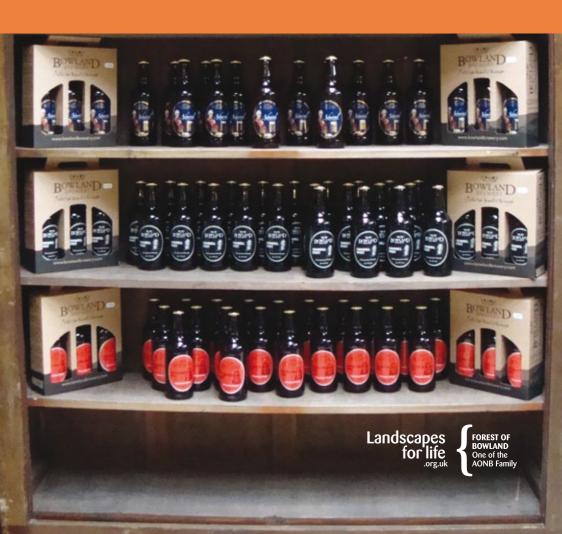




REALALE IN BOWLAND

Sample a great selection of beers in stunning locations



Real Ale in Bowland

Cask conditioned or real ale is a quintessential hallmark of British culture that is currently enjoying a very welcome resurgence in popularity, thanks in no small part to the ongoing efforts of the Campaign for Real Ale (CAMRA).



In the county of Lancashire we are currently blessed with 24 amazing breweries – both large and small – which help support many local

hostelries and establishments. Within the Forest of Bowland AONB, Bowland Brewery offers a range of 8 - 10 beers from the old milking parlour behind Bashall Barn Farm shop in the Ribble Valley.



One of CAMRA's many campaigns is LocAle - an initiative that promotes pubs stocking locally brewed real ale. The scheme builds on a growing consumer demand for quality local produce and an increased awareness of 'green' issues. Created in 2007, CAMRA recommends that the distance is calculated from the pub to the brewery and should be based on the shortest driving distance - up to 30 miles from the point of sale.

Pubs which have been given LocAle status by their local CAMRA branch can display the LocAle sticker on their windows/doors. They may also have LocAle pump clip crowners on the pumps that are serving locally brewed beers.

Real ale is a natural, living product and there are over 5,500 different real ales brewed regularly in the UK. With such an amazing range of different beer styles, such as bitters, golden ales, milds, and barley wines, there has never been a better time to appreciate our traditional British drink, but you don't have to be an expert. You will soon realise what beers most appeal to your taste buds, whether they are chocolaty stouts or light floral blond beers.

Image credits:

East Lancs CAMRA: Cover, P2 and business listings Graham Cooper: P3, P18, walkers Jon Sparks: P18, cyclist The Forest of Bowland Area of Outstanding Natural Beauty (AONB) covers 312 square miles of rural Lancashire and North Yorkshire. It is a nationally protected landscape because of its unspoiled and richly diverse landscapes, wildlife and heritage. It stretches from the wooded cloughs of the Lune Valley in the north to the majestic sweep of Pendle Hill in the south, and from the quiet lanes of Eldroth and Lawkland in the east through the pastoral Ribble Valley to Beacon Fell and Abbeystead in the west.

Today, the AONB is managed by a partnership of public, private and voluntary organisations working together to protect and enhance the qualities which make the Forest of Bowland such a special place. One of 46 AONB's in Britain, the designation helps to ensure that the distinctive character and natural beauty of this nationally important area are safeguarded and protected for all to enjoy.

In the AONB we are supporting sustainable tourism, which means encouraging low impact activities to ensure the area stays special for many years to come. The Forest of Bowland is being increasingly recognised as a green tourism destination, which means an even better experience for you as a visitor. 2014 marks 50 years since the designation of the Forest of Bowland as an Area of Outstanding Natural Beauty, making this a fantastic year to explore and enjoy this beautiful area. During 2014 there will be lots of opportunities to help us mark this very special milestone and we do hope that you will be able to join us.

One of the easiest ways to get involved in the celebrations is by making the most of the AONB's Festival Bowland events programme. This year's booklet features 50 key events, all of which will help residents and visitors to find out more about Bowland and its distinctive character. www.forestofbowland.com/festivalevents



Symbols Key

- **Pub with LocAle accreditation:** offers at least

- Outdoor drinking area: this may vary from a
- 🐣 Dog Friendly.
- 🖏 Walkers / Cyclists welcome.
- Accommodation: rooms to let.
- **K** Camping / Caravanning: within one mile.
- Bus routes that regularly pass close to the pub.



