

Discover BOWLAND

Official guide to the Forest of Bowland Area of Outstanding Natural Beauty.
Featuring walks, short-break itineraries, events, local produce, wildlife, family activities & more!



Landscapes
for life
.org.uk



Contents

Welcome to Bowland	3
Bowland's Successes	4
Discovery Map	7
Discover Bowland Itineraries	
Secrets of Pendle Hill Itinerary	14
Bowland Through A Lens	20
Bowland Dark Skies Festival	28
Bowland: A Destination For All Seasons	30
Welcoming Waders Back To The Uplands	44
Landmarks in The Landscape	48
Discover Bowland Itineraries	
The Ultimate Bowland Activity Holiday	52
A Natural Tonic	58
Celebration Of Volunteers	
Jim Eastham	62
Bob Sproule	64
Margaret Breaks	66
The Essence of Bowland, Bottled	68
Villages Of Character And Distinction	74
Clapham	76
Scorton	77
Chipping	78
Wray	79
Hurst Green	80
Bolton by Bowland	81
Sabden	82
Downham	83
New Ways to Discover Pendle Hill	84
Help Yourself to a Slice Of Pie... For Peat's Sake	86
Tour De Bowland	88
DAY 1: Lancaster to Newton in Bowland	90
DAY 2: Newton in Bowland to Austwick	91
DAY 3: Austwick to Lancaster	92
Further Information	97
Walking Safely	98
Walking Routes	99

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

Tel: 01200 448000 Email: bowland@lancashire.gov.uk

[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.

Welcome to Bowland

A Bowland adventure awaits you in 2020, from a dark
skies encounter to a gastronomic cycle tour,
let us take you on a captivating journey to explore
our outstanding landscape.

Our Bowland Itinerary invites you to spend a few days exploring the hidden gems of the Pendle Hill area – the last in a series of 5 itineraries – culminating with a 5-day highlights tour to inspire any adventurer to explore the undiscovered corners of Bowland.

Base your day out from one of the many beautiful villages scattered across the AONB to uncover heritage, events, walks and much more, or peruse our packed Festival Bowland programme and participate in some wonderful events bringing you closer to nature.

Join us in September for our 'Landscapes for Life' Week, the AONB Family's week-long, national programme of events to help people reconnect with nature by enjoying and being inspired by the UK's Areas of Outstanding Natural Beauty, Saturday 19th – Sunday 27th September 2020. Visit

landscapesforlife.org.uk to find out what is happening nationally, and our Festival Bowland programme for further information on local events.

“As we begin delivery of the new AONB Management Plan towards 2024, it is good to reflect back on what has been achieved. The following infographic highlights just some of the successes and achievements of our AONB Partnership over the previous five years”

Elliott Lorimer, AONB Manager

Bowland's Successes

2014 - 2019

Over

**£3
million**



invested
in the AONB

including

**£1.5
million**
external funds

12

**CHAMPION
BOWLAND**

fundraising
initiatives
supported by the
AONB Unit



Major landscape-scale programme, the

Pendle Hill
Landscape Partnership
supported by the
**National Lottery
Heritage Fund**



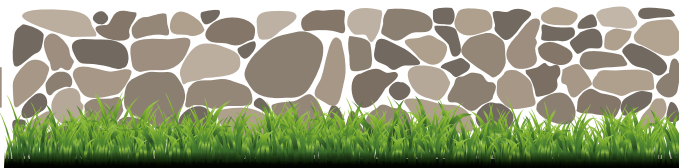
196
hectares
of peatland habitat
restored

7500
attendances at



**Festival
Bowland**
events

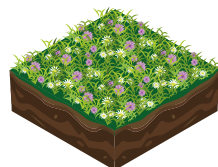
4 km of traditional boundaries



created and restored

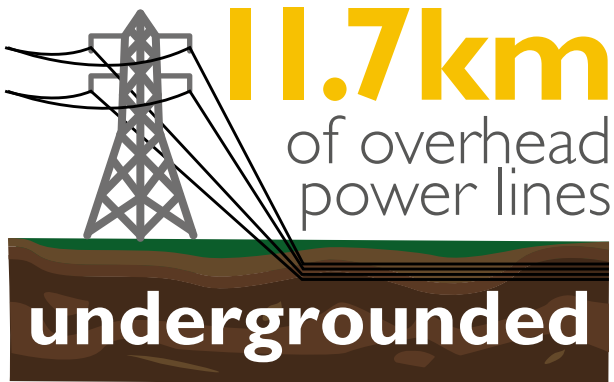
66

hectares
of species-rich
grassland habitat
restored





5
dementia-friendly and
easy access trails
developed,
managed or maintained



70
tourism-related
business members
of the Bowland Sustainable
Tourism Network



35
promoted
walk routes
managed and maintained



Over
200
business attendees at
sustainable tourism training
and networking events



Over
120
farmers
advised and
supported
to carry out high
nature value farming



Riverside

HOLIDAY HOMES & TOURING



Explore the Dales, Lakes and Forest of Bowland

Nestled on the banks of the River Wenning in an unspoilt and delightful area, this beautifully maintained caravan park is within walking distance of the local market town of Bentham

Fishing - Golf - Walking - Cycling

Tel 015242 61272

riversidecaravanpark.co.uk

High Bentham, North Yorkshire, LA2 7FJ


WENNINGDALE
ESCAPES

YOUR LUXURY HAVEN IN THE DALES

Set among the fairways of Bentham Golf Course, discover the perfect holiday home-from-home base for playing the game and exploring the Yorkshire Dales, Lake District and Forest of Bowland.

**LUXURIOUS
LODGES**

POSH PODS

TEL 015242 62455

WENNINGDALE.CO.UK

High Bentham, North Yorkshire, LA2 7AG

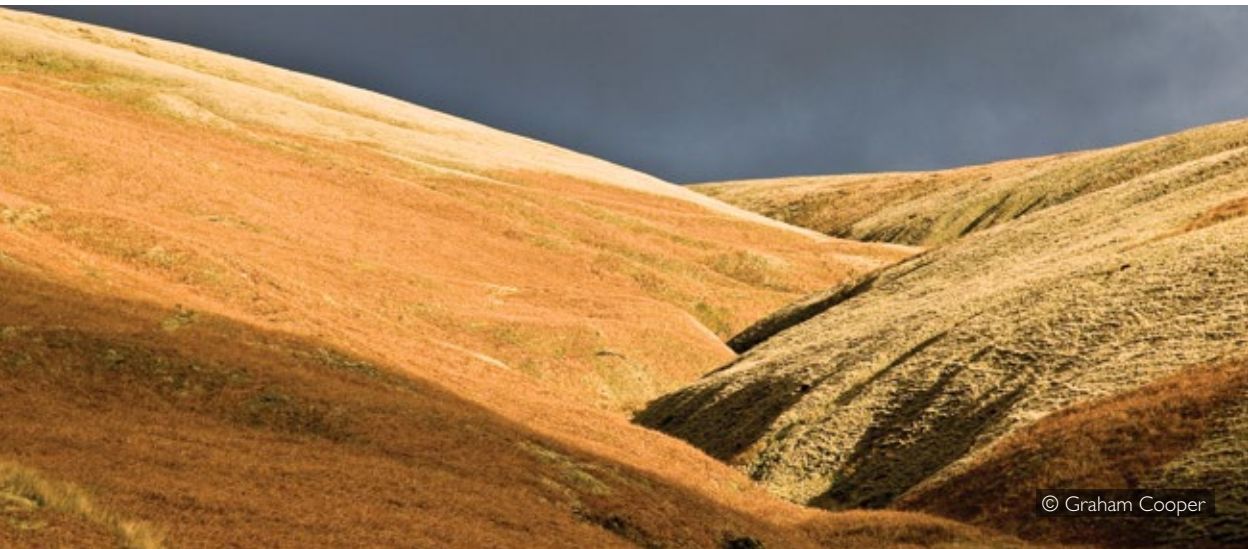


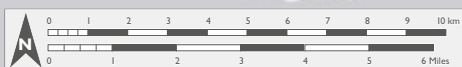
Discovery Map

Why not stay a while and explore the area at your leisure?
The Forest of Bowland offers a wide range of
quality accommodation.

The following providers have supported this guide and are all members of the Forest of Bowland Sustainable Tourism Network:

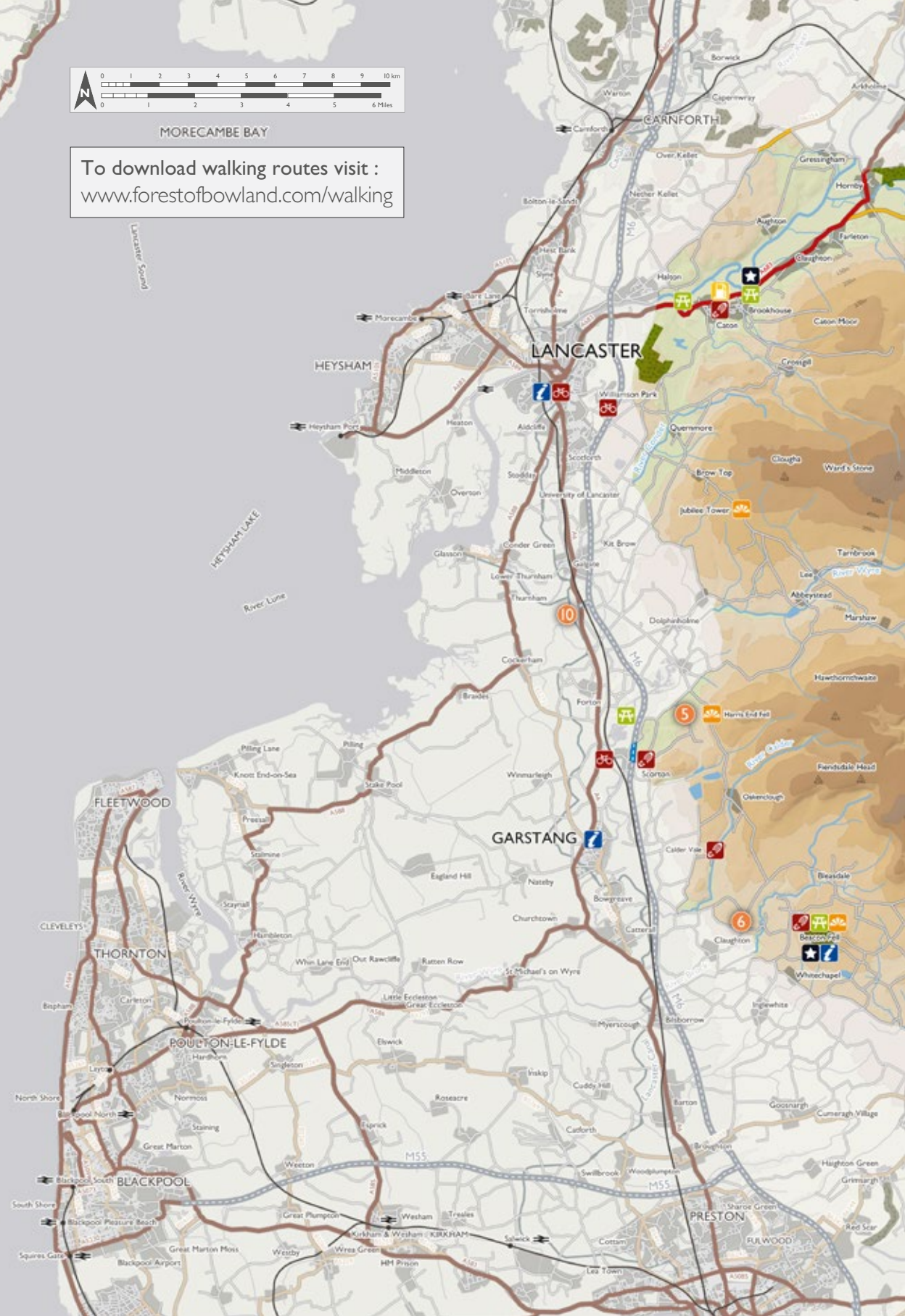
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|--|--|
| 1 Chestnut Cottage – Worston | 11 Laythams Holiday Let Retreats – Slaidburn |
| 2 Cobden View – Sabden | 12 Little Oakhurst – Hurst Green |
| 3 Dale House Barn and B&B – Gisburn Forest | 13 Peaks and Pods – Rathmell |
| 4 Eldroth House Holiday Cottages – Eldroth | 14 Riverside Holiday Homes – Bentham |
| 5 Fell View Park – Scorton | 15 Shireburn Arms – Hurst Green |
| 6 Goosnargh Gin | 16 Spread Eagle Inn – Sawley |
| 7 Height Top Farm – Higham | 17 The Traddock – Austwick |
| 8 Higher Gills Farm – Rimington | 18 Waddington Arms – Waddington |
| 9 Holmes Mill – Clitheroe | 19 Wenningdale Escapes – Bentham |
| 10 Lakewood Cottages – Galgate | 20 Whalley Warm & Dry – Whalley |
| | 21 Wild Boar Park – Chipping |

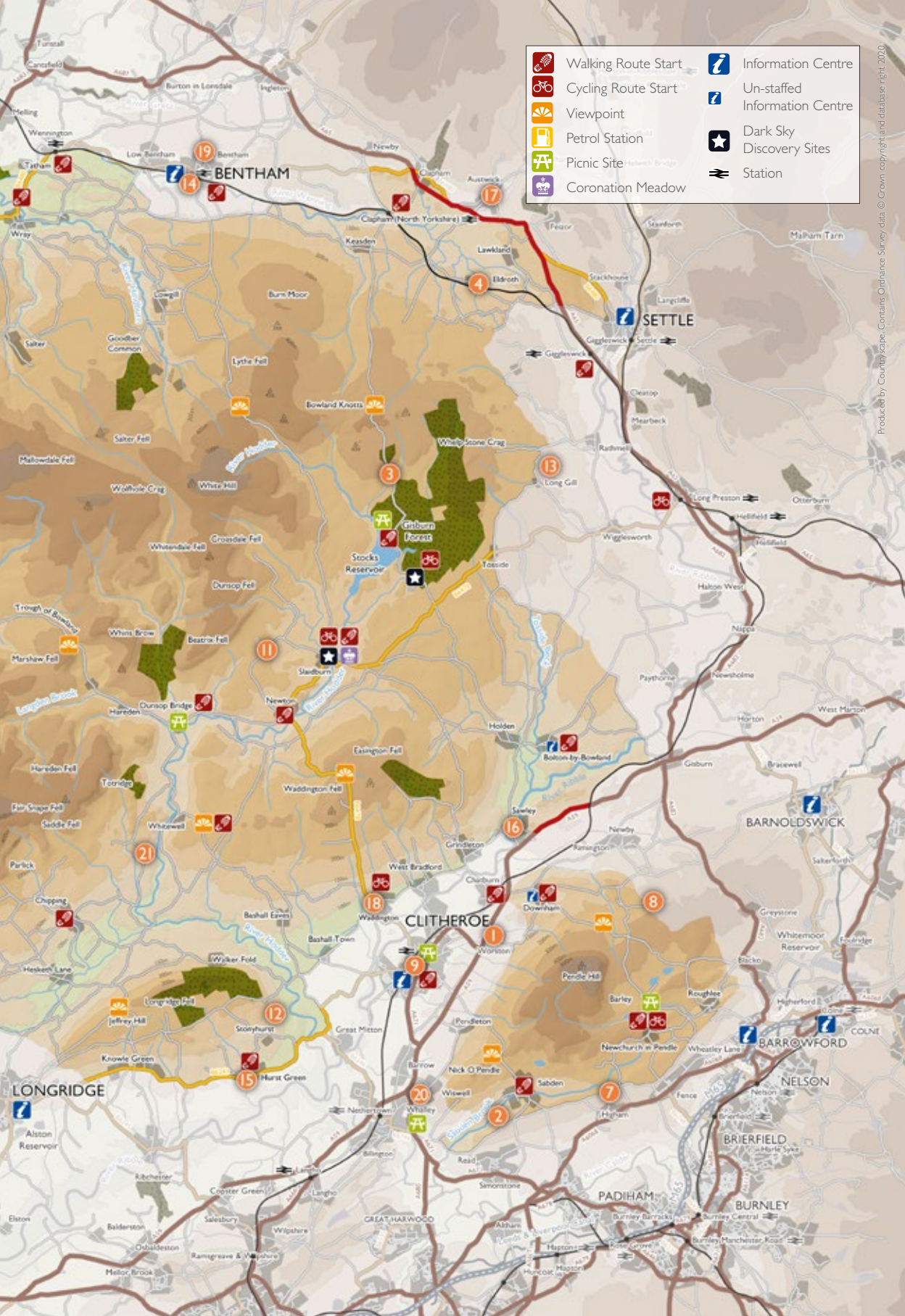




MORECAMBE BAY

To download walking routes visit :
www.forestofbowland.com/walking





- | | | | |
|--|---------------------|--|-------------------------------|
| | Walking Route Start | | Information Centre |
| | Cycling Route Start | | Un-staffed Information Centre |
| | Viewpoint | | Dark Sky |
| | Petrol Station | | Discovery Sites |
| | Picnic Site | | Station |
| | Coronation Meadow | | |

Little Oakhurst



Unwind and relax in our cosy and luxurious yurts. Set within a friendly working farm in the heart of the Ribble Valley. There's plenty to do and explore, or take a slower pace and enjoy the nature and peace, with woodland and the Tolkien's walk right on our doorstep.

www.littleoakhurst.com

07908614736

overhackingfarm@googlemail.com

Overhacking Farm, Stonyhurst, Nr Clitheroe, BB7 9PY

Chestnut Cottage

Visit England  ★★★★★

Delightful cottage in the grounds of the owner's home, extended in 2017. Spectacular views of Pendle Hill and perfect for keen walkers. Well equipped to a high standard.

Two bedrooms – 1 twin ensuite, 1 double. Private walled garden with gazebo, off-road parking. One small dog welcome.

Prices from £340 to £370 pw for 2 people.



www.chestnut-cottage.com

01200 440400

mdavies77@btinternet.com

Dugdales Barn, Worston, BB7 1QA

Cobden View



Enjoy your stay at Cobden View, a 4-star cottage with panoramic views of Pendle Hill and the spectacular Forest of Bowland.

Walkers, dogs, families and cyclists are all most welcome.

