



DISCOVER BOWLAND



2018
Festival
Bowland
Events
inside!

Exciting plans for
Pendle Hill

Discover Bowland
Itineraries

**Bowland's
Wild Nightlife**

Discovery Map

Walking Routes

Landscapes
for life
org.uk



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© Richard Bayley

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Cover image: Bell Sykes meadow © Graham Cooper

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

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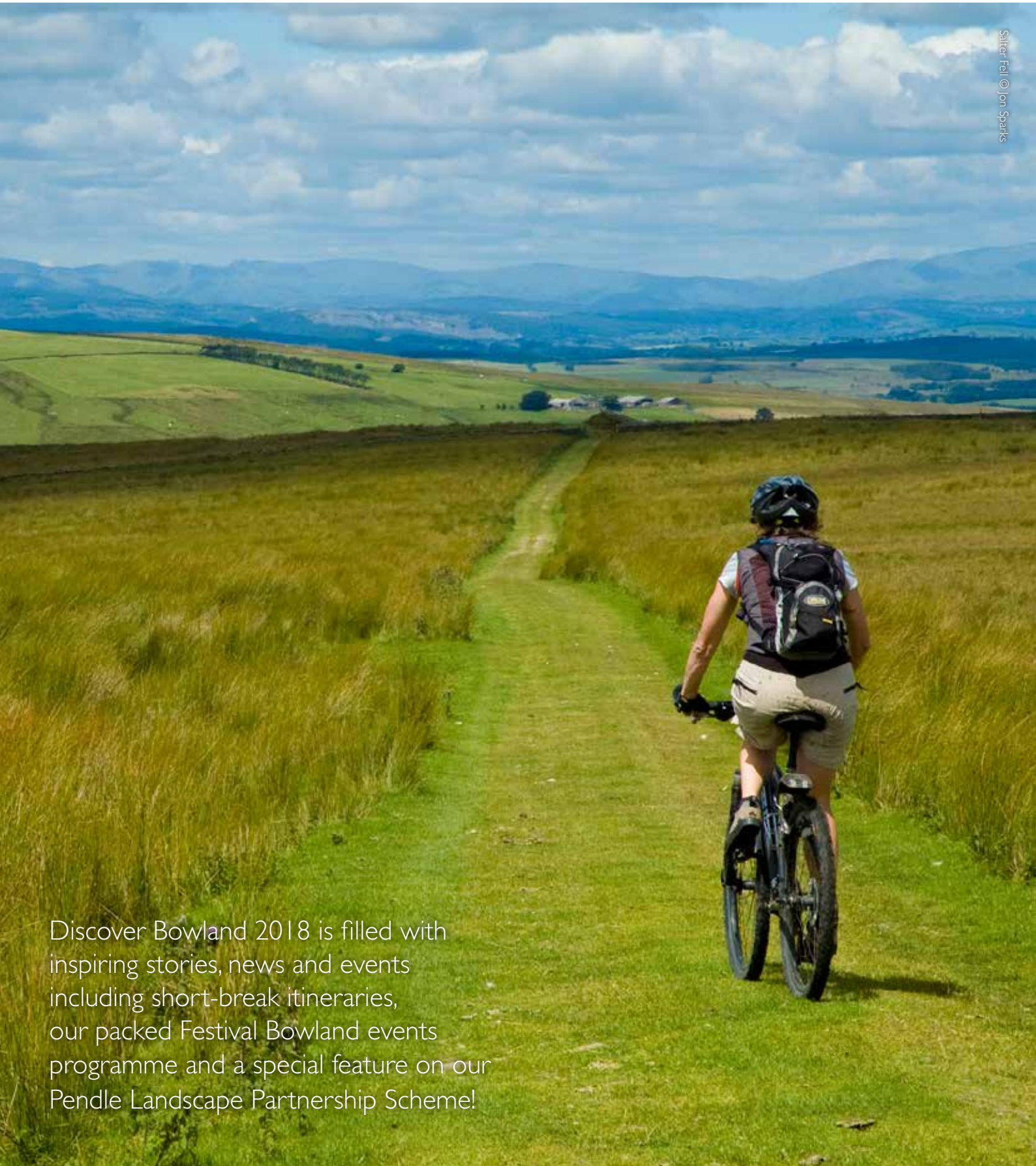
[facebook.com/bowlandaonb](https://www.facebook.com/bowlandaonb)

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.

Your Next Adventure Starts Here.....



Silken Fell © Jon Sparks

Discover Bowland 2018 is filled with inspiring stories, news and events including short-break itineraries, our packed Festival Bowland events programme and a special feature on our Pendle Landscape Partnership Scheme!

Enjoy your Bowland Discovery

The Forest of Bowland Area of Outstanding Natural Beauty is one of 46 AONBs covering just under one fifth of the UK. They offer a wealth of opportunities for both people and wildlife to benefit from the countryside and, as vibrant, living landscapes, they underpin the economy and the health and wellbeing of our society.



© Steven Kidd

Areas of Outstanding Natural Beauty have some of the UK's best countryside for walking, cycling, horse riding and wildlife-watching and Bowland is no different. From quiet lanes, ancient woodlands, distinctive and attractive villages to flower-filled hay meadows, open moorland and a wealth of local culture and heritage, this corner of Lancashire and North Yorkshire is very special.

Your visit to Bowland can help to keep it special – the money you spend buying local products and using local services helps to sustain our local communities, the communities that help to give the countryside its distinctive character.

Millions of people, both local residents and visitors, enjoy Areas of Outstanding Natural Beauty every year – many without realising they are in a designated landscape. Make this year your year to discover – or rediscover – what Bowland and the UK's 46 Areas of Outstanding Natural Beauty have to offer.

For more information about the Family of AONBs visit www.landscapesforlife.org.uk



Riverside

HOLIDAY HOMES & TOURING

Fishing • Golf Course • Gentle Walks
3 Peaks • Bike Rides

**The Ideal location to explore
the Dales, the Lakes and the
Forest of Bowland.**

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wenningdale.co.uk



Call us today 015242 62455

Robin Lane, Bentham, Lancaster LA2 7AG

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 from camping barns, pods and farmhouse B&Bs to luxury self-catering cottages and hotels. For a full list of accommodation visit www.forestofbowland.com or for full listings in Lancashire and Yorkshire visit www.visitlancashire.com and www.yorkshire.com

Key



Walking Route Start

Download short to medium walks in and around Bowland



Cycling Route Start

Download cycling routes:



Viewpoint



Petrol Station



Picnic Site



Coronation Meadow



Information Centre



Un-staffed Information Centre

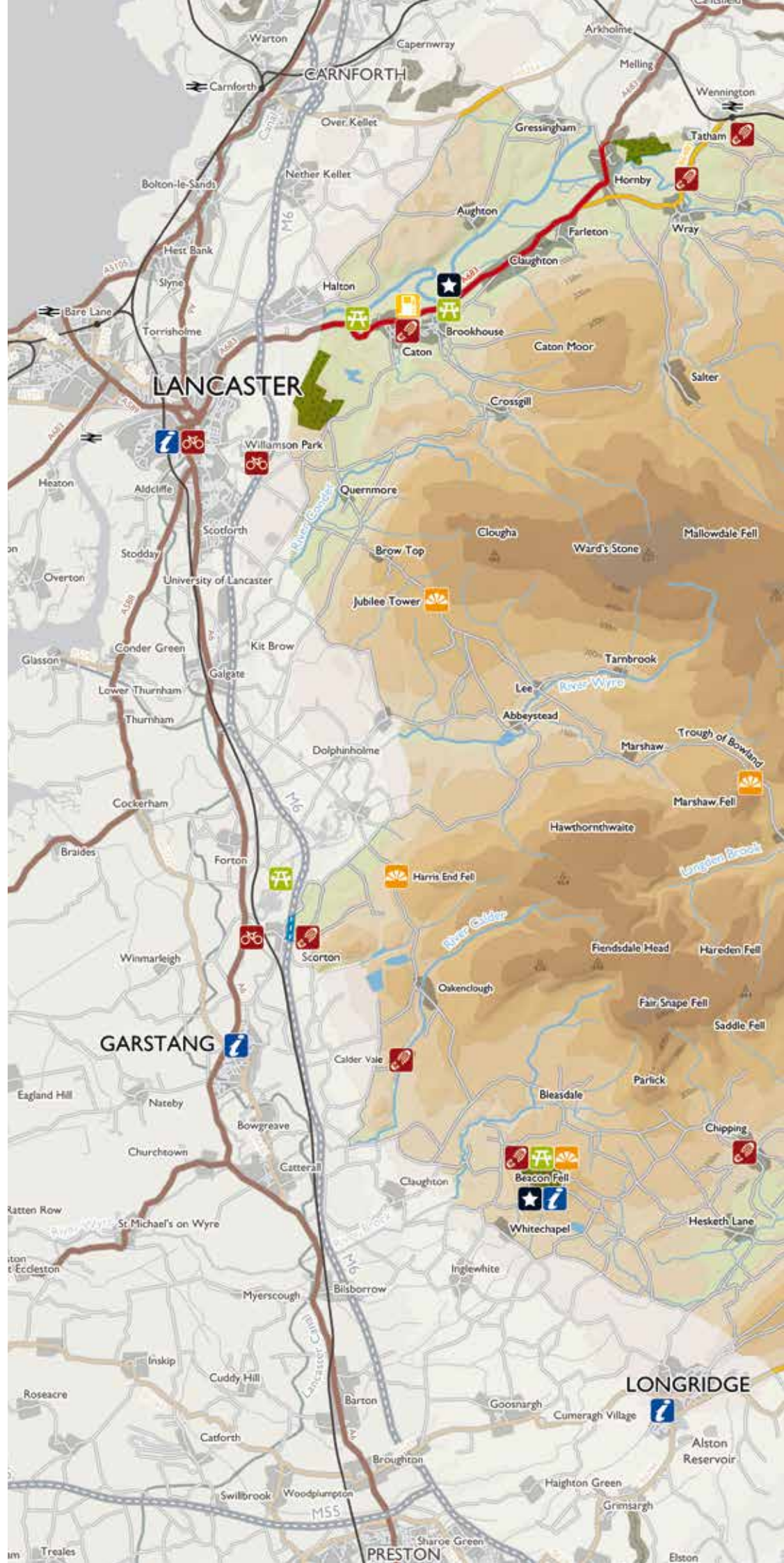


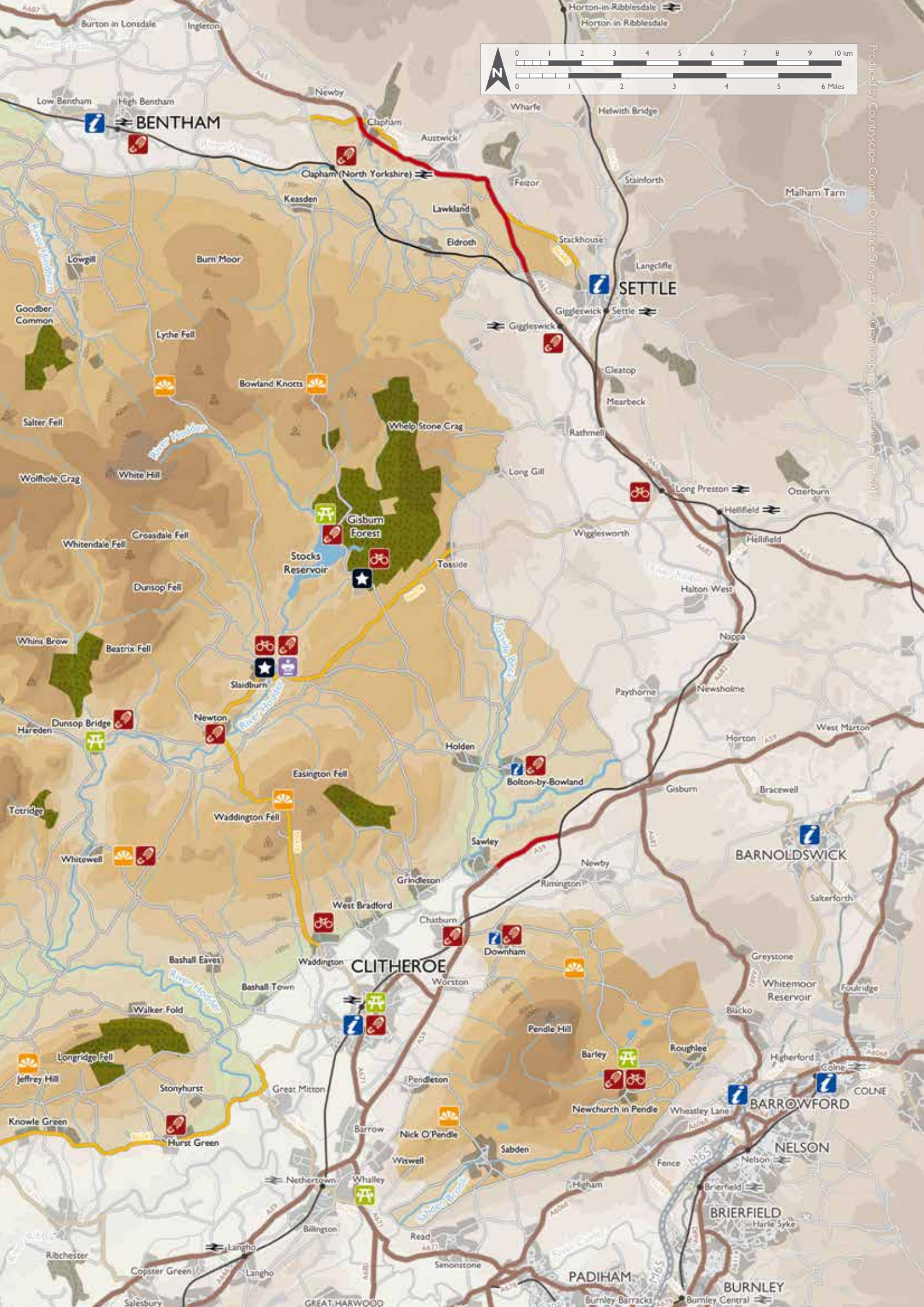
Dark Sky Discovery Sites



Station

For further information about walking & cycling opportunities from rail gateways visit forestofbowland.com/Travel-Information





ON NATURE'S DOORSTEP

Explore miles of glorious countryside from the comfort of your own holiday home in the tranquil Bowland Fell Park.

A gateway to both the Yorkshire Dales and the Forest of Bowland, this exceptional park is the perfect place to escape from the crazy everyday.

With miles of walking and cycling to enjoy, the park also has play areas and a heated swimming pool for the kids, and a lively pub selling pints of Real Ale for the adults, making it an ideal country retreat for both families and couples looking for some “us” time.

Fresh and delicious produce is available at our well-stocked farm shop or, after an invigorating day outdoors, treat yourself to chef's homemade fare at our friendly restaurant.

Love the countryside? Call us now to find out more about buying a caravan or holiday lodge at Bowland Fell Park on:

01729 840278

Prices from £12,000.
Finance available. Conditions apply.

**BOWLAND
FELL PARK** 



GIBBON BRIDGE HOTEL & RESTAURANT

Over 33 years' experience, attention to detail, beautiful gardens, elegant surroundings and fresh local food all add up to Janet Simpson's passion – Gibbon Bridge.

Birthdays, weddings, anniversaries, baby naming – all reasons to bring friends and family together and there is nowhere else quite like it. Come for lunch, dinner, a short break or if you want something a little bit different why not have a private dining experience? There is the Orangery offering a light contemporary feel or for something more cosy the Cavalier Lounge with its open fire and soft furnishings. But for something really different the al fresco dining areas offer a unique experience – available winter & summer, rain or shine.

So whether there is one, two or a group of you take time out to discover this hidden gem!

Chipping Forest of Bowland Lancashire PR3 2TQ Telephone 01995 61456 [f](#)
Email reception@gibbon-bridge.co.uk • www.gibbon-bridge.co.uk [t](#)

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**

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

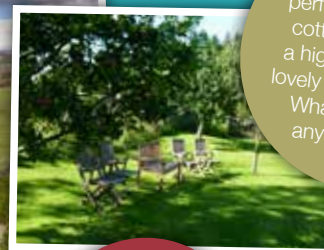
'Fantastic! One of our best holidays! Fabulous Cottage, extremely comfortable and so well equipped.'

'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.'



Eldroth House is a superb stone built property in the idyllic village of Eldroth, close to the town of Settle, and is perfectly placed for exploring the beauty of the Forest of Bowland, the Yorkshire Dales and the Lake District. The tranquil gardens with running stream and small orchard are ideal for relaxing after a day's walking, cycling, sightseeing or shopping. We provide everything you need to make your stay peaceful and enjoyable. Part of a farmhouse dating back to 1692, the refurbished Cottage has two bedrooms, a large, fully-equipped dining kitchen and cosy living room with wood burning stove. The former detached Barn has been converted into a beautiful, one bedroom romantic retreat with spectacular views over open countryside.

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

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



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

www.eldrothcottages.uk

Discover Bowland Itineraries

We've teamed up with local businesses - all part of Bowland's Sustainable Tourism Network - to provide you with some inspiration and offers for enjoying a short break in the AONB with our Bowland Itineraries!

The itineraries, two of which are featured in this guide, provide information on what to do and where to eat and stay. Collectively, they provide inspiration that could keep you busy for a week or two! Keep your eye on the AONB website as more will be launched during 2018.

Have yourself a Green Getaway

Whether it's exploring the wildflower-filled hay meadows, eating local smoked trout, hearing the evocative call of the first curlew or catching a glimpse of a darting hare, if you take time to immerse yourself into this wonderful place it will truly awaken the senses, leaving you feeling recharged and replenished!

Whilst visiting the area there are also ways in which you can get involved to ensure that Bowland remains special for many years to come, so here's how to be Bowland's favourite sort of visitor:

● Give the car a break

Walking, riding and cycling are great ways to explore the area without adding to the traffic and you'll find there are fantastic places to visit right on your doorstep!

● Stay local, eat local, buy local, see local

There are spring, summer, autumn and winter feasts to be had - ice cream, cheese, meat and game are all Bowland specialities and with an abundance of quality eateries and accommodation providers, to suit all budgets and styles, you'll be spoilt for choice.

● Switch off and look up

We can see the stars at night here in Bowland! Switch off and look up - it's a celestial feast. Look out for our 'Dark Sky Friendly' businesses and visit one of our Discovery Sites to ensure you experience the dark skies at their best.

● Follow the Countryside Code

Simply put - respect other people, protect the natural environment and enjoy the outdoors - but take a bit more time to read about it at www.gov.uk/government/publications/the-countryside-code



Discover Bowland Itinerary – N°1

Journey to the Centre of the Kingdom!

Centre of the Kingdom!

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

You can access some land
across England without
having to use Public Rights
of Way – this land is
known as 'access land'.
For info on what you can
and can't do visit:

www.gov.uk/right-of-way-open-access-land/use-your-right-to-roam

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](http://www.forestofbowland.com/Walking-Information)

Ordnance Survey – the people who map the entire country – calculated that the geographical centre of Great Britain is located on a remote hillside above Dunsop Bridge in the heart of the Forest of Bowland AONB. This three-day itinerary takes you – literally – to the centre of the kingdom and goes on to explore some of the beautiful landscapes and pretty villages of the Forest of Bowland on foot and by bike. It's an ideal short break for active couples or adventurous families.




Stay

There is no shortage of cosy pubs, cottages and inns to rest your legs after a day on the fells or to reflect on your day of exploring. The most difficult job will be deciding which one to pick! Quality, combined with a wonderful Lancastrian welcome will mean you'll be getting ready to plan your next escape.

