

Discover BOWLAND

Official guide to the Forest of Bowland Area of Outstanding Natural Beauty.
Featuring walks, short-break itineraries, events, local produce, wildlife, family activities & more!

Pick up your
**Free
Guide**
Donations to
Champion Bowland
welcome!
www.championbowland.org.uk



Landscapes
for life
.org.uk

**FOREST OF
BOWLAND**
One of the
AONB Family

Contents

Welcome to Bowland	4
Discovery Map	6
The Champion Bowland Tramper	10
Discover Bowland Itineraries	11
Fields, Fells and Fabulous Local Food	12
The Hidden Bowland Dales	17
The Farming Seasons	24
SPRING: New Life Bursts Forth as the Countryside Awakens	26
SUMMER: Sowing the Seeds of a Wildflower Revival	28
AUTUMN: Harnessing the Harvest to Stem the Tide	31
WINTER: In the Bleak Midwinter Something Small and Woolly Stirs	34
The Iconic Hen Harrier	36
A Volunteer Effort	38
Volunteer View	40
More Success Stories	41
Sponging off the Spate	42
Family Adventures	46
Villages, Playgrounds & Picnicking	49
Family quizzes	50
Rural Retreats: From Field to Fork (in less than 5 minutes)	52
Rural Retreats: A Place to Gather Your Thoughts and Reconnect with Nature	56
Tour de Teashops	60
Cyclist-Friendly Teashops	63
Bowland Dark Skies Festival	64
Pendle Hill Food Heroes	66
Ten Years of Champion Bowland	74
Walking the Talk	76
Making New Connections	79
The Gatherings:	82
Pendle Radicals	84
Giving Pendle Hill a Helping Hand	86
Further Information	93
Walking Safely	94
Walking Routes	95

This guide is produced by the Forest of Bowland Area of
Outstanding Natural Beauty

Tel: 01200 448000 Email: bowland@lancashire.gov.uk

[facebook.com/bowlandaonb](https://www.facebook.com/bowlandaonb)

twitter.com/forestofbowland

Disclaimer: Inclusion in this brochure does not imply
recommendation by the Forest of Bowland AONB.
Although efforts are made to ensure accuracy of this publication at
the time of going to press, changes can occur and it is advisable to
confirm information with the relevant provider before you travel.

Discover Bowland and explore over
800 sq km of rural Lancashire and
Yorkshire. Areas of Outstanding
Natural Beauty have some of the
UK's best countryside for walking,
cycling and wildlife watching and
Bowland is no different!



Bowland is brimming with opportunities in 2019, from volunteering with the Pendle Hill Project, to a dark sky adventure or wildlife encounter in the Festival Bowland programme – there really is something for everyone.

The seasons are brought to life with our 'Bowland Farming Year' profiles – find out about our dynamic, living landscapes and meet some of the local farmers who have worked the land in Bowland for generations.

“Our Pendle Hill Landscape Partnership has been extremely busy during 2018, and with a packed programme of work to deliver over the next 3 years there are plenty of opportunities to get involved!”

Together for Our Landmark

Our Dark Sky Festival in February is a first for Bowland, building on the development of our Dark Sky Discovery Sites in recent years. Why not join a star camp, or gather round a forest campfire for stories of the night sky, or maybe develop your skills in astrophotography? It's set to be an exciting week for all the family.

The Foodie Foray in the autumn will be a celebration of Bowland's fantastic seasonal, local produce - join us for a week of walks, foraging and feasting. We'll be led by local experts to learn about the edibles in our hedgerows, fields and woodlands. Also, look out for special menus and creative dishes that will highlight Bowland's locally distinctive produce.

Not forgetting our full Festival Bowland programme, pull-out walks and short-break itineraries to provide inspiration for your next Bowland adventure!

Enjoy a Pub Lunch WITH YOUR POOCH!

You and your dog are guaranteed a warm welcome at these cosy Ribble Valley pubs, all with great food, great beer and great walking from the doorstep too!



Waddington Arms



Drinking and dining inside and out – perfect whatever the weather! A superb menu using local produce wherever possible and an ever changing specials board, you can be assured of wholesome meals freshly prepared to order which will leave you thoroughly satisfied.

www.waddingtonarms.co.uk
T. 01200 423262
Waddington, Clitheroe, BB7 3HP



SHIREBURN ARMS

A relaxed, informal atmosphere in which to enjoy beautifully prepared food. Open fireplaces and cosy corners inside, a beautiful terrace with stunning views of the Ribble Valley outside. Oh and walkers, dogs and muddy boots are always welcome.



www.shireburnarmshotel.co.uk
T. 01254 826 678
Whalley Rd, Hurst Green, BB7 9QJ

With one of the longest bars in Britain and a menu featuring small plates and snacks to nibble with a beer, through to crowd-pleasing classics like burgers, hot dogs, pies and salads, there's something for all the family. Your four-legged friend is welcome anywhere in the Beer Hall and we have lots of outdoor seating too.

HOLMES MILL
CLITHEROE



www.holmesmill.co.uk
T. 01200 407111
Greenacre Street, Clitheroe BB7 1EB

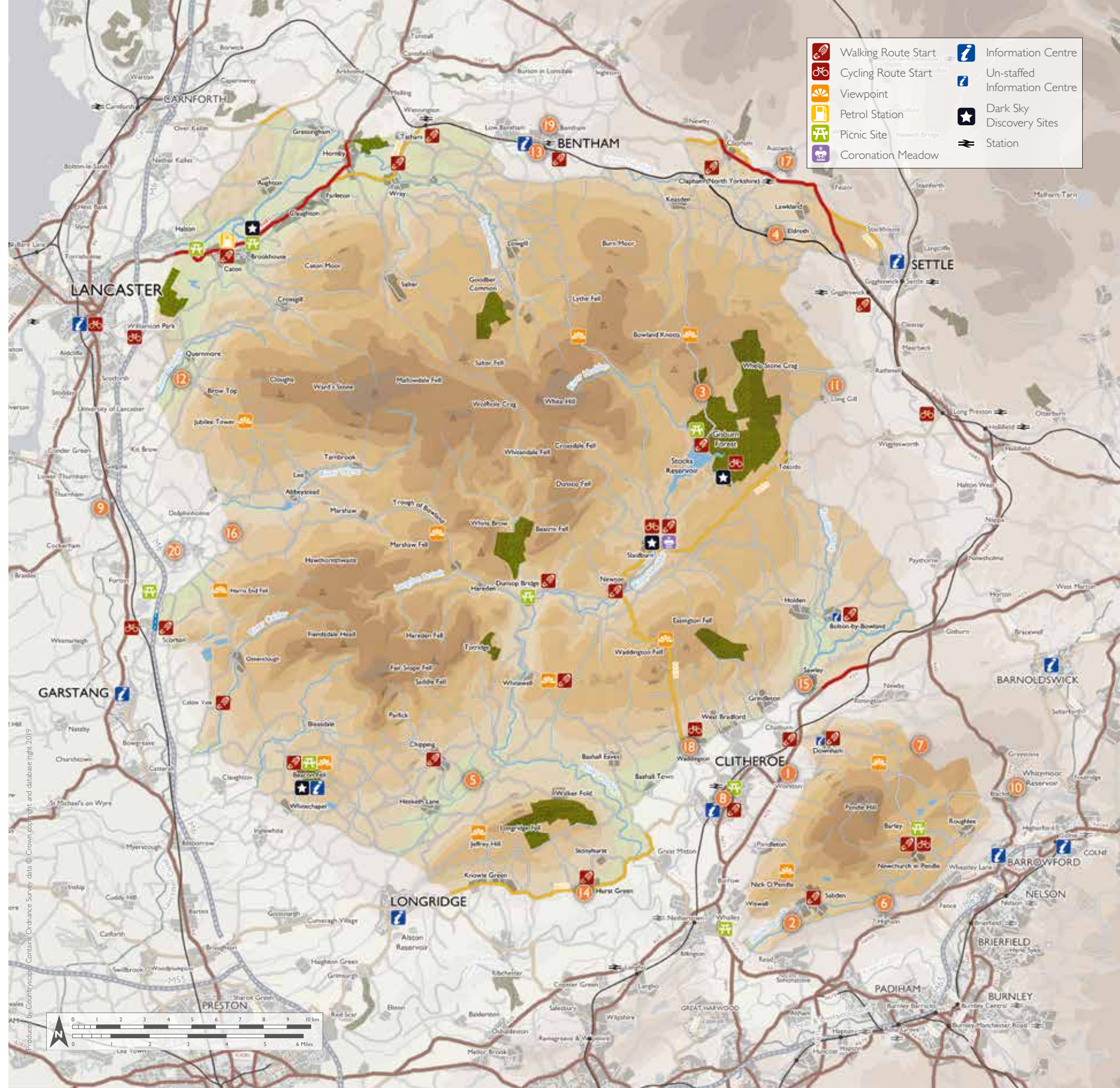
WWW.JAMESPLACES.CO.UK James' PLACES

Discovery Map

Why not stay a while and explore the area at your leisure? The Forest of Bowland offers a wide range of quality accommodation.

The following providers have supported this guide and are all members of the Forest of Bowland Sustainable Tourism Network:

- 1 Chestnut Cottage
- 2 Cobden View
- 3 Dale House Barn and B&B
- 4 Eldroth House Holiday Cottages
- 5 Gibbon Bridge Hotel
- 6 Height Top Farm
- 7 Higher Gills Farm
- 8 Holmes Mill
- 9 Lakewood Cottages
- 10 Malkin Tower Farm Holiday Cottages
- 11 Peaks and Pods
- 12 Quernmore Valley Cottages
- 13 Riverside Holiday Homes
- 14 Shireburn Arms
- 15 Spread Eagle Inn
- 16 The Gathering Fields
- 17 The Traddock
- 18 Waddington Arms
- 19 Wenningdale Escapes
- 20 Wyreside Lakes



'Spotlessly clean, comfortable beds, soft fluffy towels and even the wood burning stove made and ready to light on arrival'

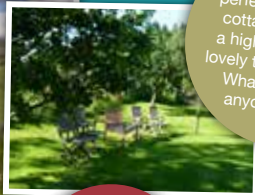
'Fantastic! One of our best holidays! Fabulous Cottage, extremely comfortable and so well equipped.'

'Awesome Cottage! Beautiful inside with everything we could have needed.'

'... a little piece of heaven! The Barn is stunning and spotlessly clean.'

'Wow! Absolute perfection. Beautiful cottage finished to a high standard in a lovely tranquil location. What more could anyone ask for?'

'We have all had a lovely time staying in this picture perfect cottage.'



- Wood Burning Stove
- All Linen Supplied
- Dogs Welcome in Cottage
- Wifi
- Washing Machine
- Underfloor Heating
- Garden Stream

- Private Garden, BBQ
- TV, DVD
- Bluetooth Radio
- Dishwasher
- Secure Cycle Storage
- Fridge/Freezer
- Private Parking

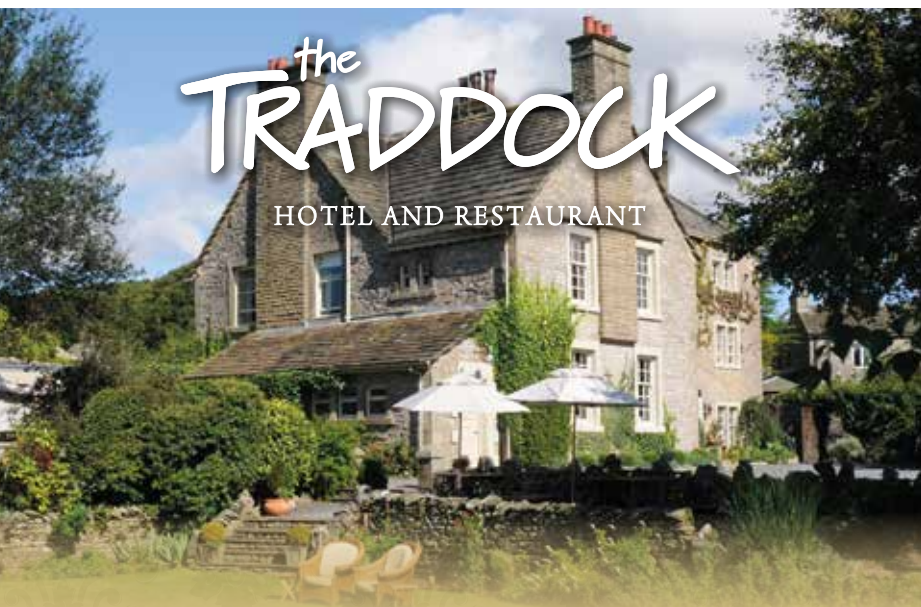


If you'd like more information on the cottages and availability please give **Jill** a call on **07590252725** or email jill@eldrothcottages.uk

www.eldrothcottages.uk

the TRADDock

HOTEL AND RESTAURANT



- Open daily for lunch 12.00 - 3.00pm - dinner 6.30 - 9.00pm with light snacks & refreshments available all day.
- We have facilities for private dining, and welcome bookings for birthdays, events and private parties.

Our award winning restaurant offers first class food using the best locally sourced ingredients with simple flair, clean flavours, and a touch of imagination.

We pride ourselves on our warm welcoming hospitality and professional but unpretentious service.

The Traddock, Austwick, Near Settle, LA2 8BY. Yorkshire Dales National Park

Tel: 015242 51224 Fax: 015242 51796

www.thetraddock.co.uk info@thetraddock.co.uk



Riverside

HOLIDAY HOMES & TOURING

★★★★★

Explore the Dales, Lakes and Forest of Bowland

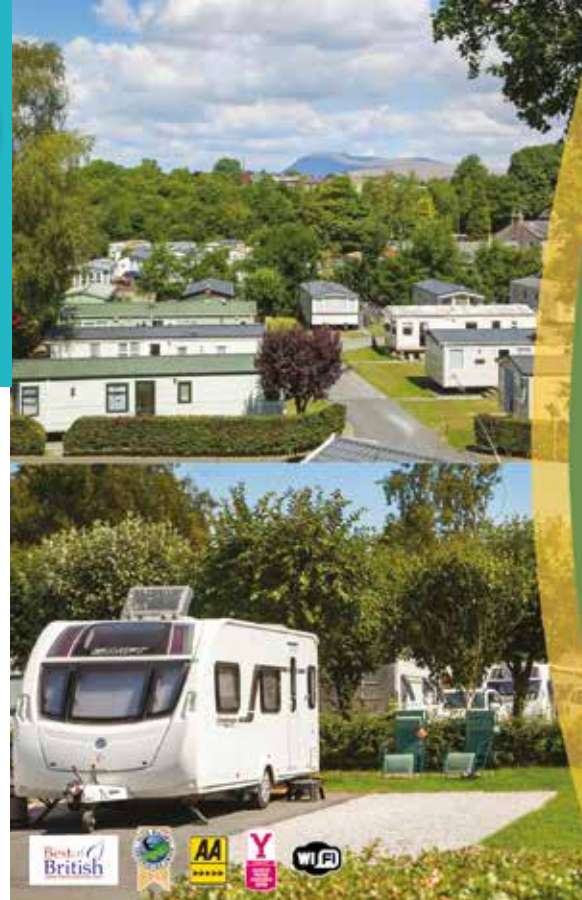
Nestled on the banks of the River Wenning in an unspoilt and delightful area, this beautifully maintained caravan park is within walking distance of the local market town of Bentham

Fishing - Golf - Walking - Cycling

Tel 015242 61272

riversidecaravanpark.co.uk

High Bentham, North Yorkshire, LA2 7FJ



WENNINGDALE ESCAPES

YOUR LUXURY HAVEN IN THE DALES

Set among the fairways of Bentham Golf Course, discover the perfect holiday home-from-home base for playing the game and exploring the Yorkshire Dales, Lake District and Forest of Bowland.