Set in its own grounds with private garden, the cottage sleeps up to five; cosy yet spacious and fully equipped.



www.cobdenview.co.uk

01282 776285/07989 401595

enquiries@cobdenview.co.uk

Cobden View, Cobden Farm, Sabden, BB7 9ED

Higher Gills Farm

Stable conversion with spectacular sunsets and views of Pendle Hill and Ribble Valley. Granary apartment has exposed beams and long distance views. Lower Laithe apartment is wheel-chair friendly accepts one well behaved dog.

Shared patio, large lawn, swings and slide. Private car parking for 5 cars.

Prices from £375 to £425 pw.



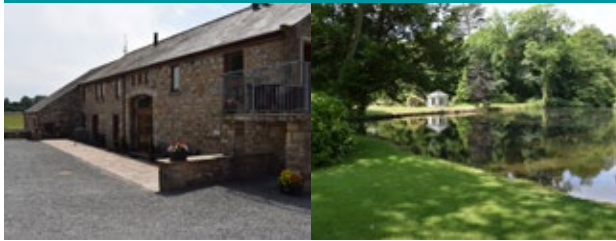
www.highergills.co.uk

01200 445370 / 07743303939

freda.pilkington@gmail.com

Whytha Lane, Rimington, BB7 4DA

Lakewood Cottages



Visit England  ★★★★★ Visit England  **Gold**

Located on the edge of the Forest of Bowland, our four star gold award self-catering cottages are nestled within the beautiful Lancashire countryside. Lakewood Cottages stands in its own rural idyll positioned in a private lakeside/woodland setting and are designed to offer our guests the maximum in peace and relaxation.

www.lakewoodcottages.co.uk
01524 751053

info@lakewoodcottages.co.uk
Cragg Hall Farm, Galgate, Lancaster, LA2 0HN

Camping Pods at Bowland Wild Boar Park



Hire one of our well-insulated camping pods, enjoy the Wild Boar Park and use it as a base for exploring the Forest of Bowland. Situated in a picturesque setting within easy walking distance of the main Park it's a great way to experience the outdoors all year round.



www.wildboarpark.co.uk
01995 61075

info@wildboarpark.co.uk
Bowland Wild Boar Park, Chipping, Preston, PR3 2QT

Height Top Farm



Visit England  ★★★★★

Two delightful cottages nestling close to and within walking distance of Pendle Hill with lots of wildlife to see around the farm.

Sympathetically renovated from the original farmhouse and decorated and finished to a very high standard - Mrs Wagtails (twin beds and shower) and Jenny Wrens (double bed and ensuite shower).



www.heighttopfarm.co.uk
01282 772009

info@heighttopfarm.co.uk
Stump Hall Road, Higham, BB12 9BU

Fell View Park



Beautiful location on a working hill farm outside the popular village of Scorton on the western edge of Bowland. Facilities include toilets and showers, disabled / family shower room, kitchen/ information point and laundry. With an on-site fishing lake and popular walks and cycle routes accessed directly from the site.

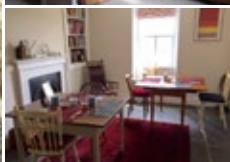


www.fellviewparkandfishing.co.uk
01524 791283

susan_atkinson@btconnect.com
Sykes Farm, Scorton, PR3 1DA

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 OF ALL OUR WEEKEND COOKERY RETREATS AND OTHER COURSES

For enquiries and booking please call 01200 411095 or visit our website www.dalehousebarn.co.uk



Easy Access at Gisburn Forest

Get out and about on a Trampler at Gisburn Forest - a specially designed off-road electric buggy - which can be used on rough ground, mud and grass.

To book the Trampler and to arrange an induction please contact Gisburn Forest Hub café on:

01200 446387

Enjoy a Pub Lunch WITH YOUR POOCH!

You and your dog are guaranteed a warm welcome at these cosy Ribble Valley pubs, all with great food, great beer and great walking from the doorstep too!



Waddington Arms

**WADDINGTON
ARMS**

Drinking and dining inside and out – perfect whatever the weather! A superb menu using local produce wherever possible and an ever changing specials board.

waddingtonarms.co.uk
T. 01200 423262
Waddington, Clitheroe,
BB7 3HP



**SHIREBURN
ARMS**

A relaxed, informal atmosphere in which to enjoy beautifully prepared food. Open fireplaces and cosy corners inside and a beautiful terrace with stunning views of the Ribble Valley outside.



Shireburn Arms

shireburnarmshotel.co.uk
T. 01254 826 678
Whalley Rd, Hurst Green,
BB7 9QJ

With one of the longest bars in Britain and a menu featuring small plates and snacks to nibble with a beer, through to crowd-pleasing classics like burgers, hot dogs, pies and salads, there's something for all the family.

holmesmill.co.uk
T. 01200 407111
Greenacre St, Clitheroe BB7 1EB

**HOLMES MILL
CLITHEROE**



Holmes Mill

WWW.JAMESPLACES.CO.UK

James'
PLACES

Discover Bowland Itinerary – N°5

72 Hours on The Roof of Lancashire: The Secrets of Pendle Hill



Pendle's slopes and summit have the wilderness feel of genuinely unspoiled landscapes and yet this famous hill lies within easy reach of Blackburn, Burnley, Preston, Manchester and the wider northwest.

Pendle Hill forms the boundary between urban Lancashire and the vast tracts of wild countryside that lie to the north. For those with an appetite for adventure, it's incredibly accessible and provides a tantalizing foretaste of what lies beyond.

For walkers, there are at least seven different routes to the top and a wealth of walks through the pretty villages and picturesque valleys surrounding the hill. On a clear day the views are truly

spectacular and a fitting reward for the challenging climb to the top.

Pendle is also popular with road cyclists, offering challenging climbs and exhilarating descents and a chance to stop off for a cuppa at the last surviving Clarion House in Britain.

And after an invigorating day on the trail or in the saddle, the area has a profusion of pubs, cafés and restaurants providing top notch tucker for weary wayfarers.

Whether you're on the trail of the famous witches, in search of a new challenge, or simply want to admire the view from the summit, your epic Pendle Hill adventure starts here...

DAY 1: PM

After arrival and checking in to your accommodation, if it's still light, head to the Nick o' Pendle above Sabden to watch the sun go down over Morecambe Bay. There's very little walking involved, and as well as the amazing views from this vantage point 1200ft above sea level, it's a great way to get your bearings.

DAY 1: EVENING

After enjoying a spectacular sunset, descend into Sabden for dinner at the White Hart Inn. Look out for earlybird deals mid-week or just enjoy a pint of well-kept cask ale accompanied by some tasty tapas-style nibbles.

DAY 2 AM:

Conquer The Big End

There are at least seven spectacular routes to the summit of Pendle Hill – all of which have their distinctive qualities. Keen walkers will want to try at least a couple, or maybe even combine two routes to really get to know the contours and cloughs of this extensive massif.

The classic Pendle Route involves ascending the infamously steep gradients of 'The Steps' from the pretty village of Barley. The route is simple to follow and after an initially gentle ascent through the foothills, the incline ramps up to the summit beacon or 'Big End' as the locals refer to it. The last 500ft involve a breathless ascent to the summit shelter and trig point, from where the amazing panoramas open up quite suddenly.

These are the views that inspired George Fox to establish the Religious Society of Friends – better known as the Quakers – after he climbed the hill in 1652. After the obligatory summit selfies, descend using the cart track for a well-earned pint or cuppa and maybe a spot of lunch at the Barley Mow.

Or to make a day of it, from the summit head south to descend via the flagstones into Ogden Clough before swinging back east to Barley via the two reservoirs.

Pendle Hill Access Code

Most of the Pendle Hill landscape is accessible to the public with much of the hill itself designated as open access land where walkers have the right to roam. But it's still important to respect the landscape and those with whom we share it – including livestock.

Here are the golden rules:

- Keep dogs under close control, preferably on a lead
- Stick to designated footpaths
- Clear up after your dog
- Take litter home



© Graham Cooper



DAY 2 PM:

Uncover The Real Story of The Pendle Witches



Pendle's association with witchcraft goes back more than four centuries and while the hill's allegedly diabolical denizens put it on the map, the truth surrounding what was actually a monumental miscarriage of justice has only recently emerged.

Back in the 17th Century a fearful and ill-educated rural populace was easily manipulated by those prepared to abuse their influence to curry favour with local nobles and King James I, who was obsessed with witchcraft.

In Newchurch, look for the 'Eye of God' on the church tower and the 'Witch's Grave' – a tombstone inscribed with skull and crossbones at St Mary's Church. Pop into Witches Galore for souvenirs then head to Roughlee to find the

poignant statue of Alice Nutter; one of the best known of the 'Pendle Witches' – in chains – as she would have travelled on that fateful final journey over the Bowland Fells to stand trial at the Lancaster Assizes. Enjoy a spot of lunch at the community-owned Bay Horse Inn – rescued and restored by the villagers after a devastating fire in 2016.



Find out more about the real story of the witches along with the rich industrial history of the area at Pendle Heritage Centre in Barrowford – a quirky little mill village nestling beside Pendle Water; where you'll find a good selection of boutique shops and cafés. Historic Higherford Mill next to the bridge over Pendle Water is now home to a community of artists and makers who have opened studios there – they are open most weekends.

DON'T MISS:

Stunning Views Without the Climb!

Thousands of visitors make a beeline for the Nick of Pendle to admire the definitive 'view' from Pendle, but the vistas stretching north-east up the Ribble Valley into Yorkshire from the Barley to Downham road over the 'shoulder' beneath the Big End are just as impressive – especially on a clear summer evening.

DAY 3 AM:

Take On The 'Tour De Pendle'

It may only cover 15 miles, but this challenging circuit for road cyclists includes some of the most brutal hill climbs in England. Expect a handful of 20 per cent gradients and plenty of 10 per cent ascents as you circumnavigate the hill via Sabden, Clitheroe, Worston, Downham, Barley and Newchurch.

There's more than 600m of ascent involved and fortunately, there are plenty of cafes along the way to rest and recuperate. If you happen to be here on a Sunday, take a short detour along Jinny Lane for a brew and a natter at Britain's the last remaining Clarion House just outside Barley (Grid Ref: SD 831 396).

For the less energetically inclined, the picture postcard village of Downham beckons. This idyllic stone-built hamlet is one of the prettiest in Lancashire, where the trappings of 21st Century life have been resisted by the Lord of the Manor, so you won't see satellite dishes or even TV aerials.

This is where the cult black and white classic, *Whistle Down the Wind* was filmed in 1961, and more recently, was the setting for the BBC drama series, *Born & Bred*.

Park in the little car park at the information barn and walk across to feed the ducks in the stream or enjoy an ice cream on the village green. Try one of four circular walks (details available in the info barn) before adjourning to the Assheton Arms (known as the Railwayman's Arms in the fictional TV village of Ormston) for a glass of wine and some excellent food at this popular gastro pub.

DAY 3 PM:

Down On The Farm

For great views of Pendle Hill and the chance to get an insight of the workings of a traditional family-run organic farm, take the short trip from Downham to Gazegill Farm at Rimington where the farm shop sells organic lamb and raw milk, cream and butter fresh from a herd of rare breed cattle. Or visit the Milking Parlour, Sabden for raw milk direct from the Gill family's Freisian herd.



© Graham Cooper



© Graham Cooper



FOOD & DRINK

From the earthy delights of Barley Cabin, which still serves 'Stew 'n' Hard – a unique local delicacy – to the Michelin-starred White Swan at Fence, Pendle has more than its fare share of outstanding pubs, cafes and restaurants.

Tuck into some fantastic local food at:

White Hart, Sabden – ambitious bistro food served in a traditional village pub

Barley Cabin, Barley – a firm local favourite, this is the perfect place to stock up for a picnic or enjoy a home-cooked light lunch after a bracing walk to the summit

The Barley Mow, Barley – upmarket gastropub favourites served in a lively village pub

The Freemasons, Wiswell – multiple award-winning contemporary British cuisine in an informal pub setting

The White Swan, Fence – Michelin-starred cuisine from the kitchen of talented chef Tom Parker

La Locanda, Gisburn – authentic Italian cuisine using the best local ingredients

The Swan with Two Necks, Pendleton – CAMRA Award-winning cask ale pub serving hearty home-made dishes

PUBLIC TRANSPORT

The regular 67 bus service links Clitheroe and Nelson via the Pendleside villages of Downham, Barley, Roughlee, Blacko and Barrowford. Click [here](#) for timetables. The number 66 takes a similar route, but stops off in Fence and Newchurch instead of Blacko and Barrowford. The 64 serves Clitheroe and Burnley via Sabden.

PARKING AND ACCESS POINTS

Bear in mind that the car parks near the Nick o' Pendle and Barley get VERY busy at weekends and during the holidays. We recommend that visitors consider some of the alternative access points at Sabden, Spring Wood or Downham at peak times.



VISIT, EAT & STAY

Pendle and surrounding villages have an inviting selection of friendly B&Bs and cosy country pubs, cafés and inns.

Visit

- **Gazegill Organics**
Rimington
01200 445519
www.gazegillorganics.co.uk
- **Downham Ice Cream**
Downham
01200 441613
@DownhamIceCreamShop
- **Hudsons of Chatburn**
Chatburn
01200 441305
@1947HudsonsIcecream
- **Boothman Park**
Barley
07837 243014
www.boothmanpark.co.uk
- **Pendle Heritage Centre**
Barrowford
01282 677150
www.pendleheritage.co.uk
- **Roy Porter Butchers**
Chatburn
01200 441392
@royporterbutchers
- **The Milking Parlour**
Sabden
07540616471
@Themilkingparlour
- **Whalley Warm & Dry**
Whalley
01254 822220
www.whalleyoutdoor.co.uk
- **Outdoor Elements**
Simonstone
01282 416396
www.outdoorelements.co.uk

Eat

- **Assheton Arms**
Downham
01200 441227
www.asshetonarms.com
- **The Cabin**
Barley
01282 696937
@Barleypicnicsite
- **Barley Mow**
Barley
01282 690868
www.barleymowpendle.co.uk
- **Sanwitches**
Sabden
01282 775006
@Sanwitchessabden
- **Greendale View Kitchen**
Chatburn
01200 441517
www.greendaleviewbandb.co.uk
- **The Freemasons**
Wiswell
01254 822218
www.freemasonsatwiswell.com
- **The White Swan**
Fence
01282 611773
www.whiteswanatfence.co.uk
- **Spread Eagle**
Sawley
01200 441202
www.spreadeaglesawley.co.uk
- **La Locanda**
Gisburn
01200 445303
www.lalocanda.co.uk

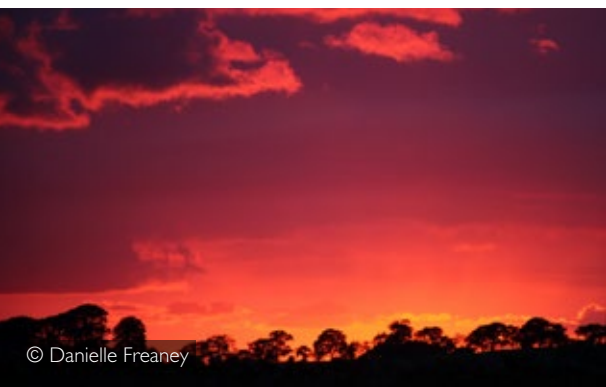
Stay

- **Cobden Farm**
Sabden
01282 776285
www.cobdenfarm.co.uk
- **Higher Gills Farm**
Rimington
01200 445370
www.highergills.co.uk
- **Chestnut Cottage**
Worston
01200 440400
www.chestnut-cottage.com
- **Calf's Head**
Worston
01200 441218
www.calfshead.co.uk
- **Height Top Farm**
Higham
01282 772009
www.heighttopfarm.co.uk
- **Malkin Tower Farm**
Blacko
01282 699992
www.malkintowerfarm.co.uk
- **The Rookery**
Roughlee
07738 261279
www.therookeryroughlee.co.uk
- **Smithson Farm Caravan Site**
Burnley
01282 420701
www.smithsonfarm.co.uk
- **Pendle Valley Caravan Park**
Roughlee
01282 614755
www.pendlevalleycaravanpark.co.uk

Bowland Through A Lens

The beautiful landscape of the Forest of Bowland captured by locals and visitors.