Day 1:

The Big Adventure

Plan your expedition to the geographical heart of Great Britain – located on a remote hill – Whitendale Hanging Stones near Dunsop Bridge. Reaching the geographical centre is a challenging walk on open access land and recommended only for a seasoned walker; however there are a number of routes from Dunsop Bridge which take you amidst the fells to capture the essence of this beautiful area. Fortify yourself with coffee and home-made cakes or scones at **Puddleducks Tearoom** , or choose something more substantial from the homemade menu, which includes corned beef hotpot, pea & ham soup and their famous cheese and onion pie. There's also a 'Centre of the Kingdom' sign here for you to take the all-important selfie!

The Dunsop Valley is a favourite with bird watchers and you might catch sight of a variety of raptors including hen harrier, merlin, kestrel, peregrine falcon, short eared owl and goshawk, which are most commonly seen in spring. Closer to the village of Dunsop Bridge you might see house martin, swallow and great spotted woodpecker:

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


Route Options

(all starting from Dunsop Bridge):

- For a village circular walk across farmland taking in some wonderful fell views, try the River Dunsop and Black Brook two mile route
- For a family-friendly walk, download the 3.5-mile Easy Access route
- For a walk combining riverside and fell top download the 4.5 mile Hodder Bank Fell Circular route
- Reaching the actual Centre of the Kingdom, at Whitendale Hanging Stones is a more demanding undertaking across open access land, which is an extension of the 3.5-mile route in Option B, making a 9-mile linear route. Make sure you're equipped with a map and compass and have good navigational skills!

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



End your day with some wonderful seasonal, local food at the award-winning Parker's Arms gastropub in Newton in Bowland. . Enjoy hearty regional and global fare cooked and served with an individual stamp.

Dunsop Valley - Matthew Savage



Whitendale - Matthew Savage



Day 2 AM:

The Ribble Valley Villages Ride

This easy-going 29-mile road ride follows the valley floor with some gentle climbs to explore the prettiest villages in the Clitheroe area

www.forestofbowland.com/files/uploads/pdfs/cycle_route/bikerouteribblevalley.pdf.

This picturesque route also passes some of the best pubs and cafes – including the **Waddington Arms** ③ and **Hudsons Ice Cream Shop, Chatburn** ④ – both of which welcome thirsty cyclists.

For something a little more challenging, try the 60-mile Ribble Valley Ride route.

www.strava.com/routes/7520014

For more ride ideas, go to: www.forestofbowland/cycling

Immerse yourself in the peacefulness of the area, take your time, and savour the sights, sounds, tastes and smells to get a true Bowland Experience!

Day 2 PM:

Replace Those Calories!

Help yourself to a large portion of traditional Lancashire fayre at the acclaimed **Three Fishes Inn, Mitton** ⑤ – one of the region's most highly regarded gastropubs. Tuck into Morecambe Bay shrimps, Lancashire Cheese soufflé and legendary Lancashire hotpot, admire the superb view up the valley from the bridge ①, then walk it all off with a gentle wander alongside the River Ribble.

Day 3 AM:

Explore

Historic Browsholme Hall ⑥ – family seat of the Parker family for centuries and one of the most important stately homes in the area. Marvel at the Elizabethan splendour of this Grade I listed building and meander through the immaculately tended gardens before adjourning for tea and cake in the café. (check ahead for opening times).

Day 3 PM:

Picnic

Pick up a mouth-watering picnic from the **Bowland Food Hall** at **Holmes Mill, Clitheroe** ⑦ and head to either Higher ⑧ or Lower Hodder bridges ⑨. Park considerably and follow the footpath along the western bank through dense woodland to find one of many perfect riverside picnic spots. It's an amazing experience in spring, when the woods are carpeted in wild garlic and bluebells and alive with birdsong. If the weather is less than ideal for dining al fresco, head instead to **Bashall Barn** ⑧ for a traditional afternoon tea.

Waddington - John Sparks



Hudsons Ice Cream Shop



Browsholme Hall




Bowland Experience Offers!

To get the discount code for all the listed offers visit:

www.forestofbowland.com/Bowland-Experience-Offers




Tasty Bites


Get 15% discount at **Puddleducks Tearoom**  (minimum spend £10).


Save 20% off food at the **Spread Eagle, Sawley**  - an unassuming but attractive coaching inn nestled next to the River Ribble. This inn comprises seven lovely bedrooms and all individually furnished. The Spread Eagle is open all day offering award-winning food, fine wines and locally sourced real ales. (Monday to Friday only & excluding existing offers).

Rural Retreats

Save 10% at the pretty self-catering cottage - **Bowland Cottage in Newton**  for a tranquil rural retreat in the delightful Hodder Valley – just a short drive from the

Centre of the Kingdom. Shortlisted for the Lancashire Tourism Awards and winners of a Ribble Valley Tourism Award, this luxury Grade 2 listed self-catering cottage sleeps three.

Larger family groups can save up to £250 with a free extra night's stay (four for the price of three) at the brand new **Ribble Valley Country Cottages** . Perched on the fellside high above the picture postcard village of Waddington, these contemporary, open plan cottages offer a touch of luxury and between them can accommodate up to 14 people.

For a self-catering break with direct access to the countryside, **Shireburne Park**  is offering 10% discount off stays of three nights or more in their self-catering apartments or luxury holiday caravan (excluding Christmas and New year). Located just a mile outside Clitheroe, Shireburne Park is a quiet, friendly park offering both holiday homes and residential pitches, with scenic views across the Ribble Valley.

For business contact details and for full terms and conditions, visit the website address above.

The Spread Eagle



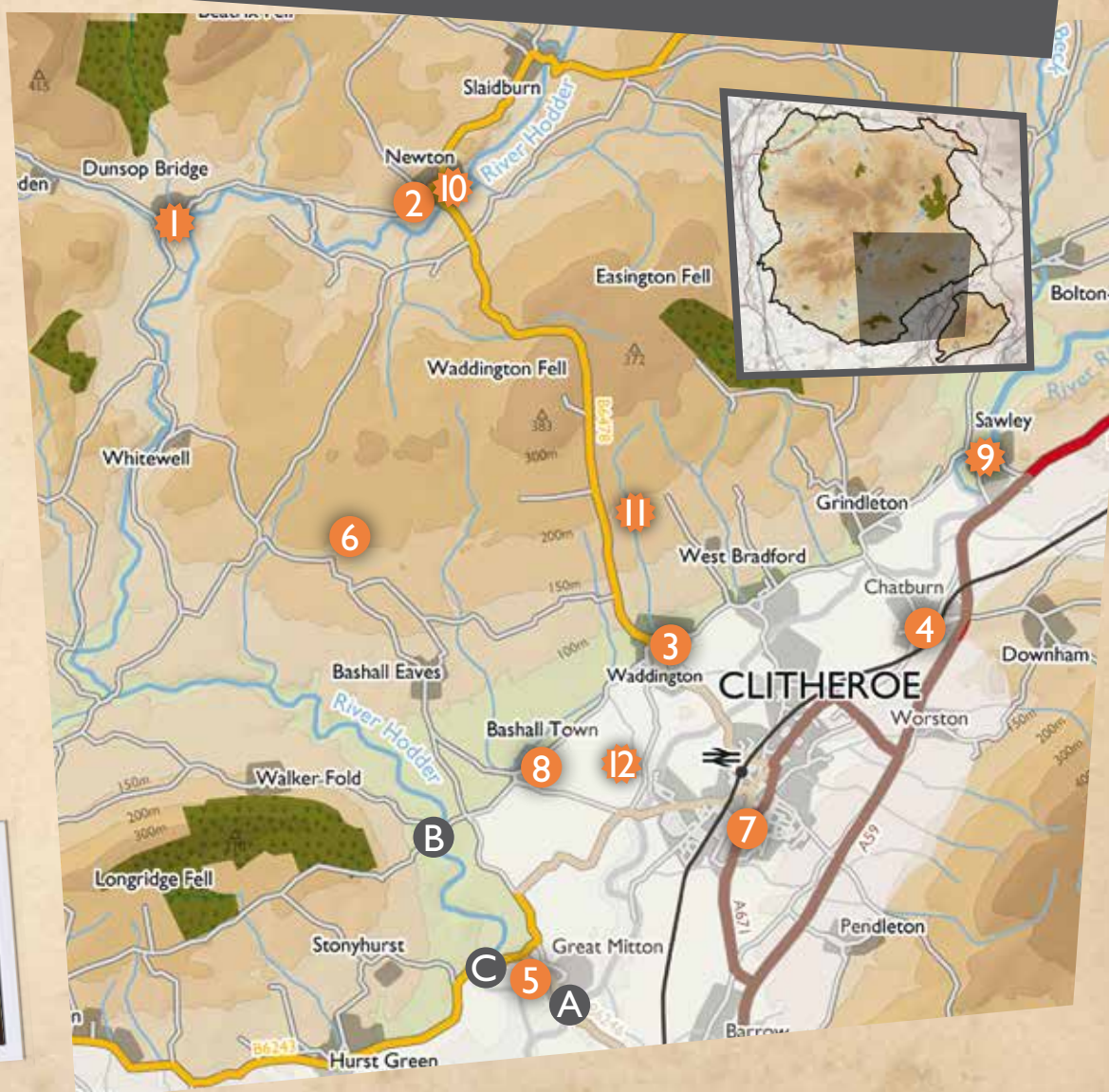
Bowland Cottage



Shireburne Park



Ribble Valley Country Cottages



Gisburn Forest and Stocks Reservoir Adventure

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

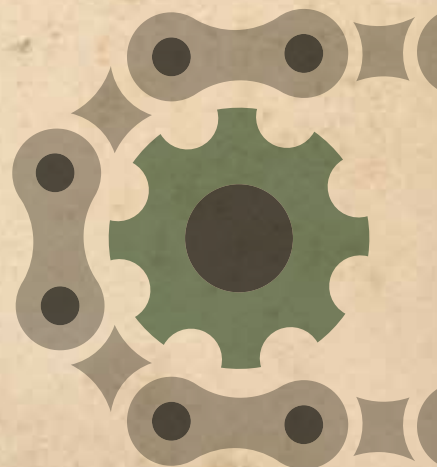
The 833 Bowland Explorer summer bus service links railway stations at the northern and southern gateways to the Forest of Bowland, providing easy access to the heart of the AONB. Visit the AONB website for further info
www.forestofbowland.com/Bowland-Explorer

To keep the whole family entertained, why not download some seasonal quizzes, colouring and i-spy sheets to engage your youngsters? Visit
www.forestofbowland.com/Family-Fun

In the hills above the picturesque village of Slaidburn there's a paradise for outdoor enthusiasts just waiting to be explored.

This pristine upland landscape in Lancashire's undiscovered rural hinterland is a hidden gem with more in common with the lochs and glens of the Scottish Highlands than the post-industrial mill towns in the south of the county.

Walking, trail-running, mountain-biking, fly-fishing and birding are all on the agenda for visitors with a taste for adventure. There's even an easily accessible trail for outdoor enthusiasts with restricted mobility.



Stay

This remote corner of the Forest of Bowland has an inviting selection of cosy B&Bs, camping barns, pods and self-catering cottages meaning visitors can avoid long drives and can get stuck into their chosen activity.

Day 1:

The Big Adventure

Lace up your boots for the eight-mile **Stocks Reservoir Circular** route which climbs above the reservoir, providing expansive views of the wider Bowland landscape before descending to complete a circuit of the reservoir.

Allow at least three hours to complete the entire circuit – more if you plan to picnic or detour to the café at **Gisburn Forest Hub ①** for welcome refreshments. Drinks and snacks also available at **Stock Reservoir Fishery cafe ②** most weekends in the season. Start from the pay and display car park on the eastern shore of the reservoir (Stocks Reservoir Car Park).

Families with younger children, or those who are less mobile, might want to try the less demanding Birch Hills Trail starting from the same car park, or the Forestry Commission's **Highway Rat Activity Trail** which starts from the Hub.

Route Options

- Stocks Reservoir Circular
- Gisburn Forest Birch Hills Trail
- Bell Sykes Hay Meadow Walk
- The Highway Rat Trail starts from Gisburn Forest Hub Café, download the app at:
www.forestry.gov.uk/forestry/bee-hajcl4q

NOTE: Birch Hills Trail is suitable for Trampers (all-terrain accessibility scooter). The Bowland Trumper can be booked in advance from Gisburn Forest Hub. Call 01200 446387 to make a reservation.



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

Have a look at the Festival Bowland programme with events that run throughout the year. There are numerous guided walks and even a night time forest tales family event at Gisburn Forest in September, and a National Hay Meadow Day, Slaidburn in July.
www.forestofbowland.com/Festival-Bowland-Events

Reward yourself at the end of the day at **Crowtrees Inn** ③ Bowland Fell Park which offers traditional pub fare with a fresh twist, with a range of excellent ales as accompaniment.

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



Stocks Reservoir - Mark Sutcliffe



Bowland Knotts - Mark Sutcliffe



Day 2 AM:

The Roses Border Bike Ride

For road cyclists, this is a majestic, yet demanding circuit on quiet lanes either side of the Lancashire and North Yorkshire border. It's a challenging 35 mile circuit on quiet lanes that are reputed to have been cycled by Sir Bradley Wiggins in preparation for winning the 2012 Tour De France! Another slightly shorter, but more demanding option is a spectacular circular which takes in two of the toughest passes in Bowland – Bowland Knotts and Cross O'Greet. Download these routes from: www.forestofbowland.com/cycling

For a two-wheeled adventure off-road, the purpose-built cycle trails through Gisburn Forest offer rides of varying length. Refreshments and bike hire are available at the **Gisburn Forest Hub Café** 1.

Day 2 PM:

Replace Those Calories!

After such a strenuous ride, there's ample excuse to gorge yourself on a high-calorie carbfeast at one of the area's noted cafés or hostleries. Try taking afternoon tea at **Old Vicarage Team Rooms in Tosside** 4 or the delightful **Nectar Café** at **Coars Farm near Wigglesworth** 5.

Day 2 Evening:

Sample the Local Nightlife

Admire the Milky Way brighter than you've ever seen it and see how many constellations you can find in the dark skies above the Bowland Fells. Simply step outside after nightfall and look upwards to see thousands more stars than you can see in town or book into one of the dedicated star-gazing events held at Gisburn Forest Hub Dark Sky Discovery Site. www.forestofbowland.com/Star-Gazing

Day 3 AM:

Get Closer to Nature

Get up with the lark and fish for plump and tasty trout in the clear waters of **Stocks Reservoir**. Visit the Stocks Reservoir website www.stocksreservoir.com to check whether the trout are biting or call **01200 446602**. If the fish aren't rising, pack your flask and head to the wildlife watching hides on the eastern shoreline to watch the amazing birdlife that lives on and around the reservoir.



Cross of Greet stream

Bell Sykes - Graham Cooper



Gisburn Forest by night - Matthew Savage



Day 3 PM:

Slaidburn Hay Meadows

Explore the restored traditional wildflower meadows around Slaidburn on this leisurely wander to **Bell Sykes Hay Meadow** (best seen late June/early July) beside the River Hodder then treat yourself to tea and cakes at the idyllic **Riverbank Tearooms** 6.

Bowland Experience Offers!

To get the discount code for all the listed offers visit:

www.forestofbowland.com/Bowland-Experience-Offers



Tasty Bites

Buy one get one free on Cream Teas or a free glass of cava with each *Afternoon Tea* at **The Traddock**. 🍷

Surrounded by the breathtaking scenery in the northern part of Bowland, The Traddock Hotel offers peace and quiet, and the perfect surroundings for traditional cream or afternoon tea. To be enjoyed in a pretty walled garden in summer, or in one of their lounges with large comfy sofas and roaring fires in winter.

Rural Retreats

Save 15% for two or more nights in the Oak Room at **Merrybent Hill Luxury B&B** 🌿 - a stunning, luxury B&B situated in a rural location in the Forest of Bowland, with outstanding views towards Pendle Hill and the Yorkshire Dales.

Relax after a day's walking, cycling or sightseeing listening to the running stream in the tranquil gardens of **Eldroth House Barn** 🌿. With 4 nights for the price of 3, you can relax and unwind in the beautifully-appointed self-catering Barn nestled in the village of Eldroth, amidst stunning countryside that their first guests described as 'a little piece of heaven!'

Enjoy 10% discount on stays at **Wigglesworth House & Cottages** 🌿 – beautiful 5 star, gold self-catering cottages, with a recently awarded Green Tourism Gold and Dark Sky Friendly awards. Stunning views of Pendle Hill, the Three Peaks and 10 minutes from Gisburn Forest. Dog & baby/child friendly.

Receive 15% off a two nights stay with a three course evening meal (on one night) for 2 people at **Dale House Barn B&B** 🌿 – the perfect spot - situated on the edge of Gisburn Forest, adjacent to Stocks reservoir and the heather moorlands of Bowland Knots. Serving delicious home cooked evening meals, utilising local produce.

For business contact details and for full terms and conditions, visit the website address above.



Eldroth House Barn



Merrybent Hill Luxury B&B



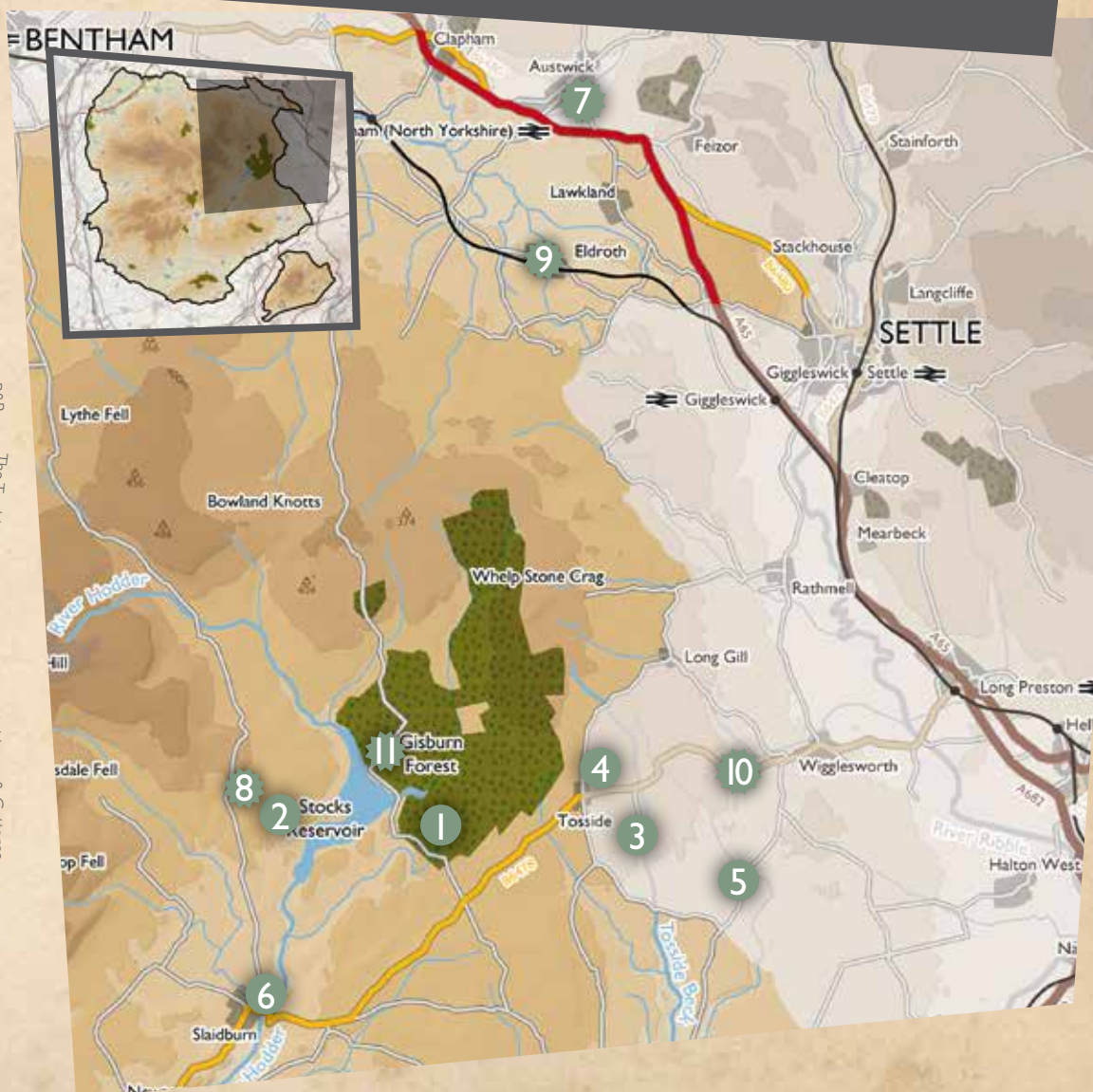
The Traddock



Wigglesworth House & Cottages



Dale House B&B



School House Cottage

A beautiful stone cottage that sleeps 3 people in a perfect position to explore The Trough of Bowland, Historic Lancaster, Clitheroe Castle and the market towns of Settle & Skipton to name but a few.