LUXURIOUS LODGES

POSH PODS

TEL 015242 62455

WENNINGDALE.CO.UK

High Bentham, North Yorkshire, LA2 7AG





Michelle & Angela at Gisburn Forest Hub
© Mark Sutcliffe

Easy Access at Gisburn Forest

Get out and about on a Tramper at Gisburn Forest - a specially designed off-road electric buggy - which can be used on rough ground, mud and grass.

The Champion Bowland Tramper is hosted at the Gisburn Forest Hub café by owners Angela and Michelle. 'Trampers provide fantastic opportunities for those who struggle walking distances or hills, or who have limited mobility, and it provides opportunities for the whole family to venture out' says Angela. 'There is an easy access trail (suitable for Trampers) directly from the café - a wonderful 5 mile route which links to the Birch Hills trail at Stocks Reservoir car park. From here you have great views across the reservoir and can really immerse yourself in

the tranquillity of our beautiful woodlands here at Gisburn Forest.' says Michelle. 'We receive some fantastic feedback from users:'

There is no set fee to hire the Tramper, but we kindly ask for a donation to contribute towards the insurance and maintenance of the vehicle through Champion Bowland - a charity which works to enhance the outstanding landscape of the Forest of Bowland AONB.

Please be aware that all Tramper users must be accompanied by one other person and one of you must be in possession of a working mobile phone.

“The Trampers are marvelous for disabled persons. They allow me to enjoy the deep countryside once again, which I thought had been denied to me”

To book the Tramper and to arrange an induction please contact Gisburn Forest Hub café on

01200 446387

Discover Bowland Itineraries

Over the next few pages you will discover for yourself what makes Bowland so distinctive. Explore the western side of the AONB through our Discover Bowland Itineraries - uncovering two special areas.

From the heather-clad moorlands and peat bogs, to the deeply incised wooded valleys and picturesque villages, all these make up the unique look and feel of our beautiful Bowland. These characteristics are part of a Sense of Place - elements that make that place special:

● A Place to Enjoy and Keep Special

Highlighting the importance of the area for people's livelihoods and enjoyment with its value as a unique and protected landscape.

● Delicious Local Food and Drink

Without food production our countryside would look very different! There are many excellent eateries across the area to sample the best, local and seasonal produce.

● A Landscape Rich in Heritage

During the medieval period the royal hunting forests were established - the title 'forest' refers to hunting rights, and not to a large expanse of woodland, as we interpret it today.

● A Living Landscape

The landscape has been formed out of a close relationship between people and nature and we all have a part to play in planning for a sustainable future.

● Wild Open Spaces

The fells are covered with peat, blanket bog, acid grassland and heather moor. The highest point is at Wards Stone (560m) - almost a mountain!

● A Special Place for Wildlife

The moors in particular are an important breeding ground for upland birds. There are also notable wildflower meadows, woodlands and geological features.



Discover Bowland Itinerary – N°3

Fields, Fells and Fabulous Local Food

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

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.

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

Discover Bowland Itinerary – N°4

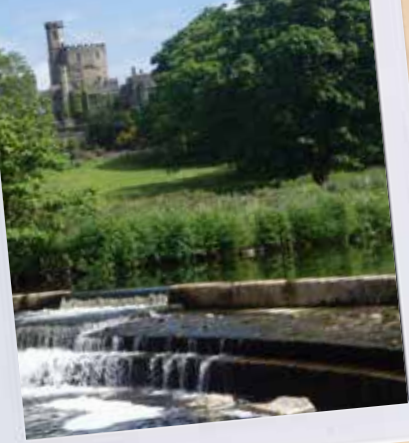
The Hidden Bowland Dales

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

Visit Wray Scarecrow Festival in early May - it's a fantastic family day out!
www.wray scarecrows.wordpress.com

Despite its proximity to the historic city of Lancaster, the north-western fringe of the Area of Outstanding Natural Beauty retains the wild and rugged nature that characterises the Forest of Bowland. Bounded by the rivers Wyre and Lune, the fells that dominate the skyline above Lancaster are amongst the highest in Bowland - Clougha Pike and Tarnbrook Fell – and offer exhilarating fell-walking opportunities, but it's the intimate valleys of Roeburndale and Hindburndale which reveal a gentler side to the elemental upland landscapes of Bowland.

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



Stay

Accommodation options vary widely in this corner of Bowland – from cosy B&Bs and cottages to riverside caravan and chalet parks, boutique hotels, country inns and glamping. See the section at the end for a list of options.

Day 1 AM: Roeburndale and Wray

Today is dedicated to exploring the valleys carved by the tributaries of the Lune- the twin rivers of the Hindburn and Roeburn.

Head for the picturesque village of Wray, where artisans and light industry have prospered for hundreds of years. It still has a rustic, slightly old-world feel – as if it hasn't changed much for a century or so. The rivers Hindburn and Roeburn meet in the village – just below the new Kitten Bridge – the original arched stone footbridge was swept away, along with several cottages, in the great flood of 1967.

Park considerably in the village and explore via one of the circular walks featured below. The Roeburndale circular is a longer walk, but a wonderful chance to explore the beautiful woodlands that dominate this verdant valley. Look out for rare butterflies and woodland birds like the redstart and pied flycatcher. The woodland floor is carpeted in dense drifts of bluebells in May and the autumn colours in September and October rival those of New England.

Route Options

- Bridges & Wray Flood – 0.5 mile circular
- Rivers & Villages Ramble – 1.2 mile circular
- Roeburndale Walk – 8 mile circular



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

For more than 20 years during May, visitors have followed the arts trail in and around the Lune valley, seeking out the studios and work places of local artists.

Visit: www.lunesdalearts.co.uk

DAY 1: PM:

In spring and summer, the gardens at Hornby Castle are open on designated weekends (check in advance at www.hornbycastle.com) – the snowdrops reach their peak in February and are a sight to gladden the heart as winter slowly gives way to spring.

The neighbouring valley of Hindburndale is accessed by a lane that follows the course of an old Roman Road that crossed the Bowland Fells to Ribchester. Follow this to the hamlet of Lowgill, then head northeast towards Bentham to find the Great Stone of Fourstones – a huge glacial erratic which once marked the boundary between Lancashire and Yorkshire.

Day 2 AM: Mountains & Coastline

The 'Way of the Roses' 170-mile cycle route goes coast to coast from the Irish Sea to the North Sea via the Red and White Rose counties of Lancashire and Yorkshire, but this route covers a more modest 35 miles between Morecambe and Settle – traversing some glorious Bowland countryside without too many hills. www.wayoftheroses.info

The route starts on the Prom at Morecambe and heads along traffic-free cycle routes before following the River Lune upstream to its confluence with the Wenning and contouring around the Bowland Fells to the Yorkshire border at Clapham, and then south through limestone country to Settle.

Be sure to take a slight de-tour into Bentham for a lunch stop, it's a bustling little town with plenty of cafes and pubs.

And after a hard day in the saddle, don't worry if the legs fail you upon reaching Settle – simply hop on the Bentham Line to let the train take the strain on the return journey!

Visit Clearbeck House Gardens - it's a hidden gem! Open days at certain times of the year (part of the National Garden Scheme)

www.clearbeck.wordpress.com





Day 3:

Abbeystead and Tarnbrook

Cafes and pubs are thin on the ground in this exquisitely remote corner of Bowland, so we would recommend picking up a picnic prior to heading into the hills above Abbeystead. If the weather proves less than amenable for a picnic, a visit to The Fleece Inn or Fenwick Arms may be in order.

If visibility is good, a drive up to Jubilee Tower is a must. The views from here are breath-taking, encompassing Lancaster and the Lune estuary, the Lake District fells, the Great Orme on the North Welsh Coast and maybe a glimpse of Snaefell on the Isle of Man.

From Jubilee Tower, for the energetically minded, Ward's Stone – the highest point in the Bowland Fells – is a short, but boggy walk east across the moors from where a track continues to the atmospheric gritstone outcrop of Wolfhole Crag. This is demanding walking across some of the most remote parts of Bowland – strictly for hardcore hikers. For a more rewarding circular walk, head north to the crags and outcrops of Clougha Pike, returning via Rowton Brook and Hare Appletree.

Just a short drive from Jubilee Tower is the pretty hamlet of Abbeystead – named after a short-lived Cistercian Abbey which briefly flourished in the upper Wyre Valley in the 12th Century. The Wyre Way follows a pleasant circular route through the village and around the woodland and reservoir, with options to explore further along the valleys of both arms of the Wyre.



For other Discover Bowland Itineraries visit:
www.forestofbowland.com/Discover-Bowland-Itineraries

Visit

- 1 Bentham Golf Club (Visit & Stay)**
Bentham, LA2 7AG
Tel: 015242 62455
Web: www.benthamgolfclub.co.uk
- 2 Clearbeck House (National Garden Scheme)**
Higher Tatham, LA2 8PJ
Tel: 01524 261029
Web: www.clearbeck.wordpress.com
- 3 Green Close Studios**
Melling, LA6 2RB
Tel: 015242 21233
Web: www.greenclose.org
- 4 Maiden Bridge Art Study Centre**
Tatham, LA2 8PR
Tel: 015242 61463
Web: www.maidenbridge.co.uk
- 5 Open Road, Open Skies**
Morecambe, LA3 3AN
Tel: 01524 424117
Web: www.openroadopenskies.co.uk
- 6 Wyreside Lakes Fishery & Campsite (Visit & Stay)**
Dolphinholme, LA2 9DG
Tel: 01524 792093
Web: www.wyresidelakes.co.uk

Eat

- 7 Bridge House Farm Tea Rooms**
Wray, LA2 8QP
Tel: 015242 37775
- 8 Fenwick Arms (Eat & Stay)**
Cloughton, LA2 9LA
Tel: 015242 21157
Web: www.seafoodpubcompany.com
- 9 Fleece Inn (Eat & Stay)**
Dolphinholme, LA2 9AQ
Tel: 01524 791233
Web: www.fleeceinn.co.uk
- 10 Hornby Tearooms**
Hornby, LA2 8JR
Tel: 015242 21237
Web: www.facebook.com/HornbyTeaRooms/
- 11 The Punch Bowl**
Low Bentham, LA2 7DD
Tel: 015242 61344
Web: www.thepunchbowlbentham.co.uk

Stay

- 12 Box Tree Farm Glamping**
Wennington, LA2 8PA
Tel: 07930 336472
Web: www.boxtreefarm.co.uk
- 13 Crook O'Lune Holiday Park**
Caton, LA2 9HP
Tel: 01524 917312
Web: www.pure-leisure.co.uk/parks/lancashire/crook-o-lune/overview
- 14 Goodenbergh Country Holiday Park**
Low Bentham, LA2 7EU
Tel: 015242 62022
Web: www.goodenberghleisure.co.uk
- 15 Lakewood Cottages**
Galgate, LA2 0HN
Tel: 01524 751053
Web: www.lakewoodcottages.co.uk
- 16 Lancaster House Hotel**
Lancaster, LA1 4GJ
Tel: 01524 844822
Web: www.englishlakes.co.uk/lancaster-house
- 17 Lodgeview Cottages**
Quernmore, LA2 9EF
Tel: 07894 594448
Web: www.lodgeview.co.uk
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HOLMES MILL CLITHEROE



A grade II mill conversion in the heart of Clitheroe...

Holmes Mill is a unique celebration of Lancashire food, drink and entertainment. Featuring a beer hall, hotel, food hall and much more, this former textiles mill is the perfect place to indulge, unwind and explore.

From lunch in the cafe or picnic shopping in the Bowland Food Hall to the perfect burger and a pint in the Bowland Beer Hall there's a genuine warmth to this mill conversion that defies description – just come along and sample it for yourself!

HOLMESMILL.CO.UK

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spread eagle inn



Your Ribble Valley Experience Begins Here...

Nestling in the beautiful village of Sawley, The Spread Eagle is a historic coaching inn. With the river running at one side of the building, and the remains of the Cistercian Sawley Abbey on the other, it boasts a picture perfect location.

Famed for our delicious food, local beers and fantastic wine list - together with our friendly service, pick your spot to indulge in from our flag floored bar with open fire, cosy bar lounge or stylish dining rooms.

We welcome walkers, cyclists (secure your bike in one of our high-tech bike pods) and even your four legged friends!

Our Abbey Suite is the ideal space for private dining, weddings & celebrations or business meetings - and if you'd like to stay longer we have eleven luxury bedrooms, each one individually designed, with all you would expect and more.

We look forward to seeing you...

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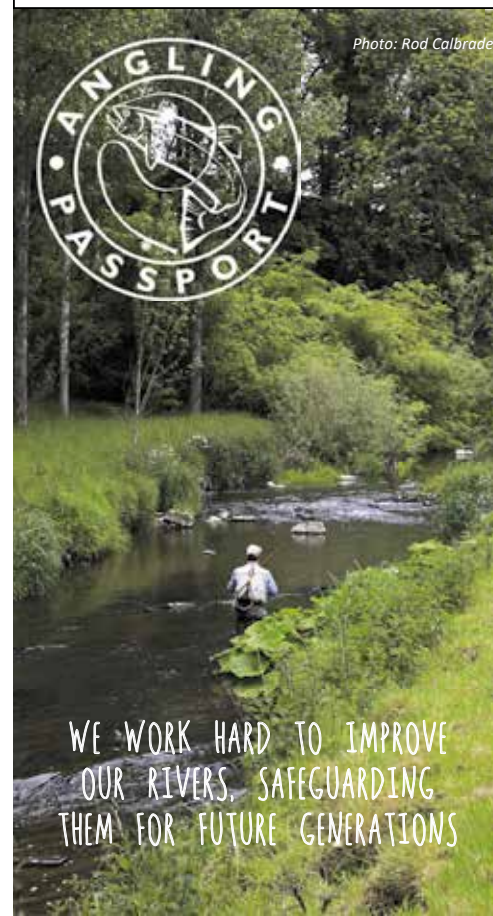


Photo: Rod Calbrade

RIBBLE RIVERS TRUST Angling Passport

The Ribble Rivers Trust is a charity that has been working to improve rivers in the Ribble, Hodder, Calder and Darwen catchments since 1998. One of its main objectives is to work with farmers and landowners to improve rivers that flow past their fields. In some cases, these stretches of river have been opened up for the public to fish through the Angling Passport scheme, demonstrating to farmers that there is value in maintaining a healthy river.

There are currently nine beats around the catchment, two of which are within the Forest of Bowland and several more just on the outskirts. Most are small, wild rivers that enable the enterprising angler to catch trout, grayling, chub and dace, with a couple of main river stretches offering salmon and sea trout as well. They're some of the most beautiful and least fished beats in the catchment, and all are priced between £2.50 and £15.00 per day.

Surplus income generated from ticket sales is invested back into the Trust's river conservation projects, so by purchasing tickets, anglers are contributing to the improvement of the rivers they love and enjoy.

The Ribble Trust also operates a membership scheme costing £20 per year and is always on the lookout for volunteers to help with conservation projects. Visit the website for more information.



