – Boundary Mill, Wivsey Way, Cohoe, BB9 9WW
Tel: 01282 856186
Website: www.visitspenrod.co.uk

Further Information

For further information on the Forest of Bowland AONB visit www.forestofbowland.com or stay in touch via twitter.com/forestofbowland or facebook.com/bowlandcamps Tel: 01200 488000 Email: bowland@lancaster.gov.uk

Why not stay while exploring the areas at your leisure. The Forest of Bowland offers a wide range of quality accommodation from camping pods, barns and farmhouses & B&Bs to luxury self-catering cottages and hotels. For a full list of accommodation visit www.visitlancaster.co.uk or www.yorkshire.com

Thank you for reading this! Please visit www.visitlancaster.co.uk or www.yorkshire.com for more information on activities and events in the Forest of Bowland AONB.
Tea Rooms of Bowland

- **Apple Store Café**
  Snowfell Lane, Setton, PR3 1BA
  Tel: 01729 804860
  Web: www.appletreestarsetton.co.uk
- **Bashall Barn**
  Bashall Town, Clitheroe, BB7 3QJ
  Tel: 01200 426664
  Web: www.bashallbarn.co.uk
- **Bolton by Bowland Tea Rooms**
  Main St, Bolton-by-Bowland, BB7 4NW
  Tel: 01200 447201
- **Bowland Visitor Centre Café**
  Beacon Fall Country Park, Preston, PR3 3LQ
  Tel: 01772 684210
  Web: www.bowlandvisitorcentre.org.uk
- **Bowland Forest Hub Café**
  Gisburn, BB7 4HA
  Tel: 01200 445213
  Web: www.facebook.com/bowlandforesthub
- **Bridge House Farm Tearooms**
  Wray, LA2 8QF
  Tel: 01524 786856
  Web: www.bridgehousefarm.co.uk
- **Cobble Hey Farm & Gardens**
  Green Lane, Chipping, PR3 2TQ
  Tel: 01200 427961
  Web: www.cobblehey.co.uk
- **Cottled Corner Café**
  Clitheroe, BB7 4TS
  Tel: 01200 441517
  Web: www.cottledcorner.com
- **Country Kitchen**
  Waddington, BB7 3HP
  Tel: 01200 429364
  Web: www.facebook.com/countrykitchenwaddington
- **Delicious Deli & Café**
  Gisburn, BB7 4HA
  Tel: 01200 442813
  Web: www.facebook.com/DeliciousGisburn
- **Gisburn Forest Hub Café**
  Gisburn Forest, BB7 4HA
  Tel: 01200 446387
  Web: www.facebook.com/gisburnforesthub
- **Greendale View Kitchen**
  Denton Road, Chatham, BB7 4EL
  Tel: 01200 441517
  Web: www.greendaleview.com
- **Holmes Mill Food Hall Café**
  Greenacre, S. Clitheroe, BB7 1EB
  Tel: 01200 407130
  Web: www.holmescin.com
- **Horrible Tea Rooms**
  Main St, Horrible LA2 8JL
  Tel: 01524 232377
  Web: www.facebook.com/horribletearooms
- **Inn at Whitewell**
  Whitewell, BB7 1AT
  Tel: 01200 448222
  Web: www.innatwhitewell.com
- **Nutts Café at Be A Gardener’s Café**
  Quayside Farm, Wray, BB7 4QH
  Tel: 01729 804860
  Web: beagardenerscafe.co.uk
- **Parkers Arms**
  Parkers Arms, Main St, Bieldside, BB7 3DQ
  Tel: 01200 446226
  Web: www.parkersarms.co.uk
- **Potters Barn**
  Potters Barn, BB7 4HE
  Tel: 01200 479831
  Web: www.potters-barn.com
- **Puddleducks Tearoom**
  Dunwedge Bridge, BB7 3BB
  Tel: 01200 441225
  Web: www.puddleduckscafe.co.uk
- **Riverbank Tearooms**
  Springfield, BB7 3ES
  Tel: 01200 446398
  Web: www.riverbanktearooms.co.uk
- **Spread Eagle**
  Sedley, BB7 4TH
  Tel: 01200 411235
  Web: www.spreadeaglesedley.co.uk
- **The Barn**
  Setton, PR3 1AP
  Tel: 01524 795332
  Web: www.plantsandgifts.co.uk
- **The Cabin**
  Little Longworth, BB7 3JX
  Tel: 01282 696937
  Web: www.facebook.com/TheCabinBB73JX
- **The Garden Kitchen**
  Holden, BB7 4RT
  Tel: 01200 447615
  Web: www.facebook.com/TheGardenKitchen
- **The Barn**
  The Barn, Setton, PR3 1AP
  Tel: 01524 795332
  Web: www.plantsandgifts.co.uk
- **The Garden Kitchen**
  Holden, BB7 4RT
  Tel: 01200 447615
  Web: www.facebook.com/TheGardenKitchen
- **The Old Vicarage Tea Room**
  Tosside, BD23 4SF
  Tel: 07809 489282
  Web: www.facebook.com/TheOldVicarageTeaRoom
- **The Priory**
  Setton, BB7 3UJ
  Tel: 01524 791255
  Web: www.facebook.com/thepriorysetton.co.uk
- **The Traddock**
  Austwick, Settle, LA2 8BY
  Tel: 01524 231224
  Web: www.thetraddock.co.uk

---

**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 valleys, wooded dells to river valleys. The walking route icon on the map shows the start points, contact 50+ walks from 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