Bashall Town, Clitheroe, BB7 3LQ Tel: 01200 428964 Web: www.bashallbarn.co.uk Web: www.bowlandbrewery.com Opening hours: 9-5 Mon-Sun

A multi retail outlet and home of the Bowland Brewery. A choice of ales can be sampled from their restaurant/ coffee shop and enjoyed on the patio with views of the Ribble Valley. Bottles and mini-casks can also be purchased from the Visitor Centre shop.



Chatburn Road, Downham, BB7 4BJ Tel: 01200 441227 Web: www.asshetonarms.com Opening hours: 12-10.30 Mon-Thurs: 12-12 Fri & Sat: 12-10 Sun

An award winning, food led pub, set in the heart of the picturesque village. The extensive menu has many fish dishes reflecting the family connection of fish merchants. Often full, this popular pub has an outdoor seating area at the front with a pleasant aspect of Pendle Hill. Part of the Seafood Pub Company.

Bayley Arms



guest ales L () 😤 🚧 🗞

Avenue Road, Hurst Green, BB7 9OB Tel: 01254 826478 Web: www.bayleyarms.co.uk Opening hours:

12-11 Mon-Fri: 12-12 Sat & Sun

Large, multi-roomed pub close to Stonyhurst College. Sporting prints adorn the walls and a TV shows Sky Sports. Up to 5 handpumps are available dependent on the season and can include guest ales from Lancaster and Copper Dragon breweries. There is a small cobbled area for outside drinking. Dining is available throughout the pub, which also opens for breakfast.

Black Bull

4



Thwaites Original, Lancaster Bomber, 0 🕨 😤 🎂 🔍 🖶 80.81a.81b

Brookhouse Road, Brookhouse, LA2 9JP Tel: 01524 770329 Web: www.theblackbullbrookhouse.co.uk Opening hours: 12-12 Mon-Sun

A 17th century former coaching inn, situated on a corner in the village, bounded by Tarn brook. The inside boasts large photographs showing the different beer styles. The local district darts and dominoes league meet here and there is also a pool table. Homemade food is sourced locally. Live music is available every Saturday night.

Bridge Inn



Black Sheep Best Bitter; Tetley Bitter; York Guzzler 0 🕨 😤 🗞 👗 ■ 80.81b

6

Lower Tatham, LA2 8NL Tel: 01524 221326 Opening hours: 12-11 Mon-Sun (closed 1.45-5 Wed & Thurs)

Located on the B6480 between Wennington and Wray, this cosy pub is made up of two buildings. The one dated 1744 houses the snug bar where horse brasses adorn the walls. The other houses a separate dining room, with a log burner and dates back to 1642. Food is homemade and includes an extensive specials board. There is no TV, so conversation rules.



I Sawley Road, Grindleton, BB7 4QS Tel: 01200 441768 Web: www.facebook.com/TheBuckInnGrindelton Opening hours: 4.30-11 Tues-Thurs; 12-12 Fri-Sun

Friendly, family run country pub with a real fire in winter. Beers change frequently and can include ales from Copper Dragon, Phoenix, Prospect, Bank Top and Lancaster breweries. Home cooked food is served at weekends only.



Blacko Bar Road, Roughlee, BB9 6NP Tel: 01282 696558 Web: www.bayhorse.eu Opening hours: 12-11.30 Mon-Sun

Contemporary styling and a bistro-worthy menu reside at this newly refurbished country inn. Passionate about local beers and produce, they have four handpumps, with guest ales alternating between Prospect and Bank Top breweries. There are real fires in winter and a fabulous outdoor terrace for warmer days, where dogs are welcomed. Rooms are currently being converted for accommodation.

Bunk House Bar @ the Old Manor House



Copper Dragon Golden Pippin; Lancaster Amber: Settle Brewing Company Signal Light L () 😤 🗳 🗞 🚧 👗 581

Church Avenue, Clapham, LA2 8EQ Tel: 01524 251144 Web: www.claphambunk.com Opening hours:

11-6 Mon-Thurs: 11-7 Fri-Sun

Part of the Grade II listed Manor House: the entrance to the bar is adjacent to the National Trust car park in the centre of the village. Step through a doorway and you enter the Reading Room cafe from where home cooked food is served all day.



Main Street, Hornby, LA2 8JT Tel: 01524 222279 Web: www.thecastleinnhornby.co.uk Opening hours: 12-12 Mon-Sun

Copy Nook

An historic inn refurbished with Farrow & Ball style décor. Relax on the comfy sofas by the fire or sit on settles at one of the scrubbed tables. Dogs are well catered for with their own biscuits on the bar along with a selection of cakes for their owners. There is also a bistro to the rear.

