Outdoor Action

Cycling
Sheep markets in the north of England, with several market, and today’s Auction Mart is one of the biggest. Bentham is at the heart of an agricultural community, the traditional fashion, so please respect this when you are out walking, and keep to the Countryside Code!

Food and Farming

Outdoor Reared Pork at Lowgill, which produces pork, lamb and beef direct to customers and farmers markets as well as organising their own hog roasts. Close to the town and a lively music scene.

Bentham hosts a variety of places to stay – ranging from comfortable pubs, to guesthouses and award winning caravans parks.

There is a wide choice of places to eat and drink; choose from a fish & chip shop, Asian and Chinese takeaway, Indian restaurant, and a bistro café, together with several friendly pubs in both High and Bentham, most of which serve food on a daily basis.

Bentham is home to a surprising number of artists, attracted by horse or car.

How to find us

Public transport: Tram run through Bentham from Leeds to Clitheroe and also to Preston. Buses run regularly to Preston, Clitheroe and Lancaster and also to Lancaster and Ingleton (Number 60, the Lune Valley service) from Monday to Saturday. For details check with Travelline 0871 200 22 33 or www.forestofbowland.com

Bentham is an ideal place to enjoy the outdoors. The thirteen Ponds are perfect for exploring the forest from the town itself. The Bentham Heritage Trail is actually three trails in one (see map) which will start and finish at Bentham Railway Station. Check with your Harveys OS map, or explore for yourself or meet up with the Bentham Footpath Group on one of their regular guided walks – ask at the Tourist Information Point for details.

Cycling round Bentham is another good way to enjoy the outdoors. Bring your own bike or hire one from one of the nearby operators. New and updated cycle routes make it easy for cyclists to make the facilities. The Lancaster Cycleway (regional route 9) and the Way of the Roses (from Morecambe to Bridlington) make it easy for cyclists to make use of the facilities. The Cycleway Group on one of their regular guided walks – ask at the Tourist Information Point for details.

Catch the train one way and cycle back down hill! and Keasden or east to Wennington and the Lune Valley. will take you west along the Wenning Valley to Mewith starting at the railway station or picked up by following the fat sheep on a bicycle signs, off the Way of the Roses. The far less challenging “Passing Places” Bentham Bike Way of the Roses (from Morecambe to Bridlington) make it easy for cyclists to make use of the facilities. The Cycleway Group on one of their regular guided walks – ask at the Tourist Information Point for details.

In June you can visit local artists in their studios as part of North and villages along the Way of the Roses cycle route. It is part of a national arts project happening in the towns and villages and a way of celebrating to promote health and wellbeing. You will find a photographic studio, you will find paintings, photographs and sculpture on display in unusual settings.

In the spring several of the woods are carpeted with bluebells and wildflowers can be seen in many meadows.

In the late end of October each year!

Wildlife

Bentham is at the heart of an agricultural community the market has existed for just over 700 years. A network of small villages and farms rely on Bentham market and today’s Auction Mart is one of the blackest sheep markets in the north of England, with several market, and today’s Auction Mart is one of the biggest.

As you go up onto the moors you may be lucky enough to see the iconic hen harrier and hear the red grouse. If you go up onto the moors you may be lucky enough to see the iconic hen harrier and hear the red grouse. If you go up onto the moors you may be lucky enough to see the iconic hen harrier and hear the red grouse.

Bentham is home to a surprising number of artists, attracted by horse or car.

Bentham is home to a surprising number of artists, attracted by horse or car.

Bentham is home to a surprising number of artists, attracted by horse or car.

How to find us

Public transport: Tram run through Bentham from Leeds to Clitheroe and also to Preston. Buses run regularly to Preston, Clitheroe and Lancaster and Ingleton (Number 60, the Lune Valley service) from Monday to Saturday. For details check with Travelline 0871 200 22 33 or www.fore ofbowland.com

Bentham is an ideal place to enjoy the outdoors. The thirteen Ponds are perfect for exploring the forest from the town itself. The Bentham Heritage Trail is actually three trails in one (see map) which will start and finish at Bentham Railway Station. Check with your Harveys OS map, or explore for yourself or meet up with the Bentham Footpath Group on one of their regular guided walks – ask at the Tourist Information Point for details.

Cycling round Bentham is another good way to enjoy the outdoors. Bring your own bike or hire one from one of the nearby operators. New and updated cycle routes make it easy for cyclists to make the facilities. The Lancaster Cycleway (regional route 9) and the Way of the Roses (from Morecambe to Bridlington) make it easy for cyclists to make use of the facilities. The Cycleway Group on one of their regular guided walks – ask at the Tourist Information Point for details.

Catch the train one way and cycle back down hill! and Keasden or east to Wennington and the Lune Valley. will take you west along the Wenning Valley to Mewith starting at the railway station or picked up by following the fat sheep on a bicycle signs, off the Way of the Roses. The far less challenging “Passing Places” Bentham Bike Way of the Roses (from Morecambe to Bridlington) make it easy for cyclists to make use of the facilities. The Cycleway Group on one of their regular guided walks – ask at the Tourist Information Point for details.

In June you can visit local artists in their studios as part of North and villages along the Way of the Roses cycle route. It is part of a national arts project happening in the towns and villages and a way of celebrating to promote health and wellbeing. You will find a photographic studio, you will find paintings, photographs and sculpture on display in unusual settings.

In the spring several of the woods are carpeted with bluebells and wildflowers can be seen in many meadows.

In the late end of October each year!

Wildlife

Bentham is at the heart of an agricultural community the market has existed for just over 700 years. A network of small villages and farms rely on Bentham market and today’s Auction Mart is one of the blackest sheep markets in the north of England, with several market, and today’s Auction Mart is one of the biggest.