Fishing tickets can be purchased online at;

www.ribbontrust.org.uk/go-fishing

Or in person from Mitton Hall Kennels, BB7 9PQ

(for opening times call 01254 826210)

www.ribbontrust.org.uk | 01200 444452 | admin@ribbontrust.com





The Farming Seasons

© Graham Cooper

Farming is a 365-days a year vocation requiring tremendous energy, commitment and determination.

Farming is at the heart of the Forest of Bowland's predominantly rural economy and the landscape looks and functions the way it does in part due to the efforts of the area's farmers.

The changing seasons inevitably dictate most farmers' workload, with the available hours of daylight playing a pivotal role in what gets done and when. During the winter months, modern farming is on the whole less labour intensive, but during the summer months, a 12-hour day is often standard – farmers don't get overtime!

But the amount of daylight is just one of the natural cycles of the seasons that dictate the farming schedule. Read on as we document a year in the life of a handful of Bowland farmers: their trials and tribulations and the triumphs and tragedies along the way.

Some of the farms featured are profiled farms from our website which provide opportunities for educational and group visits.

www.forestofbowland.com/farm-profiles

In order to help groups take advantage of this resource, we have a Farm Visit Transport Fund, run by Champion Bowland on behalf of the AONB. Visit:

www.forestofbowland.com/Farm-Visit-Transport-Fund

Sheila Mason, Keasden Head Farm



Bell Sykes Farm

SPRING: New Life Bursts Forth as the Countryside Awakens

Up on the western fringe of the AONB on the hills above Garstang, Dave and Edwina Miller are trying to keep track of their flock, which will number some 900 sheep by the end of the lambing season.

Along with son David, the Millers run a mixed upland farm 600ft above sea level. The views stretch for miles

across the Wyre Valley and Fylde Plain to the coast and beyond to the Irish Sea. While the conditions for lambing aren't quite as extreme as those found further east on the highest hill farms in Bowland, lambing generally starts indoors to make sure the next generation of Cobble Hey lambs get off to a flying start.

Once the weather warms up a bit and the lambs have put on some weight, they are turned out onto the grass and quickly start charging around the wide-open fields at Cobble Hey.

As soon as they hear Dave's quadbike and trailer rumbling down the track, the flock

begins something of a stampede towards the feeding stations; it's like a woolly charge of the Light Brigade.

“The ewes and newborn lambs are put together in bonding pens. When the ewes are feeding and mothering well, they are transferred into a group pen and after a couple of days, if the weather is fit, they are moved into the fields”

Their flock is dominated by Dalesbred and Teeswater hybrids for hardiness and wool quality and the majority are born indoors to give them the best possible start in life.

Dave and Edwina do get a little bit of help with the lambs from willing young volunteers who visit the farm to help with bottle-feeding, before they are released out into the fields once the weather warms up a little. By Easter, lambing is pretty much done and dusted, with most of the lambs and ewes outdoors,

playing king of the castle and chasing their siblings across the fields.



SUMMER:

Sowing the Seeds of a Wildflower Revival

On the outskirts of Slaidburn, Bell Sykes Farm's Coronation Meadows provide living seedbanks that preserve our meadowland natural history.

The meadows at Bell Sykes Farm in Slaidburn are some of the last and most important wildflower species-rich meadows in Lancashire and their importance is internationally recognised. This vulnerable habitat has become increasingly scarce and has largely disappeared in Lancashire through changes in agricultural practices. The meadows contain native grass species such as meadow foxtail and sweet vernal grass, along with moisture loving flowers like great burnet and meadowsweet.

They are home to iconic northern upland species including meadow crane's-bill and melancholy thistle along with a colourful mix of yellow rattle, eyebright, pignut, buttercups, knapweed and lady's mantle.

Peter Blackwell, wife Lin and daughter Lisa leave the meadows to grow late into the summer before cutting and bailing, so that

the seeds can develop and then be used to regenerate wildflower meadows elsewhere.

The majority of the crop is used to feed Peter's own herd and they sell

some to local farmers whose livestock seem to appreciate the richness of this 100 per cent natural diet. Contractors cut the remainder and then translocate the rich seed mix to help kick-start the creation of new wildflower meadows across the UK.

So it's well into July before the fields are mowed and the seed-rich grasses left to dry naturally in the searing heat of high summer.

In the wet – some would say, non-existent – summer of 2017, Peter was forced to make silage as the weather was too unpredictable to guarantee the warm, dry spell required to make proper hay.

“The grasses put their energy into growing upwards rather than bulking up their foliage nearer the ground. I'd say the yield was about half what we would normally expect”



Conditions were so bad that he wasn't able to cut some of the meadows without causing damage.

The reverse was true in 2018. With little rain from April, the grasses were much sparser than they would normally be.

Peter's low intensity approach means haytime remains very much a 'hands-on' activity where the whole family and friends pitch in. Son Marcus arrives home from his 'day job' in computer hardware design to lend a hand getting the last couple of loads of bales safely into the barn.





Relying on a 35-year-old tractor and International 440 baling machine, Peter and family make standard bales that are then manually loaded onto a trailer and stacked in a traditional stone outbarn.

It's hard but satisfying work on a close evening in early August. As we climb through the fields, collecting the bales as we go, the pastures offer wonderful views across the farmland to Slaidburn and up the Hodder valley to Bowland Knotts.

“It's hard graft, but we've never been afraid of a bit of that and it's very satisfying to see another year's worth of winter feed safely stacked up in the barn”

With 108 bales loaded onto Peter's new tri-axle trailer, Peter carefully pilots the old Marshall to the outbarn overlooking his farmhouse. As he backs the tractor into the oversize doorway, the resident barn owl flees to a nearby tree and Lin helps guide the trailer into the barn.

Unloading the bales and stacking them up towards the roof is even hotter work in the still, airless barn, but the ride back in the trailer for a well-earned brew and home-made cake at Bell Sykes is ample reward.

“Modern farming methods mean that a lot of farms spend a small fortune on winter feed” says Peter “Especially in a winter like we've had last year – but we've got pretty much all the forage we need up in the top barn.”

AUTUMN: Harnessing the Harvest to Stem the Tide

In the enchanted valley of Roeburndale, sustainable farming and land management methods are being employed to preserve rare species and stem a destructive cycle of flooding after decades of soil degradation.

On the northern fringes of the AONB, there is a steep-sided, densely wooded valley that feels like another world. Verdant, overgrown, peaceful and slightly unkempt, setting foot in Roeburndale is like stepping back in time.

There's a slight sense of abandonment here – as if the custodians have simply got out of the way to give Mother Nature some extra breathing space. By modern farming standards, it's something of a lost world, but to its owner: Dr Rod Everett, it's paradise.

Backsbottom Farm covers some 230 acres of moorland and woodland on the western flank of this enchanting valley and it's all farmed along permaculture principles: 100 per cent organic and minimal to zero chemical and pharmaceutical input.

Rod has travelled the world giving talks on permaculture yet enjoys a simple life which he shares with wife Jane on this isolated farm perched near the head of the valley some 400 feet above sea level.



Power is provided via a 3-kilowatt wind turbine and the water from natural springs.

Much of the upper slopes are given over to organic fruit and veg, and Rod's four rambling orchards now comprise some 200 different apple varieties, with a few sheep grazing contentedly among the trees.

The orchards are a living seedbank that should ensure the survival of rare strains of apple from Lancashire, Yorkshire and Cumbria and in 2018 they produced a bumper crop.

"We're looking at three times the usual yield," said Rod. "We really need to work out how to make use of them without any wastage. So now they are all scrapped (pulped) and pressed to make cider and then when ready, converted to craft cider vinegar. This will mature for two years in oak barrels. Be ready in 2021 for a special treat. The apple pressings are converted to silage for the sheep."

The entire farm buzzes with insect life, from rare butterflies and dragonflies, to bees, hoverflies and hornets. A solitary horseshoe bat is hawking insects above the river in broad daylight.

Below the farm, a steep track dives into the wooded slopes of the valley, where the River Roeburn sparkles in the warm autumn sunshine. And yet after heavy

winter rainfall, this pretty babbling brook can mutate into something altogether more threatening.

In August 1967 the course of the river was diverted by around 150 yards by a devastating flood caused by a summer cloudburst. A wall of water demolished 13 houses, cottages and barns, deposited 24-tonne rocks 400 yards down-river, took out every bridge in the valley and killed dozens of livestock.

In a bid to prevent a repetition of these environmental traumas, Rod has implemented a series of natural flood prevention measures on his land. In-river training structures redirect the flow so that seasonal floodwaters re-contour and reinforce the natural banks, while peat and blanket bog restoration and a series of swales and

dams on the edge of the moorland above hold the water higher up the catchment, delaying its descent towards the river channel and smoothing out sudden spikes in the water level.

“It's still early days, but the small-scale flood prevention measures we've put in seem to have had a positive impact and replacing some of the trees lost in the recent floods may be playing their part too.”



WINTER:

In the Bleak Midwinter Something Small and Woolly Stirs

Sheila Mason farms at Keasden Head – high on the hills above Bentham on the northern slope of the Bowland Fells, where spring isn't in any particular hurry to arrive.

While the first signs of spring may be appearing in the valleys, on the hill farms up on the Bowland Fells, winter retains its icy grip. Yet the plaintive cries of the first tiny lambs are only a heartbeat away. On Bowland's lower lying farms in the valley bottoms, the Christmas decorations are barely back in the loft when lambing begins early in February.

Sheila farms 322 acres of upland farmland bordering heather moor, adjacent to a wooded river valley. It's an especially demanding time of year for sheep farmers, who may have to function on just a few hours' sleep a night for the next month or so. Ewes tend to lamb late at night or early in the morning and in wet weather, the new-born lambs can really struggle to survive outdoors. For this reason, much of the early lambing happens indoors in barns and lambing sheds – offering some protection from the elements and a fighting chance of survival.

“I wonder what I'm going to find in the morning, because it can be a scene of absolute devastation after a really wet and windy night”

“Because it's so cold outside, and there's so little grass at this time of year, we tend to lamb our zwartbles inside in pens. They are better off bedded up and we can keep our eye on them. We have cameras on the pens and if there are any new arrivals during the night, I like to get up and make sure they are all fine and give them a once-over. By morning they are usually suckling well and absolutely fine.

“Lambing is a pretty full on time for us: when you aren't checking for new arrivals you're constantly checking the feed and making sure the new-borns are suckling properly. We have to help out some ewes with a bit of supplementary bottle-feeding and occasionally a ewe will

reject one of her lambs so we try to get a more experienced foster mum to adopt her.”

And so the farming year comes full circle. In another few short weeks, as the days lengthen and the green shoots of spring return to the lowlands, the fields will soon be full of gambolling lambs.

Over on the western fringe of Bowland at Cobble Hey, Dave and Edwina will be tidying up the gardens and preparing to welcome the first excited schoolchildren to bottle-feed their lambs. In Slaidburn, Peter will be eagerly awaiting the first wildflower blooms and keeping his fingers crossed for a bumper seed crop, while Rod will be looking forward to the first delicate bluebells peeping up from the forest floor.

The farming year has been unfolding like this every year for decades and this natural timetable – largely dictated by the progression of the seasons – is unlikely to alter anytime soon.





The Iconic Hen Harrier

RSPB staff and a small army of volunteers last year enjoyed the most successful year for hen harriers since 2011, but continuing illegal persecution of these red-listed raptors, means their future in Bowland and nationwide remains precarious

After seven years during which only a handful of chicks reached adulthood, in 2018, three nests in the fells of Bowland produced a total of 13 chicks. It's an encouraging turnaround after the despondency over the area's breeding failures in previous years.

If the trends had continued for much longer, the iconic hen harrier – symbol of the Forest of Bowland AONB – could effectively have become extinct as an indigenous breeding species.

There's a reason the AONB has a hen harrier as its symbol. In the early 80s, there were 30-plus nesting pairs of harriers across Bowland. Bowland was the most important place for hen harriers in England. In some years, this was the only place in England where hen harriers nested successfully.

"In 2011, there were six successful nests on United Utilities land in Bowland, but in 2012 and 2013, there were no nests, which was the first time since the late 60s when hen harriers recolonised Bowland," explained RSPB Bowland Project Officer James Bray.

"In 2014, two pairs produced nine chicks, but in September, two of the tagged birds suddenly disappeared in Bowland. In 2015, four pairs attempted to nest, 35 eggs were laid, but four male adult birds disappeared and only one chick fledged."

“According to Natural England, the minimum number of birds we should have in Bowland is 12 or 13 pairs. So currently we have a quarter of that minimum population”

"The wider effects of weather and food availability are reflected in the number of chicks that successfully fledge. If there's a shortage of food or adverse weather, the proportion of successful fledglings reduces, rather than the number of nesting attempts."

"In Bowland in recent years, nothing has changed dramatically in terms of the environment, weather or food availability, so the absence of nesting attempts is of concern."

In 2018 thanks to round the clock nest monitoring and a largely benign summer which allowed adults to provide plenty of food for large broods, the local harrier population has increased by around a dozen birds. The 13th – unusually – decided to hop over the channel and is currently residing in France.

A Volunteer Effort

During 2018, once harrier nests were located, the RSPB deployed six staff who were supplemented by a dedicated team of 15-20 volunteers who put in just over 2000 hours between April and the end of August.

The three successful nests were all on land owned and managed by United Utilities and their farming and shooting tenants. Over the last decade or so, United Utilities has invested millions of pounds in carefully managing the fragile upland habitat to improve water quality, which also has beneficial spin-offs for wildlife.

"Grazing is much lower intensity, so the heather tends to be taller, creating a better habitat for ground-nesting birds like the harrier," said James. "They need that cover and if it's burned off to encourage new growth, they have nowhere to go."

Although females and young birds are predominantly brown – allowing them to blend into the heather landscape more easily, after three years, adult males become a very light grey colour, making them stand out against the dark moorland backdrop.

"The males do most of the hunting while the female is on the nest and they become very visible and vulnerable to persecution because they are very obvious in the landscape while they are busy trying to find food to feed the chicks."

"It has been a good year for voles and the majority of the food our volunteers saw brought to the nest were voles, which enabled the nesting adults to successfully rear such healthy broods."

Numbers of mature males have dropped more than females in Bowland, meaning that in 2018, one male was actually finding food for two out of the three successful nests.

"The males will travel up to 8km from the nest and while the three successful nests were all concentrated on United Utilities land, the birds will roam over neighbouring estates in search of food, which is primarily voles and meadow pipits."

"It's brilliant that we had three successful pairs this year, but it's way too early for us to say with any confidence that this is the start of a recovery. We need several successive years of birds nesting successfully before we can say things are working as they should."



Hen Harrier Chicks
© RSPB



Juvenile Hen Harrier
© Stephen Murphy

Volunteer View

The volunteer effort for monitoring hen harriers in Bowland has been in force for two decades. Phil Dykes tells us why he recently decided to get involved...

The Forest of Bowland has always been important for hen harriers and yet in recent years their numbers have been decline.

"Things came to a head in 2015 when four male hen harriers disappeared in quick succession, leaving their mates unfed sitting on active nest sites. It was a desperate situation and threatened the very future of hen harriers in Bowland.

"So my wife Rose and I decided last year that we wanted to do something to help, so we volunteered to help monitor and protect these special birds.

"In 2017 we were privileged to watch a family of peregrine falcons raise their young, but in 2018 they were joined by nesting hen harriers. It was brilliant. Many days were

spent in the fells watching over the birds as they started pairing up and nesting. Under James' direction we worked with the rest of the team and were so proud when their eggs hatched and the young birds started to fly.