Dog & Partridge



Hesketh Lane, Chipping, PR3 2TH Tel: 01995 61201 Web: www.dogandpartridgechipping.co.uk Opening hours: 11.45-3. 6.45-11 Tues-Sun

A stone built inn dating back to the 16th century, which focuses on dining. Reservations are recommended at the weekend. Refurbishments over the years have seen it retain its old world English charm. Guest ales feature from Thwaites, Black Sheep and Marston's breweries.



Tosside, BD23 4SO Tel: 01729 840668 Opening hours: 12-4.30 Sat & Sun

A family pub, located on the B6478 between Long Preston and Slaidburn. Check opening times before you visit. There are two handpumps but only real ale in bottles are served in the winter months. A cyclists haven right on the edge of Gisburn Forest.

Coach & Horses



Bowland Sawley Tempted L () 😢 😤 📎 🔁 👗

20 Main Street, Bolton-by-Bowland, BB7 4NW Tel: 01200 447202 Web: www.boutiquedininghouse.co.uk Opening hours: 12-2.30, 6-11 Wed-Fri: 12-11 Sat & Sun

A stone built country pub with a difference, also referred to as a boutique dining house, situated in the quiet, picturesque village of Bolton-by-Bowland. Three ensuite bedrooms are available for bed and breakfast. In addition, they also provide a traditional take-away service.



Copper Dragon Best Bitter; Black Sheep Bitter; Timothy Taylor Landlord; Blonde Witch L () 🕏 😤 🍅 🛌 👗

Holden, BB7 4NL Tel: 01200 447205 Web: www.copynook.co.uk Opening hours: 12-2, 6.30-9 Tues-Sat; 12-11 Sun

A stone built former coaching inn, cosy, welcoming and full of stylish old world character where you can eat, drink and relax. Free Wi-Fi is available in the bar area. Gisburn Forest is close by, which provides a fantastic location for mountain biking and walking. If staying, there is a secure garage for bikes.

Duke of York



Brow Top, Grindleton, BB7 4QR Tel: 01200 441266 Web: www.dukeofyorkgrindleton.com Opening hours: 12-2. 6-9 Tues-Sat: 12-2. 5-7.30 Sun

Predominantly a food establishment, led by chef proprietor, Michael Heathcote. The building dates back to 1863 and the bar area has stone clad floors, with a couple of small rooms off the entrance. There is a large dining area giving on to a conservatory. Beers have included Timothy Taylor Landlord, Thwaites Wainwright and Lancaster Blonde.

Eagle & Child Lees Brewer's Dark. Bitter L () 😤 🛌

Whalley Road, Hurst Green, BB7 901 Tel: 01254 826207 Web: www.eagleandchildhurstgreen.co.uk/ Opening hours: 12-11. Mon-Sun

Open plan roadside pub, under IW Lees management. Beams and a central fire place give it a cosy feel. A pool table features adjacent to the entrance. Rooms are available at very reasonable rates.

Fenwick Arms



Lancaster Road, Claughton, LA2 9LA Tel: 01524 221157 Web: www.fenwickarms.co.uk Opening hours: 12-10, Mon-Thurs; 12-12 Fri & Sat; 12-10 Sun

This black and white timbered pub dates back 250 years and is now in the hands of the Seafood Pub Company chain. It has real character with low ceilings, polished board floors, oak tables and settles. It is especially welcoming on a cold day when you can be warmed by their range fire. There are a number of rooms catering for diners.



Main Street, Wray, LA2 80G Tel: 01524 221403 Opening hours: 6-11 Mon: 12-2, 5-12 Tues-Eri: 12-12 Sat: 12-11 Sun

Traditional village local with horse brasses and jugs hanging from the beams. It has lovely stained glass windows and real fires. There is a separate dining room and a large garden with rustic furniture and an aviary. Guest ales could include Wells Bombardier, Castle Rock Sheriff's Tipple and Black Sheep Bitter.

Inn at Whitewell



Whitewell, Forest of Bowland, BB7 2AT Tel: 01200 448222 Web: www.innatwhitewell.com Opening hours: 11.30-11 Mon-Sat; 11-11 Sun

Traditional rural inn; rustic, welcoming and cosy. An ideal base for walking, cycling, hunting and fishing. Situated next to the church, it is often used for weddings and christenings. Bowland Forest Vintners is housed within the inn. next to the reception. Ales are normally sourced locally from Bowland, Moorhouses and Copper Dragon.

