The Forest of Bowland AONB

The Forest of Bowland Area of Outstanding Natural Beauty (AONB) is a nationally protected landscape and is internationally recognised for its rich biodiversity, habitats and wildlife. The AONB is managed by a partnership of landowners, farmers, voluntary organisations, wildlife groups, recreation groups, local councils and government agencies, who work to protect, conserve and enhance the natural and cultural heritage of the special area.

Much of the Access Land in the Forest of Bowland AONB is within a Special Protection Area (SPA). The European designation recognises the importance of the special uplands, heather moorland, blanket bog and habitat for wader birds. Bowland moors are home to many threatened species, including merlin, golden plover, curlew and the red grouse. Many people depend on the Access Land for their livelihoods, including upland farming and game management. These rural industries have shaped the landscape we see today and play an important role in the conservation of the AONB.

In Britain we have 75% of the world’s upland moorland and 15% of the global range of blanket bog. Assisted free and equestrian through tramping can easily damage these habitats irrevocably. Bogs can’t recover during dry weather and on wet heath areas. You can help by keeping to tracks and respecting routes wherever possible.

Featured Accommodation

The accommodation featured in this leaflet offers a range of accommodation types. All are family run, owner managed businesses who are committed to both watching. Some are bed-and-breakfasts who actively support the AONB’s conservation and education programmes.

Trampers

Several of these locations can make arrangements for the use of a Tramper all-terrain electric wheelchair. This can be used on public bridleways and footpaths, particularly in the southwestern corner of the Forest of Bowland. Contact the Tourist Information Centre at www.dalesbridge.co.uk, and adhere to signs, particularly at sensitive times such as the lambing and bird nesting season during spring and summer.

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Disturbance is a major problem for ground-nesting birds. This leads to increased risk of predation. The birds are usually not disturbed, but when they are, they can be very noisy. The disturbance can lead to a decrease in nesting success and a decrease in the number of young birds. Therefore, it is important to keep disturbance to a minimum.

### How to recognise a threatened or disturbed bird
- They will make a loud repeated alarm call – the call is often very loud and frightening.
- They will try to fly away from the disturbance.
- They will try to fight off the disturbance.

### What you can do to help
- Keep dogs and birds apart. Birds are shy and they can be frightened by the noise of a dog.
- Keep the disturbance to a minimum. Do not stay too long in the area where the disturbance is occurring.
- If you see a bird being disturbed, try to move away from it and let it return to its nest.

### The Moorland Visitor’s Code
- Be safe – plan ahead and follow any signs.
- Leave nature unspoiled by your visit.
- Protect unspoiled moorland.
- Keep dogs under close control.
- Comply with other people.

**Birds of Bowland**

- **Red grouse**
  - The red grouse is a ground-nesting bird, which is usually brownish-grey in colour. It has a distinctive white tail.
  - The red grouse is found in the upland areas of Bowland and is one of the most threatened birds of this kind.
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- **Golden plover**
  - The golden plover is a small, dark bird with a white belly. It has a white head and neck, and a white tail.
  - The golden plover is found on the moorland areas of Bowland.

- **Hemaphus**
  - The hemaphus is a large, dark bird with a white head and neck. It has a white tail.
  - The hemaphus is found in the upland areas of Bowland.

- **Oystercatcher**
  - The oystercatcher is a large, dark bird with a white head and neck. It has a white tail.
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