© Lee Mansfield



© Danielle Freaney



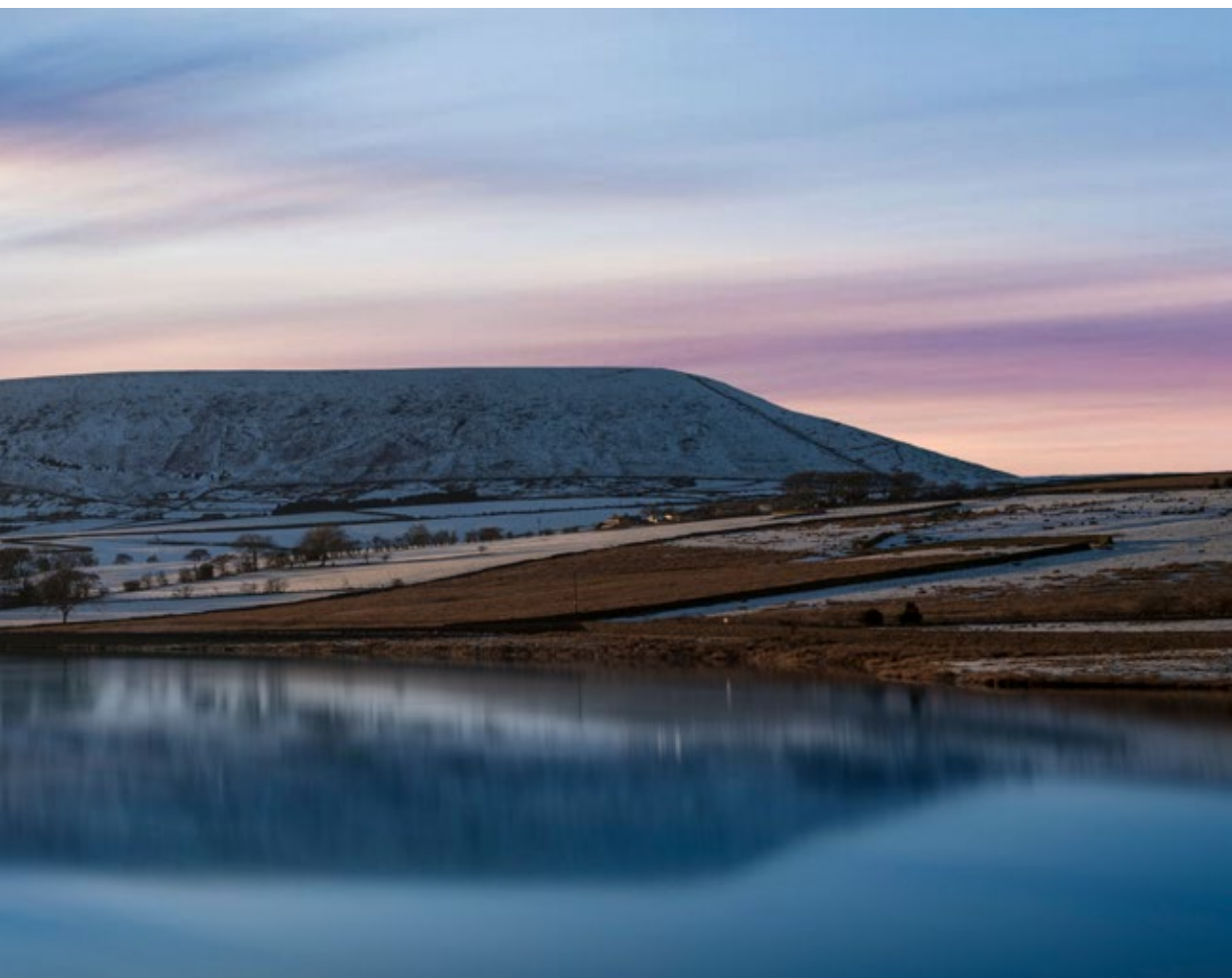
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© Peter Costello



© Pauline Phizacklea



© Richard Bayley

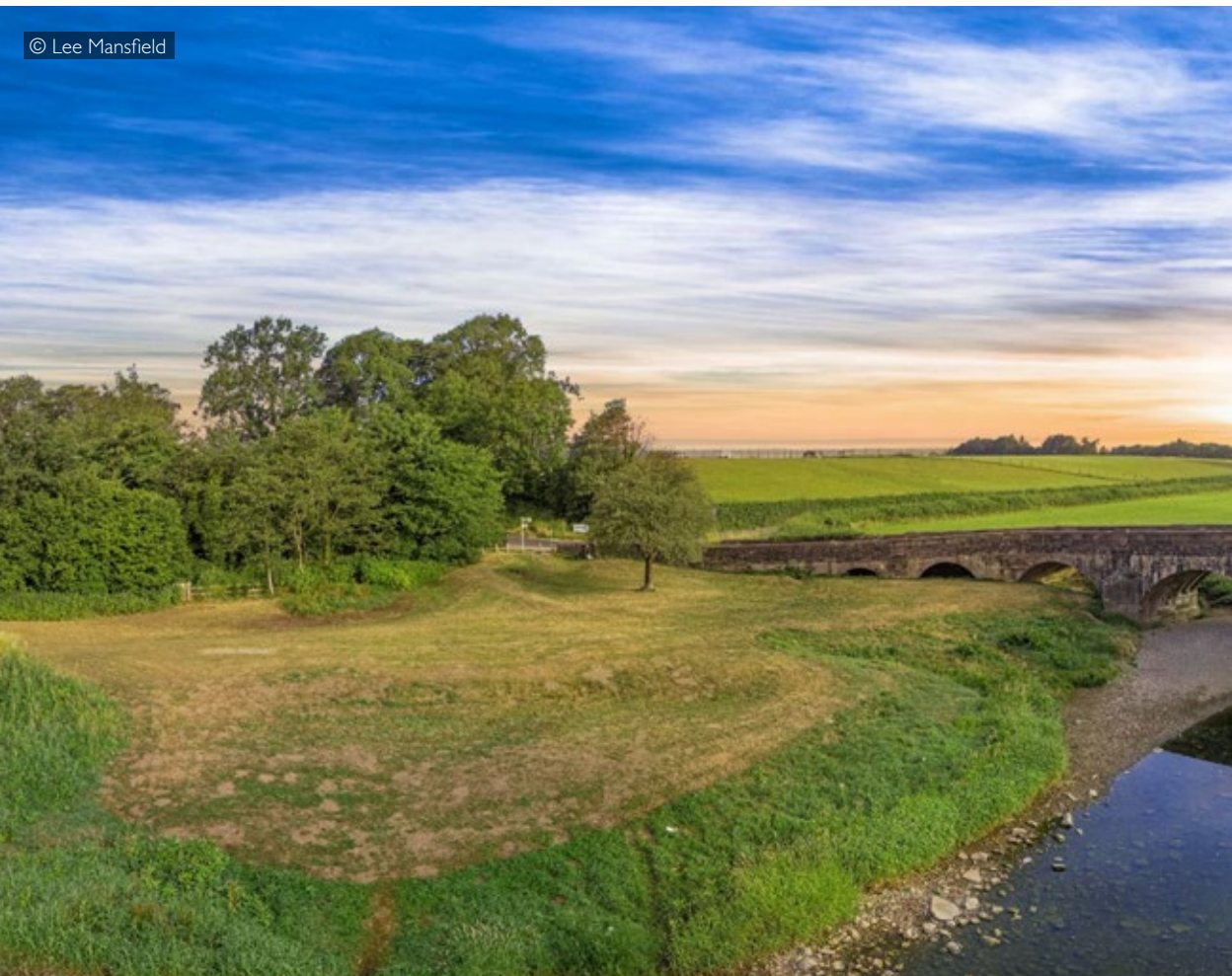
© John Hickling



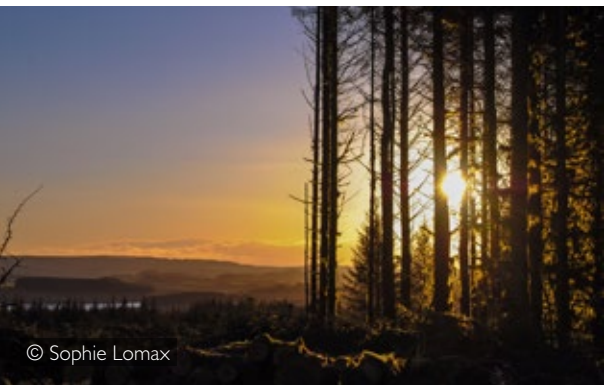
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© Lee Mansfield



© Sophie Lomax



© Alan Owens





© Alan Kilduff



David Patrick



© Margaret Merrin



© David Patrick





We'd love to see more of your images during 2020, please share them at :
www.forestofbowland.com/upload-your-photos

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

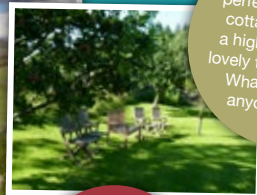
'Fantastic! One of our best holidays! Fabulous Cottage, extremely comfortable and so well equipped.'

'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 re-furbished 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
- Garden Stream

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

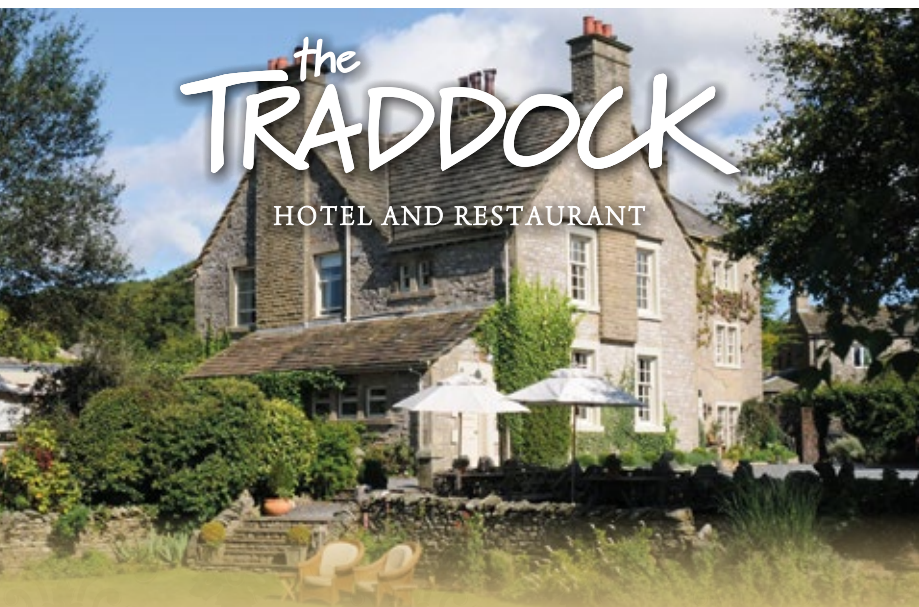


If you'd like more information on the cottages and availability please give a call on **07590252725** or email jill@eldrothcottages.uk

www.eldrothcottages.uk

the TRADDUCK

HOTEL AND RESTAURANT



- Open daily for lunch 12.00 - 3.00pm - dinner 6.30 - 9.00pm with light snacks & refreshments available all day.
- We have facilities for private dining, and welcome bookings for birthdays, events and private parties.

Our award winning restaurant offers first class food using the best locally sourced ingredients with simple flair, clean flavours, and a touch of imagination.

We pride ourselves on our warm welcoming hospitality and professional but unpretentious service.

The Tradduck, Austwick, Near Settle, LA2 8BY. Yorkshire Dales National Park

Tel: 015242 51224 Fax: 015242 51796

www.thetradduck.co.uk info@thetradduck.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!

Our Abbey Suite is the ideal space for private dining, weddings & celebrations or business meetings - and if you'd like to stay longer we have eleven luxury bedrooms, each one individually designed, with all you would expect and more.

We look forward to seeing you...

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Tourism Awards
2018
WINNER
Lancashire Perfect Stay Award

Lancashire
Tourism Awards
2018
WINNER
Taste Lancashire Pub/Inn Award

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ADVENTURE AWAITS ON THE EDGE OF THE FOREST OF BOWLAND AND YORKSHIRE DALES.

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Website: www.peaksandpods.co.uk

Email: hello@peaksandpods.co.uk

Peaks and Pods, Boustagill Farm, Rathmell, Settle, North Yorkshire, BD24 0LS

Bowland Dark Skies Festival

17th to 23rd February 2020

Join us for a star-dusting of events celebrating
Bowland's fantastic dark skies!



17th February

Pop-up Planetarium – Knowle Green

1pm, 2pm or 3pm

Step inside the pop-up planetarium for a journey through space – without leaving the ground! Discover the wonders of the planets and stars with amateur astronomer, and professional scientist, Robert Ince. Great for families with children eight years and over.

Booking essential.

Tel: **01200 448000** or email: sandra.silk@lancashire.gov.uk
£2.50 per person



18th February

Tales from a Dark Forest Night – Gisburn Forest

7pm to 8.30pm

Join us in the forest where we'll be keeping cosy in the yurt as we listen to night-time tales with local storyteller, Sue Allonby. Great for families with children eight years and over.

Booking essential.

Tel: **01200 448000** or email: sandra.silk@lancashire.gov.uk
£3 per child (adults come free)

20th February

Free Family Nature Event: Creatures of the Night – Barley

4pm to 6.30pm

Have a go at owl pellet dissection then come on a nature walk to discover what night-time creatures we can hear – or see! Aimed at families with children four to 12 years old.

Booking essential.

Visit: www.pendlehillproject.com/whats-on

Free

21st February

Film Screening: A Grand Day Out – Downham

1.30pm to 2.30pm or 3pm to 4pm

Come along and enjoy night-sky crafts then join Pendle Social Cinema for this family-friendly animation of Wallace and Gromit's adventure to find cheese on the moon!

Booking essential.

Tel: **01200 448000** or Email: sandra.silk@lancashire.gov.uk

£2.50 per person

23rd February

Dark Skies Stargazing – Bleasdale

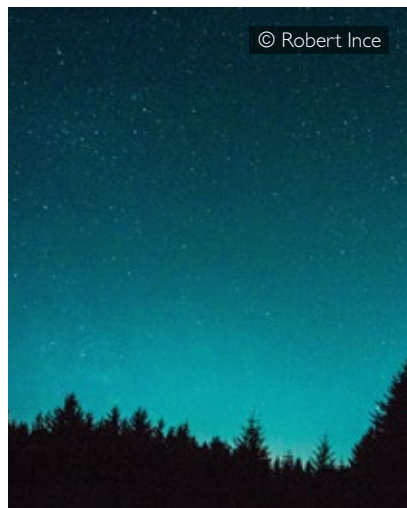
7.30pm to 9.30pm

Join Robert Ince for an evening of stargazing. Robert will be your guide on an incredible journey through the constellations and along the Milky Way. Weather permitting there will be powerful telescopes to gaze through, when Robert will show you how to find the night sky's wonders for yourself. The evening includes colourful talks and videos, plus friendly advice on how to get started in this wonderful hobby.

Booking essential.

Visit: <https://gostargazing.co.uk/organiser/robertince/>

£15/£7.50



Why not combine your dark sky adventures by staying for a few days in one of the AONB's Dark Sky Friendly Businesses? We have thirteen in Bowland – all quality accommodation providers – geared up for your star gazing visit.

Further Information:

www.forestofbowland.com/star-gazing



Bowland: A Destination For All Seasons

A sometimes unpredictable upland climate still shapes the march of the seasons in Bowland, where traditional land management practices remain in tune with the more fluid rhythms of nature.



© Graham Cooper

Bowland sometimes feels like a place where time has stood still for a couple of centuries and nature's calendar still dictates the progression through the seasons.

The onset of each new season heralds stark changes within the landscape and on the cusp of each season, dramatic transitions unfold almost overnight.

Consequently, the overwhelmingly rural landscapes of Bowland are in an almost permanent state of flux: no two days are quite the same – which is one of the Forest's biggest attractions.

Whichever time of year you choose to visit Bowland, it's unlikely to look, sound or even smell the same way it did the last time you were here.

Spring

After the long winter months of almost suspended animation, spring is quite possibly the busiest of all the seasons in Bowland.

Hints and harbingers can arrive surprisingly early, but speak to the locals, and as far as they are concerned, winter isn't officially over until the middle of May.

Spring's tender shoots spread slowly over Bowland, beginning in the valleys and slowly spreading up onto the plateau as the buds begin to burst forth in the more sheltered cloughs.

On the farms, lambing starts early – although the first ewes to lambs are usually brought down from the higher pastures to give birth in the traditional stone outbarns or lambing sheds which are such a recognisable feature of the Bowland landscape.

For an insight into the rigours of lambing time and the chance to cuddle a new-born lamb, Cobble Hey Farm on the western flank of the Forest above Garstang welcomes guests to help feed the lambs each spring from February onwards. Check the website (www.cobblehey.com) for times.

Before the lambs are let loose to gambol among the fresh new grass in the pastures, the hares briefly have the fields to themselves and in March, these charismatic creatures can be seen chasing

each other around the meadows, often culminating in a bout of boxing as the feisty females rebuff the advances of overly amorous males.

In the skies above, the skylarks are active from February onwards and by the end of the shortest month, the bubbling ululation of curlews returning from the coast will echo across the valley floors. Oystercatchers and lapwings arrive back from the coast around the same time, filling the fields with a chorus of cascading calls that testify to the imminent arrival of spring.

By mid-March, the leafless blackthorn hedges burst into bloom almost overnight, gilding the field boundaries with a frothy milk-white blossom suffusing the warming spring air with a musky fragrance.

In the sandy banks of the Hodder and the Ribble, the first sand martins return from Africa to re-colonise the burrows where they nested the previous summer. Swallows and swifts won't be far behind and each spring, a handful of lucky birders savour a close encounter with a squadron of dotterel during their brief overnight rest stop on Pendle.

This pretty little wader seems to use Pendle as a key waypoint en route for



their summer breeding grounds up on Scotland's Cairngorm plateau and their confiding nature allows observers to get up close and personal and take some stunning photos.

Now the stage is set for two of Bowland's most iconic species to take a bow. In the more remote valleys, ring ouzels can be heard calling among the fresh leaf-growth as they prepare to nest and raise a couple of broods prior to returning to Northern Africa to overwinter.

These scarce migrants are in decline in Britain owing to loss of habitat and Bowland is one of the best places to spot them outside their summer stronghold of the Cairngorms.

The Forest of Bowland is the English stronghold of an even scarcer migrant whose numbers have recently plunged to critical levels: the hen harrier. This iconic raptor is the symbol of the Forest of Bowland, but three years ago, it was in danger of extinction in the region.

After a couple of years when Bowland harriers failed to raise a single chick, nesting success is on the increase again, but this beautiful bird remains on the endangered list.

As spring reaches its peak, in the woodlands, after the mauve drifts of bluebells have died back, the warm, acrid aroma of wild garlic rises from the forest floor, heralding the transition to full summer.

Where to Watch Wildlife:

- See boxing hares in the large meadows around Waddow Hall between Clitheroe and Waddington
- Spot ring ouzels in the wooded lower reaches of the Langden Valley near Dunsop Bridge
- Find bluebells in the beautiful woodlands at Calder Vale and Oakenclough in the upper Wyre Valley
- Listen out for cuckoos in the more remote Bowland valleys or the plantations on Grindleton Fell and snipe 'drumming' in the fields on top of Hall Hill above Whitewell

Don't Miss:

In late April and early May, look out for males and female hen harriers 'sky dancing' – elaborate aerial courtship display's prior to mating.



Summer

Summer arrives slowly in the uplands, where frosts can persist until the end of May, making the flora wary of revealing its full summer finery until the middle of June.

But it's well worth the wait, as Bowland retains the fresh first flush and vivid colours of early summer much longer than the lowlands. The relatively low intensity agriculture, dominated by dairy and sheep farms, preserve the biodiversity of the uplands and the complex food chains remain intact.

Insects and pollinators continue to thrive thanks to the survival of traditional hay meadows where wild flowers are allowed to flourish before mowing takes place much later in the summer than in more intensive systems, where meadows may be cropped three times a year.

This practice benefits the farmland birds – especially ground-nesting waders like the curlew and lapwing – which rely on healthy invertebrate populations to feed their chicks. It also ensures healthy populations of summer visitors like swifts and ensure the rivers Hodder and Ribble maintain a good head of fish for the increasing number of otters found across the catchment.

Insects are also the staple food of the local bat population, three species of which are commonly active across the AONB from May to September. 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.

As summer unfolds, the hillsides are cloaked in a glorious late summer mantle of mauve and green as the heather blooms and dense swards of emerald bracken burst forth across the fells. This is when the whinberry or bilberry – our native blueberry – can be picked at many locations around the Forest of Bowland. The season is short and it's hard work, but this tart little berry has a uniquely subtle flavour when sweetened and cooked in crumbles or shortcrust pastry pies.