Lower Buck Inn



Bowland Hen Harrier; Moorhouse's Premier; Timothy Taylor Landlord; guest beers L () 😢 😤 🔌 👗

Edisford Road, Waddington, BB7 3HU Tel: 01200 423342 Web⁻ www.lowerbuckinn.co.uk Opening hours: 11-11 Mon-Sun

Dating back to 1760, this traditional country pub was sold by the Parker family to the Waddington Hospital Trustees, who still own it. Up to 5 real ales are served and home cooked food is available daily. Real fires warm each of the 4 rooms in winter Situated behind St Helen's church.

Hark to Bounty



Townend, Slaidburn, BB7 3EP Tel: 01200 446246 Web: www.harktobounty.co.uk Opening hours:

8.30am-12midnight Mon-Sun

Originally a 14th century coaching inn, this friendly pub has four large adjoining rooms, real fires, four handpumps and serves delicious local food. Guest beers might be from Moorhouses, Tirril or Brains breweries. Dark wood beams, polished copper kettles and taxidermied critters lend a convivial ambience.



Higher Buck

1 🕏 🏶 👗 The Square, Waddington, BB7 3HF Tel: 01200 423226

Opening hours: ring for details

Set on the brow of the hill in the centre of the village, this is due to reopen at the end of April 2014. Michael Heathcote has taken over the tenancy and has totally refurbished the historic inn. It is set to become a food led pub, with the chef from Heathcote's other pub in Grindleton, transferring over to run the kitchen.

New Inn



Old Road, Clapham, LA2 8HH Tel: 01524 251203 Web: www.newinn-clapham.co.uk Opening hours: 12-12 Mon-Sun

The New Inn is a Grade II listed 18th century coaching inn set in the middle of the village with ample car parking, a small garden for summer drinking and tables outside the front of the pub opposite Clapham Beck.



Knowle Green, Preston, PR3 2XE Tel: 01254 878338 Web: www.thenewdrop.co.uk Opening hours: 12-2 Mon-Sat: 12-8 Sun

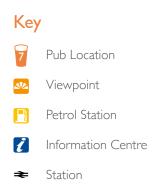
Long, white-washed pub near Jeffrey Hill, found on a crossroads at the junction of Old Clitheroe Road with Stonygate Lane, 2 miles north of Ribchester. This is a food led pub with booking advisable in advance for its formal dining room on Sundays. Restaurant closed on Mondays.

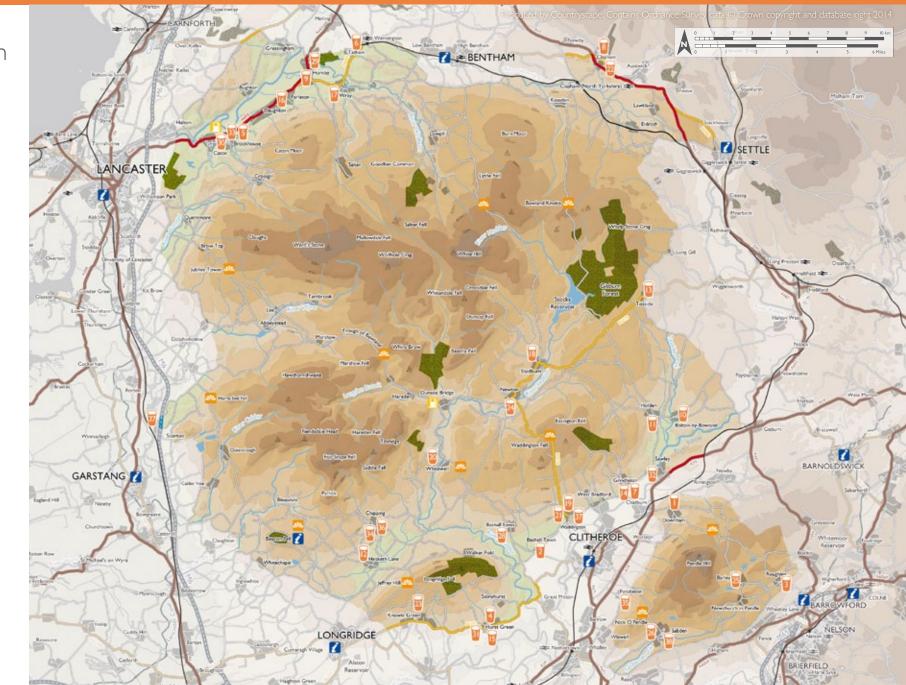
Ale Map

Accommodation

The Forest of Bowland offers a wide range of accommodation, from camping barns, B&Bs, hotels, and farmhouse accommodation to five star self catering establishments.

