

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!



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

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[facebook.com/bowlandaonb](https://www.facebook.com/bowlandaonb)

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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.

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.org.uk

FOREST OF
BOWLAND
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AONB Family



Welcome to Bowland

As we reflect on the impact of 2020 and the changes to all of our lives, we take reassurance from some of the positives that have emerged, one of which has been people's connection with nature.

Whether that's been exploring parks or walks from our homes, visiting countryside for the first time or appreciating even more our beautiful National Landscapes (www.landscapesforlife.org.uk), never has access to green spaces been more valued. So we look forward in 2021 with a renewed optimism and we hope that this year's guide helps build on that connection with nature, and provides some inspiration for visiting both virtually and in person!

We roll out a new Festival Bowland events programme and embrace continuing to deliver some online events - building on the

success of our 2020 online programme - while also looking forward to being able to get together in person.

Some of the features focus on the tourism businesses who've adapted their practices in the most innovative ways during lockdown. We also shine a spotlight on some of the fantastic project work of the AONB Partnership.

Our suite of area-based itineraries will help you explore all the hidden corners of Bowland and link you with some wonderful hospitality businesses. If you're looking for a staycation this year, peruse this guide to discover and plan your perfect trip!

Making the Most of Your Bowland Visit

10 Top Tips:



- 1 Are you familiar with the **Countryside Code**? see p109 for some useful guidance.

Equip yourself with OS Explorer Map 41 (Forest of Bowland & Ribblesdale) to navigate your way around the area and if you're unfamiliar with map reading, why not learn a new skill in 2021? There are some great online resources available, such as this: getoutside.ordnancesurvey.co.uk/guides/beginners-guides-map-reading/

- 2 The Forest of Bowland has a fantastic **network of Public Rights of Way**. Plenty of quiet lanes which are great for cycling. So why not leave the car behind and explore some of the many unique villages steeped in history, or simply indulge in some delicious local produce in fantastic cafes, restaurants and inns. For walking and cycling route information visit: www.forestofbowland.com/walks-activities

- 3 The area is very welcoming of four-legged friends, especially in the many fantastic hostelrys, but did you know **Bowland is also home to many sheep, cattle and ground-nesting birds**? For the opportunity to experience some wonderful wildlife encounters be sure to keep dogs on a lead (note: if you are with a dog and cattle chase you, it is safer to let go of your dog's lead). For walking safely information visit: www.forestofbowland.com/walking-information

- 4 Farming is the mainstay of rural life in Bowland, so if you are exploring by car, enjoy a slower pace of life and keep an eye out for livestock moseying on the roads. For further information about farming in Bowland visit: www.forestofbowland.com/Farming

- 5 We celebrate the seasons here in Bowland, it's what brings the vibrancy in colours and wonderful variety of animal, bird and plant life! So don't let a bit of rain stop you, just bring along the right gear - waterproofs, wellies or boots are a must!

- 6 Slow down and immerse yourself in the peacefulness of the area by avoiding the busy spots, take your time and savour the sights, sounds, tastes and smells – the fabric of rural life! For ideas of where to visit for an authentic Bowland experience, take a look at our area-based itineraries featured on p75-108.

- 7 A great introduction to discovering and enjoying the natural and cultural heritage of the AONB is via our Festival Bowland programme, with opportunities throughout the year. There are a variety of sessions run by local experts and organisations, as well as events for all the family. For further information visit: www.forestofbowland.com/Festival-Bowland-Events

- 8 Bowland is particularly special because of the seasonal contrasts – from woodlands carpeted with bluebells in the spring to the heather-clad moorlands of late summer. You can do your bit to protect our special wildlife and habitats by sticking to paths, not having bbqs or fires and taking your litter home.

- 9 Visit our fantastic local businesses and specialist, artisan producers! By purchasing from independent businesses you'll be supporting the local economy and dealing with people that care and who are passionate about going the extra mile. For inspiration visit: www.discoverbowland.uk

- 10 During the last year we've all become more used to change and observing local guidance and variance, and by considering the above you'll be assured of a warm welcome during your visit! Let's continue to help keep everyone safe by respecting local communities, other path users and landowners and keeping an eye out for local signage or diversions.

Note:

Please plan your visit in line with current Coronavirus Government guidance and check individual websites for up to date information.

Enjoy your Bowland Adventure!



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Luxury Glamping Pods

Luxury Lodges

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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.

