#  A PLACE TO ENJOY AND KEEP SPECIAL

There are many activities which are appropriate to the area and which are sustainable – some are more active than others! Walking is one of the nation’s favourite pastimes, with four out of five holiday makers having walked for leisure while on holidays or short breaks in England. Walking is an ideal way to get to know the area and experience the sense of place. When you’re on foot, you are closer to nature and closer to the community. You can drink in the views, touch the fabric of the landscape and smell the fresh air!

There is a good network of Public Rights of Way within the AONB, as well as large areas of Access Land where you can experience open country. The annual Festival Bowland programme, plus the Pendle Walking Festival and Wyre’s Walking Festival are good ways to begin exploring the landscape – whatever your ability.

### In the Forest of Bowland AONB we want to enable access to the countryside for everyone; access for people with wheelchairs, pushchairs, limited mobility, or simply for those whose legs aren't as young as they used to be. All the family can experience the unspoiled beauty of the area along trails with fantastic views, wildlife rich hedgerows and through tranquil woodlands and parklands. Visit our Access for All page for further information, including where to hire a Tramper: [www.forestofbowland.com/access-all](https://www.forestofbowland.com/access-all)

Cycling is also popular in the area – again you can get away from the busier areas and experience the peace and quiet of the landscape. For off-road enthusiasts there are opportunities to explore the Gisburn Forest area and cyclists are also permitted to use bridleways. Road cycling is also an attractive pursuit, especially on the quiet lanes around Slaidburn, Chipping and Downham; and on the more challenging Tour of Pendle circuit.