For a full list of accommodation providers in the AONB visit www.forestofbowland.com and for full details of accommodation, eateries and visitor attractions in Lancashire visit www.visitlancashire.com or in Yorkshire visit www.yorkshire.com





Parker's Arms



Hallgate Hill, Newton, BB7 3DY Tel: 01200 446236 Web: www.parkersarms.co.uk Opening hours: 12-3, 6-11 Tues-Fri; 12-11 Sat & Sun

A welcoming, award-winning, cosy pub in the heart of the Forest of Bowland. Hearty, local food is served in the bar and separate dining room. Muddy boots and well behaved dogs are welcome in bar areas. Open all day on Bank Holiday Mondays. This Inn is the nearest to Dunsop Bridge, the centre of the Kingdom, and is a haven for walking, fishing or just relaxing.

Pendle Witch



38 Whalley Road, Sabden, BB7 9DZ Tel: 01282 771579 Opening hours: 12-12 Mon-Sun

A warm welcome is guaranteed at this local pub. Sports enthusiasts can enjoy televised premiership matches and horse racing, play pool or darts. The Pendle Witch also has darts and domino teams. Pie and peas are always available from the bar; water and biscuits for dogs.



Barley, Lancashire, BB12 9JX Tel: 01282 614808 Web: www.pendle-inn.co.uk Opening hours: 12-11.30 Mon-Sun in summer; 12-3, 5-11 Mon-Sun in winter

The Pendle Inn boasts flagstone floors, wood panelling and a warm friendly welcome. There are six changing, beautifully kept cask ales, mostly from local micros, including Reedley Hallows. Winter log fires and 'good honest Lancashire meals' makes this a staunch favourite of walkers and their four legged friends. A quiz is held every fortnight.



Hawkshead Windermere Pale; Moorhouse's Broomstick L (1) (Mon-Fri)

Clitheroe Road, Bashall Eaves, BB7 3DA Tel: 01254 826227 Web: www.theredpumpinn.co.uk Opening hours: 12-2.30, 6-11 Wed-Sat; 12-6 Sun

THE RED PUMP INN

With great views of Pendle Hill, this country pub has a flagged bar area, together with a separate dining room. Home-made food is locally sourced wherever possible. Guest ales may come from Ilkley, Corby and Deeply Vale. Please ring to confirm opening times.

Royal Oak



Main Street, Hornby, LA2 8JY Tel: 01524 221228 Web: www.thwaitespubs.co.uk/the-royal-oak-hornby Opening hours: 12-2, 5-11 Tues-Sat; 12-11 Sun

A traditional stone built, roadside pub, this is a Thwaites managed house. Dating back to 1781 the inside has been opened up to form one large room. Home cooked locally sourced food is served.



The Square, Scorton, PR3 IAU Tel: 01524 791255 Web: www.theprioryscorton.co.uk Opening hours:

7.30am-9pm Sun-Wed; 7.30am-11pm Thur-Sat

An historic building, with parts dating back to 1650, the Priory is now a 'boutique' hotel, café/bar and restaurant. Bowland brewery offers an exclusive brew for the bar, which has a light, contemporary feel to it with a mixture of wicker chairs and leather settees. Food is all locally sourced. The complex also incorporates an outdoor shop and cycle store.



23 Lancaster Road, Caton, LA2 9QJ Tel: 01524 770265 Web: www.ship-caton.co.uk Opening hours: 12-3,5.30-11 Mon-Fri; 12-11 Sat & Sun

This large whitewashed building is over 400 years old. A multi-room pub with black and white photos of local views on the walls. There is a real fire at one end and a small patio area adjacent to the car park. Excellent food is served in mammoth portions – the rack of ribs needs to be seen to be believed!



Whalley Road, Hurst Green, BB7 9QJ Tel: 01254 826518 Web: www.shireburnarmshotel.co.uk Opening hours: 12-11 Mon-Sun

This 17th century inn has a cosy feel, with bare boards, beams and low lighting in the bar area. Real fires blaze in the winter and the large beer garden has stunning views of the surrounding countryside. Guest ales are often from Bowland, Moorhouses and Tirril breweries. Part of the James' Places Group.

Spread Eagle



Sawley Road, Sawley, BB7 4NH Tel: 01200 441202 Web: www.spreadeaglesawley.co.uk Opening hours: 11-11 Mon-Sat: 12-10.30 Sun

Former coaching inn located on the banks of the River Ribble and near to the 12th century ruins of Sawley Abbey. Serving award winning food, a pianist accompanies your meal on Saturday evenings. There is a movie club on Tuesdays with supper served prior to filming. A range of beer is available from Thwaites and Moorhouses breweries.