All this on your doorstep and with the Yorkshire Dales and Lake District only around 1 hr drive away.

Everything has been thought of in this cottage including luxury toiletries, luxury bedlinen and luxury towels.

The property has car parking outside.

Church View Cottage

Church View Cottage is an exquisite stone cottage in the heart of Gisburn in the Ribble Valley. The cottage is a few miles from Settle & Skipton, Yorkshire market towns and a short drive from the Lake District.

Everything has been thought of including luxury bedlinen, toiletries and towels. The cottage has its own parking space.

The lounge has an open fire, SMART TV and wifi.

The kitchen is a bespoke hand built kitchen.

Visit England
4 star
Self Catering



For enquiries and booking please contact us on
07768 663631

reservations@bowlandcottage.co.uk

or visit our website www.bowlandcottage.com

Shireburne Park

RESIDENTIAL & HOLIDAY PARK



- **Stunning location** just 1 mile from market town of Clitheroe.
A quiet and friendly park close to many facilities
- **12 month** holiday season
- **Recently expanded** with a choice of holiday pitches,
and fantastic views of Ribble Valley
- **Family run** together with a team of dedicated and
friendly staff!
- **Try before you buy** in one of 3 luxury holiday caravans,
or our luxury apartments within Shireburne Manor house.

For enquiries and booking please call

01200 423422

or visit our website at

www.shireburnepark.co.uk



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!

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Alternative Adventure activities and courses

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Mountain Training

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Hill & Moorland Leader Award
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Outdoor Activities Service & Alternative Adventure,
New Meadows Gap Cottage, Cranberry Lane,
Cranberry Fold, Darwen, Lancs. BB3 2HZ

Tel 01254 704898 24hr www.altadv.co.uk

Traditional Skills: Hedgelaying

Restoring traditional hedges as field boundaries is an environmentally friendly and sustainable way to contain livestock whilst providing a biodiverse home for all manner of wildlife.



Thriving hedgerows provide safe refuge for rabbits, hares, mice and stoats and ideal nesting habitat for small farmland birds.

They also become green natural highways that link up copses and woodland - allowing wildlife to move between these areas with a degree of protection and cover.

As the environmental benefits of natural hedges become clearer, this traditional rural skill is enjoying something of a comeback.

Experienced contractors like Geoff Whitley and Joe Craig are finding themselves increasingly in demand as landowners realise that for some field boundaries, as well as benefitting wildlife, a well-laid hedge is more cost effective than wire and fence posts.

"We charge about the same amount per yard as a conventional wire fence would cost," said Joe. "But once established, a properly laid hedge will last 40 or 50 years with only minimal maintenance. Wooden fence posts will need replacing after just 10 to 15 years."

"Traditionally laid hedges aren't suitable for all boundaries, and we'll advise land-owners on what sort of fencing they need, but where it's appropriate we can easily demonstrate the benefits of a well laid hedge."

Originally from Chipping, Joe, 75, is Vice President of the National Hedgelaying Society. Last December, Joe travelled to the Sandringham estate in Norfolk where HRH The Prince of Wales, who is patron of the Society, hosted a hedgelaying competition designed to encourage young people to develop their traditional skills. Accompanied

by Prince Charles, Joe mentored and encouraged 35 youngsters from across the UK at the event.

So what's involved in laying a hedge that will still be standing tall half a century later?

"Essentially, it's a form of coppicing," explained Geoff. "By almost felling the trunks, we are aiming to promote rapid growth from the base of the hedge to create a dense, stock-proof barrier that sheep or cattle can't get through or over."

"If you trim a hedge using a conventional flail, it gets bushy around four or five feet above the ground, but there are wide gaps between the trunks so grazing animals can get through."

"Hedgelaying aims to plug those gaps - initially by leaning old branches to form a visible barrier, but then promoting vigorous growth from ground level upwards to create an interlocking mass of quite dense growth."

"The skill lies in selecting which trunks and branches to keep and which to trim away to create a hedge which is dense enough to create an impenetrable barrier, without being such a thicket that it becomes a bit of jungle."

Using basic hand tools like saws, bill hooks and axes, hedge layers work at the base of the hedge and 'semi-fell' the upright trunks - leaving just 20 per cent of the diameter of the trunk attached to the root.

This allows the trunk to be pushed over or 'laid' at an angle of between 30 or 40 degrees to the ground.

Any particularly spindly offshoots are then trimmed and the newly laid hedge should stand about 4ft to 5ft above the ground.





Hedgelaying is always carried out between October and March - to protect nesting birds - and by the following spring, the new growth should be well established.

Within three years, the dense new hedge will be well established and should only require the occasional trim every couple of years.

This traditional rural skill is becoming a popular activity with conservation volunteers as it is relatively easy to learn the basics and extremely satisfying to look back on several metres of well-laid hedge after a full day in the field.

"The basics are straightforward enough and as long as volunteers understand how to work safely, it's something pretty much everyone can have a go at," said Joe, who learned his trade 65 years ago.

"We keep an eye on folk and lend a hand and the vast majority of them have a great day out. We have some regulars who keep coming back time and again."

Tools are generally provided as well as safety gear such as goggles and heavy duty gloves. But don't underestimate the physical demands of hedgelaying - it's pretty back-breaking work in cold and often wet weather - so dress appropriately and take a Thermos!

For details of supervised hedgelaying days and courses visit:
www.forestofbowland.com/Volunteering

Images © Mark Sutcliffe

Bowland Nightlife: Nocturnal Safari

The diverse landscapes of the Forest of Bowland really come alive after dark when the shyer species come out to play. Here's what to look out for after the sun goes down...

Some of the Forest of Bowland's most spectacular wildlife only comes out after dark. Foxes, badgers and the growing population of otters on the Rivers Ribble and Hodder are seldom seen during daylight hours.

If you have special night vision equipment and are prepared to hang around for hours to catch a glimpse of one of these 'trophy' species, it's an unforgettable experience. But for most folk with jobs, mortgages and kids to think about, the prospect of hunkering down in a wildlife hide for half the night probably isn't too appealing.

Otters are making an encouraging comeback on the rivers but remain shy of humans and difficult to see, while four species of owl: tawny, barn, short-eared and little are resident in the AONB. Barn owls are often spotted gliding over field boundaries at dawn and dusk in early spring, while tawny owls are also very vocal at this time of year.

However, there is one crepuscular critter that can be relied upon to appear most nights during the summer, is easy to see and which children seem to find fascinating. Their posh Latin name is chiroptera, but they're better known as bats.

Bats fly on dry nights from May to September, but the best months to watch them are August to September. This is when bats start to gather in huge numbers at their favourite sites - usually where large concentrations of insects are found.



Head for footpaths beside rivers or the edge of woodlands to see bats. You don't have to stay up too late. First bats – usually noctules – are out and about 20 minutes before sun down.

The three most common species of bats in Bowland are pipistrelle, Daubenton's and noctule.

Daubenton's bat or 'Pond Bats' are usually seen over the water. Pipistrelles are generally flitting about everywhere and the noctule bat – Britain's largest bat – tends to fly in straight lines up and down the river.



Noctule bats are more like a bird than a bat and children can sometimes hear their calls as their ears are able to detect higher frequency sounds than adults. Children seem to quite like the idea that they can do something their parents can't!

Find a clearing in the woods with open sky above and you'll see them easily at dusk. If you throw a small piece of wood or bread pellet into their flight path, you may see them swoop down to intercept it.

Wildlife surveyor and local bat expert Dave Fisher has been watching bats in the AONB for several years now.

"Look where the swifts and swallows are hawking insects during the day and the bats will be in the same place at dusk," said Dave. "Look out for cow dung in the fields along the riverbank – insects love it and that will attract the bats."

"They might come quite close to you because as warm-blooded mammals they are naturally curious and quite territorial. But they won't land on you - they aren't actually blind and they have super accurate echolocation so they will avoid you very easily."

Echolocation is like a form of sonar (the technology used by submarines to navigate underwater). They emit a series of very high-pitched clicks and chirps at a frequency of up to 110Khz - well beyond the spectrum of the human ear.

They then listen for the echoes bouncing off the surrounding environment to build up an internal picture of the terrain and any obstacles within it. Echolocation also enables bats to detect prey – mainly night-flying insects and especially moths – and zoom in on it.

Gearing up for a bat watch

If you're going out in autumn, wrap up warm as the temperatures drop quickly once the sun goes down.

Take a torch but leave it in your pocket for emergencies. Allow your eyes to adjust naturally and after 30 - 40 minutes you'll be amazed at just how much you can see.

Also use your ears. Cupping your hands behind your ears really amplifies the calls and improves directional sensitivity.

To take bat watching to the next level, a bat detector is an amazing bit of kit. A cheap bat detector can be purchased for around £40. These clever devices simply slow down the frequency of the bats' echolocation so that it becomes audible to the human ear.



"The first surprise is realizing just how many bats are flying around you at any one time," said Dave. "After a bit of practice, you can start to distinguish between the different calls they make."

"The regular calls they make for echolocation change quite dramatically when they lock onto a prey insect and they also emit a distinctive chirp when they catch it."

The Festival Bowland programme organises bat walks each year.

www.forestofbowland.com/Festival-Bowland-Events

For more advice and tips on bat watching, take a look at the excellent Bat Conservation Trust website here: www.bats.org.uk

Bowland Batwatch Hotspots

- The Stepping Stones at Whitewell
- The Ribble at Brungerley Park
- The Ribble at West Bradford
- The Causeway at Stocks Reservoir
- Forest rides in Gisburn Forest
- The Green at Slaidburn next to the bridge.
- Logging track into Grindleton Forest

Pushing the Boundaries

Walls, hedges, ditches and fences – taking a closer look at man-made boundaries can unlock the secrets of the evolution of a rural landscape.



The ancient landscapes of the Forest of Bowland have remained broadly unchanged for millennia. The unspoiled pastoral nature of this overwhelmingly rural area is one of its biggest attractions to visitors.

But there are features within the landscapes of Bowland which bear testament to the seismic shifts in the structure of society and profound changes in agriculture and land management that have taken place over the last two thousand years.

We're talking about the boundaries visible on the land: from ancient hedgerows, banks and the ditches that often signify an ancient boundary, to potentially prehistoric stone walls and classic north upland dry stone walls.

The latter are an iconic feature in the Bowland landscape and yet they can vary in age by as much as 1,000 years. There is a section of ancient stone wall at Noggarth above Barley which has been dated by Oxford Archaeology North and the Pendle Forest History Group as 'pre-medieval' meaning that this boundary could be more than 1,000 years old.

The earliest stone walls would have been constructed from whatever came to hand locally and the very first stone walls may have been a by-product of clearing stones from the land for crops or from riverbeds.

Early farmers planted communal fields around settlements in the valley floor to produce crops and they soon realised that the most fertile land on the valley floor needed to be fenced in to prevent the cattle grazing on the uplands from feasting on their carefully cultivated crops.

Known as ring garths, these boundaries date back to the medieval period and are some of the oldest walls in the area that can still be seen in some valleys within the Forest of Bowland. The open fields within the ring garth would be enclosed in later periods. Former open fields with long ploughing strips were sometimes 'fossilised' by later stone walls following the slightly curved ploughing boundaries, such as at Newton-in-Bowland.

These ancient walls are typically built from rugged and irregular rocks, cobbles and even large glacial boulders and lack the precision and straighter lines of more recent structures formed from dressed quarried stone, which didn't feature in wall construction until about the 17th century.

This coincided with the most intensive period of wall-building, which was ushered in by the move away from feudalism to more intensive agricultural practices along with changes in ownership and tenancy.



© Mark Sutcliffe



© Mark Sutcliffe

In the AONB, this process was constrained by two distinct forms of specific land use: the creation of the Forests of Bowland and Pendle, effectively ring-fencing large tracts of land for hunting by the nobility and the preservation of woodland and browse for the deer. Some land-owners also chose to dedicate large areas, known as vaccaries, to cattle grazing, thereby reaping some benefit from unproductive wastes.

Both these trends slowed the process of enclosure in Bowland and, with it, the tendency towards creating smaller parcels of land owned or tenanted by farmers.

Many of these piecemeal landholdings and their associated boundaries have since been subsumed within larger field systems, but traces of original boundaries can still be found at Stephen Park near Stocks Reservoir and on a late sixteenth century map of Slaidburn.



© Graham Cooper



© Graham Cooper

In the 18th Century, the process of enclosure became more formalised as the landowner, usually the Lord of the Manor, and a more enterprising tenant farmer class sought to increase the income from the land by having the opportunity to improve it, diversify and even become freeholders.

Landscape researcher, Graham Cooper, has spent much of the last decade documenting the distinctive field and park boundaries of Bowland and believes the area has further secrets to reveal.

"Wandering in Bowland from the valleys to the margins of the unenclosed 'waste' of the uplands presents an opportunity to admire the various field boundary forms, length and geometry," said Graham.

"I would urge people to look at the ground under their boots and appreciate the graft of the stone-clearing, draining, ploughing and marling to improve the soil – an improvement hard won by enterprising farming families.

"Bowland has a notable legacy of deer parks and the pinnacle of boundary design: the tall pale fence, deep ditches and high banks to confine the deer.

"When the deer-parks became uneconomical around Tudor times, they were overlaid by largely angular enclosures given over to the plough, pasture and meadow, but the ghosts of the curved park boundaries can still be traced."

Today, almost two thirds of the area of the Forest of Bowland AONB is enclosed, with less than four per cent built after 1900, 35 per cent Ancient (pre-1600) and 62 per cent Post Medieval (between 1600 and 1900).

A third of all boundaries are hedgerows, 29 per cent are walls and 17 per cent are fences. In many areas, different methods of construction are mixed together, but in general the walls dominate the moorland fringe, and mixed hedges and walls (and ubiquitous wire) criss-cross the river valleys.

District Event Highlights in 2018



Craven

Bentham Show

1st September

The very best of the area's cattle, sheep and poultry will be on show, plus hotly contended classes for handicrafts, produce and horticulture.

www.facebook.com/Bentham-Agricultural-Show-1473196756282636



Flowers of the Dales Festival

March to October

Flowers of the Dales Festival brings wonderful wildflower and nature events to venues across the Yorkshire Dales. With guided walks, identification courses, art exhibitions, children's craft activities, bug hunts and 'grow wild' activities, you'll find something for everyone!

<https://www.ydmt.org/flowers-of-the-dales-festival>



Pendle

Pendle Walking Festival

11th to 19th August

Featuring guided walks in and around one of the Forest of Bowland's most iconic landmarks, Pendle Hill, as well as many other parts of Pendle. A free programme of all walks can be downloaded at the end May from: www.visitpendle.com

Ribble Valley

Chipping Steam Fair

26th to 28th May

This three day event certainly offers something for the whole family, still with the traditional values of a steam fair at the heart of the event.

www.chippingsteamfair.com

Clitheroe Food Festival

11th August

An annual showcase of the hard work and commitment from local food and drink suppliers, and their fantastic produce. The town centre is taken over by an array of culinary stalls – all offering tasteful delights.

www.clitheroefoodfestival.com



Lancaster

Wray Scarecrow Festival

28th April to 7th May

You'll find scarecrows galore at this 10-day festival so why not see how many you can spot whilst enjoying this village full of character?

www.wrayvillage.co.uk



Lunesdale Arts Trail

19th, 20th, & 21st May and 26th, 27th & 28th May

Take a creative journey through the lovely Lune valley to meet artists and makers in their studios and workshops.

www.lunesdalearts.co.uk

Wyre

Garstang Show

4th August

An historic local show with everything from livestock to horticultural displays and much more besides!

www.garstangshow.org



Scorton Bikes and Barrows Festival

5th to 7th May

Bicycle rides, fun run, flower festival – and wheelbarrow racing! Just some of the highlights which have featured in this packed festival in the lovely village of Scorton.

www.scortonvillage.com

For a full round-up of events across the area go to:

www.visitlancashire.com or
www.yorkshire.com

FESTIVAL BOWLAND 2018

A year round calendar of events celebrating the birds, wildlife, landscape and culture of the Forest of Bowland Area of Outstanding Natural Beauty



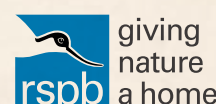


The River Dunsop © Forest of Bowland AONB

Festival Bowland

Festival Bowland is a year round calendar of events celebrating the birds, wildlife, landscape and culture of the Forest of Bowland Area of Outstanding Natural Beauty (AONB). The Forest of Bowland AONB Partnership has worked together with landowners, businesses, countryside staff and enthusiastic individuals to bring together a wealth of events and opportunities for people to explore the area's special qualities and to share with others what makes this such a special place for people and wildlife.

Festival Bowland is brought to you by



Cover image: Green Hairstreak butterfly, © Jim Asher; Butterfly Conservation.

Festival Bowland 2018

Festival Themes

This year we've introduced three themes which sit alongside the main Festival programme. Springtime Wildlife, Meadow Magic and Bowland by Night are full of events which will help visitors to focus on a particular aspect of Bowland. From lapwings, hares, butterflies and more in April, to wildflowers in July and night-time explorations in September; these events are a great way to discover and enjoy the AONB. Look out for the highlighted events in the programme:

Springtime Wildlife

Events are highlighted in green

Meadow Magic

Events are highlighted in purple

Bowland by Night

Events are highlighted in Red



Map and Compass Workshop © Gaye Woollard

Important information

- Information about how to book is detailed with each event. A small number of events are “just turn up”, but contact details for further information are included with these events too.
- Children and young people under the age of 18 must be accompanied by an adult and some events may not be suitable for children.
- Dogs are accepted on some events, but not all. Please check at the time of booking.
- Please dress appropriately for the location and weather. You will need sturdy walking shoes or boots, warm clothing and waterproofs for most outdoor events. Please bring drinking water/hot drink and a packed lunch on all-day events. (You may want to bring a drink and a snack on shorter walks.) On hot, sunny days, sun cream, a sunhat and sunglasses are recommended. If you need medication, please bring it with you. If you have binoculars it's definitely worth bringing them along. If you are not appropriately prepared, your leader may refuse to include you. This is for your, and the group's, safety.
- Most events, particularly those outdoors, require a reasonable level of fitness, with the exception of health walks. Many events will involve walking, often up slopes and over stiles, and some involve all-day hill walking. Please take note of the information provided for each event. Overestimating your fitness may spoil the event for you and the rest of the group. Events are led at a pace to suit the whole group.

Our **Terrain Guide** aims to give you an idea of the kind of ground covered during relevant events. This is a guide only and you should check with event organisers beforehand if you are unsure about the suitability of a walk:

- ① Relatively flat ground, no stiles, suitable for wheelchairs and pushchairs.
- ② Relatively level ground, fields, lanes and tracks, possibly with some stiles and gentle slopes.
- ③ Uneven ground, fields, lanes and tracks with some moderate slopes. Expect stiles.
- ④ Uneven ground, fields, lanes and tracks, with some steeper climbs. Expect stiles.
- ⑤ Limited paths, rough walking, steep climbs. Expect stiles.