The almost endless summer daylight makes this the best time of year to explore the most remote corners of the AONB, losing yourself on lonely tracks and footpaths miles away from public roads or habitation.



The northern and western fringes of the Forest offer the wildest and most challenging terrain to explore on foot. This is the ideal time of year to climb rugged hills like Parlick and Fair Snape, Tarnbrook Fell and Clougha Pike and an expedition to the Ward Stone – the highest point in the Bowland Fells – guarantees some breath-taking panoramas.

The Hornby Road is a classic route which traverses the Bowland Plateau from north to south, stretching the 15 miles (24km) from Hornby to Slaidburn. Allow at least eight hours to complete the route and take plenty of water and snacks with you because there are no opportunities to refuel along the way.

Where to Watch Wildlife:

- Wander along Cross Lane, between Bashall Eaves and Waddington to see rarities like the pied flycatcher and redstart flitting between the hedgerows either side of this quiet country lane.
- Head down to the Hodder at Whitewell or the Ribble at Brungerley Park to see Daubentons or noctule bats hunting insects in the evenings.
- Look out for fox cubs frolicking under the hedgerows in the corners of hay meadows and otters fishing on the Hodder early in the morning or late in the evening.
- Pick bilberries on Birdie Brow and Longridge Fell during August.

Don't Miss:

National Meadows Day at Bell Sykes Farm, Slaidburn, 4th July – an annual celebration of wildflower meadows and the wildlife they support. Peter and Lynn Blackwell leave the mowing until much later at Bell Sykes to allow the wildflowers to come into full bloom. See for yourself the difference this low intensity approach makes to the biodiversity in the six Coronation Meadows which are open to the public. Check the Festival Bowland listings at the back of this Guide for further information.



Autumn

As the days shorten and the shadows lengthen, the steep-sided river valleys gild the fringes of the Bowland uplands with the auburn colours of autumn. Along the Hodder, Wyre, Roeburn and Wenning, the leaves melt into a fiery display that rivals the best of New England.

As the last of the migratory birds like the wheatear and ring ouzel return to sunnier climes, beneath the golden woodland canopy, Atlantic salmon brave the autumn spates to swim upstream to their spawning grounds in the headwaters of the Ribble and Hodder.

On the forest floor, toadstools and mushrooms push up through dense drifts of fallen leaves and the resident sika deer become more visible as the rut approaches.

This is a busy time for the farming communities as the harvest needs to be safely gathered in and cattle and sheep brought down from the fells and installed in their winter quarters. In between wrangling sheep and weather-proofing outbarns, farmers gather at various showgrounds across the Forest of Bowland for the traditional autumn agricultural shows – a chance to renew friendships, exchange gossip, compare notes and show off the pride of their flocks and herds.

Five agricultural shows in and around the AONB are permanent fixtures on the farming calendar and offer an inspiring showcase of the best of Bowland produce and an unrivalled insight into the pride and passion our farmers invest in their stewardship of these important upland landscapes.

Before the frosts of winter establish their icy grip, the dark skies of Bowland present an excellent opportunity to indulge in a spot of star gazing. Light pollution is kept to a minimum in this sparsely populated corner of Lancashire and since the AONB achieved Dark Sky Discovery Site status, the area has become popular with amateur astronomers.

With no large towns or cities for over 20 miles in any direction, the skies at the heart of the forest are among the darkest in England, allowing observers to see millions more stars, constellations and galaxies than in more built-up areas.



Where to Watch Wildlife:

- On the Ribble and the Hodder, look out for returning merganser and goosander – large, fish-eating ducks which breed inland before the males return to sea.
- Look out for short-eared owls patrolling over the grassland above Stocks Reservoir and Gisburn Forest
- Head to Roeburndale and the Lower Hodder near Hurst Green for spectacular autumn colours.
- As dusk descends, watch huge flocks of redwing gather for a communal roost at Kemple End on Longridge Fell.

Don't Miss:

Check the Festival Bowland pages in this guide for details of organised Dark Skies sessions led by expert astronomers at Discovery sites like Gisburn Forest or Beacon Fell – but book early – these events are very popular with families and always sell out quickly.

Winter

Winters can be long and harsh in Bowland – especially for the remote hill farms where the demands of lambing time can be compounded by a big freeze which turns the exposed north-facing slopes into an extreme environment.



Nature and farming go into a state of suspended animation during January and February, with only the hardiest species venturing out to forage for meagre pickings in the icy uplands.

Snowfall is pretty much guaranteed above the 500-metre contour and after an extended cold snap, when the peat and bogs freeze hard, the winter walking can be exceptional – although its crucial to have full winter walking gear in your pack before setting out.

Flocks of snow bunting are often spotted near the summits of the higher hills of Bowland and when the winds turn north-

easterly and cold weather descends from the arctic, waxwings occasionally appear in the most unexpected places to gorge on any remaining berries.

Throughout the winter months, look out for local game on the menus of the inns and pubs of Bowland, where hearty stews and roasts of pheasant, venison, rabbit and hare are seasonal staples.

By the end of the month, the earliest hints of spring are in evidence: catkins on the hazel trees, skylarks on the wing, early celandines in the woods the return of the waders to the flood meadows – and thus the cycle of life begins again.

Where to Watch Wildlife:

- Large flocks of ducks and geese gather to overwinter on Stocks Reservoir; where they can be viewed from the hides that are easily accessible from the car park on School Lane.
- Look out for snow buntings during cold snaps on the summits of Parlick Pike, Pendle or Longridge Fell
- Badgers are especially active when they emerge from hibernation in February – look out for them in the woodlands at dusk when they may emerge for some 'spring cleaning' of the sett.

Don't Miss:

Snowdrops are a welcome precursor to the arrival of the first spring flowers and huge drifts are visible at Newton in Bowland and Hornby Castle near Wray, where the grounds are open to the public for an annual Snowdrop Weekend in mid-February.

Welcoming Waders Back To The Uplands

Wading birds like the curlew and lapwing are a welcome sign of the return of Spring to Bowland, where the RSPB's new conservation advisor Hilary McGuire is helping farmers manage their land using more wader-friendly practices

How did you get involved with this project?

My current role as Conservation Advisor is to coordinate the annual wader survey in Bowland and to provide conservation and agri-environment advice and support to farmers and land owners.

How are these birds doing nationally?

- *Curlew: the UK holds a hugely significant quarter of the total global breeding population but there has been a 48% decline in curlews since the mid-1990s. On the "Red" list of Birds of Conservation Concern and now globally near threatened.*
- *Lapwing: Since 1960 the numbers of lapwings in England and Wales have dropped by 60%. Also on the "Red" list.*

- *Snipe, redshank and oystercatchers are all on the "Amber" list and declining too.*

What are the reasons for the declines?

Changes in land use leading to habitat loss and poor breeding success is the key driver behind the decline of the UK's breeding waders. This includes afforestation and agricultural intensification - the draining of fields that were once boggy, and the replacement of diverse hay meadows with monocultures of rye grass for silage.

How are these species doing in Bowland?

In recent years, populations have been holding steady but only where good habitat remains. Trends are better on land that is being managed specifically for them through stewardship schemes. Waders have disappeared from many areas that are now dominated by silage fields.



Hilary McGuire



Lapwing Chicks
© Gavin Thomas



Lapwing
Chris Gomersall (rspb-images.com)

What is it they particularly like about Bowland?

The Forest of Bowland retains areas of traditional livestock farming on the moorland edges and has huge potential to help boost the numbers of declining upland birds if this could be restored more widely across the AONB. Land use changes leading to the decline of these species have been less pronounced in Bowland than elsewhere, and many farmers have worked hard to manage their land to maximise wader habitat by entering into stewardship schemes.

What does habitat improvement work involve?

Waders need a mosaic of habitats for nesting and feeding including traditionally managed meadows, both rough and shorter-grazed grassland, wet heathland, blanket bog and wetland areas rich in invertebrates. These habitat types are threatened both by agricultural intensification and agricultural abandonment. Careful stewardship of the land with less-intensive livestock farming by farmers and land managers is absolutely key to saving these birds.

How can farmers do their bit?

Farmers can help breeding waders by mowing their hay and silage meadows later in the summer to avoid destroying nests and flightless chicks. Managing rushes to prevent them dominating fields and grazing with cattle to provide a mosaic of habitats including rough grazing, wet rushy pastures, and traditionally managed meadows will provide safe nesting and food-rich habitat for all the wader species. They can also create or maintain wetland areas on the farm to provide muddy edged scrapes, rich with invertebrates, on which waders and their chicks can feed.



Redshank breeding plumage
© Andy Hay (rspb-images.com)



The Waders Of Bowland

- **Curlew:** These distinctive birds are famous for their long down-turned bills and beautiful, haunting call. The arrival of our largest wader heralds the start of spring.
- **Lapwing:** The Lapwing has many unique vernacular names. In Bowland they are referred to as 'Tewits' and local place names, such as Tewitfield, demonstrate how widespread and common lapwing once were. Local farmers call them 'farmer's friends' as they eat the snail that causes liver fluke in livestock.
- **Oystercatcher:** Oystercatchers have been gradually colonising inland areas, spreading from rivers and lakes to the nearby farmland. With their black and white plumage and highly vocal nature they are often referred to as pied pipers.
- **Redshank:** These red-legged birds are our scarcest wader and draw attention to themselves with their loud, 'tu-tu-tu' calls and white flash on the rear of the wing.
- **Snipe:** Usually only seen when taking flight from boggy ground at close range. In their spectacular display flight, snipe make a unique 'drumming' sound produced by the air vibrating their outer tail feathers.



Snipe
© Andy Hay (rspb-images.com)

The RSPB has been supporting Bowland's farmers for over 20 years by securing income to farm in a more wildlife-friendly way. Farmers can receive free help and advice on how to help wildlife on their farms. Telephone **01524 581010**.

A large, ancient tree with thick, gnarled roots and branches, surrounded by a stone wall and fallen leaves. The tree's trunk is massive and covered in moss, with several large roots spreading out over the ground. The branches are dense and leafy, with sunlight filtering through the leaves. A stone wall is visible in the background, and the ground is covered in fallen leaves.

Landmarks in The Landscape

An ambitious new tree-planting programme is aiming to safeguard the legacy of the veteran trees that are such important features in the fabric of the Forest of Bowland

Many of Bowland's beautiful old trees are nearing the end of their lives and in order to safeguard the unique character of the Bowland landscape, Champion Bowland and the Forest of Bowland AONB Partnership are acting now to ensure successor trees are ready.

These 'Landmark Trees' might be found in hedgerows, parkland, farmland or on a village green and may be native or non-native species. Wherever they are, they are important to people as well as to the landscape and provide a living link to the 'forest' of Bowland in the AONB's name.

Britain is almost unique in terms of its population of ancient trees owing to the continuity that stems from continuous ownership of landholdings and Bowland is especially important because the estates' land management practices have remained broadly unchanged for much of the last 1,000 years.

The rich ecosystems created in and around these trees make a huge contribution to local biodiversity and these broader networks can extend for hundreds of metres around the tree.

Last year, members of the Ancient Tree Forum visited Bowland to conduct an audit of some of the most significant trees in the area and, early this year, Luke Steer led a workshop which equipped volunteers with the skills to identify and catalogue Bowland's most important trees.

In 2020, Champion Bowland wants to enlist the help of local residents and corporate sponsors to protect the legacy of Bowland's most iconic trees and plant their successors before their predecessors succumb to old age.

The organisation wants to identify six landmark trees across the Forest in 2020 and invite sponsors to assist with the costs of introducing their

replacements during the winter planting season.

Sponsors can nominate Landmark Trees in their neighbourhood and also opt to plant and safeguard new trees and by supporting this scheme, sponsors are making an investment that will pay dividends for decades to come.

“These local landmarks won't last forever. We've already lost dozens of these distinctive trees to damaging storms and some of our native species are threatened by diseases such as ash dieback”



Bowland AONB development and funding officer Robin Gray explained the thinking behind the scheme: “Veteran trees are an essential element of the ancient Forest of Bowland. Often centuries old, these venerable old oaks, beeches, sycamores and ashes are as rooted in the landscape as the fells and the rivers that flow between them.

“But these local landmarks won’t last forever. We’ve already lost dozens of these distinctive trees to damaging storms and some of our native species are threatened by diseases such as ash dieback (chalara).

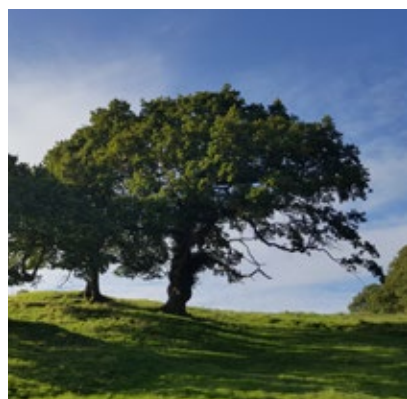
“The Landmark Trees scheme is our way of planning a woodland succession for the Forest of Bowland and ensuring the next generation of mature trees are already established before their forbears are lost through old age, disease or storm damage.”

The Seafood Pub Company – owners of the Assheton Arms in Downham – was the first official sponsor of the Landmark Trees initiative. The company contributed to the planting of a field maple in the centre of the village to replace a wonderful old beech tree in the grounds of Downham Hall, which was lost in the ‘Beast from the East’ storm.

Lord and Lady Clitheroe joined members of Champion Bowland to plant a tree in the centre of Downham to launch Champion Bowland's Landmark Trees initiative.

Lord Clitheroe said: "These ancient trees are such an important feature in the character of the village. We lost the majestic Trafalgar

Beech – planted by William Assheton to commemorate the famous naval battle in 1805 – to the 'Beast from the East' in 2018, so it's wonderful that Champion Bowland and the Seafood Pub Company have committed to invest in planting the next generation of landmark trees on the Downham Estate."



If you would like to nominate a prominent tree in your area for the Landmark Trees initiative, please contact Sandra Silk at the Forest of Bowland AONB Office on **01200 448000**. Potential sponsors can also get in touch with Sandra for an informal chat about the scheme.

You can also nominate Landmark Trees via our social media feeds: simply post an image of the tree you'd like to nominate along with its location (ideally a Grid Reference) with the hashtag **#LandmarkTrees**. Don't forget to tag **@ForestofBowland** in your post!

Discover Bowland Itinerary – N°6

The Ultimate Bowland Activity Holiday

Total area: 312 m²
/ 803 km²
Population: 16,000
Highpoint: The Ward
Stone 1841ft (561m)

Basecamps:
Clitheroe, Bentham,
Slaidburn, Settle

Wildlife highlights:
Hen harrier, merlin,
buzzard, hare, sika
deer, otter

This action-packed five-day break explores some of the beautiful landscapes and pretty villages of the Forest of Bowland. It's the perfect itinerary for couples or adventurous families to discover this Area of Outstanding Natural Beauty on foot and by bike.

O.S Explorer Maps:

OL41 Forest of Bowland
& Ribblesdale

OL2 Yorkshire Dales
Southern & Western

287 West Pennine Moors

DAY 1:

Journey to The Centre of The Kingdom

Ordnance Survey – the people who map the United Kingdom – calculated that the geographical centre of Great Britain is located on a remote hillside above Dunsop Bridge. This demanding 12 mile fell walk takes you – literally – to the centre of the kingdom.

Park at the car park in Dunsop Bridge and fortify yourself with coffee and home-made cakes or scones at Puddleducks Café.

Follow the track heading north from the café beside the river to the tiny farm hamlet of Whitendale and continue upstream to the water intake. Cross to the west bank via the ford onto the access land, following the track through a gate and climbing steeply up the right hand lip of Gutter Clough.

A faint path leaves the track to head direct but it's best to follow the series of posts past the rusty corrugated shelter and up to the stones.

Head northwest of the stones for Grid Reference **SD 642565** to reach the dead centre of Great Britain. Take the ubiquitous 'selfie' and post it on social media. Don't forget to tag us **@forestofbowland #HeartofBritain!**

Download other walks from the Forest of Bowland website:

www.forestofbowland.com/walking

Alternative Activities

Elizabethan Splendour

Visit historic Browsholme Hall – family seat of the Parker family and one of the most important stately homes in the area. Marvel at the Elizabethan splendour of this Grade I listed building before adjourning for tea and cake in the café.

Enjoy a Picnic

Pick up a mouth-watering picnic from Bowland Food Hall at Holmes Mill in Clitheroe and head to either Higher or Lower Hodder bridges. Follow the footpath along the western bank through dense woodland to find one of many perfect riverside picnic spots.

Go Fishing

Day ticket fishing is available from as little as £5 a day under an Angling Passport scheme which gives anglers access to these productive waters via an easy-to-use token scheme. Find out more at: <https://ribbletrust.org.uk/go-fishing/>






DAY 2:

Discover Gisburn Forest & Stocks Reservoir

The pristine uplands above Slaidburn are the perfect destination for walking, trail-running, mountain-biking and birding for visitors with a taste for adventure.



Lace up your boots or clip into your pedals for a big day on the hill or in the saddle. The eight-mile Stocks Reservoir Circular route climbs into the hills above the reservoir, providing expansive views of the wider Bowland landscape before descending to complete a circuit of the entire reservoir.

Allow at least three hours to complete the entire circuit on foot. Start from the pay and display car park on the eastern shore of the reservoir.



For a two-wheeled off-road adventure, the purpose-built cycle trails through Gisburn Forest www.forestry.gov.uk/gisburn offer rides of varying length to suit all abilities. Refreshments and bike hire is available at Gisburn Forest Hub café www.forestry.gov.uk/forestry/beeh-9s3mle. Road cyclists can try the 56km Roses Border Ride. www.forestofbowland.com/cycling


Alternative Activities



Tramper Trail


Lovers of the outdoors with mobility issues can also enjoy the wonderful scenery of Stocks Reservoir and Gisburn Forest on an easy access Tramper trail. The Bowland Tramper can be booked in advance from Gisburn Forest Hub. Call **01200 446387** to make a reservation.

Go Wild in The Hay Meadows



Explore the restored traditional wildflower meadows around Slaidburn on a leisurely wander through the verdant pastureland beside the River Hodder at Bell Sykes Farm

Sample The Local Nightlife



See the Milky Way brighter than you've ever seen it and search for constellations in the dark skies above the Bowland Fells. There is a handy guide on the best places to go star spotting on the Forest of Bowland AONB website www.forestofbowland.com/star-gazing

DAY 3:

The Hidden Bowland Dales

The north-western fringe of the AONB retains the wild and rugged nature that characterises the Forest of Bowland. It's sometimes hard to believe such enchanting valleys lie less than 20 minutes from the M6 motorway...

