

Welcome to The Forest of Bowland AONB

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



Bowland Hay Meadow © Graham Cooper

The Forest of Bowland was designated as an Area of Outstanding Natural Beauty in 1964 and provides some of the most peaceful and remote walking, riding and cycling in the country. Explore some of the many unique villages steeped in history, while away your time observing some of the rare and enigmatic birds and wildlife, or simply indulge in afternoon tea in some fantastic cafés, tearooms and inns.

For a year round calendar of events celebrating the birds, wildlife, landscape and culture of the Forest of Bowland AONB visit www.forestofbowland.com/Festival-Bowland-Events

Champion Bowland

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

Look out for donation boxes in the tea shops you visit, or in other tourism businesses across the area. For further information visit www.championbowland.org.uk



Family Fun

Download the family-friendly I Spy village quizzes from www.forestofbowland.com/Family-Fun



Hodder Valley



Slaidburn

Dunsop Bridge is at the centre of the British Isles and a popular destination for walkers. Spring sees the woodland floors blanketed with bluebells and wild garlic and, in late summer, large areas of purple heather decorate the hillsides. Rest on a bench on the village green and enjoy watching the resident ducks waddle by the River Dunsop next to **Puddleducks Tearoom** or, for a short walk, follow the 3km Black Brook Circular Route. A few miles south of Dunsop Bridge is the hamlet of Whitewell with the popular **Inn at Whitewell** - a beautiful, peaceful location for indulging in afternoon tea next to the River Hodder:

Slaidburn is a picturesque grey stone village set on the banks of the River Hodder. The church of Saint Andrew is mostly 15th century but has a history

that can be traced back over ten centuries. Park in the village car park and take a 3.5km circular route to the flower-rich Bell Sykes hay meadows to see the designated Coronation Meadow for Lancashire - at its best during June/ July - then treat yourself to homemade cakes at **Riverbank Tearooms** or, a little further on, **The Old Vicarage Tearooms** at Tosside.

Newton in Bowland sits snugly at the foot of the Waddington Fell road and is dotted with 18th century listed buildings. At the entrance to the village you'll find the **Parkers Arms** pub for that all-important refreshment stop. Most attractive is Newton Bridge, which leads to a number of paths next to the River Hodder where you can take in the views and do some wildlife spotting.

Ribble Valley

Bolton-by-Bowland is certainly worth a visit for walkers, cyclists and photography enthusiasts. It is a tranquil and charming spot with two greens around the church in the middle of the village. For refreshments you will find the **Coach and Horses pub** and a **traditional shop and tearooms**. The tearooms will provide you with information about a village heritage trail as well as 5.3 km nature walk across surrounding farmland. Nearby is the attractive hamlet of Holden and **The Garden Kitchen** - a destination for afternoon tea lovers with their famous 'afternoon tea picnic benches'. Or visit nearby **Gisburn** and the **Delicious Deli & Café**.

Waddington, with its babbling brook and beautiful Coronation Gardens, has earned the title of 'Best Kept Village in Lancashire' on many occasions. Before 1974 it was often the best kept village



Bolton by Bowland

in Yorkshire too! Pubs and eateries are plentiful, including the **Country Kitchen Café** - a popular spot for cyclists. **Chipping** is a picturesque village on the slopes above the River Loud. In medieval days no less than five water mills were sited along Chipping Beck. This is a conservation area with stone-built cottages, a 17th century school and almshouses endowed by John Brabin, dyer and cloth merchant. The village also has a 13th century church, which was partly re-built in 1505 and 1706 and again in the 19th century. Visit **Cobbled Corner Café** in the village for an afternoon tea stop, or make a day of it at nearby visitor attraction, **The Wild Boar Park**, offering a great family day out and on-site café. The village also has a farm shop selling wonderful local meat and other delicacies – worth a visit! Or enjoy afternoon tea in a beautiful setting at the nearby **Gibbon Bridge Hotel**.



Take a tour of Bowland's villages & discover a great selection of tearooms, cafes & inns

IN BOWLAND

TEAROOMS & VILLAGES



Bowland's Gateways

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

The beautiful market town of **Clitheroe** with its castle and museum, as well as art galleries and plenty of independent shops and eateries including **Holmes Mill**, a destination for all food and drink lovers. **Bentham** - a small but lively market town on the banks of the river Wenning, well-known for its auction mart, wide range of independent shops and a friendly welcome. The city of **Lancaster** is dominated by its medieval castle and the River Lune flowing through to the sea. The narrow, Georgian streets surrounding the castle contain a wealth of attractions, shops and restaurants. **Garstang** is situated on the River Wyre and boasts one of Lancashire's oldest traditional street markets, first established in the 14th century and still going strong.

Along the road from Garstang is **Scorton**, developed around the cotton mills and railway in the 19th century.