Sun Inn



Windy Street, Chipping, PR3 2GD Tel: 01995 61206 Opening hours:

4-11 Tues-Fri & Sun; 12-11 Mon & Sat

A friendly, old fashioned, busy village local which appears to have changed little over the years. Its reputation as the most haunted pub in Lancashire draws visitors from far and wide. Beers from Thwaites and Moorland breweries regularly appear on the bar. Food is served Wednesday to Monday, with a la carte options in Lizzie's Lounge at the weekend.



2 Hornby Road, Caton, LA2 9OS Tel: 01524 770323 Opening hours: 12-12 Mon-Sun

Swan with Two Necks

Main Street, Pendleton, BB7 1PT

Web: www.swanwithtwonecks.co.uk

6-11 Mon; 12-2.30, 6-11 Tues-Fri; 12-11 Sat & Sun

Voted CAMRA national pub of the year 2014, this

traditional country pub serves 4 beers and 1 real cider

on the bar, with discounts for CAMRA members. Guest

ales often feature from Phoenix, Old School, Hopback,

Roosters and Fyne breweries. Its home cooked food is

deservedly popular. Look out for its eclectic collection

Tel: 01200 423112

Opening hours:

of teapots.

A spacious Victorian pub, located on a now defunct railway stop. Owned by Mitchell's brewery, it serves home cooked food and is family friendly. There is a guiz on Thursdays and live music on Saturday nights. A widescreen TV shows sport and pub games include pool and darts. It is also one of the few pubs to still have its own bowling green.

Tillotson's Arms



Talbot Street, Chipping, PR2 2QE Tel: 01995 61568 Web[,] www.thetillotsonsarms.co.uk Opening hours: 12 -11 Tues-Sun

Dating back to the 1840's, the current manager is the great grandson of the original landlord. This recently refurbished light and airy village centre pub retains its cosy, warm and welcoming ambience.

Ales are sourced from Bowland, Hawkshead and Copper Dragon breweries.

Waddington Arms



Tirril Waddington Sawley Tempted; guest ales L () 😤 📽 🗞 🚧 👗

Waddington, BB7 3HP Tel: 01200 423262 Web: www.waddingtonarms.co.uk Opening hours: 11-11 Mon-Sun

Specialising in locally sourced food, this large open plan pub has a flagged floor and beamed ceilings. A large framed family tree shows the Waddington Pedigree, dating back to 1388. There's a patio area at the back alongside a car park and posh garden furniture out the front. Part of the James' Places group

White Hart



36 Padiham Road, Sabden, BB7 9EX Tel: 01282 775243 Web: www.thwaitespubs.co.uk/the-white-hart-inn-sabden Opening hours:

12-12 Mon-Thurs & Sun, 12noon-1am Fri & Sat

The White Hart is a light and airy village pub situated at the base of Pendle Hill. Hearty home-cooked food is served daily. All visitors, families and dogs, are welcomed for a cosy escape in winter or a long lazy lounge in the large beer garden to the rear in summer.

A new landlord will be taking over from June 2014.



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Tasting Notes



Copper Dragon Golden Pippin;

L () 🕏 😤 👋

On the Fringes

Austwick Traddock Hotel



Graystonber Lane, Austwick, LA2 8BY Tel: 01524 251224 Web: www.thetraddock.co.uk Opening hours: 11-1am Mon-Sun

A country house hotel with an extensive and award winning restaurant and a small bar. There is ample car parking and the delightful gardens offer distant views over the dales. Sumptuous furnishings and upholstery make this a very comfortable and attractive venue to spend some time.

See Also: Game Cock The Green, Austwick, LA2 8BB Tel: 01524 251226

Great Mitton Three Fishes



Mitton Road, Great Mitton, BB7 9PQ Tel: 01254 826888 Web: www.thethreefishes.com Opening hours: 12-11 Mon-Sat; 12-10 Sun

The first pub to be taken over by the Ribble Valley Inns company, it is set in a picturesque location not far from the medieval church of All Hallows. Renowned for its food, drinkers can also take advantage of a beer bat, offering three thirds of your choice. Free WiFi is offered and there is an electric bike charge point.

See Also:

Aspinall Arms Mitton Road, Great Mitton, BB7 9PQ – opening May 2014

Bentham Punchbowl



Low Bentham, LA2 7DD Tel: 01524 261344 Opening hours: 5-12 Tues-Fri; 12-12 Sat & Sun

A stone built inn overlooking the river Wenning. The wood panelled bar has a cosy open fire at one end. The games room is down one level and has a pool table and dartboard. A small restaurant is attached.