Head for the picturesque village of Wray, where artisans and light industry have prospered for hundreds of years. Wray is famous for its annual Scarecrow Festival in early May, which often attracts thousands of visitors.

Walk up the quiet lane beside the left bank of the river to view the dense woodland that dominates 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.

A series of footpaths and rights of way criss-cross the valley and three circular walks that explore Roeburndale are available for free download on the AONB website:

www.forestofbowland.com/walking

Post-walk, the Bridge House Farm Café and the George and Dragon pub both offer a warm welcome to weary walkers for refreshment and sustenance.

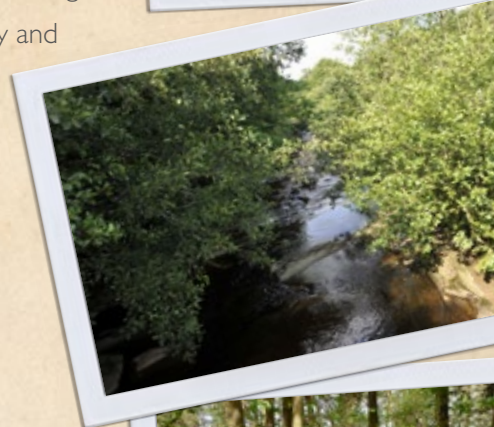
Alternative Activities

The Way Of The Roses

The western edge of Bowland is close to both coast and mountains and the first section of the famous 'Way of the Roses' cycle route combines the two, visit: www.forestofbowland.com/cycling. Covering the 35 miles between Morecambe and Settle, this section traverses some glorious countryside without too many hills. The route starts on the Promenade at Morecambe before heading to Lancaster then contouring around the Bowland Fells to Settle on the edge of the Yorkshire Dales.

Amazing Views

If visibility is good, a drive up to Jubilee Tower above Quernmore 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 Coast of North Wales and maybe even a glimpse of Snaefell on Isle of the Man.





DAY 4:

Fields, Fells and Fabulous Local Food

Stretching from the Bleasdale Horseshoe to the ridge of Longridge Fell, the southwestern fringe of the Forest of Bowland combines striking scenery with rich farmland and superb local produce.

The Rolling hills that rise behind the Lancashire Plain offer splendid views over Morecambe Bay and beyond to the Lakeland fells. On a really clear day it's possible to see the Isle of Man and the North Wales coast.

The Visitor Centre at Beacon Fell is a good base from which to explore the western fringe of Bowland. There's ample pay and display parking and a café to stock up on provisions.

There's plenty of scope for enthusiastic foodies to embark on a gastronomic tour of this productive corner of Bowland. Local cheeses are a speciality, but you'll also find artisan pies, cooked meats, bread and confectionary in the many local shops and cafes.

The quiet roads and rural trails make this part of Bowland a paradise for cyclists. On and off-road routes feature undulating terrain and some extended, steep climbs.



Alternative Activities

The Big Cheese

Lancashire Cheese is famous throughout Britain for its astringent tang and characteristic crumbliness and Dewlay, on the edge of Garstang, is one of the biggest producers of this subtle local cheese.

Down on The Farm

Get close to some friendly farm animals at Cobble Hey Farm and Gardens – a working farm in the foothills of the Bleasdale Fells. Feeding the lambs in March and April is extremely popular. Call Cobble Hey **01995 602643** to check opening times.



Bowland Wild Boar Park

This out of the way farm and wildlife park is especially popular with families who love getting close to the animals. You can extend your stay by hiring one of the park's camping pods.



DAY 5:

Secrets Of Pendle Hill

Pendle's slopes and summits have the wilderness feel of unspoiled landscapes. Whether you're in search of a challenge or simply want to admire the view from the top, your Pendle Hill adventure starts here...

The classic Pendle Route involves ascending "The Steps" from the pretty village of Barley and this popular walk in can get pretty busy.

To avoid some of the crowds why not try making your way to the hill's lofty trig point by one of the paths from Sabden or Downham, or even Spring Wood?

With a whole host of rights of way to choose from, there are plenty of options for making a circular route to keep both your feet - and your camera - working hard.

After the obligatory summit selfies, head back downhill to reward yourself with a well-earned pint or cuppa, and maybe a bite to eat, in one of the welcoming village pubs or cafes around the foot of the hill.



Pendle Hill Access Code

Most of the Pendle Hill landscape is accessible to the public with much of the hill itself designated as open access land where walkers have the right to roam. But it's still important to respect the landscape and those with whom we share it – including livestock.

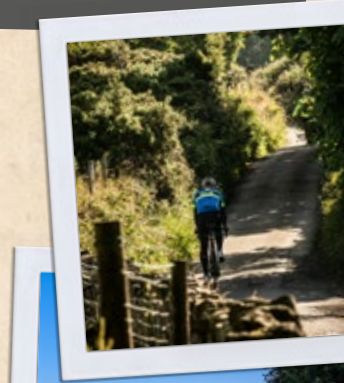
Here are the golden rules:

- Keep dogs under close control, preferably on a lead
- Stick to designated footpaths
- Clear up after your dog
- Take litter home

Alternative Activities

Take on The 'Tour De Pendle'

It may only cover 15 miles, but this challenging circuit for road cyclists includes some of the toughest hill climbs in England. Expect a handful of 20 per cent gradients and plenty of 10 per cent ascents as you circumnavigate the hill via Sabden, Clitheroe, Worston, Downham, Barley and Newchurch. If you happen to be here on a Sunday, take a short detour along Jinny Lane for a brew and a natter at Britain's the last remaining Clarion House www.roughlee.org.uk/clarion-house/ just outside Barley (Grid Ref: SD 831396).



To view the series of Bowland Itineraries visit:

www.forestofbowland.com/discover-bowland-itineraries

A man and a woman are walking away from the camera on a gravel path. The man is wearing a dark jacket and dark trousers, and the woman is wearing a dark blazer and dark trousers, carrying a light-colored handbag. They are walking through a field of tall grass and wildflowers. In the background, there are trees and a line of people walking further down the path. The text "A Natural Tonic" is overlaid in the center of the image.

A Natural Tonic

Time spent outdoors can benefit both our mental and physical wellbeing and provide endless opportunities for making – and re-living – happy memories. Whether it's a relaxing ramble or a picnic lunch, Bowland has plenty of choice.

Getting out into nature can definitely give you that “aaaah” feeling. For some though, a trip to the countryside isn't perhaps quite so straightforward. Just getting there can be challenging and, once you're there, will you be able to find your way around, or know what facilities are available?

The team at Leeds-Morecambe Community Rail Partnership (also known as The Bentham Line) have recognised this and, for the past three years, have been trying to address it through their pioneering, award-winning, Dementia and Community Rail project. Gerald Townson, Chairman of the LMCRP explained, “With the help of partners from the rail, health and countryside sectors, the scheme has delivered dementia awareness sessions for staff and volunteers along the line; funded group visits to Morecambe and Bowland; supported a creative project with a local community-based arts and health charity and produced a series of four dementia-friendly walking routes. Travelling by train and enjoying the surrounding countryside can help people to recall fond memories of past visits and have vital positive experiences.”

“It is a delight to see those living with dementia, alongside their carers and supporters, being able to enjoy rail journeys and outdoor activities which help them to regain confidence.”

One of these walks is based right here in Bowland – at Gisburn Forest & Stocks. Thanks to support from Forestry England, United Utilities and Slaidburn Archive, the Birch Hills Trail, a one and a half mile easy-access route, has benefited from a number of improvements. More frequent, specially badged way marker posts - designed to increase confidence in those following the walk - have been installed, along with a number of attractive new benches providing lots of opportunity to stop and enjoy the forest surroundings. The original walk description has been updated and reproduced as an illustrated leaflet, highlighting local heritage and wildlife. There are even a couple of bird hides along the way!

Members of both Dementia Friendly Keighley and the Making Art dementia group at Pioneer Projects in Bentham have enjoyed accompanied trips to Gisburn Forest where, despite some unpredictable weather, the groups tucked into lunch al fresco, tried a spot of bird watching and got the chance to stretch their legs along the trail. Reflecting on their experience, a member of the Keighley group commented, “It's great to be out and about with friends and supporters having a happy time.”

With parking at the start of the walk, plus toilets and a café at nearby Gisburn Forest Hub, the Birch Hills Trail is a great location for a woodland wander and the all-important picnic. For visitors who are less mobile there is also the added advantage of having an electric Trampler scooter based close by. Hosted by the Hub café, the Trampler can be booked in advance and ridden along a waymarked route, which links the Hub with the easy access trail at Birch Hills.

But how can people living with dementia benefit from the natural world on days when a visit to the great outdoors isn't possible? Working with Lancashire County Council's Heritage Learning Team, the Forest of Bowland AONB Partnership have gathered together a collection of countryside-themed resources as part of the council's Memory Box scheme.

Designed to help trigger positive memories, encourage conversation and stimulate the senses, Memory Boxes can be borrowed from local libraries by family members, dementia-support groups or professional carers for up to a month at a time, and the service is free to library members.

Bowland's box has been filled full of photographs, bird songs, binoculars and a garden bird ID chart, plus wildflower activity cards and a Bowland jigsaw – not to mention a box of hay and a crocheted daisy chain! - all intended to spark recollections and reminiscences of past countryside visits and adventures.

The aspiration in Bowland is to encourage those living with hidden disabilities, such as dementia, to discover and enjoy this beautiful area. Plans to facilitate more walks and activities are in development, whether that be through the annual Festival Bowland events programme or via targeted opportunities in partnership with local agencies and support groups.





Further information

The Leeds-Morecambe Community Rail Partnership *Dementia and Community Rail project* is a partnership which has involved Arriva Rail North Ltd, CrossCountry Trains, Association of Community Rail Partnerships, Alzheimer's Society and the Department for Transport. To find out more visit:

www.communityrail Lancashire.co.uk/lines/bentham-line/

Leaflets for the easy access Birch Hills Trail are available from Bentham Station and Gisburn Forest Hub café and on-line at **www.forestofbowland.com**

The trail is also featured at the back of this guide.

To borrow one of Lancashire County Council Heritage Learning Team's Memory Boxes, including the Forest of Bowland AONB Great Outdoors box, contact: **museums.education@lancashire.gov.uk** or call **01772 534067**.



Celebration Of Volunteers

Ranger Jim Celebrates a Quarter Century of Helping People Enjoy The Great Outdoors

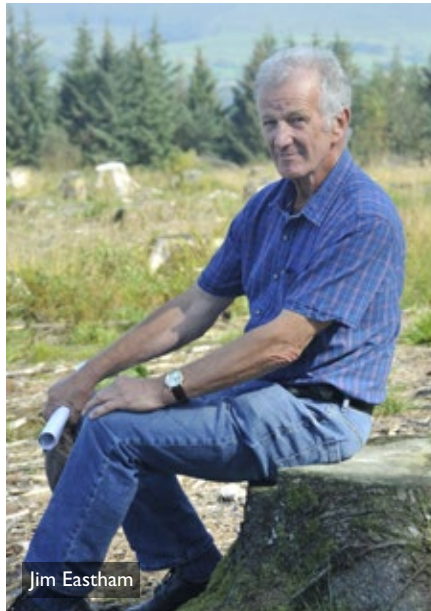
From capturing escapee iguanas to stealing lunch from a stropky stoat, Jim has seen it all during 25 years of volunteering as a park ranger

A IRCRAFT fitter Jim Eastham first started volunteering as a park ranger in 1993 as a change from his day job. Now aged 70, Jim is still a very active member of the volunteer ranger team based at Beacon Fell Country Park and Visitor Centre near Goosnargh.

"I was looking for something outdoors and this just appealed. We got some training under supervision before we were let out on our own. I started out at Clougha Pike and Crook o' Lune and now I'm now based at Beacon Fell.

"We do general maintenance round the fell and try to make sure people don't get lost. We help find lost dogs, lost children and even lost cars – as people quiet often seem to forget where they have parked.

"This is totally different to my day job, when I was confined in a factory. When you get up here, the stress just melts away and no matter what jobs you are doing, it's always pleasurable.



"I love open spaces and meeting like-minded people in the great outdoors. When it's quiet, you can often just get on with the work, but if you do bump into a hiker or dog-walker, you always have a chat – people always seem to be more friendly when you're out in open country.

"It's surprising what you encounter up here. I was giving three local ladies a bit of a tour one day when we came across what looked like a rather plump rabbit who had got stuck in the entrance to his burrow.

"The ladies wanted me to rescue the poor creature, but when I grabbed hold of it, the

rabbit was stuck fast and something seemed to be trying to pull it deeper into the hole. After a bit of a tug of war, I managed to retrieve the rabbit, which was swiftly pursued out of the hole by a furious stoat, who was keen to know who was attempting to steal his lunch!"

"Another time, we were called out to deal with a 4ft-long iguana that had been abandoned on the fell. There had been various sightings of it, but we didn't really believe them until we saw it basking in the sun one autumn morning.

"Once it had warmed up, you couldn't get near it, but as the weather got colder, it became more and more sluggish. We cornered it one morning while it was still cold and called the RSPCA who caught it and took it away.

"Myself and a friend also enjoy looking after some of the promoted routes in the area. These are local walks which people can download from the AONB website or the

Viewranger App. We walk it two or three times a year and if, for example, we find a fallen tree blocking the path, we will report it. We also carry a few tools with us to do bits and pieces of basic maintenance to keep the access clear and make sure the footpath signage is in place.

"Until I started doing this job, I really didn't get out walking much, but this makes sure I get out on a regular basis and it really helps with keeping fit. I love just being outdoors, but there are some especially rewarding occasions when you get the opportunity to really make a difference.

"A couple of years ago, we organised a ride in a Trampler for a 90-year-old gentleman who was able to join his family on a short walk up to the summit. Once the path levelled out, he hopped off the Trampler and walked the last few yards with his children and grandchildren and he was absolutely thrilled to bits to be able to see the views he hadn't seen for almost 20 years."



Celebration Of Volunteers

Pendle Radicals Volunteer On The Trail Of The ‘Two Toms’

Mid Pennine Arts’ pioneering Pendle Radicals research project is unearthing a secret history that volunteer researcher Bob Sproule is eager to share with a wider audience

The population of this corner of East Lancashire has a strong history of cultural diversity and the area has a reputation for nurturing original thinkers.

Working class solidarity forged in the mills and factories nurtured new ways of thinking about employment, women’s rights and access to the countryside for leisure and recreation.

From George Fox’s vision from the summit to Ethel Carnie Houldsworth’s poignant poetry and the post-war battle for the right to roam, Pendle has more than its fair share of visionaries, reformers and campaigners.

And it’s the lives of this disparate band – known collectively as the Pendle Radicals – which a team of volunteers from Mid Pennine Arts are revisiting from a fresh perspective.

Bob Sproule is one of the researchers who has unearthed some fascinating insights into Tom Stephenson, whose passion for the great outdoors led to the creation of England’s first long distance footpath: The Pennine Way.



Bob Sproule

His regular walks on Pendle inspired a passionate belief in a universal right to walk the hills in search of health and happiness, giving rise to access campaigns whose legacies flourish to this day.

Stephenson, a Sabden lad who ended up working as a Government press officer in Whitehall, used his influence to persuade the post-war Labour administration to push the necessary legislation through

Parliament in 1949 before going on to write the first official guide to the newly opened Pennine Way.

Until the second half of the 20th Century, the hills and moors were the sole preserve of wealthy landowners leading to repeated confrontations on the uplands of Lancashire like the Mass Trespass on Kinder Scout.

Bob who has deep roots in Burnley, but now lives in Ilkley, has uncovered accounts of similar confrontations closer to home.

In 1856, the Burnley News reported that the Rector of Burnley blocked a right of way by installing two heavy gates. The local footpath committee mustered a vocal crowd who paid two local blacksmiths to smash down the obstruction. The blacksmiths were later charged with vandalism, but the route remained open.

Bob uncovered a similar case a decade later, involving Capt Royle's closure of access along Carr Hall Road in Barrowford – a popular walking route to Nogarth Top thence onward to the Clarion House at Barley.

Now 68, Bob wandered all over the area as a lad with his dad, who assured him that nowhere was any further than 'a couple

of miles yon' – even if the journey in question involved a return trip to Skipton.

"Dad used to take me to the Clarion House and I developed a real affinity for the place and I saw the Pendle Radicals project as a way to give something back.

"Mostly I work alone, but I have met some of the other volunteers and forged a strong friendship with Nick Burton; it's almost like we were separated at birth.

"Nick and I came up with the idea of the 'Two Tom's Trail', a walk from Pendle to Colne that traces the footsteps of Tom Stephenson and Thomas Arthur Leonard, another Pendle Radical, who founded the Holiday Fellowship – a provider of affordable walking holidays for working class folk.

"The landscape of Pendle shapes people's personalities and temperaments and while the story of George Fox opens the door, I've always had this sense that our history hasn't really been properly told," added Bob. "The Radicals project has inspired me to go looking for it and share it with the audience it deserves."



Celebration Of Volunteers

Margaret's 'Adopted' Seedlings Ensure Bowland's Wild Flowers Are Blooming

A committed group of green-fingered foster carers is nurturing vulnerable plant species in their own gardens to help regenerate wildflower meadows

HayTime Rescue is a new project funded jointly by Lancashire Environmental fund, Yorkshire dales Millennium Trust and Forest of Bowland AONB.

By harnessing the support of farmers, land owners and volunteer 'foster carers', the project aims to bolster the population of some of the scarcer plant species in the Forest of Bowland by 'rescuing' seeds and extending and managing the areas where they are currently found.

The work is focussed in the species-rich hay meadows and pastures – such as the Coronation meadows at Bell Sykes Farm in Slaidburn. Focus species include bird's eye primrose *Primula farinosa*, globe flower *Trollius europaeus*, melancholy thistle *Cirsium heterophyllum* and saw wort *Serratula tinctoria*.

Seed is collected from sustainable local populations and together with the resources at Kew Millennium Seed Bank, local volunteers propagate and foster the seeds into plug plants, which are then transplanted into suitable sites across the AONB.



Margaret Breaks is one of several 'foster carers' who grows plug plants for the scheme at her farm above Newton-in-Bowland. Margaret specialises in globe flowers, which love slightly damp, boggy corners of her fields.