For more information visit
www.forestofbowland.com
 where you will also find additional
 Festival Bowland events added
 throughout the year.



Useful information

The Festival Bowland programme includes a number of events suitable for four-wheel drive, all-terrain electric buggies (marked Trampler-friendly). If you have not used one of these vehicles before, you should ask for an induction when you book. You will then be shown how to use the buggy safely at the start of the event. (Please note that some events may only be suitable for people with previous experience.)

In addition to marked Festival Bowland events, these electric buggies can be booked at a number of venues in and around the Forest of Bowland, for use on identified routes at those sites.

Information is available from:

Wyre Estuary Country Park – Duty Ranger

0797 665 0803

Visit Garstang Centre

01995 602125

Gisburn Forest Hub café

01200 446387 or go to

www.forestofbowland.com

Agricultural Shows

During the summer months you will find a number of agricultural shows within the Forest of Bowland and the surrounding area. These offer a great opportunity to find out more about farming and rural life in this part of the country. Agricultural shows are traditionally held in the Hodder Valley, Chipping, Garstang, Bentham and Goosnargh / Longridge. See local press or individual show websites for 2018 show dates.

The Arts in Bowland

Bowland is an inspirational place and there are lots of opportunities to find great arts and crafts. The Lunesdale Arts Trail includes venues in and around the north western part of the AONB and runs on Saturday 19th & Sunday 20th May and on Saturday 26th, Sunday 27th and Monday 28th May. See www.lunesdalearts.co.uk for details.

Rural touring programmes also offer a wonderful chance to see professional arts events on the doorstep. For information about events in and around Bowland see www.spotonlancashire.co.uk

Flowers of the Dales Festival

The annual Flowers of the Dales Festival, co-ordinated by local charity Yorkshire Dales Millennium Trust, is an exciting programme of 100+ events from March to November that celebrate the Yorkshire Dales' wonderful wildflowers, their habitats and the species that they support. Now in its tenth year, the Festival has engaged more than 35,000 people in wildflower and nature events. This year the festival offers walks, talks and hands-on activities for all ages, run by passionate individuals and local organisations. There really is something for everyone to enjoy.

For further information visit www.ydmt.org or call 015242 51002.

Forest of Bowland

For more information about the Forest of Bowland visit www.forestofbowland.com for:

- Places to stay
- Local produce
- Information on the area and the work of the Forest of Bowland AONB Partnership
- Downloadable walks
- Other events happening in and around the Forest of Bowland AONB

Public Transport

For public transport information call Traveline on 0871 200 2233 or visit www.traveline.info

Mountain Rescue In an emergency dial 999 and ask for the Police, then Mountain Rescue.

Please note that, whilst all event details are believed to be correct, visitors are advised to contact individual event providers to confirm the information given.



February

- Friday 16th February
 - Barnacre Legstretcher
- Sunday 25th February
 - Winter Fell Walk

March

- Friday 16th March
 - Claylands Legstretcher

April

- Throughout April
 - Easter Treasure Hunt
- Friday 13th April
 - Cobble Hey Legstretcher
- Saturday 14th April
 - RSPB Moorland Walk
- Friday 20th April
 - Learn How to Stone Carve
 - Learn How to Make a Needle Felt Hare
- Saturday 21st April
 - Lapwings and Hares Ramble and Trumper Trek
 - Newton Wildlife Ramble
- Wednesday 25th April
 - Whimbrel Watch
- Saturday 28th April
 - RSPB Moorland Walk
- Sunday 29th April
 - Snipes and Hares

May

- Saturday 5th to Sunday 13th May
 - Garstang Walking Festival
- Saturday 5th May
 - Springtime Wildlife around Garstang
 - Bowland Butterfly Walk
- Sunday 6th May
 - Birds and Breakfast in Bowland
 - Springtime Wildlife around Nicky Nook
 - Bluebell Teas Walk
 - Knott to Tot Challenge – Day 2

- Monday 7th May
 - Knott to Tot Challenge – Day 3
 - Grizedale Valley
- Tuesday 8th May
 - Garstang Ramblers
 - Abbeystead Circular

- Wednesday 9th May
 - Navigation Day 1 – Introduction to Map and Compass
 - Hidden Wildlife of Bleasdale
 - Bleasdale Skyline
 - Bleasdale and Beyond
 - World War 1 – Bleasdale Remembers

- Thursday 10th May
 - Navigation Day 2 – Navigation with Map and Compass
 - Fell View Fords, Tracks and Trails
 - Abbeystead Wildlife Walk
 - Sullom Evening Walk

- Friday 11th May
 - Dunsop Bridge Trumper Trek
 - Extreme Wyresdale Ramble

- Saturday 12th May
 - RSPB Moorland Walk
 - Calder Vale and Back
 - Claughton Estate Walk
 - Cobble Hey Round

- Sunday 13th May
 - Of Roman Legions and Pendle Witches
 - Of Fallen Airmen and Lancashire Gothic Writing
- Saturday 19th and Sunday 20th May
 - Bleasdale Garden Open Days

- 19th May to 29th July
 - Maiden Bridge Art Centre Summer Exhibition

- Sunday 20th May
 - Clitheroe Clogs!

- Sunday 27th and Monday 28th May
 - Open Garden – Clearbeck House

- Monday 28th May
 - Ribble Valley Ramble

June

- Friday 1st June
 - Wyre Lakes Legstretcher
- Sunday 3rd June
 - Orchid Walk
- Thursday 7th June
 - Scorton Challenge Trumper Trek
- Saturday 16th June
 - RSPB Moorland Walk
 - Stephen Park and the Pilgrimage of Grace

- Sunday 24th June
 - Open Garden – Clearbeck House
- Saturday 30th June
 - Wire Flower Sculpting

July

- Sunday 1st July
 - Forest of Bowland Meadow Walk
 - Open Garden – Clearbeck House
- Saturday 7th July
 - National Meadow Day
- Sunday 8th July
 - Felt Flowers and Garlands
- Saturday 14th July
 - Salthill Meadow Walk
- Saturday 21st July
 - Cross of Greet Wildlife Wander
- Friday 27th July
 - Views over Wyre Legstretcher
- Sunday 29th July
 - Summer Fell Walk

August

- Saturday 18th August
 - Mayoress of Pendle Charity Walk
- Thursday 23rd August
 - Bleasdale Circular Trumper Trek
- Monday 27th August
 - Ribble Valley Ramble

September

- Thursday 13th September
 - 500 Years of Garstang – Heritage Walk
- Friday 14th September
 - Bleasdale Remembers – Centenary 1918
 - Bleasdale – The Lives of Local People
 - Stargazing Evening
- Saturday 15th September
 - Stargazing in Gisburn Forest
- Friday 21st September
 - Garstang Bat Walk
- Saturday 22nd September
 - Tales for a Dark Forest Night
- Tuesday 25th September
 - Hodder Valley Bat Walk
- Saturday 29th September
 - Dusk to Dark

October

- Saturday 6th October
 - Friends of Bowland Apple Day
- Monday 8th October
 - Lord of Bowland Eighth Annual Lecture
- Sunday 14th October
 - Fungi Walk



Events in February

Barnacre Legstretcher

Friday 16th February

10.30am – 12.30pm

Kenlis Arms, Kenlis Road, Barnacre

A pleasant two hour walk around the footpaths of Barnacre.

Just turn up. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

£3.5/£2.50, terrain guide 3, 4 miles



Cobble Hey Legstretcher

Friday 13th April

10.30am – 12.30pm

Cobble Hey Farm and Gardens, Claughton on Brock

A pleasant two hour circular walk from Cobble Hey Farm across farmland paths and tracks with some interesting bird life. Bring binoculars if you have them. Refreshments available at end of walk at extra cost.

Just turn up. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, approx 4 miles



Winter Fell Walk

Sunday 25th February

10am – 2.30pm

Bleasdale

A pleasant valley walk following a river and rising into the fells before returning. Don't forget your packed lunch.

Booking essential. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50, terrain guide 4, 8 miles



RSPB Moorland Walk

Saturday 14th April

9.30am – 2.30pm

Slaidburn pay and display car park initially

Join us for a walk along one of the Forest of Bowland's most stunning valleys. Take this opportunity to learn more about the international importance of the area for birds of prey and the rare upland habitat they call home during the spring and summer. Birds to look out for include the ring ouzel, a regular breeder in the valley, our smallest bird of prey the merlin and, if you're lucky, you may be rewarded with a sighting of England's rarest bird of prey, and emblem of the AONB, the hen harrier.

Bring binoculars (or a telescope) if you have them plus a packed lunch.

Booking essential. For more information please contact the **RSPB office** on 01524 581001 or email bowlandsafari@rspb.org.uk

£5, terrain guide 3, 3 to 4 miles



Events in March

Claylands Legstretcher

Friday 16th March

10.30am – 12.30pm

Claylands Reception Car Park, off A6, Cabus

A country walk with views of the River Wyre, along country lanes and picturesque woodland and fields.

Just turn up. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 4 ½ miles



Events in April

Easter Treasure Hunt

Throughout April

10am – 4.30pm

Be a Garden Maker, Wigglesworth

This children's Easter Treasure Hunt around the garden centre is the perfect way to run off a little bit of energy whilst you look around lovely spring flowers. Then relax in the tearoom with a treat! Accompanied children welcome.

Booking essential. For more information please phone 01729840848, email hello@beagardenmaker.co.uk or see www.beagardenmaker.co.uk

Free

Learn How to Stone Carve

Friday 20th April

10am – 4.30pm

Be a Garden Maker, Wigglesworth

Chris Swales will teach you stone carving techniques and you will make a wildlife-themed carved stone to take home. The day includes a lovely lunch, all refreshments and cake before you finish! Suitable for 17 years and over.

Booking essential. For more information please phone 01729840848, email hello@beagardenmaker.co.uk or see www.beagardenmaker.co.uk

£65

Learn How to Make a Needle Felt Hare

Friday 20th April

10am – 4.30pm

Be a Garden Maker, Wigglesworth

Sally Anne Middleton will teach you needle felt techniques and you will make a hare to take home. The day includes a lovely lunch, all refreshments and cake before you finish!

Booking essential. For more information please phone 01729840848, email hello@beagardenmaker.co.uk or see www.beagardenmaker.co.uk

£65



Lapwings and Hares Tramper Trek

Saturday 21st April
10am – 12.30pm



Cloughton

Join the countryside rangers to look for lapwings and maybe a hare or two. Bring some binoculars if you have them.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/2.50, terrain guide 4, 2 to 3 miles, Trumper-friendly

Newton Wildlife Ramble

Saturday 21st April
2pm – 5pm

Newton in Bowland

An easy walk on paths and fields by the River Hodder. There are lots of interesting wild flowers, and hopefully different birds, to be seen. We will also make a note of insects and other small creatures if people are interested. Do bring any pocket id guides you have on wild flowers or insects. Note some of the paths can be very muddy after wet weather, and wellington boots are strongly recommended.

Booking essential. For further information please contact Geoff Morries on 01200 446329 or email geoff.morries@outlook.com

Free, terrain guide 3, approx 1 mile

Whimbrel Watch

Wednesday 25th April
8.00pm – 10.00pm



Barnacre

Come and watch the spectacular sight as these beautiful birds fly in to roost at dusk.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 2, 3 ½ miles

RSPB Moorland Walk

Saturday 28th April
9.30am – 2.30pm



Slaidburn pay and display car park initially

Join us for a walk along one of the Forest of Bowland's most stunning valleys. Take this opportunity to learn more about the international importance of the area for birds of prey and the rare upland habitat they call home during the spring and summer. Birds to look out for include the ring ouzel, a regular breeder in the valley, our smallest bird of prey the merlin and, if you're lucky, you may be rewarded with a sighting of England's rarest bird of prey, and emblem of the AONB, the hen harrier. Bring binoculars (or a telescope) if you have them plus a packed lunch.

Booking essential. For more information please contact the RSPB office on 01524 581001 or email bowlandsafari@rspb.org.uk

£5, terrain guide 3, 3 to 4 miles

Snipes and Hares

Sunday 29th April
8am – 10am



Bleasdale

Join the rangers in search of springtime, upland wildlife.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 2 to 3 miles

Events in May

Garstang Walking Festival

Saturday 5th to Sunday 13th May



The 2018 Walking Festival is co-ordinated by the Friends of Garstang Walking Festival supported by Wyre Council. The theme of the Festival this year is Moss, Meadows and Moorland. There are nine days of walks celebrating springtime. Pick up a separate brochure. www.wyre.gov.uk/garstangwalkingfestival

Springtime Wildlife around Garstang

Saturday 5th May
10.30am – 12.30pm



Garstang

A walk around Garstang and Barnacre in search of springtime wildlife.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 3 to 4 miles

Bowland Butterfly Walk

Saturday 5th May
2pm – 4.30pm



Langden

Our target species for this 3-mile walk are the beautiful Green Hairstreak butterfly and the amazing, day-flying Emperor moth. Good weather, sharpness of eye and cunning deployment of a pheromone lure will all play their part in seeing these iconic moorland species at close quarters.

Booking essential. For more information contact the Forest of Bowland AONB office on 01200 448000 or email sandra.silk@lancashire.gov.uk

£3, terrain guide 3, approx. 3 miles

Birds and Breakfast in Bowland

Sunday 6th May
5.30am – 7.30am



Dunsop Bridge

Join Phil Dykes to celebrate International Dawn Chorus day with a walk in lower Whitendale listening for birdsong, then reward your early start with a well-earned hot breakfast at Puddleducks Tearoom in the village. (Price includes breakfast.)

Booking essential. For more information contact the Forest of Bowland AONB office on 01200 448000 or email sandra.silk@lancashire.gov.uk

£12, terrain guide 2, 2 miles

Springtime Wildlife around Nicky Nook

Sunday 6th May
10am – 12.30pm



Scorton village

A walk in search of spring time wildlife, bring your dog with you too.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 4, approx. 4 miles



Bluebell Teas Walk

Sunday 6th May

1pm – 2pm

(And every Sunday in May)

Calder Vale

A walk celebrating the springtime wildlife of Calder Vale and its bluebell woodlands. Afternoon tea at the village hall (at additional cost). (If travelling by car, please go to Calder Vale village hall via Strickens Lane from Garstang, not via St. John's Church, as there is no through road between the two.)

Just turn up. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

Free, terrain guide 3, 2 miles



Garstang Ramblers

Tuesday 8th May

6.30pm – 9pm

High Street car park, Garstang

An evening walk with the local Ramblers Group around the Garstang and Scorton area taking in the Bluebell woods.

Just turn up. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

Free, terrain guide 3, 5 miles



Knott to Tot Challenge – Day 2

Sunday 6th May

9.30am – 5pm

Bleasdale

From Garstang along Calder Vale, up onto the fells then descending to Bleasdale Parish Hall. Refreshments will be available (extra charge) in the Parish Hall after the walk. Transport will be provided from Bleasdale to Garstang for the start of this second walk. Bring a packed lunch.

Booking essential. For more information (and for details of Day 1) contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£5/£4 (or £12/£10 for all 3 days), terrain guide 5, 10 miles



Abbeystead Circular

Tuesday 8th May

10am – 3pm

Abbeystead

A circular walk encompassing the River Wyre, passing through woodland and pastures using footpaths that are seldom used, taking in the Shepherds Church and returning via Lower Lee. Bring a packed lunch.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50, terrain guide 3, 6 miles



Navigation Day 1 – Introduction to Map and Compass

Wednesday 9th May

10am – 4pm

Bleasdale

Unravel the mysteries of map reading, learn the skills of using a compass, understand contours and map features and other navigation skills. Bring a packed lunch. Refreshments will be available (extra charge) in the Parish Hall after the walk.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£5 (or £10 for both days), terrain guide 2, 3 miles



Knott to Tot Challenge – Day 3

Monday 7th May

9am – 5pm/6pm

Bleasdale

From the Parish Hall this walk ascends to Fairsnape then along to Totridge and returns along the base of the fells. Refreshments will be available (extra charge) in the Parish Hall after the walk. Bring a packed lunch.

Booking essential. For more information (and for details of Day 1) contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50 (or £12/£10 for all 3 days), terrain guide 5, 16 miles



Hidden Wildlife of Bleasdale

Wednesday 9th May

10am – 12.30pm

Bleasdale

Join us for a wildlife walk in the Bleasdale Estate.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 2 to 3 miles



Grizedale Valley

Monday 7th May

10.30am – 4pm

Garstang

A circular walk heading out across pastures, ascending towards the Barnacre Reservoirs and returning along woodland tracks through the beautiful Grizedale Valley. Bring a packed lunch.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50, terrain guide 4, 9½ miles



Bleasdale Skyline

Wednesday 9th May

9am – 3pm/4pm

Bleasdale

From the village hall this walk ascends to Parlick then goes along the fells before descending and returning to Bleasdale. Bring a packed lunch. Refreshments available after the walk at additional cost.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50, terrain guide 5, 12 miles





Bleasdale and Beyond

Wednesday 9th May

10am – 4pm

Bleasdale

A circular walk starting and finishing at Bleasdale going via Stang Yule, the Brock Valley and Beacon Fell. Bring a packed lunch.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50, terrain guide 3, 11 miles



Sullom Evening Walk

Thursday 10th May

6.45pm – 9.30pm

Calder Vale

An evening walk from Calder Vale to the trig point on Sullom, to which there is normally no public access. Hopefully there will be a spectacular sunset. Some steep ascents and descents.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, approx. 4 miles



World War I – Bleasdale Remembers

Wednesday 9th May

1pm – 4.30pm

Bleasdale

A walk, with a talk, around the Bleasdale Estate about the effect of World War I on the area. *After the walk there will be a break for refreshments (extra charge) before a film, "The First World War – Life on the Home Front in North West England, presented by North West Archive" will be shown in the Parish Hall.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 2, 3 miles



Dunsop Bridge Trumper Trek

Friday 11th May

11am – 2pm

Dunsop Bridge

Explore the Dunsop Valley, deep in the Forest of Bowland, either on foot or by trumper:

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 6 miles



Navigation Day 2 –

Navigation with Map and Compass

Thursday 10th May

10am – 4pm

Bleasdale

Use the skills you learnt yesterday to plot and take a walk around beautiful Bleasdale. Bring a packed lunch. Note: this event is only available if you have completed Day 1.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£10 for both days, terrain guide 3, 4 miles



Extreme Wyresdale Ramble

Friday 11th May

9.30am – 4.30pm

Scorton

From Scorton we follow the Wyre Way through Dolphinholme to the dam at Abbeystead. The return route skirts the base of Harris End Fell, then through Wyresdale Park to Scorton.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50, terrain guide 4, 12½ miles



Fell View Fords, Tracks and Trails

Thursday 10th May

10.30am – 2.30pm

Fell View Park Camping & Caravan Site

Explore part of the parish of Nether Wyresdale, either on foot or by Trumper, with the Countryside Rangers. Bring a packed lunch.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 4 miles



RSPB Moorland Walk

Saturday 12th May

9.30am – 2.30pm



Slaidburn pay and display car park initially

Join us for a walk along one of the Forest of Bowland's most stunning valleys. Take this opportunity to learn more about the international importance of the area for birds of prey and the rare upland habitat they call home during the spring and summer. Birds to look out for include the ring ouzel, a regular breeder in the valley, our smallest bird of prey the merlin and, if you're lucky, you may be rewarded with a sighting of England's rarest bird of prey, and emblem of the AONB, the hen harrier.

Bring binoculars (or a telescope) if you have them plus a packed lunch.