See Also:

 Black Bull 13 Main Street, LA2 7HF. Tel: 01524 261213

 Coach House Main Street, LA2 7HE. Tel: 01524 262305

 Horse and Farrier 83 Main Street, LA2 7HR. Tel: 01524 261381

 Sun Dial 14 Main Street, LA2 7DS. Tel: 01524 262087

Dolphinholme The Fleece



Dolphinholme, LA2 9AQ Tel: 01254 791233 Web: www.fleece-inn-dolphinholme.co.uk Opening hours: Changes dependent on the season ring before travelling

Located in a prominent position at a crossroads on the edge of the village.This 18th century inn is on the Lune Valley cycle route. It has outdoor seating with BBQs and children's play area. Quiz nights are on Tuesdays and WiFi is available. Look out for their whisky of the week – offered from an extensive range.

For real ale pubs in other gateway towns and villages, please see the following CAMRA branch websites for more information:

Central Lancs

www.centrallancscamra.org.uk

Goosnargh – 3 pubs, including the brew pub Ye Horns Inn

Longridge – 7 pubs

East Lancs

www.eastlancscamra.org.uk

Chatburn – Brown Cow & Black Bull, both on Bridge Road

Clitheroe – 10 pubs, including the Edisford Bridge with adjacent camping

Fence – 4 pubs

Paythorne - Buck

Ribchester – Black Bull and Ribchester Arms (the White Bull is currently closed)

Whalley – 4 pubs located on the crossroads in the village centre

Wiswell – Freemasons

Worston - Calf's Head

Keighley & Craven www.keighleyandcravencamra.org.uk

Giggleswick – 3 pubs

Settle-4 pubs

Wigglesworth - The Plough

Lunesdale

www.lunesdalecamra.org.uk

Carnforth –6 pubs including the micropub, Snug, on Carnforth station

Garstang -6 pubs

Lancaster – 32 pubs located within half-mile of the city centre



Bowland by Bike or by Foot

Outstanding scenery, picturesque villages, charming pubs all waiting to be explored by bike or by foot; this truly is a spectacular area for outdoor enthusiasts of all types and levels.



The Forest of Bowland offers some of the most beautiful and remote walking in the country, from the grandeur and isolation of the moorland hills to the undulating lowlands with their distinctive pattern of settlements, woodland cloughs and river valleys. So why not make a day of it and make your real ale experience even more enticing by linking it with a walk?

Many of the walks start from the villages in Bowland with opportunities for shorter, less challenging routes in the valleys. Look in the walking section of the Forest of Bowland website www.forestofbowland.com/walking_routes

Before embarking on any walking in the area we recommend that you purchase a copy of the Ordnance Survey Map OL41 – The Forest of Bowland and Ribblesdale. Or look out for the Harveys map which highlights cycling, horseriding and walking opportunities, including Access Land entry points in the Bowland fells. Or why not travel around the area under your own power, coming across hidden gems around every corner! Now everyone can enjoy the great outdoors on two wheels – the Bowland Electrical Bicycle Network brings the simple pleasure of cycling within everyone's reach. Electric bicycles offer a new way of discovering the beauty of the Forest of Bowland by giving a helping hand up the hills. Hire electric bikes from three hire-points and re-charge at one of the many cafe charge points across the area. The bikes will do the hard work, leaving you free to enjoy the simple pleasure of cycling in the great outdoors. For further information visit **www.forestofbowland.com/electricbikes**

For road cycling enthusiasts the Way of the Roses is a stunning coast to coast route which links Morecambe to Bridlington cutting through the northern part of the Forest of Bowland and along parts of the Millennium Cycle way from Lancaster to Caton. Download further road cycling routes in the AONB **www.forestofbowland.com/cycling**



Real Ale Guide

A Campaign

of Two Halves

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Britain's

Pubs!

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Complete the Direct Debit form below and you will receive 15 months membership for the price of 12 and a fantastic discount on your membership subscription.

CAMPAIGN

FOR

REAL ALE

Alternatively you can send a cheque payable to CAMRA Ltd with your completed form, visit www.camra.org.uk/joinus or call 01727 867201. All forms should be addressed to Membership Department, CAMRA, 230 Hatfield Road, St Albans, AL1 4LW.