"It took us a while to get the hang of it, but this year, the seedlings have really taken off and we've grown about 50 really strong plants from scratch," said Margaret. "It's great to be able to

put something back into the environment. Someone has to stick up for nature and step in to stop species loss and we're

lucky in Bowland that we still have some traditional wildflower meadows to enjoy.

“By working together with local landowners and literally getting stuck in and getting our hands dirty, we are hoping to have quite a profound impact on the local landscape, by ensuring that these endangered species are able to thrive in the meadows where local farmers are encouraging their regeneration.”

Haytime Rescue Project officer Carol Edmondson said: “Local knowledge is key to the project: from identifying the local sustainable populations, to the help from Lancashire Environmental Record Network and local botany groups enabling us to gain

a fuller picture of the species distribution, their decline, and hopefully a list of additional re-introduction sites at historically recorded locations.

“This year more than 10 hectares of species poor meadows have begun their transformation into beautiful wildflower-rich hay meadows. Over the past eight years more than 300 acres across 65 sites of semi-improved grassland have undergone some restoration work: either in the form of green hay from the SSSI meadows, seed, or plug plant addition, continuing to extend this important wildlife resource and visual asset across the AONB landscape.”



The Essence of Bowland ...Bottled

Richard and Rachel's vapour infused tippie using wildflowers is helping re-GIN-erate traditional meadows across Lancashire

A second serving of a seasonal gin distilled with wild herbs, grasses and blooms from some of the richest wildflower meadows in England will be released at a celebration of traditional hay meadows in Slaidburn this summer.

And last year's HayTime gin was a huge success, selling out within just six weeks of its release.

Goosnargh Gin distillers Richard and Rachel Trenchard have been working with farmer Peter Blackwell and Forest of Bowland AONB Farming and Wildlife officer Sarah Robinson to source and harvest a blend of wild herbs, grasses and flowers to impart distinct verdant tones to the finished gin.

HayTime is just one of Goosnargh Gin's creations which are distilled in small batches, using traditional methods in copper alembic stills near Bleasdale, in the shadow of Beacon Fell. The company uses local, organic and sustainably grown botanicals.

"We're keeping the exact blend of HayTime a secret, but we have used flowers, grasses and leaves from species like meadow vetchling, sweet vernal grass, red clover and yellow rattle to distil the gin, giving it the unique essence of Bowland," explained Rachel.

"A sip of this carefully distilled gin – served with tonic and a garnish of fresh green apple – will transport you straight to these exceptionally special and ecologically significant Bowland meadows on a sunny summer's day – alive with birdsong and the gentle background hum of bees."

“Until now,
Peter's sheep and
cattle have been the
primary beneficiaries
of this rich oasis of
biodiversity”

The enterprising couple has already achieved significant success since launching in October 2018, with international and local awards for their gins, which are

inspired by the stunning landscapes of Bowland.

For every bottle of HayTime gin sold, Richard and Rachel will donate £5 to projects in the Forest of Bowland, to encourage the education of young children about the importance of protecting these areas.





The wildflower-rich Coronation Meadows at Bell Sykes Farm act as a living seedbank – one of the last unimproved flower-rich grasslands in this part of Lancashire.

Established by HRH Prince Charles in 2013 to mark the 60th anniversary of the Coronation of Her Majesty the Queen, Coronation Meadows are a network of some 90 protected wildflower meadows which maintain a living seedbank to provide a springboard for the restoration and creation of new sites across the country.

These very special meadows encourage the growth of native species and are home to iconic northern upland species including meadow crane's-bill and melancholy thistle along with a colourful mix of yellow rattle, eyebrights, pignut, buttercups and lady's mantle.

Peter lets the grasses grow much longer before cutting and bailing, so that the seeds can develop and then be used to regenerate wildflower meadows elsewhere.

“We hope a sip of this carefully distilled gin – served with tonic and an appropriate garnish – will transport you straight to these exceptionally special and ecologically significant Bowland meadows”

“Peter’s meadows really are some of the finest examples of upland unimproved grassland anywhere in England,” said Sarah. “They typically produce around 10 times the variety of species you’d find in more intensively cropped meadows and attract a whole host of insects and pollinators to create a really rich base to the food chain.

“Until now, Peter’s sheep and cattle have been the primary beneficiaries of this rich oasis of biodiversity, but

with the first bottling of this very special gin, we humans can discover what we’ve been missing... and help safeguard the future of this vitally important habitat.”

National Meadows Day celebrations take place at Bell Sykes Farm from 10am on Saturday, July 4th.

Richard and Rachel from Goosnargh Gin will be available to chat at the event and bottles of Hay Time gin will be available to purchase (over 18s only).

Bell Sykes Farm is within easy walking distance of Slaidburn. Park in the car park next to the bridge, cross the River Hodder and follow the footpath signs upstream to reach the meadows. The best time of year to visit is June. A footpath map can be downloaded from the Forest of Bowland AONB Website at:

<https://www.forestofbowland.com/files/uploads/pdfs/viewranger/Bell-Sykes-Hay-Meadow.pdf>



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Villages Of Character And Distinction

The overwhelmingly rural character of Bowland means its villages have evolved into close-knit communities where a well-defined sense of identity is interwoven with a strong feeling of civic pride.

While farming continues to play an important role in the local economy, the villages of the Forest of Bowland are adapting to the new realities of the 21st Century and are increasingly embracing a grassroots seam of sustainable tourism, where authenticity, diversity and individualism are celebrated.

Take the time to explore these villages at leisure. Visit the welcoming pubs and friendly cafés to taste outstanding local produce. Chat with the locals and get under the skin of communities which – while always open to change – maintain traditions, values and connections dating back hundreds of years.



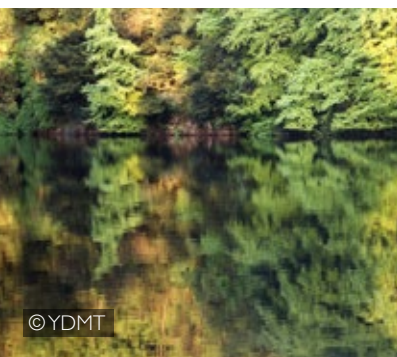
Clapham

Nestling underneath the distinctive silhouette of Ingleborough, Clapham sits right on the border of the Forest of Bowland and the Yorkshire Dales National Park and is the gateway to a subterranean network of caverns and passageways extending deep below the stunning limestone scenery of Three Peaks Country.

The tightly packed stone-built houses crowd in either side of the swift-flowing Clapham Beck as it tumbles from the

mouth of Ingleborough Cave and the village is the starting point for some of the best hill walks in the area.

And if the arrangement of the beautifully proportioned stone properties clustered around the beck seems slightly less haphazard than nearby Dales villages, that's down to the wealthy Farrer family, who acquired most of the land hereabouts during the 19th Century and invested heavily to create a model 'estate village'.



Highlights

The subterranean spectacle of Ingleborough Showcave is one of the most popular visitor attractions in this part of the Dales. Open every day throughout summer – weekends only in winter.

Find out more at www.ingleboroughcave.co.uk / 01524 251242.

Scorton

Tucked away beneath a steep escarpment in the western foothills of the Bowland Fells, Scorton was originally a mill community established around the cotton industry and once had its own station on the West Coast mainline.

Today, Scorton is a thriving community where town meets country on the edge of the Forest of Bowland. Hugely popular with cyclists and walkers, it hosts a number of events throughout the year – including an annual

steam fair on Father's Day and a game and country fair on the purpose-built showground.

But perhaps the highlight of Scorton's busy social calendar is the Bikes and Barrows Festival held over the Mayday Bank Holiday Weekend. This incredibly popular event attracts thousands of visitors every year and comprises a music festival, Rose Queen procession and – of course – wheelbarrow racing. This year's event takes place on May 2nd and 3rd.



Highlights

A gentle walk from Scorton up to the 200-metre summit of Nicky Nook via the pretty valley of Grizedale, returning via Wyresdale Park for tea and a sticky treat at one of the village's many welcoming tea rooms.

Chipping

A picture postcard village on the south-western edge of the Forest of Bowland, Chipping is the focal point of the local farming community. Mentioned in the Domesday book, Chipping thrived during the industrial revolution, when seven mills drew power from the streams cascading through the steep valleys northwest of the village.

The fabric of Chipping has changed little over the last 400 years – with the Grade I listed Hesketh End one of many historic stone houses. Dating back to the late 17th Century, the village craft centre is said to be the oldest property continuous in use as a shop in the UK.



Highlights

The annual Steam Festival is something of a local institution, attracting thousands of visitors every year. The short – but very steep – walk up nearby Parlick Pike, combines some of the best views of the Bowland Fells with outstanding vistas over Morecambe Bay.

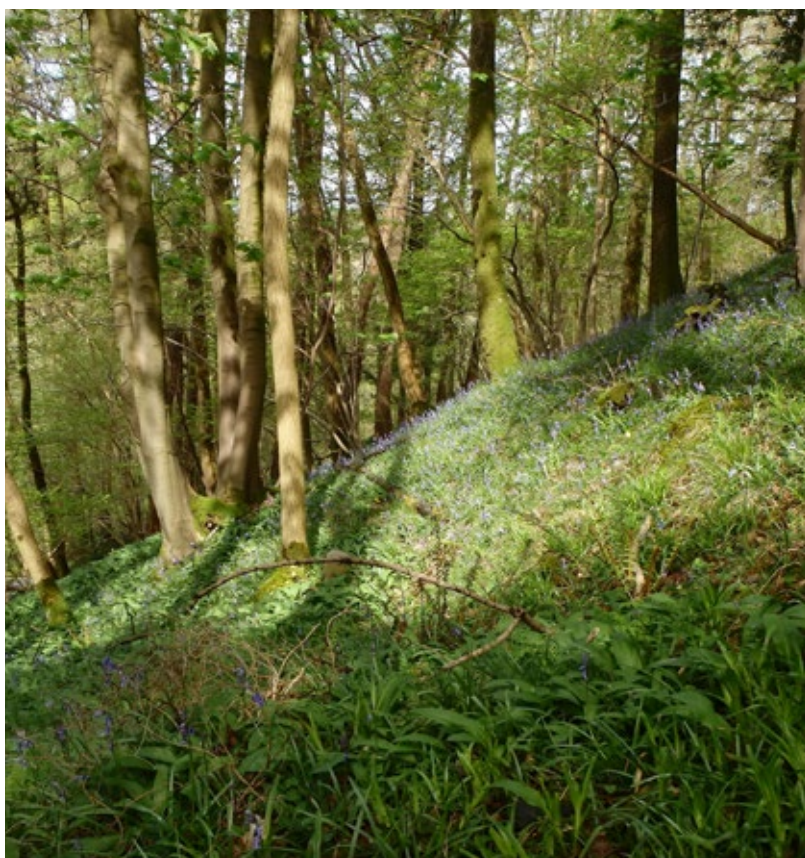
Wray

Straddling the confluence of the rivers which carved two of Bowland's most enchanting valleys, the picturesque village of Wray remains something of a hidden gem.

Draining the highest plateau in the Forest, the rivers Hindburn and Roeburn meet in the village. Artisans such as weavers and clog-makers prospered here for hundreds

of years and the village retains a rustic, olde-worlde feel – as if it hasn't changed much in a century or so.

Wray is famous for its annual Scarecrow Festival at the end of April, which attracts thousands of visitors, but aside from walkers and the occasional cyclist, it remains blissfully undiscovered for the rest of the year.



Highlights

In Roeburndale, 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. In summer, look out for rare butterflies and woodland birds like the redstart and pied flycatcher.

Hurst Green

The origins of this pretty village located on an elevated perch above the rivers Hodder and Ribble stem from the construction of Stonyhurst Hall in the late 16th Century. Two centuries later, this imposing edifice became the permanent home of Stonyhurst College – Britain's largest Catholic Boarding School.

The village is less than a mile from the stunning façade of the Grade I listed college, with its main street – Avenue Road – joining the impressive half-mile long driveway leading to the college itself. JRR Tolkien wrote part of his Lord of the Rings trilogy while staying at Stonyhurst and the surrounding countryside is said to have inspired the idyllic pastoral landscapes of The Shire in his books.



© Charlie Hedley



© Graham Cooper



© Graham Cooper

Highlights

The five-mile Tolkien Trail circular walk starts in Hurst Green, descending to the Ribble and following it upstream to its confluence with the Hodder; then continuing along the Hodder to return to the village through the grounds of Stonyhurst College.

Bolton by Bowland

This charming village stands at the south-eastern edge of the Forest where Bowland meets the equally ancient region of Craven and was once part of the old West Riding of Yorkshire.

Arranged informally around two pleasant village greens – one of which has a set of well-preserved stocks – cottages mingle with farmhouses and larger residences and the recently refurbished Coach & Horses pub at the heart of the village.

The pretty Skirden Beck flows past the village on its way to meet the Ribble a mile or so downstream and the village is a starting point for many rural walks – most of which involve a pleasant amble alongside a babbling brook.

Bolton by Bowland is mentioned in the Domesday book and during the War of the Roses, King Henry VI sought refuge at Bolton Hall after his defeat by the Yorkists at Hexham in 1464. A well in the estate grounds is named after him.



Highlights

On a sunny Sunday afternoon, wander out of the village and cross the stream, turning left through the gate and over the field to the village cricket ground where, if you are lucky, that traditional Lancashire/Yorkshire tradition of village cricket will be in full swing.

Sabden

Tucked away in the deep valley between Pendle and Black Hill, Sabden is unusual in Bowland as an example of a former farming community which wholly embraced the industrial revolution.

Although traces of the medieval vaccaries (cattle farms) remain, in the 19th century, as well as slate quarrying, Sabden was home

to seven mills and one of the pre-eminent calico printing factories in the north – run by prominent Victorian free trader and social reformer Richard Cobden.

Most of the mills have now been demolished, but Union Mill in Watt Street remains largely intact and is home to a popular village café: Sanwitches.



Highlights

Walk from the village up Churn Clough for a brisk circuit of the reservoir before returning to the White Hart Inn for fine local ales and innovative contemporary cuisine.

Downham

Offering dramatic views of the 'Big End' of Pendle, which towers above the village, Downham is one of the undisputed jewels in the Forest of Bowland's crown.

Under the stewardship of the Estate's owners, the tied cottages in the village are refreshingly free of 21st century clutter like TV aerials or satellite dishes and the pavements remain cobbled.

Aside from the popular village pub and ice cream shop, there is little in the way of tourist trappings, but on a sunny afternoon, tables and chairs appear on the green next to the stream and this rural idyll hums with the happy hubbub of families enjoying the sunshine and children paddling in the brook and feeding the ducks.



Highlights

A gentle walk through the fields alongside the beck before returning for a picnic on the green or a glass of something cool and refreshing on the sun terrace outside the Assheton Arms.

New Ways to Discover Pendle Hill

Discover Pendle Hill's rich heritage of radical thinkers, change makers and nonconformists. Who will you be inspired by?

A brilliant project creating opportunities for local people and revealing extraordinary stories of radical thinkers.

But who do we mean by the Pendle Radicals? They include George Fox, founder of the Quakers, Sir Jonas Moore, known as the 'father of time', Selina Cooper, a heroine of the suffrage movement and the extraordinary Ethel Carnie Holdsworth, mill worker turned prolific writer and activist. The stories are many, which you will begin to see as you explore the Pendle Hill landscape.

The trail is web based and the various points and people included can be located via distinctive plaques at each site.

For younger explorers, test your clue solving skills and participate in a self-guided adventure with our family treasure trails. Based around the villages of Sabden and Barrowford they're the perfect way to explore the Pendle Hill landscape.

Pupils from local primary schools around Pendle Hill have helped to create the Treasure Trails, which are self-guided, quiz based walks. Look out for further treasure trails being developed this summer:

Where to get the Trails

Treasure Trails are available to buy in local outlets for just £2.50 – see the website for details pendlehillproject.com/treasure-trails

Pendle Radicals Trail available Spring 2020 www.radicalstrail.org.uk

The trails form part of the work of the Pendle Hill Landscape Partnership Scheme - an ambitious four year programme of activity based around the heritage and landscape of Pendle Hill, led by the Forest of Bowland AONB and supported by the Heritage Lottery Fund.



Sabden Primary School

Sabden Treasure Trail



RRP £



THEME



DURATION



Barrowford Primary Schools

Barrowford Treasure Trail



RRP £2.50



THEME



DURATION



WALKING



GREAT FOR FAMILIES



HISTORICAL



ACCESSIBILITY



ACCESSIBILITY

Help Yourself to a Slice Of Pie...

For Peat's Sake

Kerry's distinctive new delicacy communicates a strong environmental message in bite size chunks.

Artists at In-Situ have combined Asian flavours with one of East Lancashire's favourite delicacies in a tasty bid to connect local folk with the peat uplands of Pendle.

The Pendle Peat Pie is a novel interpretation of that Friday night post-pub staple: chips and curry sauce – and its inventors hope it will raise awareness of the importance of Pendle's vast peatlands in locking in carbon and reducing flooding.

In-Situ artist Kerry Morrison teamed up with independent chef Andrew Dean to perfect the recipe, with ingredients which reflect East Lancashire's cultural diversity. Inside the traditional pie crust case, the filling is a combination of velvety lentil dhal and diced potato topped with a layer of spinach.

These ingredients reflect the peat (dhal) held in place by coire logs (chips) and the fresh plant growth on the surface of the peat (spinach). It can be served open, like a tart or with a pastry lid, like a traditional pie.

The pie tastes like a slightly spicy and aromatic take on a traditional meat and potato pie but the definitive recipe can be fine-tuned to suit vegetarian or even vegan diets.

"It's a proper wholesome Lancashire pie and we are hoping that a number of artisan bakers, cafes, pubs and restaurants will start using the recipe so that it appears on menus across the area," said Kerry.

“Sharing food brings us together and strengthens the bonds between us and food also connects us to our environment”

"We are happy for different producers to add their own twist to their pies, as long as the basic ingredients comprise, dhal, chips and spinach or kale – to represent the three vital elements of a successful peat restoration project.

"I've worked on food projects before, but this is a much broader project that involves artisan food businesses to reach a wider audience to communicate the importance of the peat restoration story in bite-size chunks – quite literally!"

The Pendle Hill Landscape Partnership has restored several acres of peat on and around Pendle and the pie will receive its official launch in spring, when peat restoration volunteers will march up to

the summit to plant swathes of upland cotton grass to form a natural protective blanket over the regenerating peat.

