

Discover Bowland Itinerary – N°4

# The Hidden Bowland Dales

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

Visit Wray Scarecrow Festival in early May - it's a fantastic family day out!

[www.wray scarecrows.wordpress.com](http://www.wray scarecrows.wordpress.com)

Despite its proximity to the historic city of Lancaster, the north-western fringe of the Area of Outstanding Natural Beauty retains the wild and rugged nature that characterises the Forest of Bowland. Bounded by the rivers Wyre and Lune, the fells that dominate the skyline above Lancaster are amongst the highest in Bowland - Clougha Pike and Tarnbrook Fell – and offer exhilarating fell-walking opportunities, but it's the intimate valleys of Roeburndale and Hindburndale which reveal a gentler side to the elemental upland landscapes of Bowland.

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





## Stay

Accommodation options vary widely in this corner of Bowland – from cosy B&Bs and cottages to riverside caravan and chalet parks, boutique hotels, country inns and glamping. See the section at the end for a list of options.

## Day 1 AM:

### Roeburndale and Wray

Today is dedicated to exploring the valleys carved by the tributaries of the Lune- the twin rivers of the Hindburn and Roeburn.

Head for the picturesque village of Wray, where artisans and light industry have prospered for hundreds of years. It still has a rustic, slightly old-world feel – as if it hasn't changed much for a century or so. The rivers Hindburn and Roeburn meet in the village – just below the new Kitten Bridge – the original arched stone footbridge was swept away, along with several cottages, in the great flood of 1967.

Park considerably in the village and explore via one of the circular walks featured below. The Roeburndale circular is a longer walk, but a wonderful chance to explore the beautiful woodlands that dominate this verdant valley. Look out for rare butterflies and woodland birds like the redstart and pied flycatcher. The woodland floor is carpeted in dense drifts of bluebells in May and the autumn colours in September and October rival those of New England.



For more than 20 years during May, visitors have followed the arts trail in and around the Lune valley, seeking out the studios and work places of local artists.

Visit: [www.lunesdalearts.co.uk](http://www.lunesdalearts.co.uk)

## Route Options

- Bridges & Wray Flood – 0.5 mile circular
- Rivers & Villages Ramble – 1.2 mile circular
- Roeburndale Walk – 8 mile circular



To download the above routes go to [www.forestofbowland/walking](http://www.forestofbowland/walking)



## DAY 1: PM:

In spring and summer, the gardens at Hornby Castle are open on designated weekends (check in advance at [www.hornbycastle.com](http://www.hornbycastle.com)) – the snowdrops reach their peak in February and are a sight to gladden the heart as winter slowly gives way to spring.

The neighbouring valley of Hindburndale is accessed by a lane that follows the course of an old Roman Road that crossed the Bowland Fells to Ribchester. Follow this to the hamlet of Lowgill, then head northeast towards Bentham to find the Great Stone of Fourstones – a huge glacial erratic which once marked the boundary between Lancashire and Yorkshire.

## Day 2 AM:

# Mountains & Coastline

The 'Way of the Roses' 170-mile cycle route goes coast to coast from the Irish Sea to the North Sea via the Red and White Rose counties of Lancashire and Yorkshire, but this route covers a more modest 35 miles between Morecambe and Settle – traversing some glorious Bowland countryside without too many hills. [www.wayoftheroses.info](http://www.wayoftheroses.info)

The route starts on the Prom at Morecambe and heads along traffic-free cycle routes before following the River Lune upstream to its confluence with the Wenning and contouring around the Bowland Fells to the Yorkshire border at Clapham, and then south through limestone country to Settle.

Be sure to take a slight de-tour into Bentham for a lunch stop, it's a bustling little town with plenty of cafes and pubs.

And after a hard day in the saddle, don't worry if the legs fail you upon reaching Settle – simply hop on the Bentham Line to let the train take the strain on the return journey!

Visit Clearbeck House Gardens - it's a hidden gem! Open days at certain times of the year (part of the National Garden Scheme)

[www.clearbeck.wordpress.com](http://www.clearbeck.wordpress.com)







Day 3:

## Abbeystead and Tarnbrook

Cafes and pubs are thin on the ground in this exquisitely remote corner of Bowland, so we would recommend picking up a picnic prior to heading into the hills above Abbeystead. If the weather proves less than amenable for a picnic, a visit to The Fleece Inn or Fenwick Arms may be in order.

If visibility is good, a drive up to Jubilee Tower is a must. The views from here are breath-taking, encompassing Lancaster and the Lune estuary, the Lake District fells, the Great Orme on the North Welsh Coast and maybe a glimpse of Snaefell on the Isle of Man.

From Jubilee Tower, for the energetically minded, Ward's Stone – the highest point in the Bowland Fells - is a short, but boggy walk east across the moors from where a track continues to the atmospheric gritstone outcrop of Wolfhole Crag. This is demanding walking across some of the most remote parts of Bowland – strictly for hardcore hikers. For a more rewarding circular walk, head north to the crags and outcrops of Clougha Pike, returning via Rowton Brook and Hare Appletree.