Booking essential. For more information please contact the RSPB office on 01524 581001 or email bowlandsafari@rspb.org.uk

£5, terrain guide 3, 3 to 4 miles

Abbeystead Wildlife Walk

Thursday 10th May

10am – 2.30pm

Abbeystead

A walk around Abbeystead looking at flora and fauna, on roads, farm tracks and through woodland.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 3 to 4 miles



Calder Vale and Back

Saturday 12th May

10.30am – 3.30pm

Garstang

The walk passes Greenhalgh Castle then on to Calder Vale before returning to Garstang.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50, terrain guide 4, 9 miles





Claughton Estate Walk

Saturday 12th May

10am – 12.30pm



Claughton Estate, near Garstang

This is a special walk with the owners of the estate taking a look at its historical landscape and including a visit to lovely bluebell woodland, which is also a Heronry.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 2, 1 to 2 miles

Cobble Hey Round

Saturday 12th May

9.30am – 1.30pm



Cobble Hey Farm and Gardens

A wander around Cobble Hey along tracks and across fields with plenty of wildlife, including lapwings.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 4 to 5 miles

Of Roman Legions and Pendle Witches

Sunday 13th May

9.30am – 5pm



Dunsop Bridge

The walk skirts to the east of the Bowland Fells before picking up the Roman road up to the head of Whitendale, then following the River Dunsop back to Dunsop Bridge. Bring a packed lunch.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50, terrain guide 4 to 5, 13 ½ miles

Of Fallen Airmen and Lancashire Gothic Writing

Sunday 13th May

2pm – 4pm



Langden Valley

A walk along the floor of the Langden Valley, visiting memorials erected to the memory of airmen who lost their lives in crashes. We shall also explore the valley's connection with Andrew Michael Hurley's 2017 novel "Devil's Day" which is set in the area.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, approx 3 ½ miles

Bleasdale Garden Open Days

Saturday 19th and Sunday 20th May

12 noon – 4.30pm



Bleasdale Tower Gardens

Enjoy the beautiful surroundings of Bleasdale. Open weekend with stalls plus a guided walk each day.

Just turn up. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

Free

Maiden Bridge Art Centre Summer Exhibition

19th May to 29th July

Maiden Bridge Art and Study Centre, Tatham, nr Bentham

The 2018 Maiden Bridge exhibition features artists from Russia, Finland, Spain and South Korea as well as a host of wonderful, high quality artists from the UK. Whether it is painting, sculpture, ceramics, textiles or printing, you can see an international standard of work. The gallery is open 11.00am to 5.00pm Saturdays and Sundays. (At other times by appointment.) Free parking and entry.

For further information please contact Maiden Bridge Art and Study Centre on 015242 61463, email info@maidenbridge.co.uk or go to the website at www.maidenbridge.co.uk

Clitheroe Clogs!

Sunday 20th May

12 noon – 3pm



Clitheroe

Enjoy a lively afternoon of Morris dancing at venues around Clitheroe town centre as Malkin Morris and the Royal Preston Morris Dancers, plus musicians, bring local Lancashire folk dances to life.

Just turn up. For further information contact the Forest of Bowland AONB on 01200 448000 or email sandra.silk@lancashire.gov.uk

Free

Open Garden – Clearbeck House

Sunday 27th & Monday 28th May

11am – 5pm

Clearbeck House, Mewith Lane, Higher Tatham, nr Bentham

Garden open for charity with NGS. Visitors comment that this is a garden full of surprises. The 4 acres include formal gardens around the house with sculpture, follies, bog and vegetable garden. The wildlife area surrounds the 2 acre lake. Please enquire re wheelchair access. Dogs welcome on a lead. Light refreshments available to buy.

Just turn up. For further information contact 015242 61029 or see www.clearbeckgarden.org.uk. Postcode for garden - LA2 8PJ

£4 (accompanied children free), terrain guide 3

Ribble Valley Ramble

Monday 28th May

10.30am – 4pm



Spread Eagle, Sawley

Participants will meet at the Spread Eagle for a bacon sandwich and tea/coffee (included) before setting off on a guided walk. The route will be decided by our regular local walk leaders who will provide commentary. A refreshment stop will be made half way (please bring cash for a drink). Walkers will then return to the Spread Eagle for a two course meal (included).

Booking essential. For further information contact the Manager at the Spread Eagle on 01200 441202 or email spread.eagle@zen.co.uk

£15.99, terrain guide 4, approx. 7 miles



Events in June

Wyre Lakes Legstretcher

Friday 1st June

6.30pm – 8.30pm

Scorton Picnic Site

A low level walk around Wyre lakes and through woodland observing wildlife.

Just turn up. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 4 miles



Orchid Walk

Sunday 3rd June

2pm – 4pm

Cross Hill Quarry, Clitheroe

Learn about the wildflowers at this Lancashire Wildlife Trust nature reserve. Take a walk round with former Reserve Manager, Phil Dykes. It's early June and the orchids should provide a highlight to the walk. Suitable for accompanied children 10 years old and over.

Booking essential. For further information contact the **Forest of Bowland AONB office** on 01200 448000 or email sandra.silk@lancashire.gov.uk

£3, terrain guide 2, approx 1 mile



Scorton Challenge Trumper Trek

Thursday 7th June

10.30am – 3pm

Scorton

Join our ramble and Trumper trek, where we attempt to go where you never dreamed possible – over Nicky Nook Fell (weather permitting). Walkers welcome to join us too. Bring binoculars (if you have them) and a packed lunch.

Booking essential. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

£4.50/£3.50, terrain guide 4, 6 miles, Trumper-friendly



RSPB Moorland Walk

Saturday 16th June

9.30am – 2.30pm

Slaidburn pay and display car park initially

Join us for a walk along one of the Forest of Bowland's most stunning valleys. Take this opportunity to learn more about the international importance of the area for birds of prey and the rare upland habitat they call home during the spring and summer. Birds to look out for include the ring ouzel, a regular breeder in the valley, our smallest bird of prey the merlin and, if you're lucky, you may be rewarded with a sighting of England's rarest bird of prey, and emblem of the AONB, the hen harrier.

Bring binoculars (or a telescope) if you have them plus a packed lunch.

Booking essential. For more information please contact the **RSPB office** on 01524 581001 or email bowlandsafari@rspb.org.uk

£5, terrain guide 3, 3 to 4 miles



Stephen Park and the Pilgrimage of Grace

Saturday 16th June

10.30am – 3pm

Gisburn Forest Hub

Join landscape researcher, Graham Cooper, to investigate whether Stephen Park in Gisburn Forest was a medieval deer-park, explore Hammerton Mere on a walk to Hammerton Hall from the park, and learn how Sir Stephen Hammerton lost his head and lands (including the park) in 1537. Bring a packed lunch.

Booking essential. For more information contact the **Forest of Bowland AONB office** on 01200 448000 or email sandra.silk@lancashire.gov.uk

£3, terrain guide 2, 5 ½ miles



Open Garden – Clearbeck House

Sunday 24th June

11am – 5pm

Clearbeck House, Mewith Lane, Higher Tatham, nr Bentham

Garden open for charity with NGS. Visitors comment that this is a garden full of surprises. The 4 acres include formal gardens around the house with sculpture, follies, bog and vegetable garden. The wildlife area surrounds the 2 acre lake. Please enquire re wheelchair access. Dogs welcome on a lead. Light refreshments available to buy.

Just turn up. For further information contact 015242 61029 or see www.clearbeckgarden.org.uk. Postcode for garden - LA2 8PJ

£4 (accompanied children free), terrain guide 3

Wire Flower Sculpting

Saturday 30th June

10am – 12.30pm

Be a Garden Maker, Wigglesworth

Chris Moss will teach you wire sculpting techniques and you will make flowers to take home. The day includes all refreshments and cake before you finish!

Booking essential. For more information please phone 01729840848, email hello@beagardenmaker.co.uk or see www.beagardenmaker.co.uk

£45

Events in July

Forest of Bowland Meadow Walk

Sunday 1st July

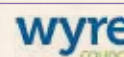
10am – 2pm

Over Wyresdale

Join us for a walk looking at meadow wildlife.

Booking essential. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, approx 5 miles





Open Garden – Clearbeck House

Sunday 1st July

11am – 5pm

Clearbeck House, Mewith Lane, Higher Tatham, nr Bentham

Garden open for charity with NGS. Visitors comment that this is a garden full of surprises. The 4 acres include formal gardens around the house with sculpture, follies, bog and vegetable garden. The wildlife area surrounds the 2 acre lake. Please enquire re wheelchair access. Dogs welcome on a lead. Light refreshments available to buy.

Just turn up. For further information contact **015242 61029** or see **www.clearbeckgarden.org.uk**. Postcode for garden - LA2 8PJ

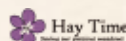
£4 (accompanied children free), terrain guide 3

National Meadow Day

Saturday 7th July

10am – 4pm

Slaidburn



Enjoy fields of flowers, traditional crafts, scything demonstrations and the chance to spend time in these marvellous meadows! Pre-bookable walks (additional charge) may also be available.

For further information contact the **Forest of Bowland AONB** office on **01200 448000** or email **sandra.silk@lancashire.gov.uk**

Free

Felt Flowers and Garlands

Sunday 8th July

1pm – 4pm

Abbeystead



Bring out your creative side with artist, Annie Coxey, as you make colourful flowers, gorgeous garlands and beautiful butterflies from felt. Tea and biscuits included. Limited places so early booking recommended.

Booking essential. For further information contact the **Forest of Bowland AONB** office on **01200 448000** or email **sandra.silk@lancashire.gov.uk**

£10

Salthill Meadow Walk

Saturday 14th July

2pm – 4pm

Salthill Quarry, Clitheroe



The flowers of Salthill Quarry Nature Reserve are at their best in early July, so what better time to take a walk round with former Lancashire Wildlife Trust Reserves Manager, Phil Dykes, and learn about what there is to see.

Booking essential. For further information contact the **Forest of Bowland AONB** office on **01200 448000** or email **sandra.silk@lancashire.gov.uk**

£3, terrain guide 2, approx. 1 mile

Cross of Greet Wildlife Wander

Saturday 21st July

10am – 2pm

Cross of Greet

A gentle wander around the area adjacent to Cross of Greet bridge. The idea will be to gently explore the area and record any interesting things we find. It will also be an opportunity for people to practice plant and insect identification and learn a little from those who know a little. So please feel free to bring any ID guides you have. Note parts of the area can be very wet so wellington boots are strongly recommended.

Booking essential. For further information please contact **Barrie Tyrer** on **01254 826519** or email **barrie@ribblesdale.net**

Free, terrain guide 4, approx 2 miles

Views over Wyre Legstretcher

Friday 27th July

6.30pm – 8.30pm

Scorton



A walk taking in a river and then woodland and great views to the west.

Just turn up. For more information contact the **Visit Garstang Centre** on **01995 602125** or email **garstangtic@wyre.gov.uk**

£3.50/£2.50, terrain guide 3, 4 miles

Summer Fell Walk

Sunday 29th July

9.30am – 4pm

Trough of Bowland



An upland walk in search of wildlife in the Forest of Bowland fells. Bring binoculars (if you have them) and a packed lunch.

Booking essential. For more information contact the **Visit Garstang Centre** on **01995 602125** or email **garstangtic@wyre.gov.uk**

£4.50/£3.50, terrain guide 5, 9 to 10 miles

Events in August

The Mayoress of Pendle Charity Walk

Saturday 18th August

1pm – 4pm

Barley Village Hall

Come and join us for this event organised and hosted by the Mayoress of Pendle, suitable for all the family. We will set off on a woodland storytelling adventure around the Pendle Sculpture Trail and have a number of activities along the way! Barley Village Hall will act as a hub, and there will be refreshments available. All proceeds raised will go towards the Mayoress' chosen charities focused on disadvantaged children and younger people. Families can raise sponsorships if they wish.

(The storytelling walk - suitable for accompanied children aged 4 years and over - is free but charges are made for additional activities and refreshments. Car parking £1.)

Booking essential. To find out more email **janetstarkie@googlemail.com**. Book via Eventbrite **www.eventbrite.co.uk** and search 'The Mayoress of Pendle Charity Walk'

Free (see above), terrain guide 4, approx. 3 miles



Bleasdale Circular Tramper Trek

Thursday 23rd August

10.30am – 1pm

Bleasdale

A stroll around Bleasdale along country lanes and farm tracks with fell side views.

Booking essential. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 3, 4 miles, Trumper-friendly



Ribble Valley Ramble

Monday 27th August

10.30am – 4pm

Spread Eagle, Sawley

Participants will meet at the Spread Eagle for a bacon sandwich and tea/coffee (included) before setting off on a guided walk. The route will be decided by our regular local walk leaders who will provide commentary. A refreshment stop will be made half way (please bring cash for a drink). Walkers will then return to the Spread Eagle for a two course meal (included).

Booking essential. For further information contact the **Manager at the Spread Eagle** on 01200 441202 or email spread.eagle@zen.co.uk

£15.99, terrain guide 4, approx. 7 miles



Events in September

500 Years of Garstang - Heritage Walk

Thursday 13th September

10.30am – 2pm

Visit Garstang Centre

A guided walk around the tracks and fields of Garstang to discover the history of the town.

Booking recommended. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

Free, terrain guide 3, 3 to 4 miles



Bleasdale Remembers – Centenary 1918

Friday 14th September

10am – 12 noon

Bleasdale

Two short local history walks.

Booking essential. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

Free, terrain guide 2



Bleasdale – The Lives of Local People

Friday 14th September

10am – 4pm

Bleasdale Parish Hall

Exhibition of local history at Bleasdale Parish Hall and Heritage Room. Tea and homemade cakes available at extra cost. From 2pm to 4pm, Tinderbox (Folk and Country music).

Just turn up. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

Free



Stargazing Evening

Friday 14th September

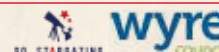
8pm – 10pm

Claughton, near Garstang

Join Robert Ince for an evening of stargazing. Following an indoor presentation there will be powerful telescopes for you to gaze through, all operated by experienced amateur astronomers. Wrap up warm and keep your fingers crossed for clear skies!

Booking essential. For further information email robert.ince.uk@gmail.com. To book go to <https://www.eventbrite.co.uk/e/bowland-by-night-tickets-39917718972>

£10/£5 (£25 family)



Stargazing in Gisburn Forest

Saturday 15th September

8pm – 10pm

Gisburn Forest Hub

Join Robert Ince for an evening of stargazing. Following an indoor presentation there will be powerful telescopes for you to gaze through, all operated by experienced amateur astronomers. Wrap up warm and keep your fingers crossed for clear skies!

Booking essential. For further information email robert.ince.uk@gmail.com. To book go to <https://www.eventbrite.co.uk/e/bowland-by-night-tickets-39918022881>

£10/£5 (£25 family)



Garstang Bat Walk

Friday 21st September

7.30pm – 9.30pm

Garstang

An autumn night-time walk in search of bats. Wrap up warm!

Booking essential. For more information contact the **Visit Garstang Centre** on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 2, approx 2 miles



Tales for a Dark Forest Night

Saturday 22nd September

7.30pm – 9pm

Gisburn Forest Hub

Dare you brave Gisburn Forest in the dark? Make a lantern with us then follow the forest trail where we'll join storyteller, Sue Allonby, in the yurt for night-time tales including, The Forbidden Forest, Why the bat hangs upside down and The Woodcutters Ghost, amongst others. Great for accompanied children of eight years and over. (Adults come free.)

Booking essential. For more information contact the **Forest of Bowland AONB office** on 01200 448000 or email sandra.silk@lancashire.gov.uk

£3 per child, terrain guide 2, approx ¼ mile





Hodder Valley Bat Walk

Tuesday 25th September

7pm – 9pm

Whitewell

A local exploration to discover more about the bats in the Forest of Bowland. After a short introduction about bats and their roosting behaviour we'll take a short walk through the Hodder meadows, watching and listening for bats.

Booking essential. For more information contact the Forest of Bowland AONB office on 01200 448000 or email sandra.silk@lancashire.gov.uk

£3, terrain guide 2, approx ½ mile



Events in October

Friends of Bowland Apple Day

Saturday 6th October

11am – 3pm

Ribchester Village Hall

Apple based refreshments and information about growing apples. A celebration of all things apple!

Just turn up. For more information email the Friends of Bowland on friendsofbowland@gmail.com

£1 (accompanied children free)



Dusk to Dark

Saturday 29th September

7.30pm – 9pm

Gisburn Forest

Experience the evening sounds and sights of the forest on an atmospheric guided walk from dusk to dark. As edges soften and shapes dissolve, listen out for birds calling, animals rustling and branches creaking as your eyes and ears adjust to the fading light. Come wrapped up and ready to explore.

Booking essential. For more information contact the Forest of Bowland AONB office on 01200 448000 or email sandra.silk@lancashire.gov.uk

£3, terrain guide 3, 1 to 2 miles



Lord of Bowland Eighth Annual Lecture

Monday 8th October

7.30pm – 9pm

Tithe Barn, Browsholme Hall, Cow Ark

This year's lecture, The Prehistory of Bowland, will be delivered by Rick Peterson, Senior Lecturer in Archaeology at Uclan. Recent fieldwork by the University of Central Lancashire has discovered evidence for the early prehistory of the Forest of Bowland. Nomadic hunter-gatherers and early farmers occupied the Forest in the Stone Age, whilst Bronze Age burial sites and Iron Age settlements have also been newly discovered.

Booking essential. For more information contact the Forest of Bowland AONB office on 01200 448000 or email sandra.silk@lancashire.gov.uk

Free



Fungi Walk

Sunday 14th October

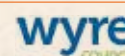
1.30pm – 4pm

Scorton

A gentle stroll around Grizedale Valley in search of autumn fungi. Please note that this is not a foray, so we will not be collecting, just looking.

Booking essential. For more information contact the Visit Garstang Centre on 01995 602125 or email garstangtic@wyre.gov.uk

£3.50/£2.50, terrain guide 2, approx. 2 to 3 miles





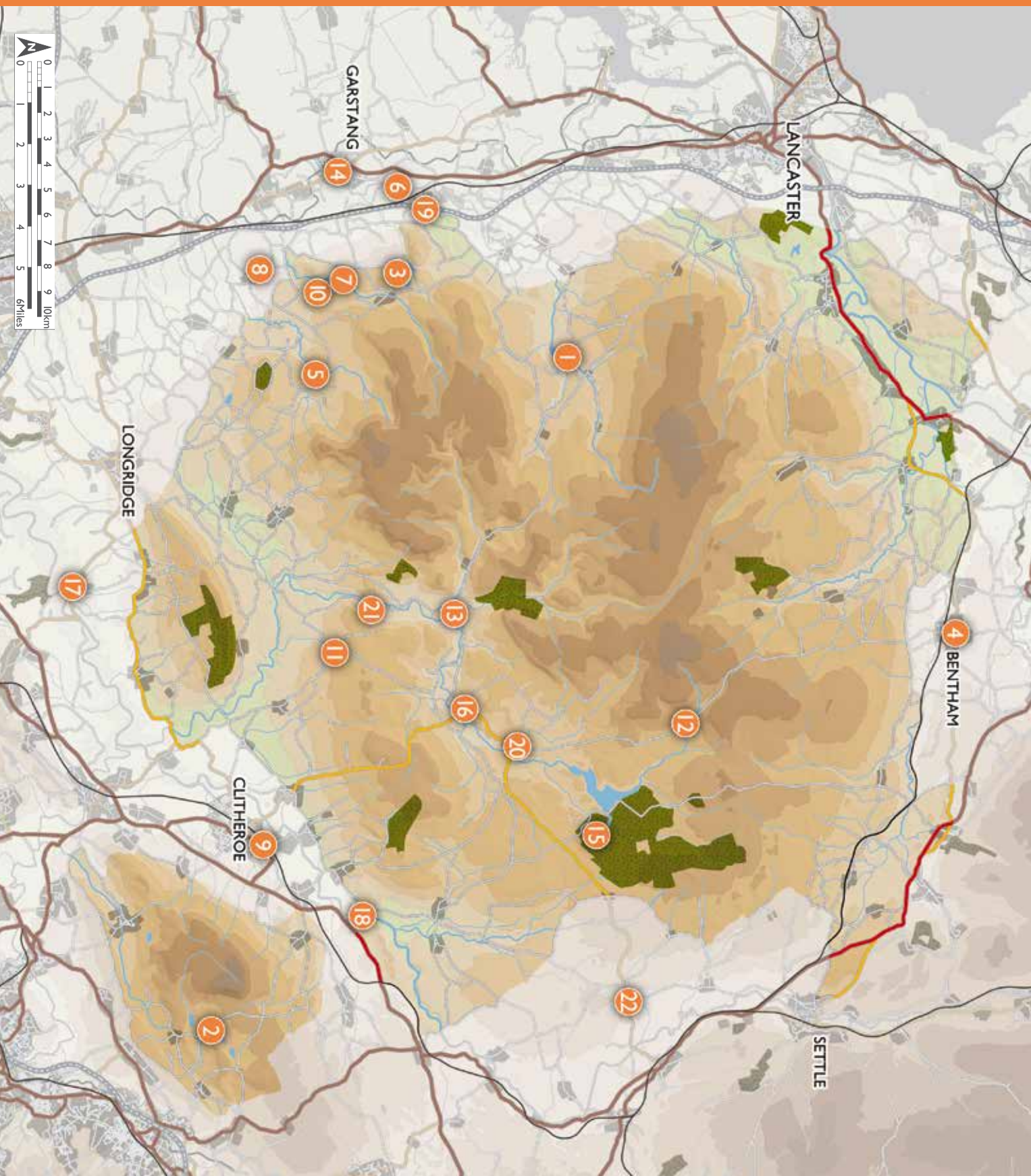
Notes

Lined area for writing notes.