The benefits of healthy peatlands are supported by robust climate science. The peat locks in new carbon and prevents existing carbon leaching into the rivers and the atmosphere by erosion. It also soaks up gallons of water – rather like a sponge – and slows water run-off to reduce flood risk downstream.

“Sharing food brings us together and strengthens the bonds between us and food also connects us to our environment,” added Kerry. “We’re very lucky that the farmers and food producers around Pendle are still very much connected to the environment and their customers and we hope that the Pendle Peat Pie will reconnect people with the environment on a deeper level.



Recipe: Pendle Peat Pie

- Shortcrust pastry
- Curried brown dahl
- Roasted diced potato
- Spinach or kale

Serve with mushy peas (optional)



Tour De Bowland

A leisurely 120km Cycle Tour of the Forest of Bowland, allowing ample time to admire the breath-taking views and explore the scenic villages and bustling market towns along this hilly three-day route

SIR Bradley Wiggins trained for the Tour de France on the quiet lanes of the Forest of Bowland, where the steep climbs were the perfect preparation for his stunning victory in the 2012 Tour de France.

But you don't need to be a world class road racer to follow in Sir Bradley's slipstream. This leisurely 120km route is split across three days, allowing plenty of time to take the odd detour and fully explore this Area of Outstanding Natural Beauty.

You'll typically spend around three to four hours a day in the saddle and while you'll encounter some steep climbs on Days 1 and 2, these never involve more than 600m of ascent and the good news is that there are plenty of cyclist-friendly cafes, pubs and country inns where you can recharge the batteries along the way.

And talking of batteries, this route is perfect for cyclo-tourists with e-bikes. The daily distances are well within the range of a modern e-bike and you can charge up the batteries at your overnight stops – which also offer free e-bike battery charging.

DAY 1: Lancaster to Newton in Bowland

46km / 28.5 miles / 655m
of ascent

Coffee stops: The Mill, Conder Green; The Barn, Scorton; Puddleducks, Dunsop Bridge.

Overnight: The Parkers Arms, Hall Gate Hill, Newton in Bowland BB7 3DY

DAY 2: Newton in Bowland to Austwick

32km / 20 miles / 540m
of ascent

Coffee stops: Riverbank Tearooms, Slaidburn; The Old Vicarage Team Rooms, Tosside; Ye Old Naked Man Café, Settle.

Don't miss: The Courtyard Dairy specialist cheese shop, Austwick

Overnight: The Traddock Hotel, Austwick, Settle LA2 8BY

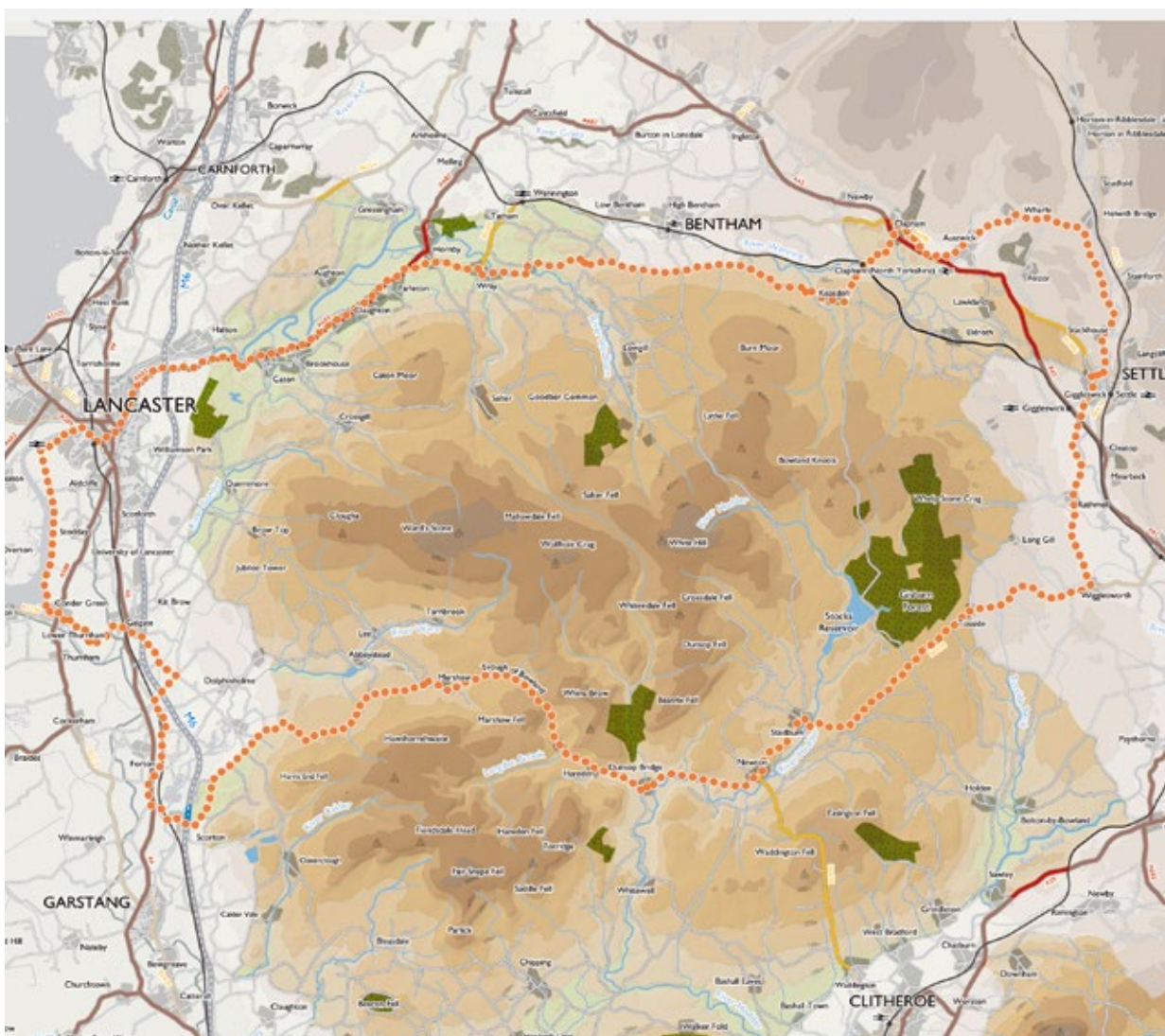
DAY 3: Austwick to Lancaster

37km / 23 miles / 325m
of ascent

Coffee stops: The Reading Room, Clapham; Bridge House Farm, Wray.

Don't miss: Ingleborough Show Cave, Clapham

Optional overnight accommodation: The Fenwick Arms, Lancaster Road, Claughton LA2 9LA



DAY 1: Lancaster to Newton in Bowland

Start from the station in the historic old port city of Lancaster – ancient capital of Lancashire - allowing some time for a quick tour either on arrival or prior to departure on Day 3.

Lancaster Castle is an impressive edifice and a guided tour offers a fascinating insight into how this imposing fortress shaped the course of British history over the last 1,000 years, before stopping off for exquisite coffee and cakes at J Atkinson & Co on China Street – just below the castle.

Lancaster has invested heavily in providing excellent cycling infrastructure and for the first 10km, your route makes extensive use of the city's cycle lanes alongside the River Lune. At Condor Green, the route heads inland, meandering alongside the West Coast railway line to reach the pretty village of Scorton.

Here, The Barn is a popular destination for local cyclists, with ample cycle racking

and a comprehensive menu of carb-laden treats to prepare for the climbs ahead.

Swinging east out of Scorton, the roads ramp up – steadily at first, then more steeply as the route climbs above the River Wyre

into the foothills of the Bowland Fells. These quiet country lanes are perfect for cycling – although they can get busy at weekends.

Beyond the tiny hamlet of Marshaw, the road begins to ramp up again for the iconic climb through the Trough of Bowland. The final haul to the 300m summit is a challenging climb, but then it's downhill all the way to Puddleducks Café in Dunsop Bridge for afternoon tea.

From here it's a short ride through stunning valley scenery to your stopover at the Parkers Arms – an award-winning country inn famed for its outstanding local produce.



DAY 2: Newton in Bowland to Austwick

Day two starts with a sharp climb out of Newton followed by a leisurely roll along the Hodder Valley to Slaidburn – a pretty stone village popular with cyclists.

Another steep climb brings you up onto the high road to Tosside, where the Old Vicarage Tearoom is another popular cyclists' rest stop. On a sunny day, the views from the garden terrace stretch from Pendle Hill to Pen-y-gent in the Yorkshire Dales.

From Tosside, it's a long descent to the floor of the Ribble Valley and across the border into Yorkshire and the pretty Dales village of Settle, where there are ample pubs and eateries to stop off for lunch.

From Settle, follow the left bank of the Ribble upstream to Little Stainforth, where the spectacular waterfalls are worth a short detour; then up into the stunning landscapes of limestone country before descending into Austwick.

This bustling little village is a tourist hub and the ideal base for exploring both the Yorkshire Dales and the Forest of Bowland. The two lively country inns are at the heart of this thriving Dales community and

both offer excellent food showcasing the best of local produce. Courtyard Dairy, just a mile along the A65, specialises in local cheeses made by artisan producers in Lancashire, Yorkshire and Cumbria and is well worth a visit.

For cyclists in search of more of a challenge, there's an alternative high-level route from Slaidburn that takes in some steep climbs through Gisburn Forest on quiet country lanes, topping out at Bowland

Knotts and then rolling down a long steady descent on deserted roads into Yorkshire via Keasden and Clapham with breath-taking views ahead of you.



DAY 3: Austwick to Lancaster

After two days in the hills, today's ride is a more gentle affair, following the River Wenning to where it joins the River Lune and returning to Lancaster along a picturesque riverside cycleway.

From Austwick, the route heads west into the quaint Dales village of Clapham – gateway to the caves and subterranean passages of limestone country – and an early opportunity to grab a cuppa at the splendid Reading Room Café – another regular haunt of local cyclists.

The route then crosses the Wenning and follows quiet country lanes into the Forest of Mewith on the northern flanks of the Bowland Fells, bypassing the market town of Bentham before gently descending to Wray – another scenic rest stop at the delightful riverside tearooms at Bridge House Farm.

Following the Lune downstream, grand houses such as Hornby Castle stand as testament to the wealth accumulated by the merchants and ship owners operating out of the Port of Lancaster during its 18th and 19th Century heyday.

At Claughton the Fenwick Arms is an excellent lunchtime stop, where a leisurely lunch is in order – safe in the knowledge that you can coast along the Lune to Lancaster without too much effort if the dessert menu proves just too tempting.

Alternatively, to allow extra time to explore Lancaster in more depth, the Fenwick offers secure bike

storage for those who want to stay for an extra night before cycling the final 12km back to the station.





Getting here:

Virgin Trains from London.

www.virgintrains.co.uk

Northern Trains from Leeds and Manchester:

www.northern.co.uk

Recommended accommodation:

The Fenwick Arms, Lancaster Road, Cloughton LA2 9LA

01524 221157 www.fenwickarms.co.uk

The Traddock Hotel, Austwick, Settle LA2 8BY

01524 251224 www.thetraddock.co.uk

The Parkers Arms, Hall Gate Hill, Newton in Bowland BB7 3DY

01200 446236 www.parkersarms.co.uk

Maps:

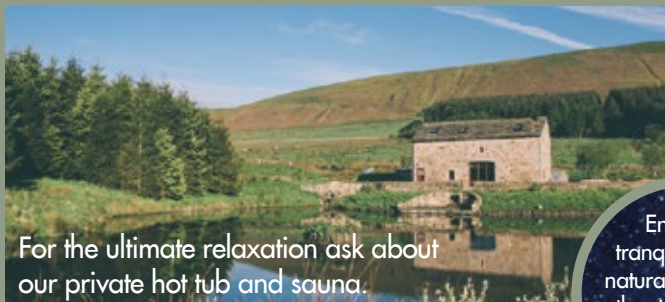
Ordnance Survey Outdoor Leisure **OL41** Forest of Bowland
and **OL2** Yorkshire Dales Southern & Western areas



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Photo: Rod Calbrade

RIBBLE RIVERS TRUST Angling Passport

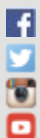
The Ribble Rivers Trust is a charity that has been working to improve rivers in the Ribble, Hodder, Calder and Darwen catchments since 1998. One of its main objectives is to work with farmers and landowners to improve rivers that flow past their fields. In some cases, these stretches of river have been opened up for the public to fish through the Angling Passport scheme, demonstrating to farmers that there is value in maintaining a healthy river.

There are currently nine beats around the catchment, two of which are within the Forest of Bowland and several more just on the outskirts. Most are small, wild rivers that enable the enterprising angler to catch trout, grayling, chub and dace, with a couple of main river stretches offering salmon and sea trout as well. They're some of the most beautiful and least fished beats in the catchment, and all are priced between £2.50 and £15.00 per day.

Surplus income generated from ticket sales is invested back into the Trust's river conservation projects, so by purchasing tickets, anglers are contributing to the improvement of the rivers they love and enjoy.

The Ribble Trust also operates a membership scheme costing £20 per year and is always on the lookout for volunteers to help with conservation projects. Visit the website for more information.

WE WORK HARD TO IMPROVE
OUR RIVERS, SAFEGUARDING
THEM FOR FUTURE GENERATIONS



Fishing tickets can be purchased online at;

www.ribbontrust.org.uk/go-fishing

Or in person from Mitton Hall Kennels, BB7 9PQ

(for opening times call 01254 826210)

www.ribbontrust.org.uk | 01200 444452 | admin@ribbontrust.com



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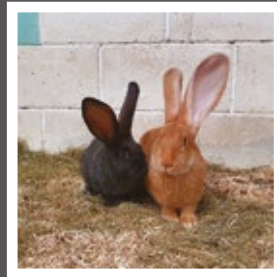
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www.wildboarpark.co.uk

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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

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 Tourist Information Point

Town Hall, Station Road, LA2 7LF
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.visitribblevalley.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.org.uk

● Pendle Heritage Centre

Colne Road, Barrowford, BB9 6JQ
Tel: **01282 677150**
Website: www.pendleheritage.co.uk

● Preston Visitor Information Point

Town Hall, Preston, PR1 2RL
Tel: **01772 906900**
Website: www.preston.gov.uk

● Settle Tourist Information Centre

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

Walking Safely

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.

Top Tips for Safe Adventures:

- Dress appropriately - avoid denim and any other clothing that doesn't dry quickly. Sturdy footwear and waterproofs are also a must.
- Carry the right equipment including Ordnance Survey maps (OS Explorer OL41, OL2 and Explorer 287); compass; first aid kit; high energy snack; something to drink; mobile phone (be aware that coverage can be patchy); whistle.
- Always let someone know where you're going and what time you expect to be back.
- Do not take any unnecessary risks.

If you are in difficulty or see someone in difficulty, please dial 999 and ask for Mountain Rescue.

Countryside / Moorland Code



From a gentle stroll or relaxing picnic, to a long distance walk or heart pumping adventure, the countryside provides every opportunity for enjoyment and relaxation.

Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control (the Public Right of Way network across Bowland covers mainly farmland or moorland, so we recommend that you keep dogs on a lead to avoid disturbance, but release them if chased by cattle)

Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs

Downham Traditional Boundaries Walk

Start Point

Downham Visitor Car Park

★ SD 7849 4411

Distance/Time

4.5 Miles
approx
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

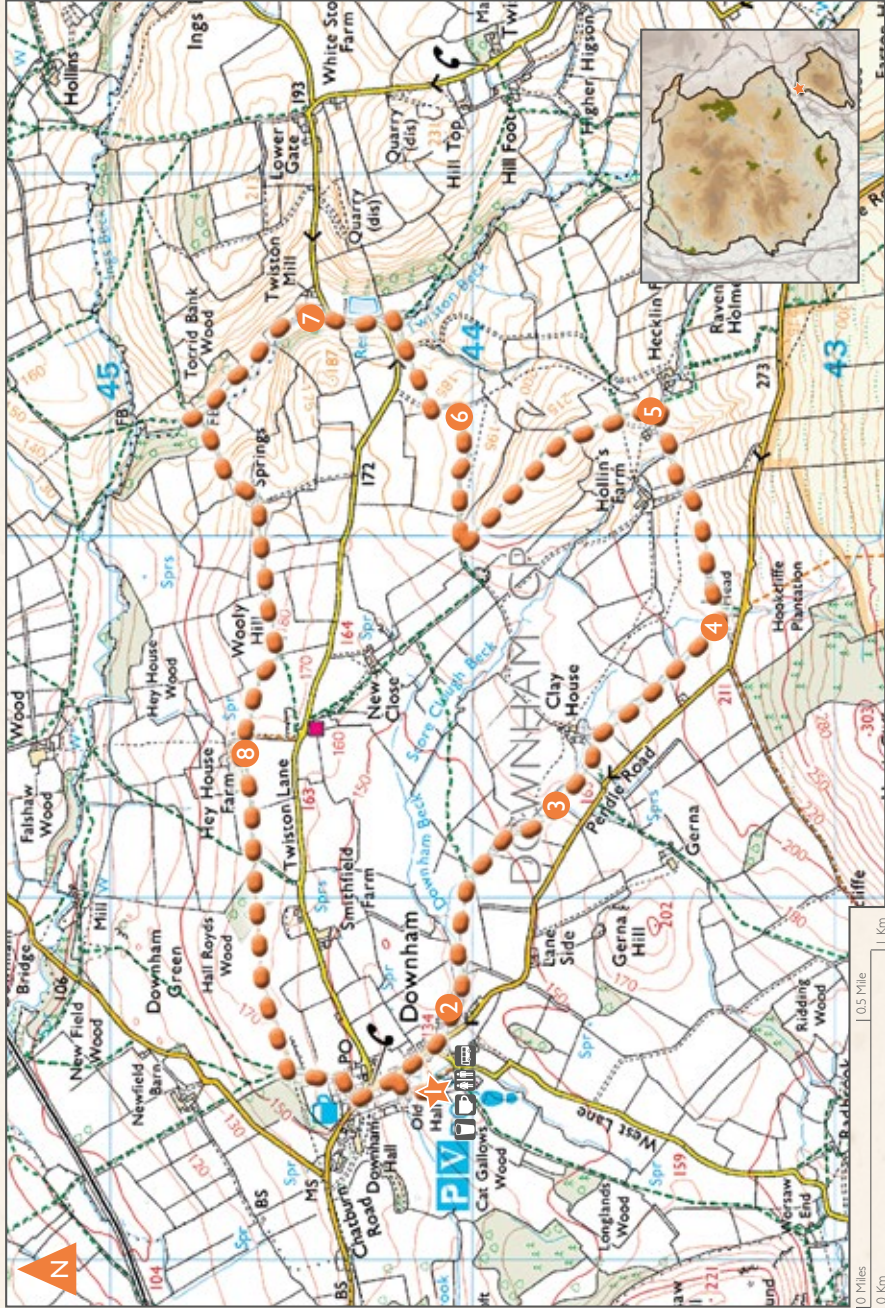
Public transport

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

Key to Facilities

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

OS Explorer
OL41



GPS Waypoints (OS grid refs)

- ★ 1 SD 7849 4411
- 2 SD 7873 4404
- 3 SD 7925 4376
- 4 SD 7975 4331
- 5 SD 8036 4349
- 6 SD 8036 4404
- 7 SD 8062 4441
- 8 SD 7944 4462

FOREST OF
BOWLAND
Area of Outstanding Natural Beauty

www.forestofbowland.com

Downham Traditional Boundaries Walk



About This Walk

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.