"For me the most memorable highlight was the day that I watched four young birds circling and diving through the air in a close family group. It was breath-taking.

"The reward was the realisation that we had done our bit to help these endangered birds re-establish themselves in our local patch where they belonged. Visitors and locals alike again had the opportunity of watching these iconic birds in Bowland.

"We know that this is just the start, but we will be back up there in 2019 trying to help them along again."



More Success Stories

While raptors like the hen harrier and peregrine continue to struggle in Bowland, other nationally scarce species have been faring better. RSPB and other AONB partner organisations have worked with farmers and land managers in Bowland to improve the habitat for these species.

Ring Ouzel

While nationally scarce, the remote valleys of Bowland are one of the few places where this black thrush with a distinctive white neckerchief continues to thrive. Numbers continue to hold up well and they are often spotted perched on scrub and small trees in the steep-sided valleys (or cloughs) of the Bowland Fells.

Pied Flycatcher

Another highly localised species, these distinctive black and white insect-eaters are thriving across Bowland – especially in the valleys on the southern fringe of the AONB. Look out for them flitting about in deciduous woodland from May onwards.

Curlew

This iconic wader's bubbling call is one of the earliest harbingers of spring in the uplands and while populations have crashed by 50 per cent nationally, Bowland's population remains relatively stable. Look out for them on low-lying, wet pastureland and hay meadows from February onwards.



Sponging off the Spate

In December 2015, torrential rainfall saw widespread flooding throughout North and East Lancashire when local rivers burst their banks.

It's too early to say for sure, but a large-scale environmental project to invest in peatbogs in the Forest of Bowland may have played an important role in smoothing out the sharp spikes in river levels and stemming the flood tide.

Working alongside a number of partners, not least their tenants, United Utilities (UU) – which owns thousands of acres in the Forest of Bowland AONB – has been investing in the restoration of the moorland for over a decade, returning it to its former glory.

Years of drainage of the UK uplands has caused 5,000-year-old peat bogs to dry out and erode releasing colour and sediment into watercourses and millions of tonnes of carbon dioxide into the atmosphere contributing to climate change.

Upland peatbogs provide critical environmental services, including the provision of much of the North West's drinking water supplies – the main reason why United Utilities is so keen to see

improvements to this internationally important habitat. Deterioration of the peat bog has negative effects on water quality, leading to increased water colour which has to be removed.

Peatbogs store millions of tonnes of the greenhouse gas carbon dioxide and have the capacity to remove still more CO₂ from the atmosphere.

They also store and filter rainwater, holding it on the hilltops like huge natural sponges, filtering out any sediments and pollution, then releasing it slowly into the river system.

On a chilly late autumn day, members of the AONB team jump into a Land Rover with United Utilities Catchment Partnership Officer, Pete Wilson, and we head into the fells above Dunsop Bridge.

Clambering across the watershed it's decidedly squelchy underfoot, but until quite recently, this wasn't always the case.

"In the worst affected areas, the peat was so badly eroded it was reduced to little islands in a sea of thick black mud," explained Pete.

“Peatbogs are an incredibly rich habitat for wildlife, providing food and refuge for a wide variety of flora and fauna, which cannot thrive anywhere else”





High up on the tops of the Bowland Fells, ambitious projects to restore ancient peatbogs are beginning to have a positive impact.

Pete explained that a few years on, after a lot of intervention, including the blocking of old drainage ditches (also known as grips), changes to grazing and the re-seeding of areas of bare, eroding peat, the seas of mud are being replaced by mosses, heather and grasses and the peat bogs are well on their way to recovery.

And thanks to Heritage Lottery funding for the new Pendle Hill Landscape Partnership Scheme, a peat restoration project is underway on the moorland surrounding the summit of this iconic landmark.

Work began in September 2018, and this intensive programme will see some 25 acres of upland peat bog to the west and north-west of Pendle's summit cairn restored.

AONB project officer Sarah Robinson said: *"We re-profile the peat hags to stop further erosion and introduce logs filled with coconut fibre to promote rehydration of the peat. We then stabilise the soil using natural re-seeding techniques that are pretty labour-intensive, so we will need lots of willing volunteers."*

"We put down heather brash collected from elsewhere on the hill to create a protective microclimate just above the ground, then seed with native grasses whose roots quickly firm up the top layer of peat soil".

The peatland restoration project will continue through into 2019, but it will

then take many more years for a uniform layer of moorland vegetation to establish itself.

To the west of the summit near the main ridge path, restoration work has taken place to the eroding gullies, and barriers of peat and wood will slow the flow into the upland becks and streams.

These natural flood prevention measures slow the run off from heavy rainfall higher up in the

catchment and even out spikes in the water level downstream in the main rivers.

Only time will tell whether the restoration work on the Bowland Fells the Bowland Fells and up on Pendle Hill will have such a beneficial impact, but the early indicators are positive.

“The heather brash also contains natural seeds which should germinate and we supplement this process by planting plugs of sphagnum moss and other native flora”



Find out more about peat restoration here:

www.forestofbowland.com/Lancashire-Peat-Partnership

Family Adventures

Whether you live here, or you're visiting on holiday, the Forest of Bowland is a year-round discovery for all ages

Get your wellies on for a fun filled family day out!

Many of Bowland's local shows pride themselves on being traditional agricultural and horticultural shows, and are a great opportunity to enjoy a slice of rural life in the local community – making the perfect family date out. The annual Bikes and Barrows Festival in Scorton and Scarecrow Festival in Wray in early May are also not to be missed! Or if music is a family favourite then head to Cloudspotting Music Festival held at Gisburn Forest – a fantastic, small family-friendly festival.

Why not visit one of our traditional steam fairs held in Chipping, second bank holiday in May and Slaidburn, 8-9th June. The Slaidburn Steam Rally is an annual event held at the Hark to Bounty, with several steam engines, the original Bounty bus, plus many vintage vehicles including cars, tractors and more. There are also stalls selling local goods and demonstrating traditional crafts.

For food lovers be sure to visit Clitheroe on 10th August for the annual food festival - expect quality Lancashire produce, inspirational chefs, exciting culinary activities for all the family and great music from the area.



© David McNamee



© David McNamee

Shows, Festivals and Fairs

Bentham Show

www.nwshows.co.uk

Bikes & Barrows Festival

www.scortonvillage.com/bikes-barrows-festival

Chipping Show

www.chippingshow.co.uk

Chipping Steam Fair

www.chippingsteamfair.com

Clitheroe Food Festival

www.clitheroefoodfestival.com

Cloudspotting Music Festival

www.cloudspotting-festival.co.uk

Goosnargh and Longridge Show

www.glashow.org.uk

Garstang Show

www.garstangshow.org

Hodder Valley Show

www.hoddervalleysingshow.co.uk

Slaidburn Steam Fair

www.slaidburnsteam.co.uk

Wray Scarecrow Festival

www.wrayvillage.co.uk

Have a look at our easy access trails some of which are suitable for people with wheelchairs, pushchairs, limited mobility, or simply for those whose legs aren't as young as they used to be. All the family can now experience the unspoiled beauty of the area along trails with fantastic views, wildlife rich hedgerows and through tranquil woodlands and parklands.

Visit: www.forestofbowland.com/tramper-trails

Or why not visit one of the area's sculpture or nature trails?

Pendle Sculpture Trail, Aitken Wood, Barley - four artists have created sculptures that centre on the famous trial of the Pendle Witches to mark the 400th anniversary, through a woodland trail in Aitken Wood. Also look out for some new sculptures in 2019!

www.visitpendle.com/things-to-do/pendle-sculpture-trail-p841900

Beacon Fell Country Park – enjoy spectacular panoramic views across Bowland. A great day out with car parking, picnic areas and a cafe. Beacon Fell provides the ideal day out for all the family with plenty of walks, a sculpture trail and a number of year-round events. www.lancashire.gov.uk/leisure-and-culture/country-parks-and-nature-reserves/beacon-fell-country-park

Ribble Valley Sculpture Trail, Clitheroe - includes over 20 permanent works of art. The trail is through Brungerley Park and Cross Hill Quarry, a local nature reserve managed by the Lancashire Wildlife Trust, only a mile from Clitheroe town centre. www.ribblevalley.gov.uk/info/200304/parks_and_open_spaces/995/ribble_valley_sculpture_trail



Villages, Playgrounds & Picnicking

There are some charming, picturesque villages in Bowland all waiting to be discovered. Many have good facilities including parking, toilets, playgrounds, delightful picnic spots and sometimes a tearoom or a village green to feed the ducks. Here are just a few ideas of villages to visit: Barley, Bolton by Bowland, Chipping, Clapham, Dunsop Bridge, Sabden, Scorton, Slaidburn, Waddington and Wray.

We also have some fantastic 'I Spy' quizzes for your youngsters if you're visiting the villages of Downham, Hurst Green, Slaidburn or Wray – a great way to explore and find out more!

Follow this link to download them: www.forestofbowland.com/Family-Fun#activities

Gisburn Forest Hub is a great destination for families wanting to do off-road cycling, walking or wildlife watching at Stock's Reservoir. There's a café, bike hire and playground on-site and several family-themed activities throughout the year.

Museums aren't just for rainy days - Clitheroe and Lancaster both have great museums and castles with loads to discover, and they're a brilliant way to find out about people, places and past times! Take a look at www.lancashire.gov.uk museums to find out what's happening. Or visit the Pendle Heritage Centre, Barrowford which has a museum focusing on life in the 1600s, the Pendle Witches, George Fox and the Quakers. www.pendleheritage.co.uk

A Summer Quiz



- 1 Which noisy black and white bird has a striking red/orange beak?
- 2 Which moorland plant is very important for red grouse?
- 3 What's the name of the grass with white, fluffy "pom pom" heads found on boggy fells?
- 4 Do you know another name for the moorland "whinberry" fruit?
- 5 What type of creature is a Common hawket?
- 6 What do you call grass which is cut in the summer and left in the field to dry, then fed to stock in winter?
- 7 Roe deer give birth in the early summer. Do you know what their young are called?
- 8 Which creatures live above ground in shallow "forms"?
- 9 Female bats give birth to their young in June—often a single pup. Do you know what bats eat?
- 10 Which is larger—the male hen harrier or the female?

Answers:

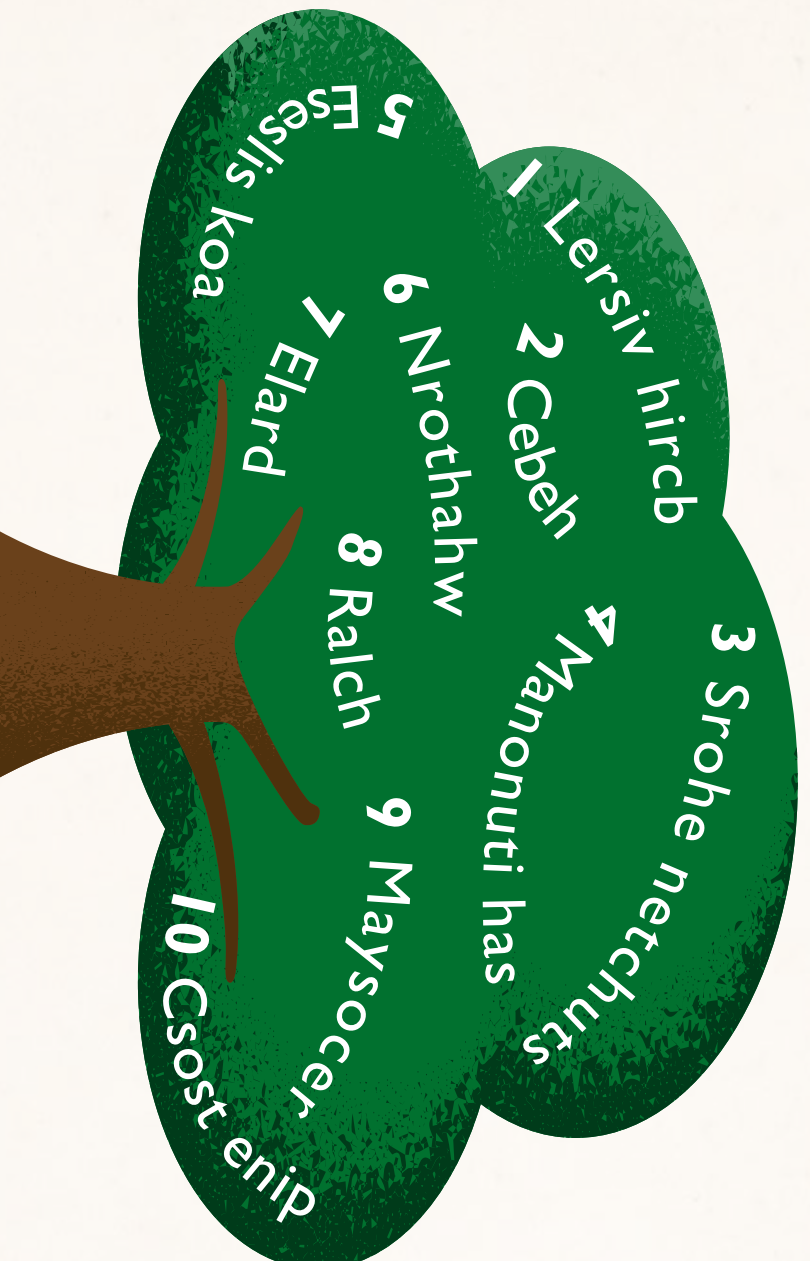
- 1 Silver birch
- 2 Scots pine
- 3 Heather
- 4 Bilberry
- 5 Dragonfly
- 6 Moths and other insects
- 7 Kids
- 8 Hares
- 9 Hay
- 10 Female

With quizzes and activities for everyone to enjoy, why not take a quick look at:

forestofbowl.com/family-fun

Tree-time Anagrams

Can you untangle
10 tree names
from these tricky
anagrams?

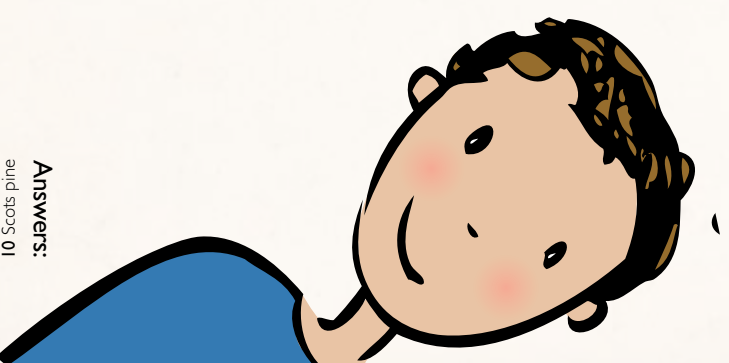


With quizzes and activities for everyone to enjoy, why not take a quick look at:

forestofbowl.com/family-fun

Answers:

- 1 Sessile oak
- 2 Beech
- 3 Horse chestnut
- 4 Mountain ash
- 5 Dragonfly
- 6 Moths and other insects
- 7 Alder
- 8 Larch
- 9 Sycamore
- 10 Scots pine



Rural Retreats: From Field to Fork (in less than 5 minutes)

An enterprising couple have turned their rural retreat into a model of sustainably sourced local produce where the food miles can be measured in feet.