Your Details		Direct Debit	Non DD
Title Surname	Single Membership	£23	£25
Forename(s)	(UK & EU)		
Date of Birth (dd/mm/yyyy)	Joint Membership	£28	£30
Address	(Partner at the same ad	dress)	
Postcode	www.camra.org.uk or	call 01727 867201	
Email address	I wish to join the Campaign for Real Ale, and agree to		
Tel No(s)	I enclose a cheque for		
Partner's Details (if Joint Membership)	Signed		
Title Surname	Applications will be processed	within 21 days	
Forename(s)			
Date of Birth (dd/mm/yyyy)			01/06

Campaigning for Pub Goers & Beer Drinkers

Enjoying Real Ale & Pubs

Join CAMRA today – www.camra.org.uk/joinus

Building Society t Please fill in the whole form us	to your Bank or o pay by Direct Debit ing a ball point pen and send to: Hatfield Road, St. Albans, Herts ALI 4LW	DIRECT Debit This Guarantee should be detached and retained by the payer.	
Name and full postal address of your Bank or Building Socie To the Manager Bank or Building Society Address Postcode Name(s) of Account Holder	ety Service User Number 9 2 6 1 2 9 FOR CAMRA OFFICIAL USE ONLY This is not part of the instruction to your Bank or Building Society Membership Number Name Postcode	The Direct Debit Guarantee • This Guranes is offeed by all banks and building societies that accept instructions to pay by Direct Debits. • If there are any changes to the amount, date or frequency of your Direct Debit The Campaign for Real Ale Lid with ontify you 10 working days in advance of your account being debited or as oftenvise agreed. If your request The Campaign for Real Ale Lid to collect a payment, confirmation of the amount and date will be given to you at the time of the request	
Sranch Sort Code	Instructions to your Bank or Building Society Please pay Campaign For Real Ale Limited Direct Debits from the account detailed on this instruction subject to the safeguard assured by the Direct Debit Guarantee. I understand that this instruction may remain with Campaign For Real Ale Limited and, if so will be passed electronically to my Bank/Building Society. Signature(s) Date	If an error is made in the payment of your Direct Debit by The Campaign for Real Ale Ltd or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to syou must pay it back when The Campaign for Real Ale Ltd asks you to a Direct Debit at any time by simply contacting your bank or building society. Write confirmation may be required. Please also notify us.	

The Campaign for Real Ale is an independent, voluntary organisation campaigning for real ale, community pubs and consumer rights. Formed in 1971, there are now over 158,500 members worldwide with 200 branches covering the whole of the United Kingdom, as well as the Isle of Man and the Channel Islands.

For more information on member benefits, getting involved locally and beer related information visit **www.camra.org.uk**

What pub – CAMRA's online pub listing - www.whatpub.com

Great British Beer Festival - www.gbbf.org.uk

Small Independent Brewers Association - www.siba.co.uk

Quaffale – listing of UK breweries, past & present www.quaffale.org.uk

Cask Marque - an independent accreditation scheme to recognise excellence in the service of cask ale - **www.cask-marque.co.uk**

Pub is the hub – encouraging sustainability within the local community - www.pubisthehub.org.uk

Federation of Licensed Victuallers Association - www.flva.co.uk

Lancashire Trading Standards – Room D21, County Hall, Pitt Street, Preston, PR1 0LD. Tel: 08454 040506. For consumer advice or to complain, contact the Citizen's Advice Bureau www.adviceguide.org.uk/england

Drink Aware - www.drinkaware.co.uk

Bus Services

Service 2 links Clitheroe with the villages of Chatburn, Sawley and Grindleton and Service 5 runs from Clitheroe to Whalley, Ribchester, Longridge and Chipping. Service 10 - Hodder Valley Circular - links Clitheroe with the Hodder Valley villages of Whitewell, Dunsop Bridge, Newton, Slaidburn and Waddington. Service 11 links Tosside to Settle. A summer Sunday and Bank Holiday service - the Bowland Rambler runs from Burnley, Accrington and Clitheroe to the Hodder Valley Villages and onto Settle. Service 7, the Pendle Witch Hopper runs a circuit around Pendle Hill, with links from Clitheroe to Chatburn, Barley, Barrowford and Nelson. To the west of the AONB lies the market town of Garstang easily reached by the regular Service 40 between Preston and Lancaster.

In the Lune Valley, **Service 80/81**, the Lune Villager provides local connections from Lancaster to Caton and Hornby, with some services going through to Wray and Wennington.

www.traveline-northwest.co.uk



For further information about the Forest of Bowland AONB visit

www.forestofbowland.com

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- twitter.com/forestofbowland

Here you will find information about accommodation, events, activities and Visitor Information Centres