Walk Description

GPS: SD 7849 4411

Leave the car park through the kissing gate near the toilets and bear right off the tarmac passing over a narrow bridge over a small stream and through two kissing gates.

Continue on 100m, do not cross the stone road bridge and take the road forking left following Downham Beck upstream. Go through the kissing gate at the end of the road

2 GPS: SD 7873 4404

Follow the beck up stream passing the two waymarker posts. Continue straight across the field and go through the kissing gate in the fence line, keeping the beck on your left. After 200m go through the kissing gate into the field. Follow the waymarker posts up the fence line and cross over the wooden footbridge.

3 GPS: SD 7925 4376

The path runs along the fence, just inside the wood. Go through the kissing gate, cross the farm track and through the kissing gate on the other side into the sloping field. Continue uphill keeping to the edge of the field crossing two stone stiles to the barn.

4 GPS: SD 7975 4331

Turn left, cross a small gully and continue across the field signposted Hecklin (Do not bear right into the wood or you will head up Pendel). Follow the waymarkers across this large pasture and cross over the stone stile and the track, continuing straight along the fence line until another stone stile next to a wood. Cross and continue following the fence line passing Nutshaw barn on your left. Follow

the waymarker heading towards Hecklin Farm, but just before it turn left at the wall and cross the stone stile (Do not go into the farm yard).

5 GPS: SD 8036 4349

Keeping to the left hand edge of the field, cross over a stone stile and head up the hill crossing over the stone stile ahead. From this stile follow the faint line of the ancient cart track across Haysett Hill, waymarked with small limestone boulders. On reaching the dry stone wall at the foot of the hill turn sharp right and cross the stile next to the field gate. Keeping to the edge of the field follow the fence line till the end of the field and cross the stile on your left onto old an 'green lane'.

6 GPS: SD 8036 4404

Follow this track for approximately 100m and go through the gate. Turn sharp right in the meadow keeping to the edge and follow the hedge downhill and cross the stile. Head down the hill towards Twiston Beck and turn right just before it, crossing over the wooden footbridge. Turn sharp left, following the fence line and stream. Pass through the kissing gate into a small copice woodland, (the old Mill pond is behind the hedge on your right) continuing 50m until reaching the road. Turn right and follow the road downhill 200m until a kissing gate is reached on the left, just before the farm buildings (the old Twiston Mill)

7 GPS: SD 8062 4441

Go through the gate and walk parallel to the stream along the field keeping to the fence line on the left. Pass through the kissing gate and continue with the fence line on the left

passing through another kissing gate. Continue straight, pass through the gate and cross over the footbridge on your left (avoid using the wider cattle bridge adjoining). Head uphill, keeping the wall on your right, then bear left and go through the kissing gates behind Springs Farmhouse. Pass between the house and stone barn on the main track and then turn immediately right into the field next to the black metal barn. Continue up the field crossing a stile and bearing slightly left uphill towards a group of mature trees and the wall, crossing over the stone stile. Continue along the line of the old trackway on the ridge until you reach a wall. Cross the stone stile and bear gently right across the field aiming for the stile next to the metal gate about 200m away. Cross over, turn right immediately and cross over the stone stile on the left.

8 GPS: SD 7944 4462

Continue straight ahead passing over two stone stiles. After the second stile, continue straight on, along the ridge until you reach the woodland edge and after 50m, a kissing gate. Pass through keeping the wood on your right. When the wood ends continue to follow the contours heading for the large wood straight ahead. Upon reaching the walled boundary of the wood, turn left and go through the kissing gate, keep to the right and go through another kissing gate turning immediately right into the village. Follow the road downhill past the Assheton Arms on your left and take the road on the right opposite Downham Pre School, this will lead back to the car park

Birch Hills Trail

Start Point



Gisburn Forest Hub

★ SD 7448 5576

Distance/Time

5 Miles

3 hrs



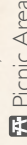
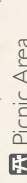
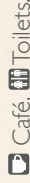
Terrain

Moderate

Public transport

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

Key to Facilities



About This Walk

Gisburn Forest, Stocks reservoir and much of the surrounding farmland is owned by United Utilities as a water catchment area. The forest is managed by the Forestry Commission for timber sales, conservation and recreation.

The forest and reservoir are rich in both wildlife and local history, playing host to a "lost village". The village of Stocks in Bowland was first recorded in 1242 and continued until the early 1930s when the valley was flooded to create the reservoir. Only the church, school and vicarage remained above the water (now all demolished). The foundations of St. James' Church, which stood on the site of Stocks Reservoir car park, have been excavated as part of a community archaeology project. A new church was built in 1938 on the eastern side of the reservoir. Imagine this former village of cottages, smithy, inn, post office, church and school serving the wider rural and farming community – a blueprint for countryside life which still holds strong today.

A shorter, 1.5 mile circular section of the route can be started from Stocks Reservoir car park on School Lane. In which case, the route description should be followed from Point 6



www.forestofbowland.com

Birch Hills Trail



Walk Description

★ **GPS:** SD 7448 5576

Leave the car park at Gisburn Forest Hub and turn right to follow the access track towards the road.

2 GPS: SD 7435 5544

Take the next track on the right, past a green barrier and then pass a barn on the left. Continue along the track to a

junction of paths, turn left and continue along the path. The path bears right and continues parallel to the road.

3 GPS: SD 7377 5537

Where the track goes right along a blue cycle route bear left and follow the pink sign to 'Stocks Reservoir'. Emerge on the road before Dale Head Church.

4 GPS: SD 7373 5535

Turn right (take care on the bend) and continue for a 1/3rd mile, passing Dale Head Church on the way, then take a left next to a gate to follow a concessionary route through the woodland (continue to follow the pink 'Stocks Reservoir' arrows).

5 GPS: SD 7373 5603

Take care as you emerge onto the road and turn left along the causeway. At the end of the causeway take the first path on the left - through woodland parallel to the road - and continue all the way to Stocks Reservoir car park.

6 GPS: SD 7319 5653

In the car park you can see the remains of the original St. James Church, which was part of the village of Stocks-in-

Bowland in the parish of Dale Head. 500 people were living in the parish when it was established in 1872. The village and church were demolished during the construction of the reservoir in the early part of the 20th century. The information panels in the car park give more details about the work to uncover the church footprint.

Leave the car park via the gap next to the field gate in the corner near the pay and display machine and follow the path ahead (known as Myrty Lane). After a short distance you will come to a gap in the wall on your left. This is the entrance to the picnic area.

7 GPS: SD 7311 5660

The picnic area, which was once the site of the village vicarage, is a great place to stop and look out over the reservoir. Stocks Reservoir was built by the Fyde Water Board and is now owned and managed by United Utilities.

The main construction began in 1922 and took 10 years to complete.

Continue a little further along the track until another path joins from the left.

8 GPS: SD 7308 5664

The path on the left will take you to the first of two bird hides which are open to the public. Stocks Reservoir is important for wildfowl and is amongst the best sites in north west England. Up to 30 species of wildfowl can visit the reservoir during the winter.

To continue with the Birch Hills Trail carry on along the main path. To your left,

beyond the trees, the views now begin to open up to the high points of Saddle Hill, Bloe Greet and Catlow Fell. The open areas along the path are good places to spot woodland birds like thrushes, finches, woodpeckers and long-tailed tits.

Two farmhouses, Croft House and Higher Croft House, once stood nearby - part of the earlier, thriving community of Stocks-in-Bowland.

9 GPS: SD 7289 5726

At the waymarker turn right into the woodland.

The forestry adjacent to the reservoir is managed by the Forestry Commission, with much of the original planting having taken place in the 1940s. The coniferous trees are grown for timber, whilst the creation of new native woodland provides a range of important wildlife habitats. The forest has also become a popular recreation destination.

Follow the path which leads upwards through the woodland until you come to a seat at a bend in the track.

10 GPS: SD 7303 5735

This is the site of another farmhouse, which was known as Higher Birch Hill. Records show that a family called 'Miller' lived here until 1920. Unfortunately, no photographs of the farm have come to light yet but the overgrown ruins are visible and a gatepost is still standing to the left of the track.

Continue upwards along the path until you reach the junction with a forestry track.

11 GPS: SD 7315 5736

Turn right onto the forestry track and continue to follow it as it bends and narrows and passes through closely planted conifers, until you come to a bench in a small clearing.

12 GPS: SD 7332 5702

This clearing is a good spot to stop and take in the sights and sounds of the forest. In the middle of the clearing there is an old, twisted oak tree. Clearings like this allow more light in and add to the variety of habitats.

Continue along the forest path as it gradually swings to the right and starts to go gently downhill, crossing two small streams along the way. The route eventually opens out and readies another bench.

13 GPS: SD 7338 5679

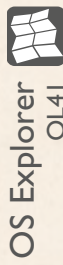
The bench here overlooks a clough of mature broadleaved trees where Swinshaw (or Swinshae) farmhouse once stood.

Swinshaw had a large cartshed where traders would drop off items for local people to collect and where schoolchildren often ate their lunch. The date stone and part of the decorative scroll are now built into the wall behind the excavated church in Stocks Reservoir car park.

Continue along the path with its surface of pine needles and tree roots, descending through an avenue of tall trees and eventually over a bridge, until you re-join the path from the car park. Turn left here and re-trace your route back to Gisburn Forest Hub.



Bentham Line: Wennington Circular



Start Point ★

Wennington Station

★SD 6170 6991

Distance/Time

10.5km/6.5 miles
approx. plus
an additional
1.8km/1 mile for the
detour into Wray



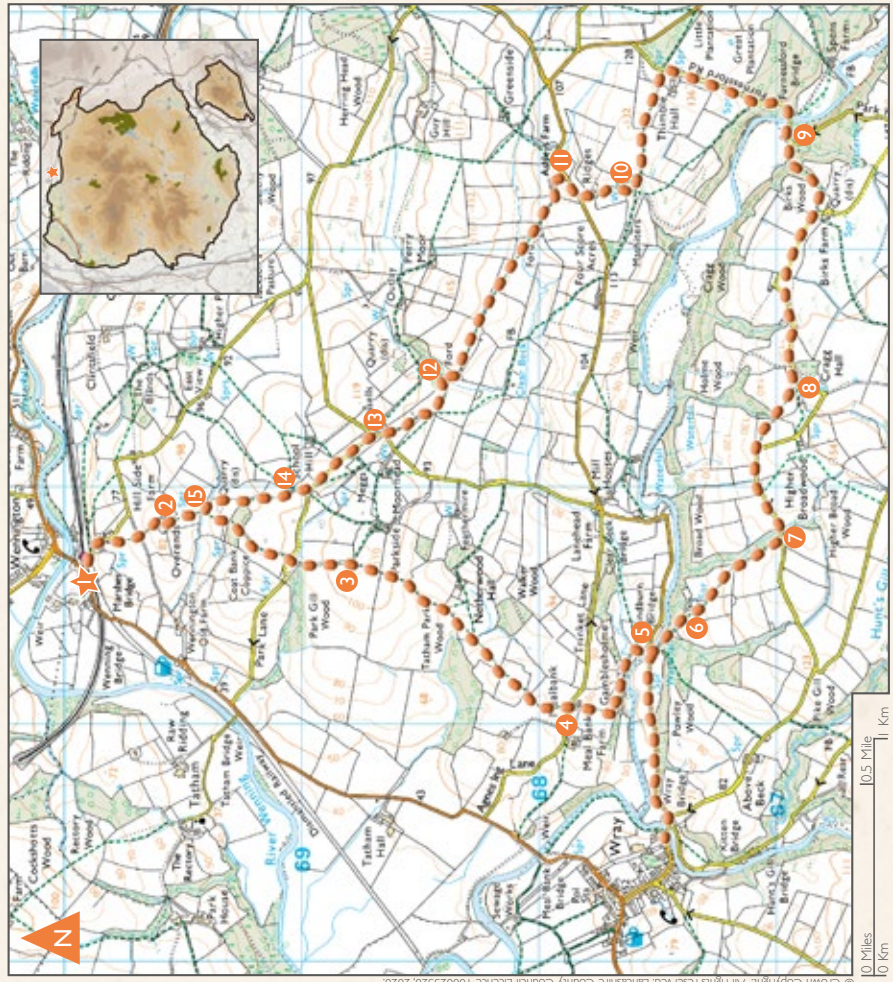
Terrain

Roads, tracks and fields with gates and stiles. Can be wet and boggy underfoot and slippery in places. Some steep sections of walking and some sections of road walking where you will need to be on the lookout for traffic.
Note: This walk passes through farmland. Follow the country code and remember to be particularly careful near livestock. Refer to the 'Walking Safely' information on the Forest of Bowland AONB website.

Key to Facilities

Wray village:

- Pub, ☑ Tearooms,
- ☑ Village store



About This Walk

This is a lovely walk with wonderful views of the Bowland Fells to the south and the Yorkshire dales to the north. Taking in rolling farmland, steep woodland and tranquil valleys the route will help you discover this beautiful corner of the Forest of Bowland AONB. The village of Wray makes a great detour!

Walk Description

★GPS: SD 6170 6991

From the station entrance turn left then take the first left (Old Moor Road) over the railway and up the hill. After approx 150m take the signposted path on the right, go diagonally up the field to a gate then up the lane to Overends Farm. Continue past the building and turn right into the yard, exiting by the field gate opposite and into the field.

3 GPS: SD6168 6879

The path then follows the hedge downhill, crossing several boundaries, and eventually veers left away from the fence (look for the waymark disk on the fence) to a stile in the valley bottom. Cross the beck and go up the hillock, continuing in the same direction, to a stone gatepost with a waymarker. At the post go straight ahead to cross a stile next to a field gate then cross the next field to climb over a second stile onto the roadside.

2 GPS: SD 61846957

Head slightly left downhill to cross the hedge via a stile. Walk uphill and enter the woods to the left of a ruined barn. Walk through the woods and continue across the next field, over a stile



Walk Description continued

4 GPS: SD 6107 6788

Turn left towards Far Meabank Farm taking the footpath on the right, through the farmyard and into the field behind. Go downhill and through the gate in the hedge then walk down the short slope and turn sharp left through the field gate into Garblesholme farmyard. Follow the track to Hindburn Bridge and cross the bridge.

5 GPS: SD 6130 6751

Optional detour to Wray Village – Look for a gate in the hedge to the right of the woodland track. Follow this concessionary path through a young orchard until it re-joins the road further up. Continue along the roadside footpath opposite and on into Wray Village. Retrace your steps to point 5 to continue with the walk.

If you are bypassing Wray village, take the footpath which follows the woodland track uphill on your left.

6 GPS: SD 6145 6737

Just before the farm cottage go through a small metal gate on the right and head diagonally left uphill to a gate in the corner of the field. Follow the line of the overhead power cable from here, uphill to the field corner. Go through the gate and continue uphill along the edge of the wood, exiting onto the road by a stile.

7 GPS: SD 6177 6699

Turn left and walk along the road (be aware of traffic) until it bends sharp right, go over the stile opposite and cross the field diagonally to a footbridge at the corner of a wood. Climb up out of the wood to walk along the fence to your right, in front of a bungalow. Exit the field onto the road in front of Cragg Hall. Cragg Hall is a Grade II listed building, constructed in 1693. Up here you will start to get views of the Bowland fells and the wide open spaces characteristic of the AONB.

8 GPS: SD 62436692

Turn left and continue along the road to the next farm (Birks) where you should take the footpath on the left after the first barn. Walk along the back of the farm building and small orchard to go through a kissing gate. Turn left down to a metal field gate at the corner of the wood. Take the woodland track downhill and exit by a gate, go over the little bridge in front of the field barn (have a look for the date stone) to reach the road at Furnessford Bridge.

9 GPS: SD 63486695

Turn left to cross the bridge and follow the road uphill (be aware of traffic). Take the second footpath on the left and

cross the field in front of Thimble Hall Farmhouse. Climb over a stile into a big field and cross this keeping the boundary on your left. Cross another stile and then keep the hedge on your right to go over another stile which takes you into a hollow.

10 GPS: SD 6324 6759

In the hollow look for a pedestrian gate in the right hand corner where the holly hedge runs downhill. Go through this and up the steep hill towards Riggs Farm. Go through the field gate to the left of the house and round to the front of the farm where there is a stile onto the driveway. Turn left down the drive to the main road and turn right to a lay-by opposite Ashley's Farm.

11 GPS: SD 63316789

Cross the road and turn down the bridleway track at Ashley's, keeping to the right of the main house and then left along the track between the buildings, turning left then right beside the last house and through a field gate. Follow the bridleway track along the field edge to another gate. Go through and head diagonally right, down to a bridge. Go over the bridge and uphill keeping the old hedge line to your right as you continue. Go through a gate, past

a barn on your left and then along a farm track and through another gate to cross a stream in a wooded clough.

12 GPS: SD 6246 6840

Swing left uphill and keep the hedge on your left until you reach a gate. Follow the bridleway sign right and uphill beside the hedge to Russell's Farm.

13 GPS: SD 62226865

Exit the farmyard onto the road and go straight ahead taking the gated track on the left signed Megg's Farm (Park Lane on the map). Go past Megg's Farm taking the second footpath on the right up a track to a barn.

14 GPS: SD 61976904

Go through the gate to the left of the barn, heading to a stile at the corner of the wood opposite. Head downhill past the old quarry on your left and down to the hedge. Turn left along the beck and hedgerow to a stile.

15 GPS: SD 61896943

Go over the stile and uphill to Overends Farm. Retrace your first steps through the farmyard, down the lane, and across the field to the road, finishing downhill to the station.