Notes

Event Locations

- 1 Abbeystead
- 2 Barley
- 3 Barnacre
- 4 Bentham
- 5 Bleasdale
- 6 Cabus
- 7 Calder Vale
- 8 Cloughton
- 9 Clitheroe
- 10 Cobble Hey
- 11 Cow Ark
- 12 Cross of Greet
- 13 Dunsop Bridge
- 14 Garstang
- 15 Gisburn Forest Hub
- 16 Newton in Bowland
- 17 Ribchester
- 18 Sawley
- 19 Scorton
- 20 Slaidburn
- 21 Whitewell
- 22 Wigglesworth



Step Back in Time

Mark Sutcliffe joins the University of Central Lancashire's very own 'Time Team' to uncover the prehistoric secrets of the Hodder Valley

Vistors often describe the rural tranquillity of the Hodder Valley as 'like stepping back in time.' It's a well-worn cliché that is taking on a new meaning following extensive archaeological investigations in the hills above Whitewell.

For among the caves and limestone outcrops that form the foothills of the Bowland Fells, evidence is emerging that, far from being a bucolic backwater, the beautiful Hodder Valley was a popular stopover on a prehistoric highway.

Archaeologists Rick Peterson and Mike Woods have spent months excavating likely sites after high-tech geophysical scans suggested ancient structures lay just beneath the surface of some tell-tale earthworks at New Laund – the distinctive hill that lies just across the River Hodder from Whitewell.

And the evidence they have uncovered is pretty compelling. Artefacts and fragments found at the site suggest this elevated plateau and the sheltered pasture below was a place of significance and sanctuary for the last 6,000 years.

In those days, when the climate was a little warmer than today, bears, wolves and wild boar would have ranged free across the Bowland Fells and highly mobile hunter-gatherers would have followed the rivers inland to hunt deer or herd elk.

Even after the adoption of farming, the idea of permanent settlement hadn't occurred to our ancestors, but these nomadic tribes would follow established routes – often following river valleys – and make camp for extended periods where they felt safe, or at places of ritual or possibly even religious significance. Here, they would rest, feast and maybe even trade with other tribes.

Rick and his team of archaeology students found stone tools and fragments of bone in a series of prehistoric dustbins known as *pits* or *middens* within a lightly fortified enclosure sheltered beneath the ridgeline of New Laund Hill.



© Mark Sutcliffe



This Neolithic motel, which is probably around 5,000 years old, would have been an obvious stopover for tribes moving between the lowlands and more mountainous areas on migration routes that would have probably followed seasonal patterns.

It may also have been a meeting place for tribes to trade, socialise and possibly celebrate religious festivals or conduct ancient rituals.

On the day we visited the site, the lure of the Bowland Fells to nomadic prehistoric hunter-gatherers and farmers was amply demonstrated by the striking views from the summit of New Laund Hill.

Despite being a relatively modest 229 metres above sea level, together with its companions to the west, this distinctively knotty outcrop offers views that stretch for more than 70 miles down to the Cheshire sandstone ridge and beyond to the Clywdian Hills across the border in North Wales.

If we could see them, then anyone surveying the view across the intervening lowlands could see the Bowland Fells. Marching north, then following the Ribble and Hodder valleys would bring them here – establishing an easily defined route that could be explained to others and replicated every season.

And like the Sandstone Ridge and the Clywdian Hills, the story of human settlement of the Forest of Bowland follows a similar trajectory. Fast forward 3,000 years or so and the archaeological evidence suggests the existence of a prominent hillfort on the elevated plateau overlooking the Neolithic enclosure.

This was a more heavily fortified structure – probably comprising a bank and ditch surrounding a large round house with a primitive cobbled path leading into the doorway.

Extended family groups would live here on a more or less permanent basis and while the settlement was fortified, Rick thinks it's unlikely to have any real military significance.

"We've been excavating this area since 2011 and we have found hundreds of artefacts," explained Rick. "There's tangible remains of an Iron Age roundhouse which we've dated to 200BC and a whole lot of supporting evidence and artefacts for what may have been the Neolithic equivalent of a fairground on another part of the hill. We have also found even earlier tools, left by Mesolithic hunter-gatherers, beneath the Iron Age house."

"This suggests that the Hodder Valley was an important ancient route from around 7,000 years ago. In those days,

hunter-gatherers and pastoralists (early farmers) tended to follow the rivers. The valley floor may have been boggy – so they would often stick to ridgelines either side of the river.

“These tribal nomads ranged over large areas and by following the Hodder, they could reach North Yorkshire, the Lake District – where the best stone axes in Britain were made – and across to the Yorkshire Coast at places like Flamborough Head, which was an important source of flint.”

And just as the hunter-gatherers paved the way for Iron Age settlers, the prehistoric precedent they set continued throughout history. The Romans constructed a road running north to Lancaster on the other side of the Hodder and in the 9th century, the Vikings may have used the Hodder Valley to shuttle between their stronghold in Dublin and the Viking ‘capital’ of York. A thousand years later, the Inn at Whitwell became a coaching inn – providing accommodation for weary travellers on the 18th century turnpike roads.



Prehistoric Bowland



12,000 BC: Ice Age

Bowland made uninhabitable by glacial ice hundreds of metres thick.



9000 BC: Paleolithic

Primitive tribes of hunter-gatherers may occasionally have moved through the valley following the elk upon which they were dependent on migration.



5000 BC: Mesolithic

Evidence of nomadic hunter-gatherers following the rivers into the hills, hunting in the forests using primitive flint and stone weapons



2000 BC: Neolithic

Evidence of tools used for killing and butchering animals and a well-established camp below New Laund Hill.



1500 BC

Itinerant Bronze Age settlers used caves in the limestone and began large scale felling of trees to pave the way for more modern farming methods



200 BC

Archaeological evidence for an Iron Age hillfort on the level plateau just beneath the summit of New Laund Hill.

Access

New Laund Hill is part of a local farm, not part of Bowland Access Land. However, the public footpath between New Laund Farm and Fair Oak Farm offers excellent views of the two prehistoric sites.

Just a mile or so from the site of the hillfort, the Wild Boar Park is home to a recreation of an Iron Age round house and – of course – plenty of wild boar, which would have been resident in the Hodder Valley back in the iron age. www.wildboarpark.co.uk



The Best of Lancashire...

The Best of Beyond

Bowland Food Hall's mission is simple: to showcase the best of Lancashire food alongside some of the best produce available anywhere in the world



Bowland Food Hall provides a unique showcase for high quality local produce.

The majority of the meat comes from the Ribble or Hodder Valleys and the Forest of Bowland and most of the fresh produce suppliers are based in Lancashire.

The Forest of Bowland produces some of the finest beef, lamb and pork in Britain and the Food Hall's in-house butchers Callum Gillies and Joe Diver invest time in getting to know the producers and their animals so they understand the provenance and quality and can share that with their customers.

Collectively known as the Butcher Brothers, Callum and Joe have a refreshing approach to preparing and presenting quality meat sourced from local artisan producers.



The Butcher Brothers: Callum Gillies (left) and Joe Diver



In association with:



"To us, the welfare of the animals is paramount and we always go the extra mile to meet the producers and make sure the animals are reared in a healthy natural environment. So there's no mass-produced meat here – we stick with the smaller producers who specialise in grass-fed, outdoor-reared native breeds."

"And it's not just about where we source our meat– but also about how to bring the best out in it when customers get it home and cook it."

"Our basic philosophy is that high quality, properly aged meat doesn't need messing around with. We're looking for good fat content and nice, even marbling. Sprinkle with a bit of salt and pepper and it's good to go."



Many of the deli products are 'Holmes-made' on site.

On the deli, Jan Curtis is a familiar face to Ribble Valley foodies.

"I've been selling specialist cheeses for more than 10 years in Clitheroe and I've already noticed a wider range of customers popping into the Food Hall. We're happy to offer samples to customers who want to try before they buy and we'll also help them explore new varieties."

"While we do carry a wide range of classic continental cheeses, we are so spoiled for premium cheeses around here and it's great to see local producers experimenting with new styles or products such as Carron Lodge's Inglewhite Buffalo Cheddar."

Jan was one of 230 expert judges from 29 nations who formed the panel for the prestigious World Cheese Awards – organised by the Guild of Fine Food.

"Our local producers are on a par with the best in the world, but the great thing about cheese is the sheer diversity out there. A really fresh crumbly Lancashire can stand shoulder to shoulder with many of the cheeses I tasted at the awards."

And there's a lot more to the Deli than cheese. The Food Hall has sourced a fabulous selection of cooked meats, 'Holmes-made' pies, pastries, olives and other scrumptious savoury treats – in fact absolutely everything you need for the perfect picnic!



Customers are encouraged to explore new flavours in the Food Hall

Diva of the Deli counter, Carol Hindle added: *"We get such a diverse spectrum of people visiting us at the Food Hall and the best part of my job is chatting to them and helping them find what they want or maybe discover something new."*

"All the staff are encouraged to try new products when they come in, so we are really well placed to advise customers on the new lines if they aren't sure whether they will enjoy them."



A Cook's Tour of Bowland

The Forest of Bowland has a thriving food industry characterised by a vibrant network of passionate artisans producing high quality local food from field to fork

With its thriving market and long established independent retailers, the market town of Clitheroe is the hub of the Forest of Bowland's food revolution.

Clitheroe hosts an annual **Food Festival** which attracts around 20,000 foodies from across the country every August, but if you can't make it then, why not try this foodie tour of Bowland and the Ribble Valley.

Starting at **Bowland Food Hall**, this 50-mile route takes in some of the area's finest artisan food producers. Heading northeast out of Clitheroe, first stop is the idyllic **organic farm at Gazegill**, nestling right under the flanks of Pendle Hill. We then head south to Chatburn, where as well as an outstanding **ice cream shop**, you'll find **Roy Porter's butchers shop** – purveyors of exceptional pork pies.

Cross the Ribble to Hurst Green where the **Shireburn Arms** will welcome you for a spot of lunch, then it's out to **Chipping**, on the edge of the Bowland Fells, to taste some tangy organic Lancashire cheese before heading to the friendly shop and café at **Little Town Dairy and Farm Shop**.



© Mark Surellie

Meet Bowland's local food heroes

In association with:



The fertile pastureland on the southern fringe of the Forest of Bowland is home to a vibrant community of small-scale artisan food producers where visitors are assured of a warm welcome

1 Gazegill Organic Farm Rimington

Emma Robinson and partner Ian produce rich and creamy organic milk from a happy herd of grass-fed shorthorn cattle grazing in the shadow of Pendle Hill.



5 Leagram Organic Dairy Chipping

Faye and Christine Kitching continue to honour the legacy of larger-than-life Lancashire cheese legend Bob at their organic dairy on the edge of the pretty little village of Chipping.



2 Roy Porters Butchers Chatburn

Demand for these legendary pies has soared since a certain breakfast show DJ pronounced them 'the best pork pies he'd ever tasted'. Try one for yourself and see if you agree...



Bowland Brewery Clitheroe

A tour of the brewery makes a fine climax to your foodie tour. See how the award-winning ales are brewed then sample a few glasses next door in the historic setting of the Bowland Beer Hall. Tours start at 3pm Weds, Thurs and Fridays. Book your place on **01200 443592**.



Images © Mark Sutcliffe

3 The Shireburn Arms Hurst Green

Adjourn for lunch at this lovely country inn at the heart of the village of Hurst Green. We'd recommend the Beef and Bowland Ale pie. Just up the road is Stonyhurst College, where JRR Tolkien is said to have written part of the Lord of the Rings Trilogy.



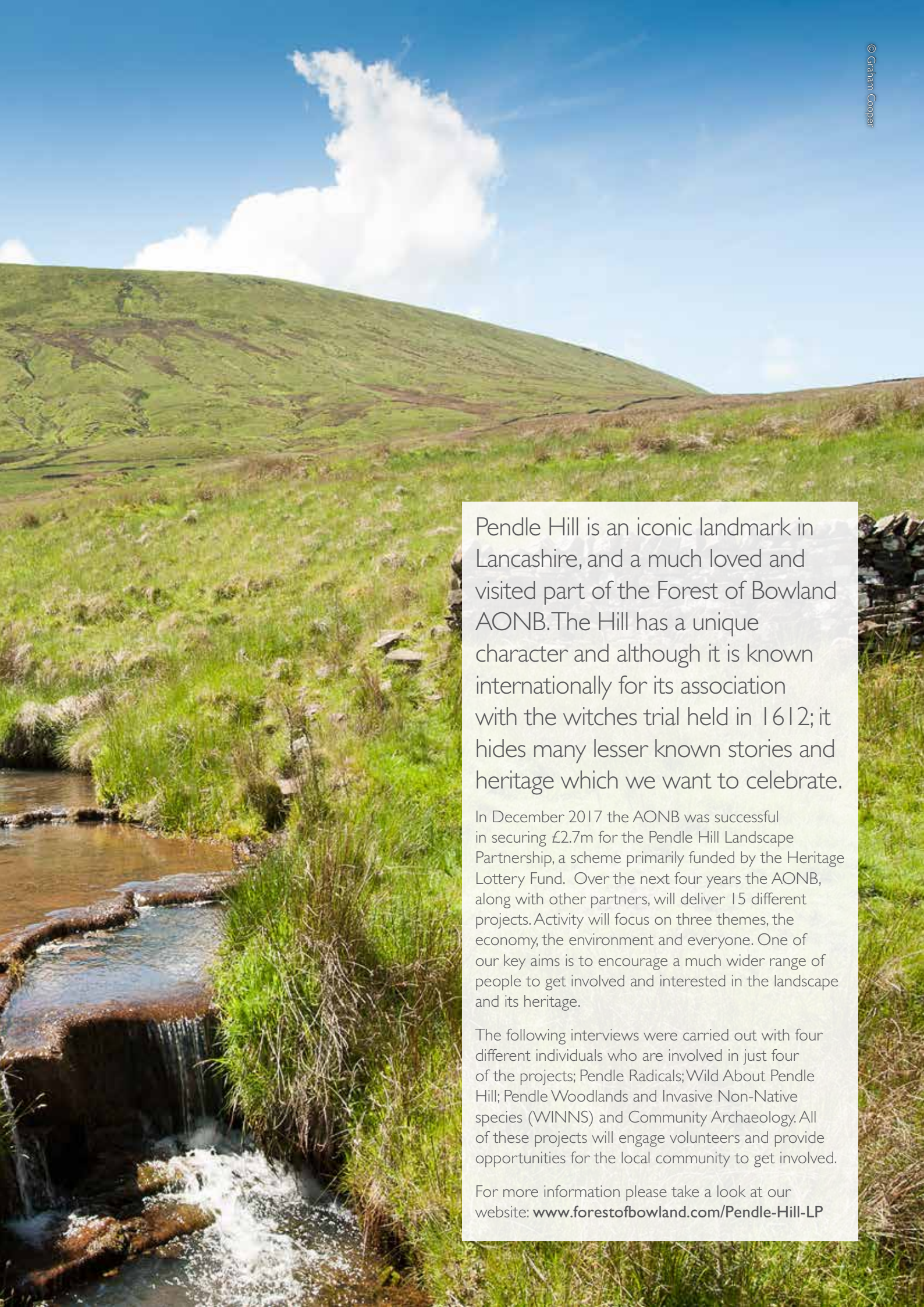
4 Little Town Farm Shop Longridge

Three generations of farming know-how goes into raising some of the finest Aberdeen Angus beef on the lush pastureland on the western fringe of the Forest of Bowland.



Introducing you to the Pendle Hill Landscape Partnership...





Pendle Hill is an iconic landmark in Lancashire, and a much loved and visited part of the Forest of Bowland AONB. The Hill has a unique character and although it is known internationally for its association with the witches trial held in 1612; it hides many lesser known stories and heritage which we want to celebrate.

In December 2017 the AONB was successful in securing £2.7m for the Pendle Hill Landscape Partnership, a scheme primarily funded by the Heritage Lottery Fund. Over the next four years the AONB, along with other partners, will deliver 15 different projects. Activity will focus on three themes, the economy, the environment and everyone. One of our key aims is to encourage a much wider range of people to get involved and interested in the landscape and its heritage.

The following interviews were carried out with four different individuals who are involved in just four of the projects; Pendle Radicals; Wild About Pendle Hill; Pendle Woodlands and Invasive Non-Native species (WINNS) and Community Archaeology. All of these projects will engage volunteers and provide opportunities for the local community to get involved.

For more information please take a look at our website: www.forestofbowland.com/Pendle-Hill-LP

Wild About Pendle Hill:

Interview with Sarah Robinson by Jayne Ashe

Sarah Robinson is the Forest of Bowland AONB Biodiversity Officer and over the past number of years she has worked on multiple projects across Bowland. Her most notable work includes the restoration and creation of traditional wildflower meadows and the restoration of upland peat.



Wild About Pendle Hill is an interesting project name?

Yes – the project will focus on looking after the biodiversity of particular sites in and around Pendle Hill with the help of the local community. There will be three main strands – community wildlife, farmers' network and wildlife sites. We hope to carry out habitat management tasks, survey local wildlife and give volunteers the opportunity to learn more about Phase 1 habitat surveys.

So some people may be wondering – actually how wild is Pendle Hill? Or how wild can it be?

It ultimately depends on scale and comparisons. There are other parts of Bowland which are definitely wilder than Pendle Hill, but there are some really vibrant habitats off the beaten track and we have notable species in the area such as the dotterel which visits us every spring, and sites important for other species such as White letter hairstreak. We hope by working in different sites we can boost the numbers of other species in the area, such as wading birds, and by engaging with more people we can try and reduce declines of species such as hedgehogs.

This project will also give us the opportunity to engage people in discovering what's underneath our feet – fungi, lichens and invertebrates – the things we don't always think about when we think about the word 'wild'.

How can the local community get involved and engaged?

We are hoping to get more local people involved with national species surveys – things like the RSPB Garden Birdwatch and Farmland Birdwatch, and counts for protected species.

I am also hoping that we can engage people with a wider wildlife focus, which goes beyond protected species.

We are hoping to engage with local residents and associated groups in the planning process, to find out what the local community wants to see at the site. After management plans have been put together, we will be really hoping individuals and groups will get involved in volunteering with practical tasks that will be needed for the management of different sites. The sites will involve a mosaic of habitats – so there will be lots of different activities to get involved with, from woodland management to hedgelaying, meadow creation and pond management.