Nestling under the rugged ridges and outcrops of Bowland Knotts, Dale House Barn is quite a long way off the beaten track. Passing trade is almost non-existent and the nearest pub is six miles away – yet for the growing numbers of repeat visitors to this rural idyll – this is academic.

Everything they need is within easy walking (or cycling distance) of the Barn. A short walk up the lane offers amazing walks and fabulous views over both the Bowland Fells and the Yorkshire Dales. Miles of rugged single-track and more walks are just a short ride away in Gisburn Forest and a whole supporting cast of Bowland wildlife can be watched through the windows.

But increasingly it's the locally-sourced dishes on the ever-changing menu that draw outdoor enthusiasts and foodies alike to this out-of-the-way location in the uplands above Slaidburn.

Proprietor Dominique Ashford and partner Andrew make a great team. Both keen cyclists and nature-lovers, they can advise guests on all the local outdoor activities, but come the evening, this engaging double act really come into their own.

Dominique Ashford



“When we mentioned that most of the ingredients for each dish came from within a mile – or in some cases – just a few yards of the Barn, they were absolutely fascinated and wanted to know more. It's just snowballed from there”

An accomplished marksman, Andrew is uniquely well qualified to source pheasants, rabbits and deer from the game-rich countryside surrounding the barn. Meanwhile, trained chef Dominique knows exactly how to make the most of the natural larder on their doorstep.

“It started out as an optional extra that we offered for guests who didn’t want to go out in the evenings after a hard day on the tracks or walking the fells,” explained Dominique. “But we quickly found that people were rebooking and asking for the evening menu options.”

“The deer, rabbits and pheasants from the surrounding area, eggs from the hens, vegetables from the garden and – depending on the season – herbs, mushrooms, nuts and berries from the hedgerows. The bread is always home-made and if I can’t find something on the land, I’m very careful about sourcing quality beef and lamb from local markets or independent suppliers in Bowland, the Dales or the Ribble Valley.”

The interest in her zero food miles approach has prompted Dominique to add foraging and cookery courses to the menu of activities available at Dale House.

“From spring, we will be offering foraging breaks which we can team up with bread-

“In autumn, the accent is on game dishes – because we are spoiled for choice around here. Most dishes will also feature locally picked berries like sloes and blackberries and – of course – mushrooms”

making or cookery courses for enthusiastic foodies who want to immerse themselves in the local food ethos,” said Dominique.

“Guests could go for a wildlife walk, gather some wild garlic, fruit, berries or mushrooms and then come back to the kitchen and learn how to cook it before enjoying the fruits of their labours in a locally sourced and home-cooked meal.”

On booking guests receive a sample menu and can select a choice of starter, main and dessert – all for a set price of around half what you’d expect to pay in a city centre restaurant.

“The menus change throughout the seasons according to what’s available,” explained Dominique. “In spring,

the focus is on light fragrant cooking using fresh wild herbs like garlic and wood sorrel in soufflés and flans. Home-made pesto with fresh fish or pasta and Bowland goat’s cheese is always popular.”



Dale House Barn *and* Bed & Breakfast

Situated in the heart of the stunning surroundings of Gisburn forest and the beautiful Ribble Valley, with easy access to the Yorkshire Dales.



The B&B

Our beautiful 400-year-old farm house offers luxury bed and breakfast and delicious evening meals in a very rural setting, perfect for exploring Bowland in the day and for star gazing at night.

Our Barn

Our sympathetically converted camping barn offers comfortable and practical self-catering group accommodation for up to 14. Hearty breakfasts and evening meals available.

SEE OUR WEBSITE FOR DETAILS TO ARRANGE YOUR PRIVATE STAR GAZING EVENING

For enquiries and booking please call 01200 411095 or visit our website www.dalehousebarn.co.uk

Rural Retreats:

A Place to Gather Your Thoughts and Reconnect with Nature

After returning to her childhood home natural therapist Helen Flatman Leece established a centre for wellbeing and renewal high among the hills on the western fringe of Bowland.

Standing some 140 metres above sea level, Swainshead Hall Farm enjoys an elevated position offering amazing views of both the fells and the wide expanse of Morecambe Bay, with the smoky outline of the Lakeland Fells peeping out over the northern horizon.

It's a truly enchanting view that's entirely in keeping with the aura that permeates this magical rural hideaway overlooking the upper Wyre Valley near Abbeystead.

Nestling beneath the natural amphitheatre of Grizedale, Marshaw, Wolfhole Crag and Ward Stone – the highest point in Bowland – this ancient manor house, mentioned in the Domesday Book, exudes a sense of rooted permanence that feels as old as the fells that surround it.

“This little community has been a place where people have come together in friendship for centuries and we want to preserve those traditions”

Helen returned to her family home – a working hill farm of some 280 acres – after a varied career which saw her qualify as a holistic therapist and practitioner of Ayurveda – an Indian-based holistic medical system incorporating diet, lifestyle and herbal medicine. Her current passion is the alchemy of Flower Essences and biodynamic plant life, and she now practices the well-known study of the famous Dr Bach remedies, teaching, making and delivering insightful workshops.

Helen immediately set about diversifying, converting the outbuildings into cosy bunkhouse accommodation and indoor and outdoor spaces for learning and discovery, which she christened The Gathering Fields.



“The name the Gathering Fields seems to capture that instinct for like-minded people to share each others’ company in a relaxed and open setting,” said Helen.

“Ideal for extended families or informal friendship groups, community groups and charities, the Gathering Fields offers yoga, sound relaxation, herbal foraging with a medicinal twist, Flower essence making or simply revelling in the glorious countryside on the doorstep”

Alongside the camping barn – which was once a cowshed – there's also a paddock to pitch tents and a wonderfully expansive covered outdoor seating area complete with communal firepit to while away the evenings around the campfire.



Camping barn guests share the paddocks around the farm with a herd of friendly Hebridean sheep, two pet pigs and sundry chickens, the odd cat and Helen's sheepdog, Nip.

"We encourage a back to nature approach to stays on the farm," said Helen. "But while it's deliberately rustic, the camping barn has all mod cons, with hot and cold water, heating, toilets and indoor kitchen and plenty of room to dry out wet clothes and boots."

"Families love the sense of space and safety and seem to settle in and get comfortable in their surroundings very quickly. We know the surrounding area really well and can point guests in the direction of the best places to walk, cycle, explore – and enjoy a pint! We'll even supply torches if they fancy a night hike."



The Gathering Fields



The Gathering Fields is a centre for wellbeing and retreats high among the hills on the western fringe of Bowland near Abbeystead. It hosts a rustic camping barn, camping field and covered outdoor fire pit area. Perfect for families where experiences in Yoga, herbal foraging, flower essence making, pottery and wool crafts can be offered.



Website www.northernapproach.co.uk Mobile 07791254101

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Tue to Sat 10 am - 5 pm, Sun 1 pm - 5 pm



Tour de Teashops

When you're burning up the calories among the hills and dales of Bowland, it's nice to know you're never too far away from somewhere to recharge the batteries with a sticky bun and decent cup of coffee...

Cycling in the Forest of Bowland is a serious business. It was on the demanding climbs and steep descents of Pendle and the Bowland Fells that Sir Bradley Wiggins prepared for his Olympic and Tour de France 'double' and the area continues to attract road cyclists and mountain-bikers from right across the northwest.

Within the AONB, cycling between the Ribble and Hodder valleys inevitably involves a pretty serious climb. Committed hill-hunters will be drawn to the gnarly ascents of Waddington Fell (from either the Newton or Waddington side) or Pendle Hill – both of which involve several hundred feet of steep ascent.

Less intimidating but still scenically spectacular are the passes of Bowland Knotts and Cross o' Greet – which can both be tackled on a 40-mile circular route between Bentham and Slaidburn. The iconic Trough of Bowland is another popular road route that attracts keen cyclists year-round.

Hall Hill
© Ryan Howarth



Downloads

Download a selection of road rides suitable for riders of varying abilities from:

www.forestofbowland.com/cycling-information

Download the Forest of Bowland teashop trail leaflet:

www.forestofbowland.com/files/uploads/pdfs/FOB_TeashopLeaf0418LoRes.pdf



Large numbers of club cyclists head to the quiet lanes of Bowland each week including members of the local cycling club: Clitheroe Clarion, which has a long and illustrious past dating back to 1923.

One Clarion member: Alan Ramsbottom, from Clayton-le-Moors rode to a very creditable 16th place in the 1963 Tour De France – almost 50 years before Bradley Wiggins became the first Brit to win the world's most prestigious bicycle race in 2012. These days, club members are happy to have a gentle run out on Saturday morning, which inevitably involves stopping off for breakfast or lunch at one of Bowland's many roadside cafes and teashops. They are a friendly bunch and actively welcome potential new members or visiting cyclists to join them for a relaxed ride. Contact: clitheroeclarion@gmail.com

“The last Clarion House near Newchurch is open to walkers and cyclists on Sundays. Tea is still served from huge pots and the seating is on communal benches”

Off-Road Cycling

Mountain bikers will find a network of dedicated trails at Gisburn Forest Hub near Slaidburn where more than 30km of forest trails and tracks are waiting to be explored.

The basic skills loop is ideal for beginners looking to hone their bike-handling skills before tackling the more ambitious 9.5km (5.5 miles) Bottoms Beck Trail which includes steep curvy descents and a scenic riverside ascent.

Accomplished riders can test themselves on a more demanding 18km (11 miles) double loop known as 'The 8' with optional Black routes to spice things up still further.

Cyclist-Friendly Teashops

The Old Vicarage Tea Room, Tosside, BD23 4SF

Unanimously voted their favourite coffee stop by Clitheroe Clarion members, this welcoming café and bistro offers some of the best views in Lancashire, stretching from Pendle to Pen-y-gent. Generous portions and a warm welcome guaranteed.

The Barn, Scorton, PR3 1AU

Café, garden centre and gift shop on the main street through the pretty village of Scorton. Popular with cyclists and walkers with easy access to short local walks and longer routes up into the hills.

Café Bar at the Priory, Scorton, PR3 1AU

As well as being a great resting place for walkers and cyclists wishing to refresh themselves whilst exploring the area, the café bar appeals to couples and families wanting to get away from the hustle and bustle and relax in a countryside setting.

Country Kitchen Cafe, Waddington, BB7 3HP

A quirky little café right at the heart of one of Lancashire's prettiest villages. Home-made sandwiches, pies and cakes plus hearty breakfasts available most days.

Riverside Tea Rooms, Slaidburn, BB7 3ES

Perfectly located village café next to the grassy banks of the River Hodder in the timeless village of Slaidburn. Sandwiches, cakes, plus more substantial meals available in the upstairs restaurant. Ample outside seating in the summer months.

Gisburn Forest Hub Café, BB7 4TS

One for the mountain-bikers. Friendly, welcoming café majoring on huge slabs of home-made cake and generous servings of tea or coffee. A welcome reward after a morning spent pounding the singletrack trails through the Forest.

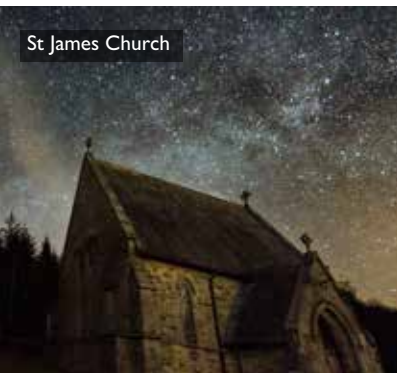


For a full list of Bowland's Teashops download:
www.forestofbowland.com/files/uploads/pdfs/FOB_TeashopLeaf0418LoRes.pdf

Bowland Dark Skies Festival

16th to 24th February 2019

Join us for an exciting week to celebrate some of the darkest skies of England here in Bowland!



St James Church

16th February

Dark Skies Glamp - Bentham Golf Club

7.30pm till late

Be guided on an incredible journey through the constellations. Finish the evening in style by staying in one of Bentham Golf Club's new, stylish glamping pods or lodges.

Booking essential.

Tel: **015242 62455** or visit: hello@wenningdale.co.uk

£99 (per pod for 2) / £189 (per lodge for 4)

Stargazing only tickets also available



© Matthew Savage

17th February

Astrophotography Workshop - Gisburn Forest

7pm to 10pm

Come to our Forest of Bowland Dark Sky Discovery site and learn how to photograph the contrast of our dark skies and the beautiful stars above.

Booking essential.

Tel: **07511 403702** or visit: <https://tinyurl.com/yb8yzogd>

£27.24 per person

19th February

Planetarium Adventure – West Bradford Village Hall

1pm, 2pm or 3pm

Step inside the Yorkshire Planetarium's mobile dome for HD films with the wow factor! A great half term activity for families with children of 8 years and over.

Booking essential.

Tel: **01200 448000** or Email: sandra.silk@lancashire.gov.uk

£5 per family (2 adults and up to 2 children)

20th February

Stories of the Stars - Gisburn Forest

7pm to 8.30pm

Bring along the family for an enchanting evening in Gisburn Forest! Cosy up around the campfire for an evening of dark sky stories with storyteller, Sue Allonby, and listen to our expert guide, Robert Ince, who will share stories of his own dark sky adventures. A great half-term activity for families with children of 8 years and over.

Booking essential.

Tel: **01200 448000** or Email: sandra.silk@lancashire.gov.uk

£3



© Robert Ince

24th February

Bowland by Night - Cobble Hey Farm & Gardens

7.30pm to 9.30pm

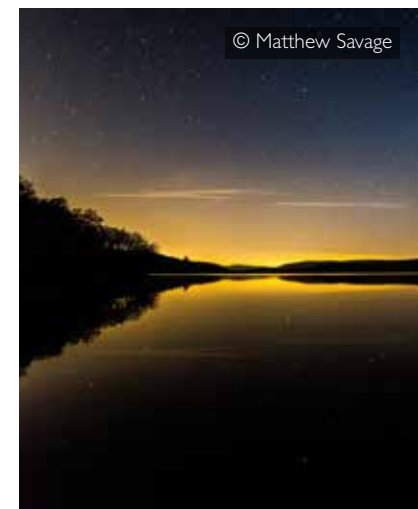
Be taken on an incredible journey through the constellations and along the Milky Way. There will be powerful telescopes for you to gaze through, but we will also help you see the spectacle of skies with just your own eyes.

Booking essential.

Tel: **07511 40370** or visit: <https://tinyurl.com/yaevrbux>

£15/£7.50

(£40 per family ticket – and up to 3 children 8 years +)



© Matthew Savage



Why not combine your dark sky adventures by staying for a few days in one of the AONB's Dark Sky Friendly Businesses? We have twelve in Bowland – all quality accommodation providers – geared up for your star gazing visit.

Further Information:

www.forestofbowland.com/Star-Gazing

Pendle Hill Food Heroes

Steven Smith is on a mission: to create the best pub in the world. Yet for dedicated foodies, the food on offer at the Freemasons is much more sophisticated than pub grub.

The Freemasons has won a string of prestigious awards in recent years - the 2017 AA Restaurant of the Year for England, alongside being the top NW pub in the Top 50 Gastropubs, and one of the only pubs to make The Sunday Times Top 100 Restaurants!

But Steve's vision is clear. "Most people in this part of the world are more comfortable in a pub environment – myself included. Pubs are inclusive and most Lancastrians feel at home in them, so for me, it's the perfect environment in which to deliver the best food we can."

"I really do think the hills and valleys of East Lancashire are just the best place to be in autumn. You can walk into a pub with a fire roaring and there's usually a game dish on the specials board. It's wild, it's sustainable, it's healthy and when you look at what you can serve with it: wild mushrooms, damsons, berries – we're spoilt for choice."