The village is a popular spot for walkers and cyclists as well as nature lovers. Those looking for a relaxing cup of tea after a village stroll have plenty of options at **the Priory**, **the Barn** or the **Applestore Café**. There are some lovely walking opportunities in nearby Grizedale with a climb up Nicky Nook or through the wooded valley. A more leisurely easy access trail starts from Scorton Picnic Site.

Beacon Fell is a great base for a day's exploring - including a woodland and sculpture trail and climbs up to the triangulation pillar. The summit reaches heights of 266m above sea level and, on a clear day, provides spectacular panoramic views of the beautiful Bowland Fells. On site is the **Bowland Visitor Centre café** for a refreshment stop, or venture a little further for a family day out with a tearoom at **Cobble Hey Farm & Gardens** at Cloughton.

Lune Valley & Craven



Clapham

It retained a strong coaching trade throughout the 18th century and the Castle Hotel in **Hornby** was one of the principal stabling points. Visit the parish church of St Margaret, dating in part from medieval times and take in the fine views of Hornby Castle from the bridge over the River Wenning. The castle is an imposing crenellated dwelling dating mainly from the 19th century (although not open to the public). Visit **Hornby Tearooms** as part of your tour.

The village of **Wray** is popular with cyclist,, s and walkers – there are a number of bike routes in and around Lancaster and Wray is on the Lancashire Cycleway. In the summer of 1967 a flash flood swept away many buildings. Today, a community garden with a stone mosaic commemorating

the flood stands on the site of some of the houses which were demolished. Many visitors have enjoyed the renowned Scarecrow Festival which has traditionally culminated in a fair on May Day Bank Holiday. Combine a stroll around the village on the 2km ' Rivers & Villages Ramble' with homemade cakes at **Bridge House Farm Tearooms**.

The Bentham Line, which links the rail station at Leeds in the east to Lancaster and Morecambe in the west, skirts the northern edge of the Forest of Bowland AONB. It provides access to the pretty hamlet of **Eldroth** along with the villages of **Clapham** and **Austwick**, each with their own local distinctiveness and located on the edge of the Yorkshire Dales National Park. Visit the award-winning **Traddock** for a traditional afternoon tea.

Pendle

Nestling at the foot of Pendle Hill, **Downham** is one of the prettiest villages in the area - quiet and unspoiled - with a gurgling brook running past the village green and stone-built cottages. There is a lovely 6.5km Downham circular walk passing Twiston Mill and offering great views of the hill. You will find plenty of opportunities for refreshment at the Assheton Arms or Downham Icecream Shop, or visit **Greendale View Kitchen** just outside the village, or Hudson's traditional ice cream shop in the centre of neighbouring Chatburn.

Like many small villages around Pendle Hill, **Barley** began as a farming community and developed as the textiles industry grew. It is an easy place to start your ramble, with a central car park and facilities, as well as **The Cabin** cafe. From here you can walk to the summit of Pendle Hill for outstanding panoramic views over this beautiful corner of Bowland, or walk the easy access Pendle Sculpture Trail.

Sawley Abbey



Other AONB highlights:

- Whalley Abbey, Stonyhurst College and Browsholme Hall, all set in beautiful grounds and providing an insight into Lancashire's past. For a farm to fork experience visit **Bashall Barn** or for something more extravagant visit **Northcote's** Michelin-starred restaurant for afternoon tea
- The Cistercian Abbey at Sawley and the **Spread Eagle Inn**, occupying a beautiful setting on the banks of the River Ribble
- The ancient riverside village of Ribchester; built on the site of the Roman fort of Bremetennacum, and the pottery café **Potter's Barn**
- For outdoor enthusiasts - Gisburn Forest & Stocks and the **Gisburn Forest Hub Café** and the nearby **Nectar Café** at Be A Gardenmaker

Further Information

For more information about the Forest of Bowland AONB visit www.forestofbowland.com or stay in touch via twitter.com/forestofbowland or facebook.com/bowlandaonb Tel: **01200 448000** Email: bowland@lancashire.gov.uk

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.visitlancashire.com and www.yorkshire.com

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

- **Bentham** – 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** – Platform Gallery & Visitor Information Centre, Station Rd, Clitheroe, BB7 2JT Tel: **01200 425566** Website: www.visitribblevalley.co.uk
- **Pendle** – Boundary Mill, Vivary Way, Colne, BB8 9NW Tel: **01282 856186** Website: www.visitpendle.com
- **Lancaster** – The Storey, Meeting House Lane, LA1 1TH Tel: **01524 582394** Website: www.visitlancaster.go.uk
- **Pendle** – Colne Road, Barrowford, BB9 6JQ Tel: **01282 677150** Website: www.visitpendle.com
- **Preston** – Town Hall, Preston, PR1 2RL Tel: **01772 906900** Website: www.preston.gov.uk
- **Settle** – Town Hall, Cheapside, BD24 9EJ Tel: **01729 825192** Website: www.settle.org.uk
- **Garstang** – Cherestanc Square, Garstang, PR3 1EF Tel: **01995 602125** Website: www.discoverwyre.co.uk