Community Archaeology:

Interview with Rachel and Andrew Turner
by Sue Marsden and Evangeline Atkinson

The Pendle Hill Landscape Partnership's archaeology programme starts this summer with an international dig which will attempt to find remains of Malkin Tower. Preliminary research has been carried out by Mike Woods – and Rachel and Andrew Turner, who own Malkin Tower Farm, can't wait for the work to start.



There has long been speculation around the location of Malkin Tower and your farm is named Malkin Tower farm.

A: One of the fields is called Malkin Yard and this was named well before the witches of 1612.

R: It's always been called Malkin Tower of some description no matter how you spell it. I think Mike has found seven different spellings. I don't think that our house is the original house.

Whose idea was this project?

A: Mike Woods from UCLAN is the archeologist who has done the geophysics. His research has indicated that there were two houses on the same site. We have his thesis and results of the tests, you can see a definite outline of a building. He has pinpointed two areas he wants to excavate.

Mike's findings must be reasonably convincing if it has encouraged a professor to bring his students over from the USA.

A: He is an American archeologist, Chuck Orser, from Vanderbilt University. He was given three or four different sites and, after speaking with Mike, has chosen the Malkin Tower project. The fact that there is a professor coming over from America shows that there is international interest.

When is the dig?

R: It runs from June 19 to July 28. They say they are going to do it in sections. I can't wait for it to start.

A: They are going to do a grid survey and then dig in a section before moving on just like on Time Team.

Do you have any predictions of what they might find?

R: Mike says most of the things they find will probably be broken. We aren't expecting anything valuable because these people were poor. If they were witches they wouldn't have lived in fancy houses, they were poor women.

Rachel and Andrew Turner own Malkin Tower self catering farm cottages, www.malkintowerfarm.co.uk.

Pendle WINNS:

Interview with Jack Spees by Caroline Collinge

The Ribble Rivers Trust (RRT) is leading on the Pendle Woodland and Invasive Non-Native Species project within the Pendle Hill Landscape Partnership, so we sat down with RRT director Jack Spees to find out why the Rivers Trust is ideally placed to deliver this ambitious project.



What is the Pendle Woodland and Invasive Non Native Species Project?

Pendle WINNS will involve and engage local communities, landowners and volunteers in the creation of new woodlands, improve management of existing woodlands and control of invasive non-native species.

Why is woodland management needed around Pendle?

As part of our work we are interested in any woodland, but 'clough woodland' in particular tends to concentrate around water courses. Whether they run wet part of the year or the whole year they need managing as they are channels for water.

Why are trees such an important part of river catchment management?

Most of our rivers are tree-lined – we plant thousands of trees as part of our work. Rivers and trees are intimately interconnected, both in terms of woody material that falls into the rivers, which is really important for the invertebrates, fish and bird habitats; to the larger branches that form habitat complexities where fish can take cover or otters might build their holts.

Trees also regulate water quality, quantity and temperature. What's more relevant these days, given the increase in rainfall and amount of flooding we see, is that trees can significantly slow the rate at which that water runs off the hills.

How else will communities benefit from this work?

Planting trees in the right location can help boost productivity of farmland by improving nutrient uptake and preventing soil loss as well as providing shelter for livestock.

What about the other aspect of the project – invasive non-native species?

Non-native species are plants that do not occur naturally in our country. They are referred to as invasive non-native species when they become so abundant they have negative impacts on native species, damaging biodiversity.

How can members of the public get involved in the project?

Within the project there will be woodland creation where we would be looking for volunteers to help with fencing and tree planting. The management of existing woodland is also really important for us and could involve thinning, coppicing, understory planting and creating habitat piles. There may also be opportunities to get involved with some surveying and help with INNS control such as Balsam pulling.

Pendle Radicals:

Interview with Nick Hunt by Simon Cronshaw

Nick Hunt is the Creative Director of Mid Pennine Arts, based in Burnley. MPA explore historic Lancashire and its distinctive heritage in many of their projects, and are leading on the Pendle Radicals project for the Pendle Hill Landscape Partnership, which will span the entire four years of the scheme.

You're about to undertake a project looking at Pendle Radicals. Who do you mean by this?

Pendle Radicals are the innovators, the free-thinkers, the radicals and the mavericks who were drawn to this inspirational landscape over the centuries.

We see a common thread in all these stories of thinking for yourself; going against the grain of accepted wisdom; finding your own way.

Can you give us some examples of these Radicals?

We've drawn on a couple of well-known examples to inspire the project. One is the founder of the Quakers, George Fox, who came to the Pendle area in 1651 and famously had his vision which inspired the founding of the Quakers up on the summit of Pendle Hill.

A quite different example is Clarion House in Roughlee. Clarion House is the last surviving example of a Clarion Club, where once upon a time it was one of many and a gathering place for the Independent Labour Party in this area.

Plenty of inspirational men. What about the women?

We're keen to give this project some gender balance. History has tended to spotlight men, but there are a lot of important women whose stories need telling, too. Selina Cooper, for example, was one of the leading Suffragists and lived in Nelson. Another leading light of the Labour movement, Katharine Bruce Glasier, lived most of her life in Earby and was an inspirational orator said to be able to "sway a great crowd" with her rhetoric.

Can you give us a sense of the shape of the project over the four years? What is it aiming to achieve?

We want to bring history to life, to discover and share more of these stories to help local people and visitors to see more in our local landscape. We want to look at familiar places with fresh eyes and thus to strengthen pride of place in the places that we live, and the amazing stories that are bound up in them.



We're imagining the project running in three separate phases. First of all, the investigation of these stories: researching through archives; through collective and individual memory; recording oral histories where individuals have memories of their ancestors or some fragment of these stories.

The second phase will be interpretation and looking at the material we collect in creative ways. We'll commission some new work in a whole variety of artforms to explore these stories, sharing these stories in participatory sessions with adults and very importantly, with young people.

The third phase is celebration, where we spread out a bit beyond the local patch of Pendle Hill and into our surrounding towns, and we focus on sharing this work more widely through exhibitions, performance work and artefacts of various kinds.

How do we get involved?

I'd like to make an open invitation to anyone whose interest is sparked to get in touch and come and talk about how they might like to contribute. We're going to be very dependent on a wide range of contributors in particular from our Pendleside villages, so we're really keen to hear from anyone that wants to join us on this exploration. These are your stories. Come and help us tell them.

To read the full interviews visit www.pendlefolk.com

Pendle Summit

This flagship project will begin April 2018 and will focus on repairing and improving the Summit, or Big End, of Pendle.



Funded by RDPE LEADER, Lancashire Environmental Fund and Heritage Lottery Fund we aim to construct a dry stone wall seating area, which will offer protection from the elements; improve the two main paths up to the summit of the hill and repair the stone setts around the trig point; and restore the areas of peatland.

The design of the dry stone wall seating area has used inspiration provided by a group of Manchester School of Architecture students and will be constructed by Philip Dolphin, a dry stone walling Master craftsman. The feature will be placed within the existing fell wall crossing the top of the hill and there will be an opportunity for volunteers to get involved in dry stone wall training days.

We will improve 2.6km of the two main paths up the hill from Barley, including areas of the stone steps and the 'cart track' where it has been badly damaged by running water. These improvements will make the paths safer and long lasting.



Some areas around the trig point have become particularly boggy, and so we plan to remove these by laying some new stone setts. Some of these will include stone carvings which will depict and explain the panoramic views seen from the summit. Henrietta Armstrong, who has been appointed as the artist on this work, will be holding workshops to identify the important landscape features to the local community and hill walkers.

Peat is a very important habitat, which, when restored can offer multiple benefits to biodiversity, natural flood management and carbon storage. The peatland on the top of the hill has become particularly degraded, and in places has been left bare. This project will therefore focus on activity to revegetate and restore the bare peat, and also block existing gullies in the peat which will increase water storage at the top of the hill, reducing run-off down to the villages below.



There will be lots of ways for members of the public to get involved in this project, through practical volunteering, offering feedback and learning. Keep an eye on our website or Facebook page for opportunities!

We recently discovered that the stone steps up the hill were built in the 1980s but we'd like to know more about who was involved. If you have any information about this project or memories from that time please let us know and get in touch via the website.

www.forestofbowland.com/Pendle-Hill-LP

Pendlefolk

Pendlefolk.com – celebrating the stories of those who live and work around Pendle Hill.

There is something very special about the Pendle Hill area. Its breath-taking natural beauty has always been home to interesting individuals, past and present.

We're planning to shine a light on some of these personalities through Pendlefolk.com: a new website containing carefully-crafted local interviews.

Produced by a group of local volunteers, Pendlefolk.com highlights stories, businesses and people from the area. It is launching alongside the Pendle Hill Landscape Partnership and will help uncover hidden details about the Partnership's projects and people involved.

www.pendlefolk.com



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For more information contact:

Tim and Lynda Gornall

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info@brickhousesccs.co.uk

01995 61747

www.brickhouseccs.co.uk

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Email: enquiries@cobdenview.co.uk

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E-mail freda.pilkington@gmail.com

Website www.highergills.co.uk

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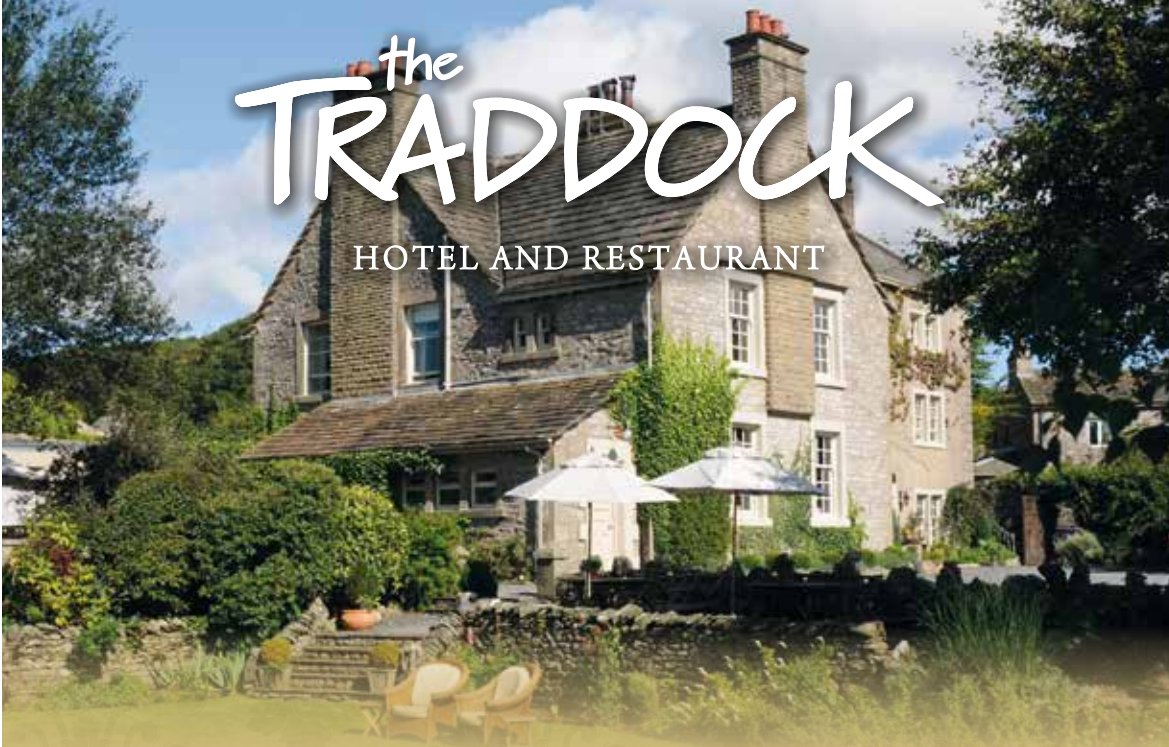
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Malcolm & Michele Appleby

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email: quernmorevalley@yahoo.co.uk

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Family Fun

True or False?

Do you know which of these statements is the real deal and which is wrong? Test your countryside knowledge by ticking true or false in each box.

- | | | | | |
|---|--|---|--|---|
| 1
The woolly coat of a sheep is called a fleece
True <input type="checkbox"/> False <input type="checkbox"/> | 2
A young cow is called a calf
True <input type="checkbox"/> False <input type="checkbox"/> | 3
Curlews have very short beaks
True <input type="checkbox"/> False <input type="checkbox"/> | 4
Bats are blind
True <input type="checkbox"/> False <input type="checkbox"/> | 5
Hares can run fast
True <input type="checkbox"/> False <input type="checkbox"/> |
| 6
A cow has four stomachs
True <input type="checkbox"/> False <input type="checkbox"/> | 7
A sheep can be milked
True <input type="checkbox"/> False <input type="checkbox"/> | 8
A lapwing chick is well camouflaged
True <input type="checkbox"/> False <input type="checkbox"/> | 9
Bowland's heather moors are a lovely yellow colour
True <input type="checkbox"/> False <input type="checkbox"/> | 10
A young roe deer is called a kid
True <input type="checkbox"/> False <input type="checkbox"/> |

Answers:

1 True 2 True 3 False (they're long and curved) 4 False 5 True 6 Tricky! (it has one stomach with four compartments) 7 True 8 True 9 False (they're purple!) 10 True

Tree-time Anagrams

Can you untangle 10 tree names from these tricky anagrams?



Answers:

1 Silver birch 2 Beech 3 Horse chestnut 4 Mountain ash 5 Sessile oak 6 Hawthorn 7 Alder 8 Larch 9 Sycamore 10 Scots pine

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

forestofbowland.com/family-fun

Downham Circular Walk 2

Start Point

Distance/Time

Downham Visitor Car Park
★ SD 7846 4411



4 Miles
2-3 hrs

Terrain

Tracks, fields and roads. Gates and stiles.
Can be wet/muddy underfoot in places.
Expect livestock and keep dogs under effective control. "Walking safely" information available at www.forestofbowland.com/Walking-Information

Public transport

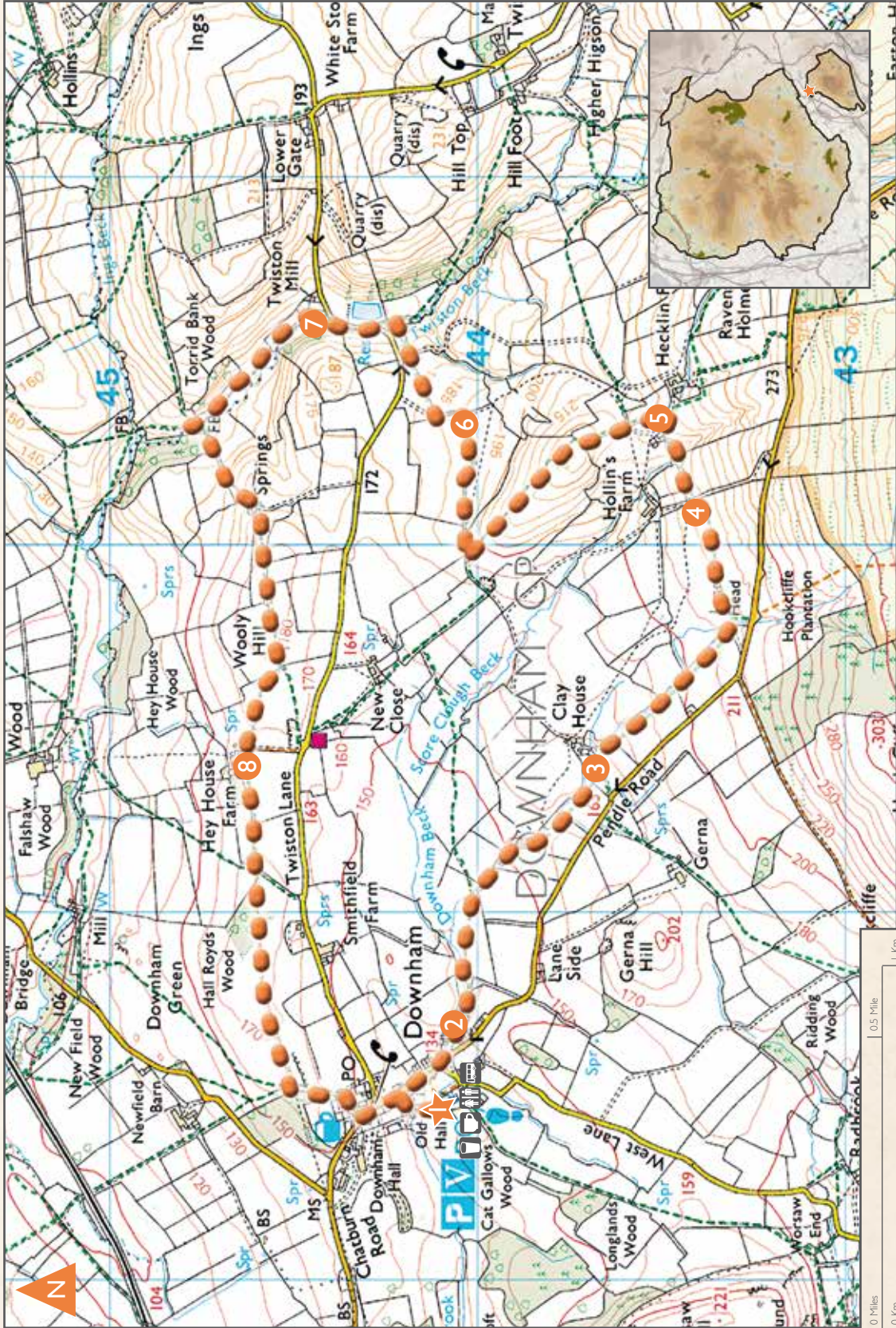
For public transport information please go to www.lancashire.gov.uk or www.traveline.info

OS Explorer
OL41



Key to Facilities

☒ Pubs, ☒ Cafés,
☒ Toilets, ☒ Bus Stop



GPS Waypoints (OS grid refs)

- ★ 1 ☐ SD 7846 4411
- 2 ☐ SD 7873 4402
- 3 ☐ SD 7942 4368
- 4 ☐ SD 8011 4343
- 5 ☐ SD 8036 4348
- 6 ☐ SD 8035 4404
- 7 ☐ SD 8062 4441
- 8 ☐ SD 7945 4462

Downham Circular Walk 2



About This Walk

Walk Description

Along the course of the walk you will pass Twiston Mill. This was originally a corn mill for the parish but it was converted to a cotton mill in the early 1800s. The mill was owned by the Assheton family, with William Assheton constructing the upper dam to create the reservoir in 1851. Whilst producing cotton the mill employed twenty men, seven women and twenty-two children. The children were employed as cotton piecers, a highly dangerous job which involved working under the machinery. Accidents were frequent with some children being badly injured after a moment's lapse of concentration.

The area was obviously a hive of activity at one time with many more buildings, including workers' cottages, occupying the site than its current sleepy atmosphere would suggest.

The mill was described by its owner as 'more plague than profit' and eventually it was burned down in 1882.

★ GPS: SD 7846 4411

Leave the car park via the gate near the toilets and keep ahead, passing through two more kissing gates, towards the road bridge. Do not cross the road bridge but follow the road straight ahead and then bear left to follow Downham Beck upstream. Pass the cottages right to the end of the lane and then cross into the field through a narrow stone squeeze stile or a kissing gate.

2 GPS: SD 7873 4402

Continue to follow the beck upstream for about 200 metres before bearing right at the wooden waymark post. Cross this field to where the fence line meets the beck and then go through the kissing gate. Keeping the beck on your left cross a stone stile and then follow the waymarker to cross a wooden footbridge. (N.B. This section of path has been officially diverted in recent years and the route here differs to that shown on older maps). Follow this path through the trees and cross the farm track by way of two stiles.