“To produce the best food, you need access to the best raw materials and it's all about having good relationships with your local suppliers”



Pendle Hill Food Heroes

The legendary ladies who run the Barley Cabin have resurrected a traditional Pendleside delicacy. Long before the arrival of fancy continental patés Pendle had its very own meaty finger food: Stew 'n' Hard.

The origins of this forgotten foodstuff are difficult to pin down, but the 'hard' is thought to date back to pre-industrial times, when oats were a staple of the East Lancashire diet and the area was home to a number of oat mills.

The 'stew' is made by boiling up whatever offcuts of meat could be found with bones and marrow and then allowing it to cool and set. The result is a rich, savoury spread which compliments the crispy oat bread. A garnish of sliced red onions adds a bit of zing and a smear of mustard livens it up still further.

When Paula and Toni, who run the Cabin, have put this traditional Pendle dish on the menu, and when word gets around it flies out.

"It's perhaps a bit plain for modern tastes, but for many locals, it's as much of a staple as fish and chips or bangers and mash", said Paula.



“Staple dishes are having a renaissance, as foodies look for more authentic recipes which are rooted in local culinary traditions.”

Pendle Hill Food Heroes

On the quiet country lane between Chatburn and Downham, an elegant Victorian farmhouse has quietly morphed into one of the most talked about cafes in the Ribble Valley.

As well as being blessed with one of the prettiest views in the Ribble Valley, this informal café and boutique B&B is the place to head to sample some of the best home-made cooking in the area.

Hailing from a family of bakers, Trevor borders on the obsessive when it comes to quality. Along with his wife Louise, the couple took over at Greendale in 2015 and have been joined by son Ashley and daughter Kelsey. The simple, hearty menu majors on pies, hearty stews, soup and – of course – bread. Trevor uses only the best local ingredients and makes pretty much everything on the menu from scratch.

"It's about being prepared to put the graft in," said Trevor. "The breads and pies just fly out the door and our breakfasts are getting increasingly popular."

The addition of the early shift marks a new expansion of the operation at Greendale, where Trevor and Louise have opened four individually furnished letting rooms and word is spreading about the quality of the full English breakfast on offer.

“We bake every day so everything is fresh and our customers really notice the difference.” ”



Pendle Hill Food Heroes

A celebration of 20 years for passionate chef Greig Barnes - Greig's contribution to food quality and development was recognised recently with an Innovation Award at the Ribble Valley Stars in Tourism Awards.

Greig recently celebrated 20 years at 'the Spread' during which time tastes have changed dramatically, with authentic local produce making a welcome return to the menu.

Part of the award-winning Individual Inns group, which also owns the Tempest Arms in Elslack and the Mason's Arms at Strawberry Bank, The Spread Eagle offers both traditional and contemporary dishes in a friendly, informal setting.

Tapas-style plates and boards blending traditional Lancashire staples such as cheese and black pudding with international flavours and influences are becoming increasingly popular and there's even a dedicated three-course doggy menu!

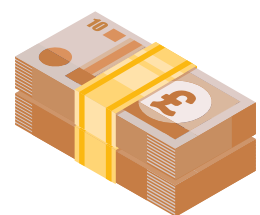


Look out for a special set menu reflecting the season's best produce and showcasing local suppliers and delicacies as part of Bowland's Foodie Foray in the autumn. "The exact menu will depend on what's available during the foray week," said Greig. "We will be well into autumn then, so I'm thinking a really hearty stew will form the centrepiece of the meal."

“Our menus reflect the season's best produce and showcase our fantastic local suppliers”



Ten Years of Champion Bowland



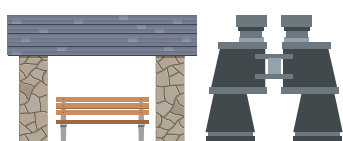
£13,460
awarded in grants to
28 projects
benefiting



Donation of an all-terrain mobility scooter (a Trampler) based at Gisburn Forest



A heritage trail, a shelter and a bird hide.



Champion Bowland is a charity which works to enhance the outstanding landscape of the Forest of Bowland AONB. It provides easily accessible small grants for local projects which benefit the environment, local communities and visitors.

Champion Bowland raises funds from visitor donations, charitable activities and other sources. We are proud of introducing individuals and groups to the unique landscape and culture of the Forest of Bowland through school visits or funding Trampers (off-road mobility scooters).

After ten years Champion Bowland has relaunched as a Charitable Incorporated Organisation open for fresh grant applications to support projects, so take a look at the criteria online and complete the application form – we'd love to hear from you!

Have you visited our online shop?

Purchase greetings cards featuring four images from life in the Forest of Bowland. Left blank inside, these cards are suitable for any occasion. Packs contain 8 cards with envelopes - 2 of each design. Or check out the AONB clothing range produced by the Bowland Clothing Company (60% of all profits are donated to Champion Bowland).

Donating

If you wish to donate, then please visit the website for further details.

Or look out for donation boxes at accommodation providers and eateries across the area.

Thank you in advance for your support!

www.championbowland.org.uk



Walking the Talk

Clitheroe Ramblers are preparing to celebrate their 50th anniversary with a 50km hike across the hillier bits of Bowland. Don't worry if that sounds like a long way - divided up into three shorter walks, everyone is welcome to do it in their own time.

Sometimes it's difficult to work out what's more important to the local branch of the Ramblers – walking or talking.

Because as we meander through the woodland surrounding Stocks Reservoir, I can hear at least half a dozen conversations happening all around.

"There's something about walking that helps the conversation flow," explains regular member Louise Farnell. "You find yourself having quite profound discussions with people you've only just met and it's very therapeutic. We sometimes get people from other Ramblers groups just popping up and joining in a walk because they like the look of the route and it's lovely to see new faces."

"You don't have to think about navigation and it's just nice to enjoy other people's company," adds Pat Hartley."

"We have a very busy programme and you can pick and mix from it as and when you like," said Frances Prince. "Most weekend

walks are about 10 miles and can be quite strenuous. We go as far as the Lake District and the Yorkshire Dales, but we also do shorter midweek walks on Tuesdays of around five to eight miles, which are quite leisurely. We also run evening walks during the summer.

“After a hard week at work, pulling your boots on and getting out in the fresh air to sort your mind out is the best therapy around”

To mark the anniversary, Clitheroe Ramblers walk leaders have chosen their 10 favourite 'Golden Walks' and members will also be following a 50km long distance walk.

Starting in Clitheroe, the route includes Grindleton Fell, Pendle Hill and the beautiful Hodder Valley.

Clitheroe Ramblers will walk the route in

September but they are making maps and route cards available to anyone who wants to undertake it in their own time. These will be available as a pdf on their website and in hard copy from Tourist Information Centres and Whalley Warm and Dry. Anyone who completes the entire walk can claim a certificate.

Find out more about Clitheroe Ramblers Anniversary Programme and how to join them on a walk at: www.clitheroeramblers.co.uk



Making New Connections

The Pendle Landscape Partnership is an ambitious four-year scheme that aims to bring both sides of Pendle Hill together and forge deeper connections between the communities beneath the eastern and western slopes.

Funded by the Heritage Lottery Fund and coordinated by the Forest of Bowland AONB, this exciting project will have a lasting impact on the quality of the landscape and on the people who live, work and relax within it.

Four members of the Landscape Partnership team explain their roles in the project.

Project Manager, Cathy Hopley explains: “The Landscape Partnership is not just about the physical environment, it’s about the history and traditions that create and are fostered by that landscape. It’s also about the people that work there and their stories and ways of life and also about the opportunity that this landscape gives to people for recreation: to go for a run or walk or ride, or to find headspace away from the frantic pace of 21st century life.

“That gives us such a massive opportunity, because it allows us to show tens of thousands of people how the work we do can enhance the environment, and why it’s so important to conserve and share our heritage.

On Pendle, the peat restoration work is very obvious and visible. There are hundreds of people up there every day and the project is happening right in front of them, which gives us a brilliant opportunity to explain what we’re doing and how it can impact on everything from biodiversity and water quality to flood prevention and carbon storage.



Cathy Hopley

“Next year, we will be focusing on restoring traditional boundaries such as hedgerows and dry stone walls. These schemes will enhance the natural environment and also provide a wonderful opportunity for local people to get involved.

“We’re hosting a major hedge-laying competition at Sabden in March, when there will be training and

taster sessions happening and some dry stone walling demonstrations.

“We’re also going to be busy trying to plant thousands of new trees in those awkward little corners of fields and hard-to-reach cloughs, which we believe will help with flood alleviation and also provide additional habitat for wildlife.

Jayne Ashe

Community Engagement Officer

Jayne delivers the People Enjoying Nature, Community Archaeology and Pendle Hill Fund projects, as well as engaging with new audiences through 'Get Into Volunteering' and introducing local people to the benefits of being outdoors within our local landscape, discovering new walks and our forgotten histories.

"All my projects aim to directly involve people from the local community in learning, discovering and celebrating the landscape."

"People Enjoying Nature in particular is designed to open up access to the Pendle landscape to people who may not have the confidence or support to go out and explore the local landscape and nature on their own. The body of evidence is building that indicates that contact with nature has a beneficial effect on mental health and we have certainly noticed a difference with some of the groups who have participated in People Enjoying Nature. They have learned new skills and tried new activities which has boosted their confidence and opened up new opportunities for them."

"The Community Archaeology project has provided training and opportunities for local people to connect with their local heritage and history. There is always plenty of interest in the local histories and stories, and any opportunity to find out new information about the history of Pendle."

"It's very rewarding work because the role entails meeting lots of different people from a wide range of backgrounds and working closely with them on a variety of activities."

Sarah Dornan

Countryside Access Officer

Sarah's role involves promoting the network of footpaths through the Pendle Landscape, including creating new concessionary footpaths and routes suitable for use by Trampers and horses. Sarah will also be working to coordinate the Pendle Hill Volunteers to enable them to expand their knowledge and expertise of the local area.

"The over-riding aim of my work is to give our visitors a wider experience through improving visitor gateways: the locations that they use to access Pendle Hill."

"We want to show people that there is more to Pendle and to promote and improve physical access to the countryside to a wide range of users and with mixed abilities. Over the course of the project, volunteering opportunities will provide people with the training and experience they need to be able to enjoy the local environment and reconnect people with it."

"For the first year the Summit Project has really got the Landscape Partnership off to a flying start. Seeing the 'before' and 'after' pictures of the path restoration work really illustrates what an impact people can have on the natural environment."

"This restoration work will enable our many visitors to enjoy the landscape more easily because now the paths are safer and much more robust and easier to navigate."

"Seeing so many people who perhaps haven't previously had the same level of knowledge or appreciation for the outdoors enjoying a new experience has been so fulfilling."

Sarah Robinson

Farming & Wildlife Officer

Sarah looks after the Wild about Pendle project and the Pendle Hill Farmer Network, working with farmers, residents and visitors to manage and enhance Pendle's habitats and ensure that everyone has a chance to discover Pendle's wildlife.

"While I'm involved in quite a variety of landscape, conservation and engagement activities, in broad brush terms, my projects focus on making sure the natural environment is as healthy as it can be and connecting or reconnecting people with nature. We're developing two Wildlife Discovery Sites – one at Barley Car Park and the other at the Clarion House – where people can get up close to wildlife they may not have seen before."

"It's wonderful to watch people make new discoveries and connections – often with places or nature that are right on their doorstep, but which they never even knew existed."

"So at the Clarion House, we're building a new pond and we'll be looking after the wildflower meadow so that it encourages as much wildlife as possible to make its home there and we'll be measuring the impact on the insect life and pollinators by doing moth and butterfly surveys in the summer."

"It has been an exciting first year and there's plenty more to come and to see so many smiling faces climb to the summit trigpoint for our 'Meet you at the Top' get-together was really amazing."

For further information visit:
www.pendlehillproject.com



Jayne Ashe



Sarah Dornan



Sarah Robinson

The Gatherings:

Artists' Projects Connecting Pendle People and Place

Connecting people to the landscape that surrounds them. Working with artists to engage and inspire people with the natural environment of Pendle Hill and create opportunities for all to enjoy it.

The Gatherings is all about the way that artists can connect people with the dramatic Pendle landscape, its past, present and future. It is being led by local artist-led organisation, In-Situ, who are based at Northlight, the old Smith and Nephews cotton mill in Brierfield.

In-Situ's work is responsive and focuses on how people connect to place. Since 2012 they have been working to embed art into everyday life in Pendle. For The Gatherings, In-Situ is working with artists on specific projects, each exploring our relationships with the hill and its heritage, to local cultural traditions, traditional skills, knowledge and dialects. These projects involve working collaboratively with the diverse communities that share the hill and who live on either side of it.

For their latest project, In-Situ worked with artists Nastassja Simensky and Rebecca Lee to create a mobile micro opera in response to an archaeological dig for seventeenth century remains. This work will be made into a film and continue during 2019.



Two new commissions are underway for early 2019 with artists Kerry Morrison and Henrietta Armstrong; one involving the peat restoration taking place on the hill, and the other to create a ring of carved stones, semi-buried around the trig point.

Follow their progress and find out how you can be involved by visiting

www.in-situ.org.uk

Pendle Radicals

Talk about Pendle Hill and the story of the Lancashire Witches is never far away... Many visitors never see beyond that story, but there is so much more to tell!

The area around Pendle Hill is a magnetic, evocative landscape that over the centuries has inspired some extraordinary individuals. From the founder of the Quakers, having his vision at the summit, to an innovative mathematician who helped create Greenwich Mean Time, to leading lights of the campaigns for women's suffrage. Over four years the Pendle Radicals Project, led by Mid Pennine Arts, will investigate these characters and many others, and bring to life the stories of some of the change makers, nonconformists and radical thinkers who helped shape our world but are very often overlooked.

During 2019, an innovative new feature, the Radicals Trail, will put the project literally on the map. By July 2019 the Trail's first destinations will be marked out. It will comprise interpretation and signage at the sites, with supporting information in print and online. It will encourage users to wander; to explore the

villages around Pendle Hill, and to discover for themselves a series of little windows on our shared history, offering fascinating glimpses into the past.

These first sites will include the only remaining Inghamite church, in the village of Fence, established by Benjamin Ingham in 1750; Clarion House in Roughlee,

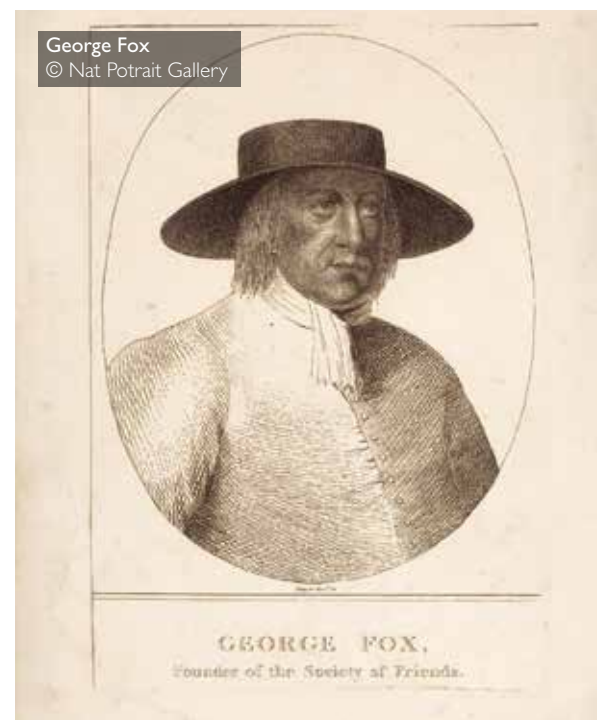
again one of a kind, and an important living landmark in the history of the Independent Labour Party; Glen Cottage in Earby, the home of Katherine Bruce Glasier, an early leading light of the socialist movement; the birthplace of Sir Jonas Moore, known as 'the father of time'; and of course the sites forever associated with Quaker founder George Fox.