Bentham Carnival © Richard Bayley

Cover image - Afternoon tea at the Parkers Arms

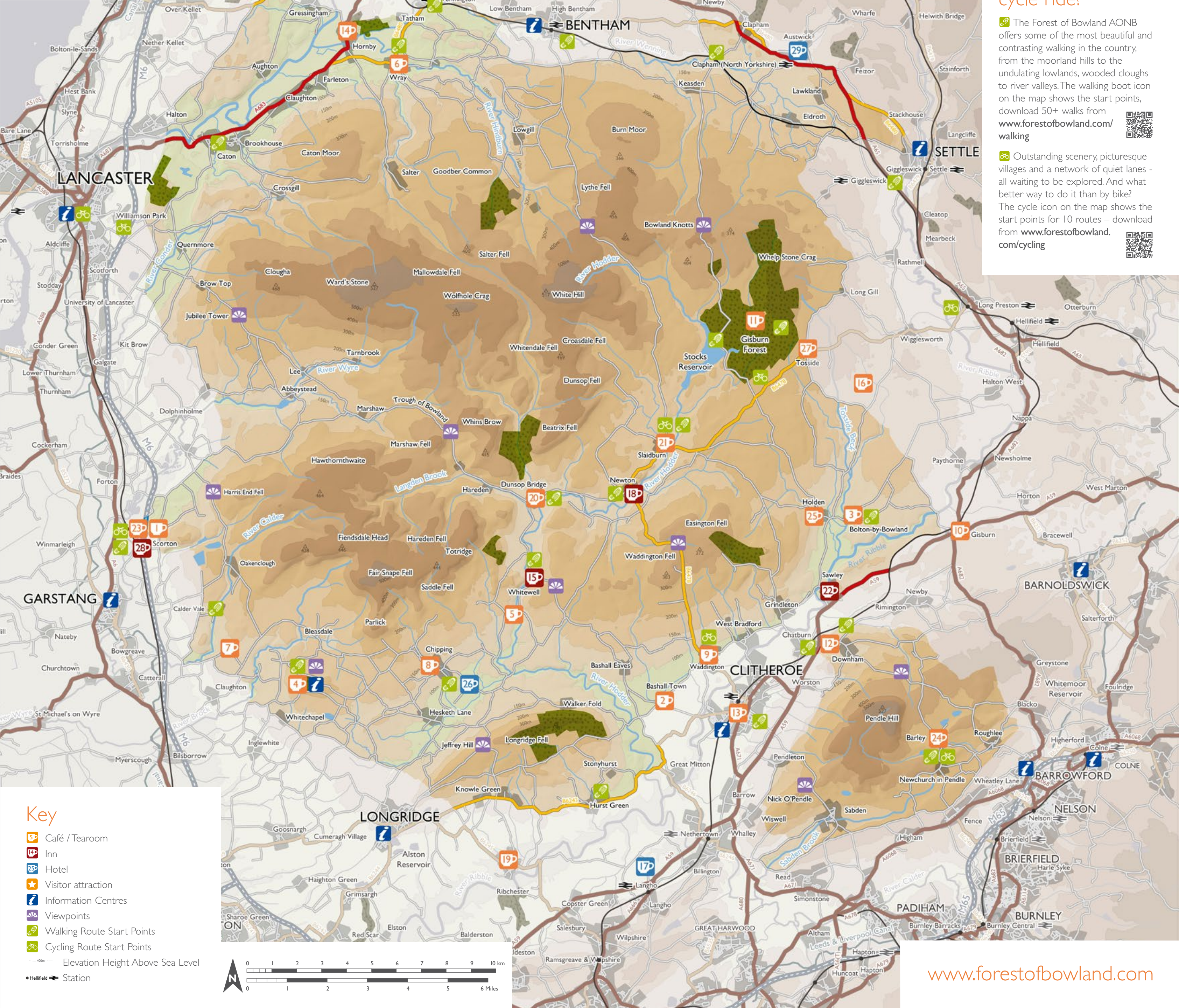


Tearooms of Bowland

- Apple Store Café**
Snowhill Lane, Scorton, PR3 1BA
Tel: 01524 791011
Web: www.wyresdalepark.co.uk
- Bashall Barn** ★
Bashall Town, Clitheroe, BB7 3LQ
Tel: 01200 428964
Web: www.bashallbarn.co.uk
- Bolton by Bowland Tea Rooms**
Main St, Bolton-by-Bowland, BB7 4NW
Tel: 01200 447201
- Bowland Visitor Centre Café** ★
Beacon Fell Country Park, Preston, PR3 2NL
Tel: 01995 641160
- Bowland Wild Boar Park Café** ★
Chipping, PR3 2QT
Tel: 01995 61075
Web: www.wildboarpark.co.uk
- Bridge House Farm Tearooms**
Wray, LA2 8QP
Tel: 015242 22496 Web: www.facebook.com/BridgeHouseFarmWray
- Cobble Hey Farm & Gardens** ★
Claughton on Brock, PR3 0QN
Tel: 01995 602643
Web: www.cobblehey.co.uk
- Cobbled Corner Café**
Chipping, PR3 2QH
Tel: 01995 61551
Web: www.cobbled-corner.co.uk
- Country Kitchen**
Waddington, BB7 3HP
Tel: 01200 429364
Web: www.facebook.com/countrykitchenwaddington
- Delicious Deli & Café**
Gisburn, BB7 4HA
Tel: 01200 445213
Web: www.facebook.com/DeliciousGisburn
- Gisburn Forest Hub Café**
Gisburn Forest, BB7 4TS
Tel: 01200 446387
Web: www.facebook.com/gisburnforesthub
- Greendale View Kitchen**
Downham Road, Chatburn, BB7 4DL
Tel: 01200 441517
Web: www.greendaleview.com
- Holmes Mill Food Hall Café** ★
Greenacre St, Clitheroe, BB7 1EB
Tel: 01200 407130
Web: www.holmesmill.co.uk
- Hornby Tea Rooms**
Main St, Hornby, LA2 8JR
Tel: 015242 21237
Web: www.facebook.com/HornbyTeaRooms
- Inn at Whitewell**
Whitewell, BB7 3AT
Tel: 01200 448222
Web: www.innatwhitewell.com
- Nectar Café at Be A Gardenmaker** ★
Coars Farm, Wigglesworth, BD23 4SN
Tel: 01729 840848
Web: beagardenmaker.co.uk
- Northcote**
Northcote Road, Langho, BB6 8BE
Tel: 01254 240555
Web: www.northcote.com
- Parkers Arms**
Newton-in-Bowland BB7 3DY
Tel: 01200 446236
Web: www.parkersarms.co.uk