Just a short drive from Jubilee Tower is the pretty hamlet of Abbeystead – named after a short-lived Cistercian Abbey which briefly flourished in the upper Wyre Valley in the 12th Century. The Wyre Way follows a pleasant circular route through the village and around the woodland and reservoir, with options to explore further along the valleys of both arms of the Wyre.



For other Discover Bowland Itineraries visit:  
[www.forestofbowland.com/Discover-Bowland-Itineraries](http://www.forestofbowland.com/Discover-Bowland-Itineraries)



## Visit

- 1 Bentham Golf Club (Visit & Stay)**  
Bentham, LA2 7AG  
Tel: 015242 62455  
Web: [www.benthamgolfclub.co.uk](http://www.benthamgolfclub.co.uk)
- 2 Clearbeck House (National Garden Scheme)**  
Higher Tatham, LA2 8PJ  
Tel: 01524 261029  
Web: [www.clearbeck.wordpress.com](http://www.clearbeck.wordpress.com)
- 3 Green Close Studios**  
Melling, LA6 2RB  
Tel: 015242 21233  
Web: [www.greenclose.org](http://www.greenclose.org)
- 4 Maiden Bridge Art Study Centre**  
Tatham, LA2 8PR  
Tel: 015242 61463  
Web: [www.maidenbridge.co.uk](http://www.maidenbridge.co.uk)
- 5 Open Road, Open Skies**  
Morecambe, LA3 3AN  
Tel: 01524 424117  
Web: [www.openroadopenskies.co.uk](http://www.openroadopenskies.co.uk)
- 6 Wyreside Lakes Fishery & Campsite (Visit & Stay)**  
Dolphinholme, LA2 9DG  
Tel: 01524 792093  
Web: [www.wyresidelakes.co.uk](http://www.wyresidelakes.co.uk)

## Eat

- 7 Bridge House Farm Tea Rooms**  
Wray, LA2 8QP  
Tel: 015242 37775
- 8 Fenwick Arms (Eat & Stay)**  
Claughton, LA2 9LA  
Tel: 015242 21157  
Web: [www.seafoodpubcompany.com](http://www.seafoodpubcompany.com)
- 9 Fleece Inn (Eat & Stay)**  
Dolphinholme, LA2 9AQ  
Tel: 01524 791233  
Web: [www.fleeceinn.co.uk](http://www.fleeceinn.co.uk)
- 10 Hornby Tearooms**  
Hornby, LA2 8JR  
Tel: 015242 21237  
Web: [www.facebook.com/HornbyTeaRooms/](http://www.facebook.com/HornbyTeaRooms/)
- 11 The Punch Bowl**  
Low Bentham, LA2 7DD  
Tel: 015242 61344  
Web: [www.thepunchbowlbentham.co.uk](http://www.thepunchbowlbentham.co.uk)

## Stay

- 12 Box Tree Farm Glamping**  
Wennington, LA2 8PA  
Tel: 07930 336472  
Web: [www.boxtreefarm.co.uk](http://www.boxtreefarm.co.uk)
- 13 Crook O'Lune Holiday Park**  
Caton, LA2 9HP  
Tel: 01524 917312  
Web: [www.pure-leisure.co.uk/parks/lancashire/crook-o-lune/overview](http://www.pure-leisure.co.uk/parks/lancashire/crook-o-lune/overview)
- 14 Goodenbergh Country Holiday Park**  
Low Bentham, LA2 7EU  
Tel: 015242 62022  
Web: [www.goodenberghleisure.co.uk](http://www.goodenberghleisure.co.uk)
- 15 Lakewood Cottages**  
Galgate, LA2 0HN  
Tel: 01524 751053  
Web: [www.lakewoodcottages.co.uk](http://www.lakewoodcottages.co.uk)
- 16 Lancaster House Hotel**  
Lancaster, LA1 4GJ  
Tel: 01524 844822  
Web: [www.englishlakes.co.uk/lancaster-house](http://www.englishlakes.co.uk/lancaster-house)
- 17 Lodgeview Cottages**  
Quernmore, LA2 9EF  
Tel: 07894 594448  
Web: [www.lodgeview.co.uk](http://www.lodgeview.co.uk)
- 18 Mosswood Caravan Site**  
Cockerham, LA2 0ES  
Tel: 01524 791041  
Web: [www.mosswood.co.uk](http://www.mosswood.co.uk)
- 19 Riverside Caravan Park**  
Bentham, LA2 7FJ  
Tel: 015242 61272  
Web: [www.riversidecaravanpark.co.uk](http://www.riversidecaravanpark.co.uk)
- 20 Roeburnscar Holiday Cottage**  
Roeburndale West, LA2 8QR  
Tel: 015242 22214  
Web: [www.roeburnscarholidaycottage.co.uk](http://www.roeburnscarholidaycottage.co.uk)
- 21 The Gathering Fields**  
Over Wyresdale, LA2 9DN  
Tel: 07791 254101  
Web: [www.northernapproach.co.uk](http://www.northernapproach.co.uk)
- 22 Quernmore Valley Cottages**  
Quernmore, LA2 9EF  
Tel: 01524 36873  
Web: [www.quernmorevalleycottages.com](http://www.quernmorevalleycottages.com)