The stories are many and this is just the start, but the Radicals Trail will be launched in summer 2019 and will be free to explore. So search online, or pick up a leaflet, and wander the villages of Pendle Hill. You may find a story that inspires you!

“A trail of discovery, and an invitation to visitors, local residents and the next generation to look at the Pendle area with fresh eyes”



Clarion House
© Nelson ILP Land Society



George Fox
© Nat Potrait Gallery

An invitation –
Join the Radicals team!

Pendle Radicals is a four year investigation led by Mid Pennine Arts. At its heart is a team of volunteer researchers who are quickly becoming remarkable ambassadors for the project. Interested? Come and join our volunteer research team and help to reveal some of these stories yourself!

To find out more, please email:
info@midpenninearts.org.uk

To stay up to date with our project visit <http://midpenninearts.org.uk/programmes/pendle-radicals/>

Giving Pendle Hill a Helping Hand

The Pendle Hill landscape is loved so dearly, that locals are doing their bit to help protect it, and engage others in the local community.

The Pendle Hill Landscape Partnership project has only been active since April 2018, but already the community is getting involved. Local people have decided to dedicate some of their spare time to assist nature, engage with families or just to chat to others about their love for Pendle Hill. Some of these people call it volunteering, but all of them call it fun!

Volunteering is good for the soul, health, community and happiness. Individuals get involved for different reasons, but they all want to help out their local nature space or assist their local community. This might be through conservation tasks, family events, history walks or just sharing a social media post.

In the Pendle Hill Project, we have regular volunteer sessions on the first Sunday and third Wednesday of every month, to carry out practical conservation work. To find the next volunteer day, see the calendar on our website 'What's On' page: <https://pendlehillproject.com/whats-on>

“I have learnt more about the social history of the region, including the Radicals and the Clarion house.”

Ian has been attending some of these volunteering sessions for the last eight months. *“Having lived in the Pendle area all my life, the hill itself has always been part of my family's life. This has been a perfect opportunity for me to get involved; the project is so varied and has allowed me to make a difference to the physical landscape.”*

Recently, volunteers have started tasks on the Wild About Pendle Hill sites: Clarion House, Worsaw Hill and Barley Car Park site. They have supported some practical scrub control, helped cut and bale and carried out practical access tasks. This helps to fulfil the Pendle Hill project's aims to bring these sites into positive management for wildlife.

Ian commented that by working outdoors, he has a better understanding of the pressures the landscape is under, and how he is doing his bit to combat these, such as removing the invasive species Himalayan balsam.





Volunteers have been keen to help the local community get the most out of the Pendle Hill landscape.

Another way people have been helping out the team is within the community engagement projects. Volunteers have been assisting with the family events, People Enjoying Nature sessions and school groups. Lindsey assists the Outdoor Learning Officer in creating learning and play opportunities within the Pendle Hill area. She became a volunteer with the Pendle Hill team, as part of her 150 hours college placement, to complete her Level 3 Diploma in Countryside Management. Having heard about the project, grown up within the area and maintained a love for nature, Lindsey decided this project would suit her. *"My youngest is now in high school, and after home educating my girls for the last 18 years, it is now my time to get back into work, and be involved with something I love. The college course and this volunteering opportunity has given me the confidence to be in an office and working environment again, plus it has allowed me to use skills from my previous career."*

“Volunteering at family events, has helped me to rekindle my love for work, the outdoors and improved my self-belief”

Lindsey has been assisting in the delivery of the pre-school family nature events - Little Saplings- taking photos, setting up mud kitchen and supervising marshmallow toasting on the fire.

"It is lovely to see the little ones, in nature, with wonder on their faces. It's nice to be able to provide these opportunities to the families within the Pendle Hill area. I look forward to helping out with more of these in 2019".

The Pendle Hill Landscape Partnership project wouldn't be able to re-connect people with their landscape, safeguard wildlife or improve people's access without these super volunteers.

A big thank you to all the Pendle Hill volunteers, for their time, energy, ideas, enthusiasm and love for their landscape. If you are interested in attending a conservation task day, giving a few hours of your time or becoming a volunteer within the PHLP project, we'd love to hear from you!



Find out more about the Pendle project here:

www.pendlehillproject.com/get-involved

Email: volunteer@pendle-hill-lp.co.uk or call 01200 420420

Malkin Tower Farm Holiday Cottages



Visit England ★★★★★

Two 4 star self-catering cottages situated in the heart of Pendle, offering a peaceful relaxing break, great panoramic views. Archaeologists came last year to see if this could be the original site of the Pendle Witches.

Open all year. Pet friendly.

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info@malkintowerfarm.co.uk
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Chestnut Cottage

Visit England ★★★★★

Delightful cottage in the grounds of the owner's home, extended in 2017. Spectacular views of Pendle Hill and perfect for keen walkers. Well equipped to a high standard.

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Height Top Farm



Visit England ★★★★★

Two delightful cottages nestling close to and within walking distance of Pendle Hill with lots of wildlife to see around the farm.

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info@heighttopfarm.co.uk
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Cobden View



Enjoy your stay at Cobden View, a 4-star cottage with panoramic views of Pendle Hill and the spectacular Forest of Bowland.

Walkers, dogs, families and cyclists are all most welcome.

Set in its own grounds with private garden, the cottage sleeps up to five; cosy yet spacious and fully equipped.



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Higher Gills Farm

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Shared patio, large lawn, swings and slide. Private car parking for 5 cars.

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Wyreside Lakes



Wyreside Lakes Fishery, Camping & Glamping Park, is a family run business, situated at the base of the Bowland Fells near Dolphinholme. On the estate there are 6 fishing lakes - with a superb stocking of coarse and pike and for campers a modern tent & caravan park complete with facilities including Wi-Fi, toilets & showers, laundry, shop, bar and restaurant.



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wyresidelakes@btconnect.com
Sunnyside Farmhouse, Bay Horse, Nr. Lancaster, LA2 9DG



GIBBON BRIDGE HOTEL & RESTAURANT

The ideal place for lunch or dinner. The restaurant overlooks the award winning gardens and Longridge Fell, and is open daily for lunch between 12.00-1.30pm and in the evening 6.30-8.00pm. Booking is advised and on Sunday a three course lunch is available.

The hotel is also perfectly situated for exploring the Forest of Bowland on foot, by bicycle or by car, and throughout the year offers exceptional value with its short breaks. Visit the website for current offers.

Whether you are visiting or live in the area don't miss out on Gibbon Bridge!

Chipping Forest of Bowland Lancashire PR3 2TQ Telephone 01995 61456 
Email reception@gibbon-bridge.co.uk • www.gibbon-bridge.co.uk 



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Further Information

Getting to the Forest of Bowland

There are several train lines which surround the Forest of Bowland and which act as perfect gateways into the AONB. Stations often display information about walking and cycling and other opportunities in the area. The Clitheroe Line terminates at Clitheroe Interchange and is the most central train station for Bowland. Other stations on this line from Manchester and Blackburn include Whalley and Langho. To the north there are several smaller stations along the Bentham Line, which runs from Leeds to Lancaster and Morecambe: Long Preston, Giggleswick, Clapham, Bentham and Wennington. Settle and Hellfield can be reached from Clitheroe on a summer Sunday using the DailsRail service. The west coast mainline skirts Bowland, stopping at Lancaster and Preston. For further information visit www.nationalrail.co.uk

Getting around the Forest of Bowland

While the remoteness and peacefulness of the Forest of Bowland is one of its assets, it does mean that it is not always well served by public transport. There is a bus network that links certain towns and villages but as these services are liable to change, it is advisable to look at Lancashire County Council's website for further information and before making a journey www.lancashire.gov.uk

Visitor Information Centres

Visitor Information Centres provide a wealth of information about the AONB. You are assured of a friendly, professional service whether you come from round the world or round the corner.

- **Bentham Tourist Information Point**
Town Hall, Station Road, LA2 7LH
Tel: 015242 62549,
Website: www.aboutbentham.org.uk
- **Bowland Visitor Centre**
Beacon Fell Country Park, Goosnargh, Preston, PR3 2NL
Tel: 01995 640557
- **Clitheroe Visitor Information Centre**
Platform Gallery & Visitor Information Centre,
Station Rd, Clitheroe, BB7 2JT
Tel: 01200 425566
Website: www.visitribblesvalley.co.uk
- **Discover Pendle Centre**
Boundary Mill, Vivary Way, Colne, BB8 9NW
Tel: 01282 856186
Website: www.visitpendle.com
- **Lancaster Visitor Information Centre**
The Storey, Meeting House Lane, LA1 1TH
Tel: 01524 582394
Website: www.visitlancaster.gov.uk
- **Pendle Heritage Centre**
Colne Road, Barrowford, BB9 6JQ
Tel: 01282 677150
Website: www.visitpendle.com
- **Preston Visitor Information Point**
Town Hall, Preston, PR1 2RL
Tel: 01772 906900
Website: www.preston.gov.uk
- **Settle Tourist Information Centre**
Town Hall, Cheapside, BD24 9EJ
Tel: 01729 825192
Website: www.settle.org.uk
- **Visit Garstang Tourist Information Centre**
Cherestanc Square, Garstang, PR3 1EF
Tel: 01995 602125
Website: www.discoverwyre.co.uk

Walking Safely

The Forest of Bowland offers some of the most beautiful and remote walking in the country, from the grandeur and isolation of the moorland hills to the undulating lowlands with their distinctive pattern of settlements, woodland cloughs and river valleys.

Top Tips for Safe Adventures:

- Dress appropriately - avoid denim and any other clothing that doesn't dry quickly. Sturdy footwear and waterproofs are also a must.
- Carry the right equipment including Ordnance Survey maps (OS Explorer OL41 and Explorer 287); compass; 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.

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.

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

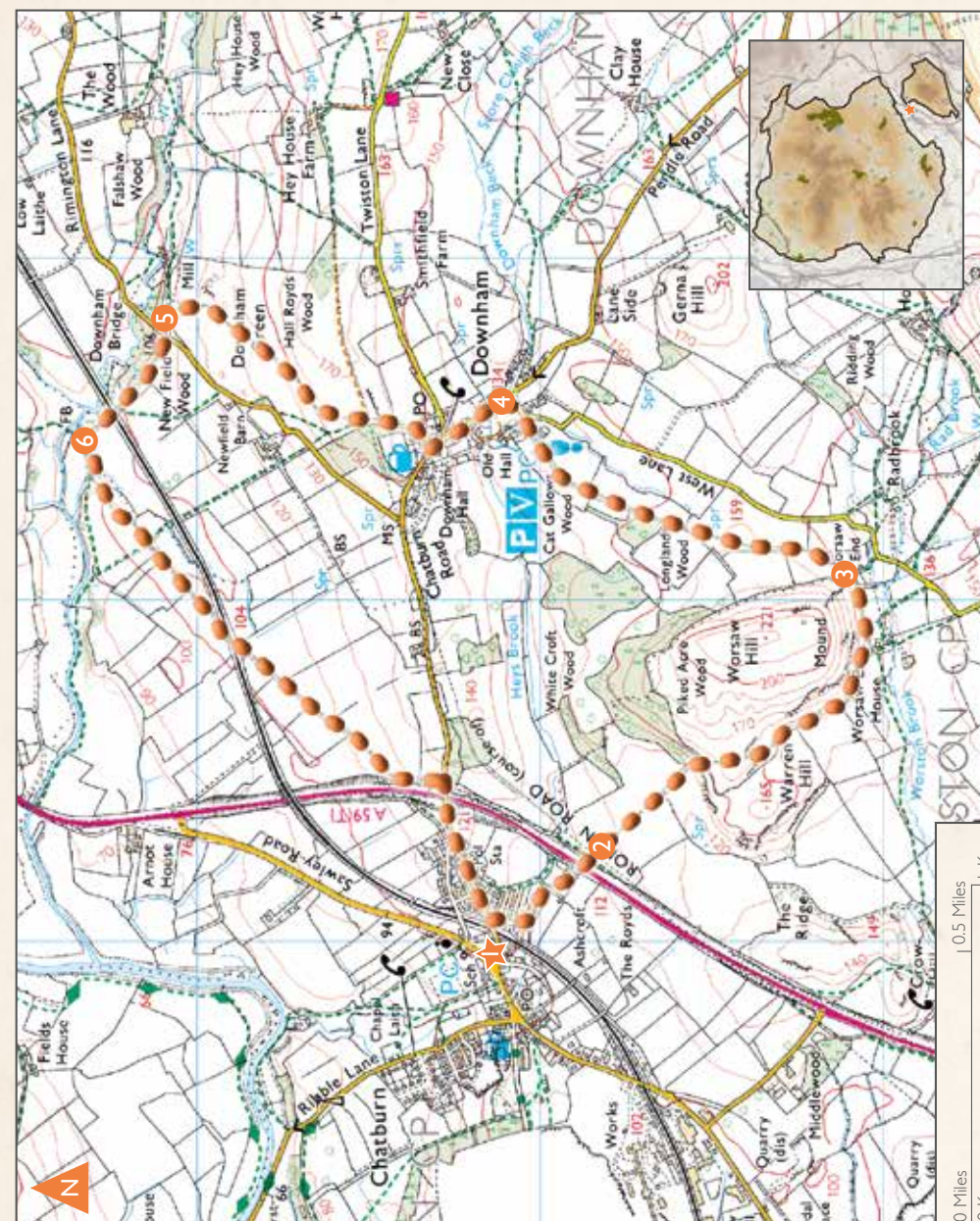
Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control (the Public Right of Way network across Bowland covers mainly farmland or moorland, so we recommend that you keep dogs on a lead to avoid disturbance, but release them if chased by cattle)

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

Chatburn Circular Walk



OS Explorer
OL41

Start Point

★
Chatburn Village
★ SD 7693 4413

Distance / Time

Approximately
4 miles
2 - 2.5 hrs



Terrain

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



www.forestofbowland.com

encountered along this route.

Note:
Please take care on roads and access tracks. It is likely that livestock, including cattle, will be encountered along this route.

weather:

Roads, tracks, fields, Stiles, gates, cattle grids. Some muddy slopes and boggy areas. Some stiles and bridges may be slippery after wet weather.