- Potter's Barn** ★
Ribchester, PR3 3YE
Tel: 01254 878431
Web: www.potters-barn.com
- Puddleducks Tearoom**
Dunsop Bridge, BB7 3BB
Tel: 01200 448241
Web: www.puddleduckscafe.co.uk
- Riverbank Tearooms**
Slaidburn, BB7 3ES
Tel: 01200 446398
Web: www.riverbanktearooms.co.uk
- Spread Eagle**
Sawley, BB7 4NH
Tel: 01200 441202
Web: www.spreadeaglesawley.co.uk
- The Barn** ★
Scorton, PR3 1AU
Tel: 01524 793533
Web: www.plantsandgifts.co.uk
- The Cabin**
Barley, BB12 9JX
Tel: 01282 696937
Web: www.facebook.com/Barleypicnicsite
- The Garden Kitchen** ★
Holden, BB7 4PF
Tel: 01200 447615
Web: www.holdencloughnursery.com
- Gibbon Bridge Hotel & Restaurant**
Green Lane, Chipping, PR3 2TQ
Tel: 01995 61456
Web: www.gibbon-bridge.co.uk
- The Old Vicarage Tea Room**
Tosside, BD23 4SF
Tel: 07809489282
Web: www.tossidetearoom.org
- The Priory**
Scorton, PR3 1AU
Tel: 01524 791255
Web: www.theprioryscorton.co.uk
- The Traddock**
Austwick, Settle, LA2 8BY
Tel: 01524 251224
Web: www.thetraddock.co.uk

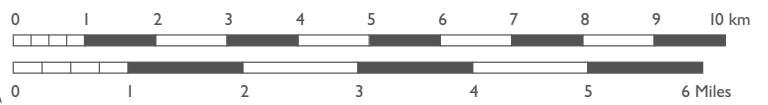
Tearoom Map

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Key

- Café / Tearoom
- Inn
- Hotel
- Visitor attraction
- Information Centres
- Viewpoints
- Walking Route Start Points
- Cycling Route Start Points
- Elevation Height Above Sea Level
- Station



Why not combine your tearoom visit with a walk or cycle ride?

The Forest of Bowland AONB offers some of the most beautiful and contrasting walking in the country, from the moorland hills to the undulating lowlands, wooded cloughs to river valleys. The walking boot icon on the map shows the start points, download 50+ walks from www.forestofbowland.com/walking



Outstanding scenery, picturesque villages and a network of quiet lanes - all waiting to be explored. And what better way to do it than by bike? The cycle icon on the map shows the start points for 10 routes - download from www.forestofbowland.com/cycling