3 GPS: SD 7942 4368

Continue uphill keeping to the edge of the field, eventually reaching a small stone outbarn after crossing two more stiles. Turn left in front of this barn, cross a small gully, and then follow the signed route towards Hecklin Farm.

4 GPS: SD 8011 4343

Climb the wall stile and cross the farm track. Continue straight ahead and cross a further stone stile down in the dip and then follow the fence round past the farm buildings of Nutshaw on your left. Head towards Hecklin Farm but turn left at the end of the wall 50 metres before reaching the farmyard.

5 GPS: SD 8036 4348

Cross over the stone stile ahead and, keeping to the edge of the field, cross over a further stone stile and head for another stile crossing the wall ahead of you at the top of the hill. From this stile follow the faint line of the ancient track across Haysett Hill, waymarked with small limestone boulders. On reaching the dry stone wall at the foot of the hill turn right and cross a stile next to a field gate. Keeping to the edge of the field follow the fence line and then over a stile onto an old green lane.

6 GPS: SD 8035 4404

Follow this track for approximately 100m and turn sharp right where it opens out into a meadow. Keep to the edge of the field and follow the hedgeline downhill, crossing a further stile. Just before reaching Twiston Beck turn right and follow the beck upstream to cross by a wooden footbridge. On crossing the beck turn immediately left towards Twiston Mill pond and cross a stile to reach Twiston Lane by a small gate. Turn right and follow the road downhill (care here as road is narrow and bendy and has no pavement) until a stone stile is reached on the left, just before the farm buildings.

7 GPS: SD 8062 4441

Pass through this stile and head downstream along Twiston Beck, passing through a stone squeeze stile and a kissing gate until you reach a wooden footbridge on your left. Cross the beck and head uphill, keeping the wall on your right, then bear left to cross the stile in the fence in front of Spring's Farmhouse.

Pass between the house and the buildings on the main track and then turn immediately right to cross two stiles before bearing slightly left uphill towards a group of mature trees. Cross the stone stile in the wall ahead and continue along the line of the old trackway. On reaching a small disused quarry on your left, cross the stone stile and bear diagonally right across the meadow, aiming for a stone stile in the wall 50 metres to the left of Hey House.

8 GPS: SD 7945 4462

Cross the stile, bear right and on reaching the fence/hedge line, follow it straight ahead passing over two stone stiles. After the second stile, continue straight on, following the ridge to a kissing gate in the fence ahead. Cross and pass the wood to a wide ridge (the route of the old Roman road). On reaching the walled boundary of the wood at the end of the ridge, turn left and head down towards the village, passing through a kissing gate or stone squeeze stile. On reaching a small wooden gate turn right and follow the road past the Assheton Arms to the car park.



Area of Outstanding Natural Beauty

www.forestofbowland.com

Delph Quarry Circular Walk

Start Point ★

Delph Quarry car park

★ SD5458 4552

Distance/Time

7 miles

Approximately
3 hours



Terrain

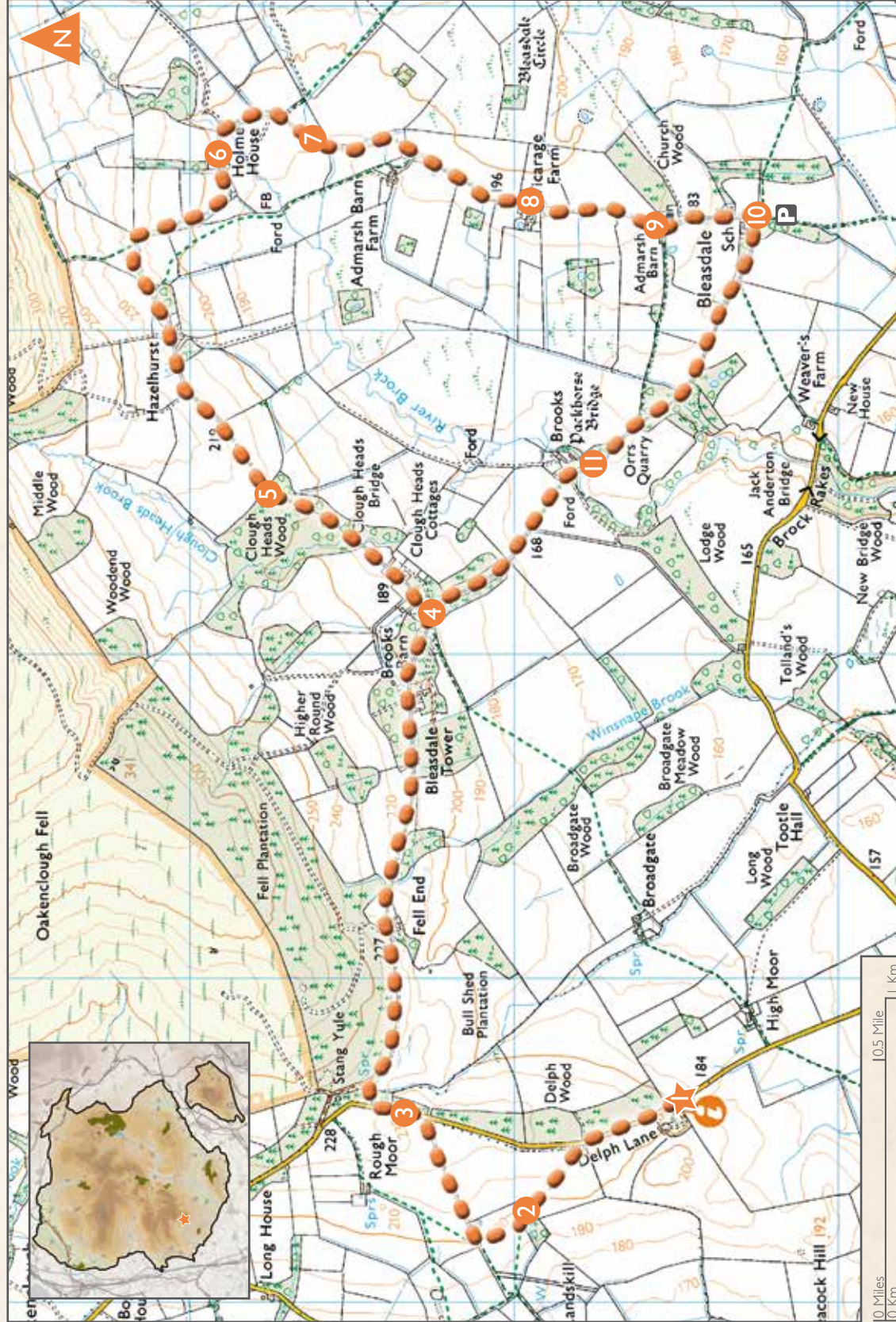
Fields, roads, private roads (which are also public footpaths) and tracks. Gates and stiles. Can be wet and muddy in places. Expect livestock and keep dogs under effective control. "Walking safely" information available at www.forestofbowland.com/Walking-Information

OS Explorer
OL41



Key to Facilities

P Parking



GPS Waypoints (OS grid refs)

- ★ 1 SD 5458 4552
- 2 SD 5428 4596
- 3 SD 5457 4628
- 4 SD 5611 4626
- 5 SD 5651 4677
- 6 SD 5750 4691
- 7 SD 5757 4658
- 8 SD 5740 4599
- 9 SD 5732 4551
- 10 SD 5735 4525
- 11 SD 5657 4580



www.forestofbowland.com

Delph Quarry Circular Walk



About This Walk

This walk offers fantastic views of the fells behind Bleasdale, including Hazelhurst, Fairsnape and Parlick. Wooded Beacon Fell is prominent to the south. The rushy fields are ideal habitat for ground nesting waders like lapwing, curlew and snipe - and don't forget to keep an eye out for brown hare in springtime. At Brooks Farm, as you cross the road bridge, look out for the much smaller and older "packhorse" bridge on the right.

Walk Description

★GPS: SD 5458 4552

Take the concessionary footpath via the stile at the back of the car park, keeping the dry stone wall on your right until you reach the end of the field. Go through the small gate ahead into the next field and head diagonally left across the field to a gateway to the right hand side of a small wood. (Be aware of the ditch which crosses the field as you approach the far boundary)

2 GPS: SD 5428 4596

Go through the gateway and head straight across the field towards a gate in the opposite wall. Turn right onto the stone track in front of it and follow this track up the hill to reach the road.

3 GPS: SD 5457 4628

Go through the gate and turn left to follow the road (care here) for approximately 200m to reach the footpath on the right which takes you through a narrow belt of felled/re-planted woodland and out through a small gate into a large field.

Walk up on to the track ahead and follow it along past Fell End Farm and Bleasdale Tower until you reach the complex of buildings at Brooks Barn.

4 GPS: SD 5611 4626

Turn left to pass a rare red "GR" post box set into the wall. Clough Heads Cottages, slightly further along on the right, were once part of the North Lancashire Reformatory. Further along the road you come to a buttressed stone bridge which was built by boys from the reformatory. The path now climbs slightly through the wood.

5 GPS: SD 5651 4677

Leave Clough Heads Wood via a cattle grid or adjacent gate and enter open, rough pasture with wonderful views of Fairsnape and Parlick to the right and the wooded summit of Beacon Fell Country Park to the south. Further along, a track joins from the left as you head to the left of Hazelhurst Farm. (Note the long water trough on the left as you approach the farm.) After a short distance the track begins to descend and becomes rougher.

6 GPS: SD 5750 4691

Enter Holme House farmyard through a gate and cross the concrete yard before leaving through another gate at the far end. The track resumes, becoming more rutted with boulders and cobbles as you descend to a concrete bridge over a stream. Keep right as the track forks. (The track from now on is likely to be wet and muddy.) Continue ahead through a gate and follow the track as it bears right.

7 GPS: SD 5757 4658

Bear slightly left after a small, grassed-over bridge and cross the field, keeping the fence on your left and eventually bearing right, away from the fence, as you approach a stile next to a gate. Climb the stile and continue ahead to join a rough, metalled road. Turn left and follow the road to Vicarage Farm.

8 GPS: SD 5740 4599

Go through a gate near Vicarage Farm, followed by a second gate further along, then continue on to Bleasdale Church.

9 GPS: SD 5732 4551

From the church it is a short distance to the parish hall on the left and school on the right.

10 GPS: SD 5735 4525

Turn right immediately after the house adjacent to the school and follow the road, which eventually enters a pine wood and descends to a bridge over the River Brock, with Brooks Farmhouse on the right.

11 GPS: SD 5657 4580

Continue to follow the road, which climbs gently away from the bridge. A track joins from the left as you approach another wood, the right hand side of which has been felled and re-planted.

After a distance you reach Brooks Barn again. Continue ahead to retrace your route back to the start point at Delph Lane quarry.

Hurst Green Route A

Start Point



Hurst Green Village



SD 7846 4411

Distance/Time



Approximately
2 miles
1 hour

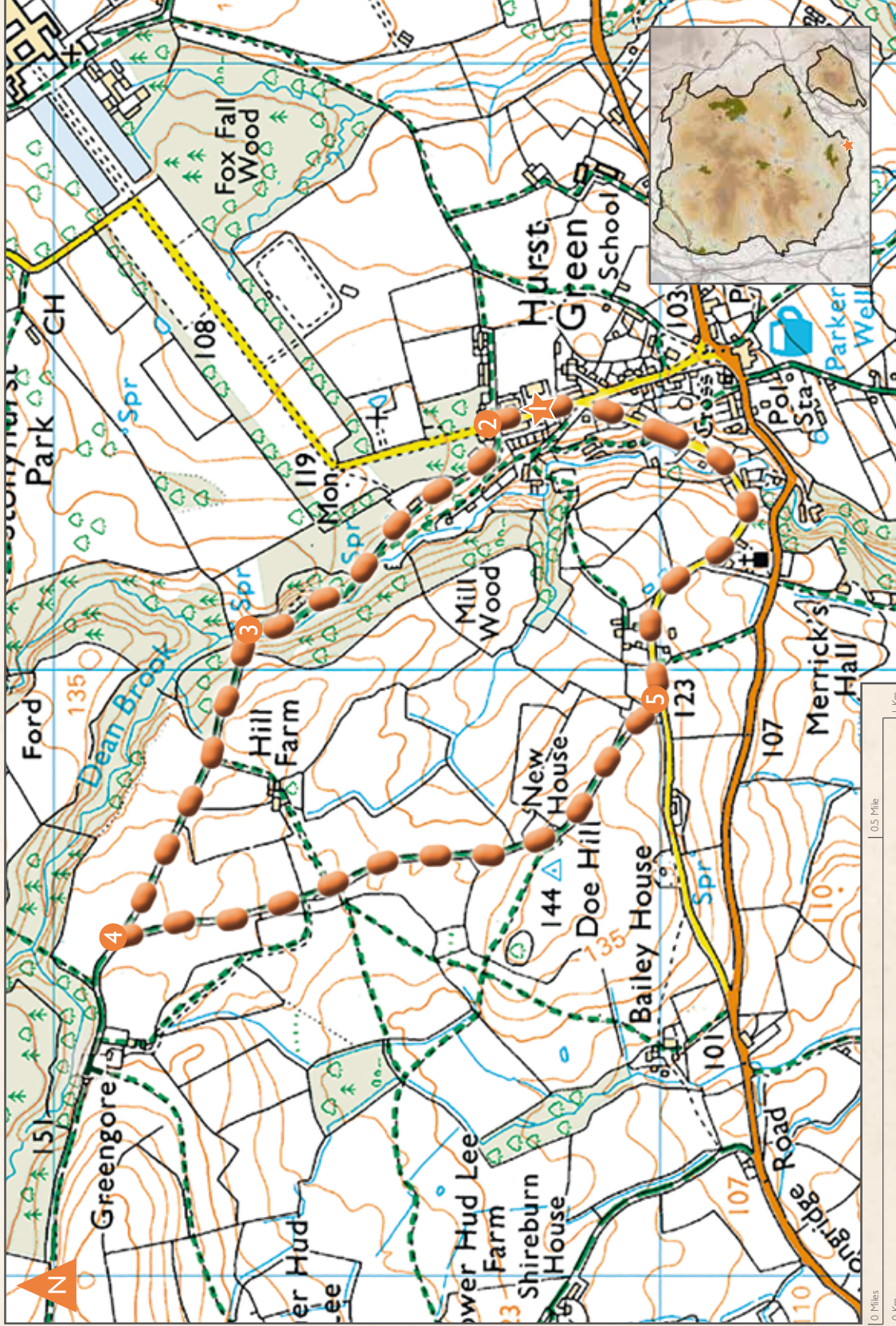
Terrain

Roads, lanes and tracks – can get muddy in parts. Take care on unpaved road sections. Expect livestock and keep dogs under effective control. "Walking safely" information available at www.forestofbowland.com/Walking-Information



Key to Facilities

Pubs, Cafés, Toilets,
 Please park considerably
in the village



GPS Waypoints (OS grid refs)



SD 6844 3820



SD 6839 3827



SD 6806 3868



SD 6757 3889



SD 6794 3801

Hurst Green Route A



About This Walk

Hurst Green is a small village situated on the southern boundary of the Forest of Bowland AONB. The 18th century Hurst Green economy was helped by four bobbin mills, all powered by the rapid waters of Dean Brook, which this route partly follows.

Walk Description

 **GPS:** SD 6844 3820

Start from the memorial hall on Avenue Road (adjacent to the Bayley Arms). With the memorial hall on your right walk along the pavement for a short distance.

2 GPS: SD 6839 3827

When you reach Smithy Row turn left off the road, following the footpath sign, but keep to the right at the fork and follow the bridleway sign. Continue ahead, noticing the old sandstone quarries on your right, as you follow the path along.

3 GPS: SD 6806 3868

Go left over a bridge and continue along the path that rises ahead.

4 GPS: SD 6757 3889

Reach a well-made track and turn left and follow this for just over half a mile until you reach a lane.

5 GPS: SD 6794 3801

Turn left here to follow Shire Lane, which eventually becomes The Dene. (Care here as the lane bends as you head down into the dean.) Follow the lane back to the village, where it meets the road opposite the Bayley Arms pub.

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WALKING
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forestry.gov.uk/gisburn

 [gisburn forest](https://www.facebook.com/gisburnforest)



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Join the Friends of Bowland



Why not join us? If you are interested in conserving and/or learning about the Bowland landscape and its wildlife and flora, the Friends of Bowland would be delighted to welcome you. We hold regular walks, talks and practical projects where you can meet like-minded people, keep fit, enjoy the landscape and help make a difference! We aim to work in collaboration with the Forest of Bowland AONB team, other environmental organisations and local communities in and around Bowland.



Email friendsofbowland@gmail.com for more details
or visit <http://forestofbowland.com/Friends-Bowland>

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Thanks to our online shop, you can now support local projects at the click of a mouse!

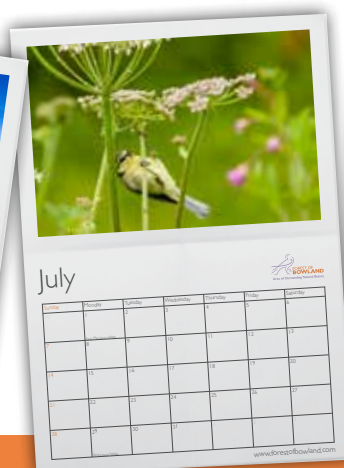
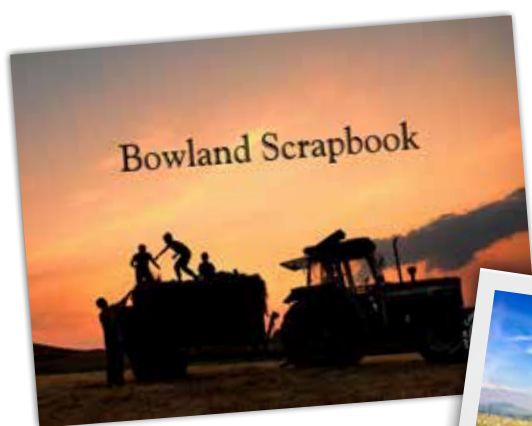
Profits from the sale of the AONB's calendar and Bowland Scrapbook will be donated to Champion Bowland – a charity which awards grants to projects benefitting the environment, local communities and visitors.

And if you upload your Forest of Bowland photographs before May 2018, you could be seeing your picture featured in next year's calendar!

**CHAMPION
BOWLAND**

Upload your image now!

Visit <http://forestofbowland.com/Upload-your-photos>
(includes full terms and conditions)



AONB Clothing Range

If you want to do your bit for Bowland – and keep snug at the same time – you can now choose clothing which will help you do just that.

Ribble Valley-based Bowland Clothing Company have produced a range of clothing and merchandise from which 60% of sales profits will be donated to Champion Bowland.

So, whether you're after a t-shirt, a soft shell gilet, satchel or a winter jacket – all featuring a bespoke logo – you'll find a link to the full range in our AONB online shop.



To buy from our website go to:

forestofbowland.com/Forest-Bowland-AONB-Shop

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 Hellifield 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

The Bowland Explorer summer Sunday and Bank Holiday Monday bus service will be operating once again during 2018. Connecting with rail services at both Bentham and Clitheroe, the service will run from early May until late September and is a great opportunity for a car free day out. Timetable and price information will be available in spring 2018. For further details see www.communityrail Lancashire.co.uk/the-bowland-explorer

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 Visitor 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.go.uk
- **Pendle Heritage Centre**
Colne Road, Barrowford, BB9 6JQ
Tel: **01282 677150** Website: www.visitpendle.com
- **Preston City Council**
Town Hall, Preston, PR1 2RL
Tel: **01772 906900** Website: www.preston.gov.uk
- **Settle Tourist Information**
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

If you've enjoyed reading this free guide and would like to support the AONB, a small donation to *Champion Bowland* would be much appreciated!

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

Text CBOW15 followed by the amount you wish to donate (eg £1 or £5) to 70070
or donate online at
www.championbowland.org.uk

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