Terrain



5 miles
2 hours-3

Distance / Time

8689 1799 ★ SD ★

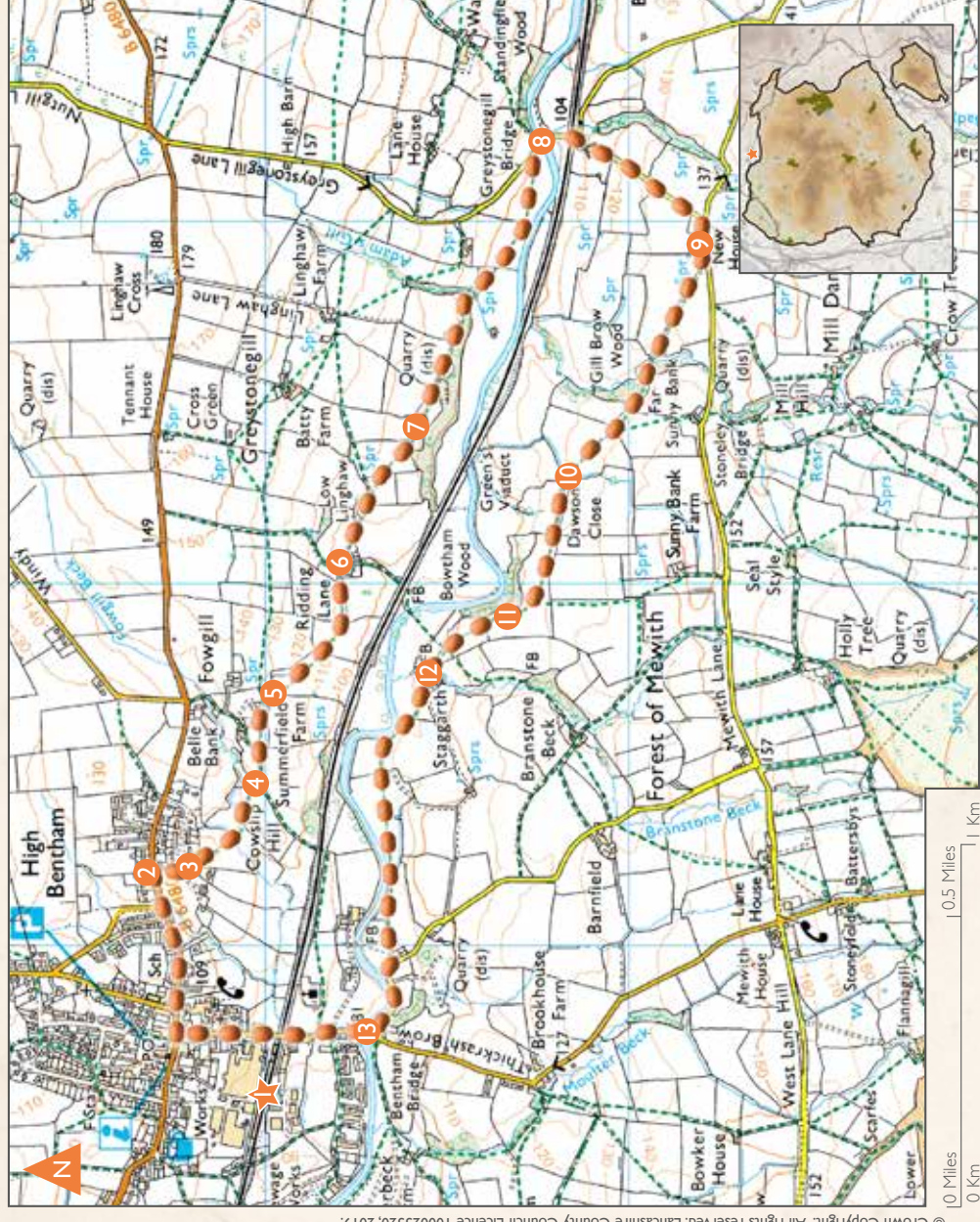
Bentham Station

Start Point

OS Explorer
OL70 & OL70



Bentham Line: High Bentham Circular Walk



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OS Explorer
OL41



Chatburn Circular Walk

Walk Description

★ **GPS:** SD 7693 4413

From the centre of Chatburn, take the Downham road and, on crossing the railway bridge, take the public footpath signed to the right past the village hall. On joining Victoria Avenue, bear left and walk to the end where you turn right onto a lane. On meeting the small stream, turn right and follow the well-marked path up to the A59. Taking great care, cross the by-pass and head straight through a kissing gate on the well-trodden path towards the right hand side of the wood ahead.

2 **GPS:** SD 7726 4384

Cross the stile in the wall corner ahead and follow the obvious path up onto the side of Worsaw Hill. (Take care on the exposed limestone, which can be very slippery in wet weather.) Cross another stile and follow the clear path around the hill,

passing Worsaw End House down below on your right.

3 **GPS:** SD 7808 4311

Keep to the path above the wall which, after a short while, bears to the left up hill and passes through a kissing gate. Carry straight on to pass through another kissing gate or adjacent stone squeeze stile. Keep the hedge on your left and as you reach the open field bear slightly right to pass the end of another hedgerow ahead. Carry straight on in the same direction to pass along the right hand side of Langland Hall Wood and into Downham village via two more squeeze stiles.

4 **GPS:** SD 7858 4411

Turn left and climb up to the top of the village, turning, right past the Ashteton Arms to follow the public footpath past the bungalow. Turn left through the

small gate and head uphill through the stone squeeze stile to the crest of Downham Green (the route of the old Roman road). On passing through a group of mature trees, bear half right to pick up the path which descends diagonally towards the obvious limestone knolls, known locally as "Fairy Rocks". On reaching the outcrops, turn left and head down to pass through the gate onto the lane and then walk left for a short way to meet the Rimmington Road.

5 **GPS:** SD 7878 4508

Cross the road and follow the path down the side of the wood and pass under the railway. At the next old gateway, a short diversion to the right will take you to the picturesque packhorse bridge across Swanside Beck. Retrace your steps from the stone stile and

bear right across the field to cross the footbridge.

6 **GPS:** SD 7849 4532

On crossing the wooden footbridge, bear left uphill and continue ahead across another stile to meet an old stone "outbarn". Pass to the left hand side of the barn and then re-cross the hedge by the gates and follow this hedge up to the bridge over the railway. Follow the well-defined path through a number of gates to return to Downham Road at the by-pass bridge and back to Chatburn village.



Can be wet underfoot.

Roads, tracks and fields.

Terrain

2 hrs
4 miles



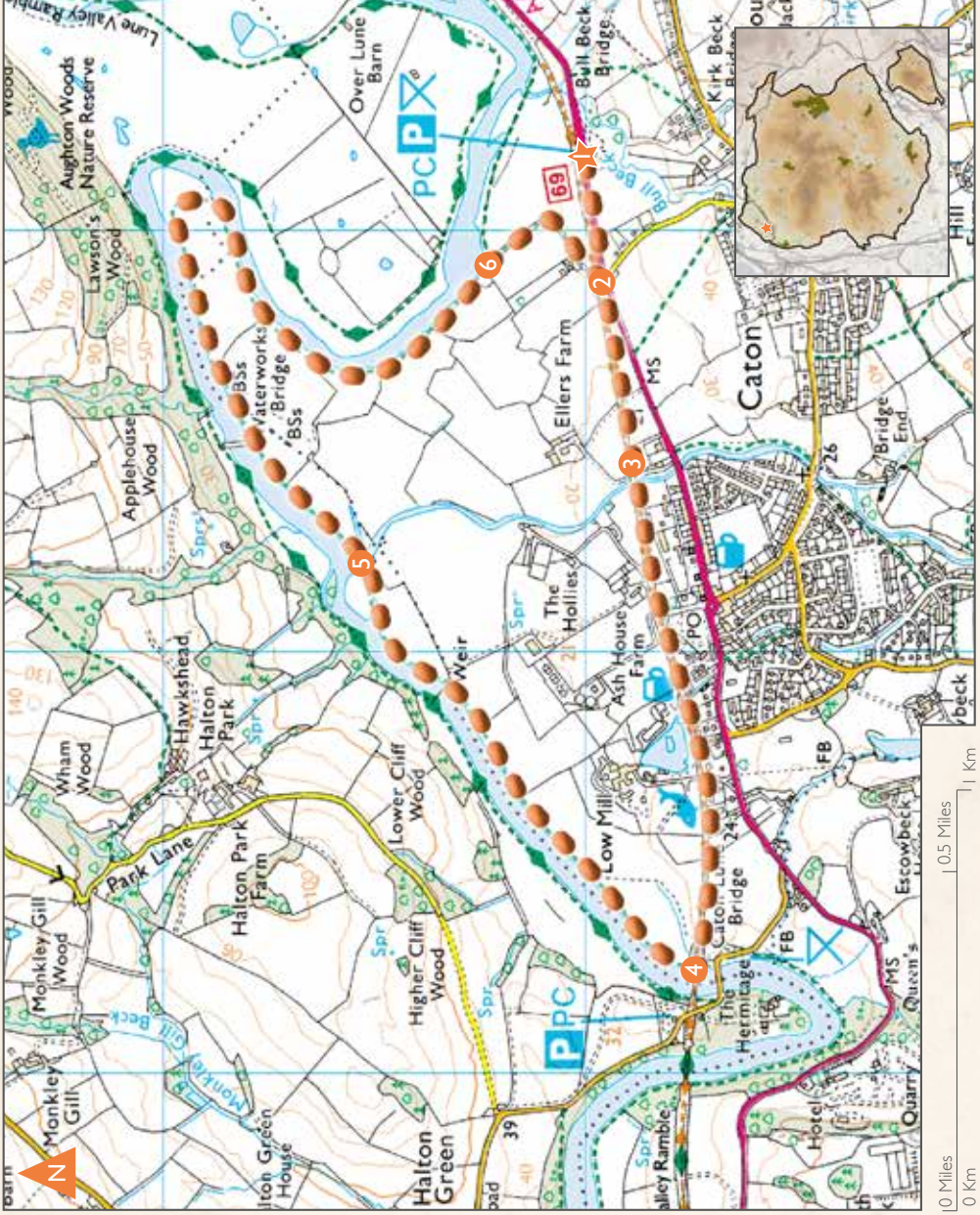
Distance / Time

★ SD 541 649

Bull Beck Picnic site on A683

Start Point

OS Explorer
OL470



Riverside Walk

OS Explorer
OL41 & OL2



Bentham Line: High Bentham Circular Walk

Walk Description

★ **GPS:** SD 6671 6898

From the top end of the car park, walk uphill to the cross roads and turn right. Go past the school and auction mart, heading out of the main part of the town, until reaching the first footpath on the right.

2 **GPS:** SD 6722 6930

Take the right hand of the two tracks (over the cattle grid) and on reaching an area of open land 25m down the track climb the stone stile in the wall on the left. Cross the drive to go through the waymarked gap opposite and turn right to follow the grass track.

3 **GPS:** SD 6725 6917

Climb the stile at the end of the track and bear diagonally left across the field and down the hill then over the stone bridge. Follow the left hand field edge round to the stile in the corner of the wall. Once over the stile, bear left up hill to a gated stone stile and onto a narrow track.

4 **GPS:** SD 6746 6901

Turn left and follow the track for a short distance. Just as the track bends to the left, go through the stile ahead, across the

field and through the gate at the far side. Bear slightly right down the slope and through the gate at the end of the wall.

5 **GPS:** SD 6770 6897

Contour round the slope and over the stone stile in the next boundary. Bear slightly right across the field and through the gate in the next boundary.

Walk across the field past the cattle shed (on your right).

6 **GPS:** SD 6805 6880

At the interpretation board go into the yard and turn immediately left then bear right through the farm gateway to pass in front of the house. Go through the next gate and follow the track, keeping right at the fork, and through the next gate.

Walk past the farm buildings on the left and at the next field boundary go through the gate. Bear slightly right across the field to cross the stile in the next boundary then bear diagonally right to the gate near the corner of this field.

7 **GPS:** SD 6838 6860

Go through the gate and bear left to the far corner of the field. Go over the stile and keep straight on with the woodland edge on your right to cross the field and

go through the gated stile in the field corner. Continue along to join the field track then through the field gate to bear slightly left and over the stile in the next wall. Bear slightly right as you cross this field to reach the stile onto the road. Take a look at the info board and stone bench.

8 **GPS:** SD 6922 6825

On joining the road turn right and follow the road over the river and the railway then bear right uphill, at the top of the hill, at the T-junction turn right.

9 **GPS:** SD 6890 6779

Take the first footpath on the right, just past New House, and follow the right hand field boundary until you reach the stone stile. Cross the stile and go down the short slope to cross the footbridge over the stream then follow the path to the stile in the next wall. Go through the stile and across the field to the gate in the next boundary. Cross this field and go through the stone V-stile.

10 **GPS:** SD 6831 6815

Take the path ahead, past the ruined building on the left and follow the field edge to go through the gated stile. Continue ahead, first along the field boundary

then bearing right across the field to meet the woodland edge which you follow to the next boundary. (Take care where the field edge is eroding in places here).

11 **GPS:** SD 6790 6839

Cross the stone stile and follow the grass track down to the buildings ahead. Climb the stile and follow the footpath between the farm buildings.

12 **GPS:** SD 6771 6855

Just before the end of the last building on the left, go through the field entrance on the right hand side and bear diagonally left across the caravan field, through the metal kissing gate and follow the path keeping the river on your right. Just before the next boundary, turn left along the wall-side and go through the gate in the corner of the field. Head across the middle of the field to the next boundary. Go over the stone stile and across the field to go through the gap in the wall then follow the field edge to the road. On reaching the road turn right and follow it to the junction with Thickrash Brow road.

13 **GPS:** SD 6676 6869

Turn right and follow this road back to the station.

Riverside Walk

Walk Description

The route follows the tarmac surfaced Lune Millennium Park pathway to the Crook O'Lune picnic area, then back to Bull Beck along the bank of the River Lune over reasonably flat grazed pastures (which may be damp at times and are susceptible to flooding after heavy rainfall).

★ **GPS:** SD 541 649

Park at Bull Beck Picnic site, just north east of Caton on the A683. Cross the A683 and join the Lune Millennium Park pathway, heading left. The hawthorn hedges beside the track have been traditionally 'laid' to provide a durable stock barrier and an excellent habitat for many birds.

2 **GPS:** SD 538 649

Follow this path for 1 mile crossing a bridge over Artle Beck. Nearby you will see a stone carving by the artist Colin Wilbourn.

3 **GPS:** SD 534 648

Cross a private road (taking the road to the left would take you into the centre of Caton village) and continue along the Lune Millennium Park pathway towards the Crook O'Lune. Just before the river take a small path down to the left.

An interesting detour here is the Crook O'Lune picnic site. Stay on the track over the old railway bridge and up the ramp to your right. Toilets and refreshments are available and the view from the picnic site is splendid. On clear days, you can see the flat-topped hill of Ingleborough in the distance.

4 **GPS:** SD 522 647

Go through the gate and take the small path down to the river. Cross over a wooden footbridge and follow the path round to your right underneath the old

railway bridge, and over a second footbridge. Then follow the river upstream along the riverbank. In summer, rosebay willow herb (the 'railway weed') and the great hairy willow herb dominate the old railway banks.

5 **GPS:** SD 532 655

Cross Artle Beck using the new footbridge, put in to replace the stepping-stones. Do not cross the large British Waterways bridge in front of you, but carry on along the riverbank looking up at the windmills on Caton Moor. Continue along the riverbank footpath, round the meander.

6 **GPS:** SD 539 652

On reaching a track, leave the river, pass a house on the right and turn left, rejoining the Lune Millennium Park pathway. Follow this tarmac path back along to the Bull Beck Picnic site.

About This Walk

Caton and Brookhouse are situated on the north-facing slope of the Lune Valley. The villages lie in a scenic area near the celebrated Crook O'Lune - painted by Turner, praised by the poets Thomas Gray and William Wordsworth, and admired by Queen Victoria.

Caton-with-Littledale Parish contains a wide range of habitats, which are home to a variety of special birds, including the rare hen harrier, the symbol of the Forest of Bowland AONB.