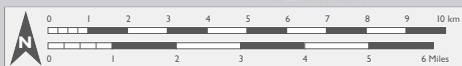
The following providers have supported this guide and are all members of the Forest of Bowland Sustainable Tourism Network:

- | | |
|--|--|
| 1 Chestnut Cottage – Worston | 8 Higher Gills Farm – Rimington |
| 2 Cobden View – Sabden | 9 Lakewood Cottages – Galgate |
| 3 Dale House Barn and B&B – Gisburn Forest | 10 Laythams Holiday Let Retreats – Slaidburn |
| 4 Eldroth House Holiday Cottages – Eldroth | 11 Orchard Glamping – Garstang |
| 5 Fell View Caravan Park – Scorton | 12 Peaks and Pods – Rathmell |
| 6 Goosnargh Gin | 13 Ribble Valley E-Bikes – Dunsop Bridge |
| 7 Height Top Farm – Higham | 14 Wenningdale Escapes – Bentham |
| | 15 Wild Boar Park – Chipping |



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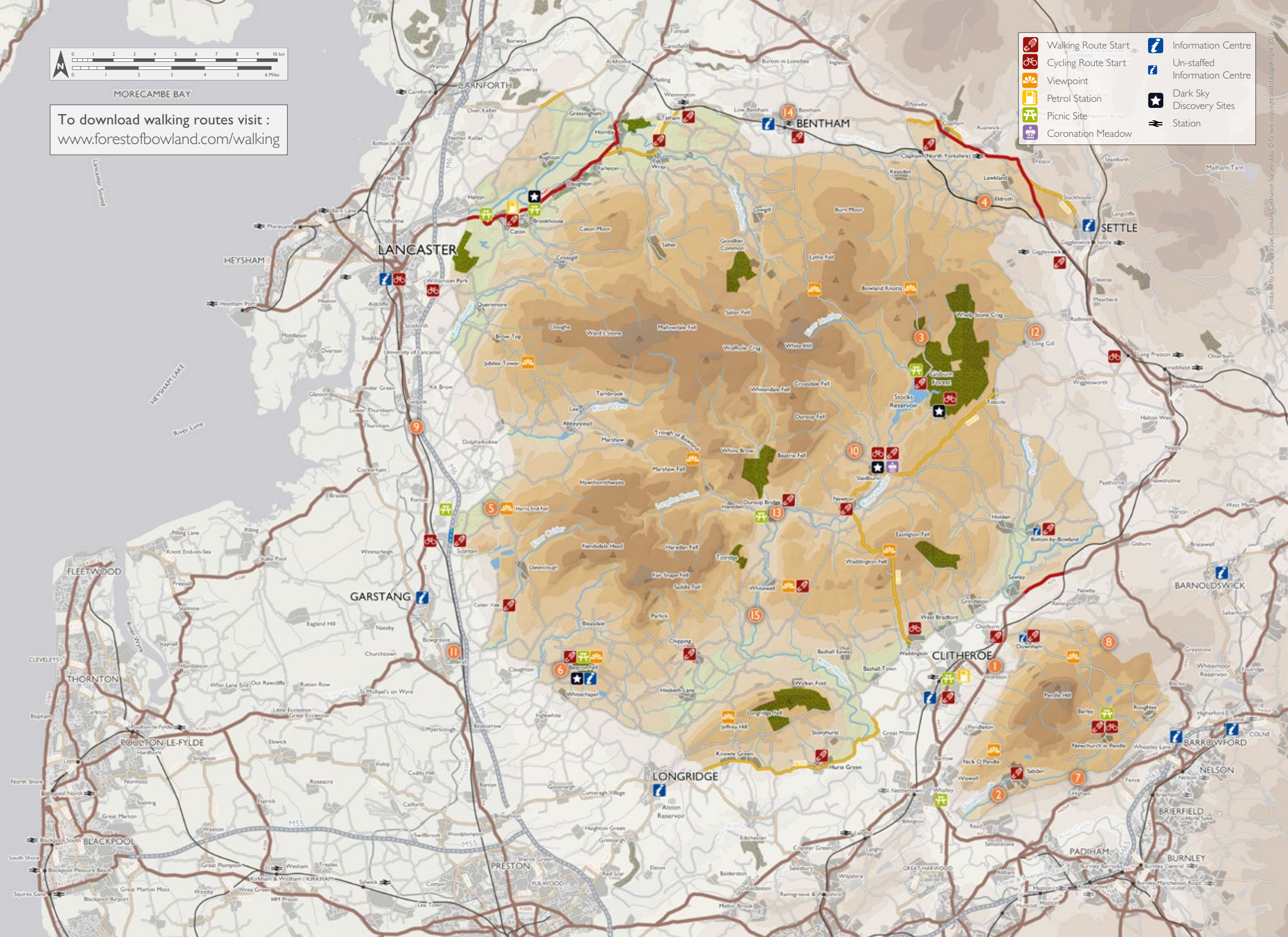
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MORECAMBE BAY

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

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





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We are partners with Visit Lancashire and Forest of Bowland AONB. We have our Good to Go certification.



www.orchardglamping.com
07725185366

Sturzaker House Farm, Catterall, Preston, PR3 1QB

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Visit England ★★★★★

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



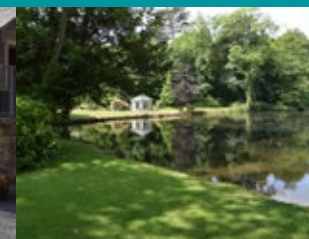
www.chestnut-cottage.com

01200 440400

mdavies77@btinternet.com

Dugdales Barn, Worston, BB7 1QA

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01524 751053

info@lakewoodcottages.co.uk

Cragg Hall Farm, Galgate, Lancaster, LA2 0HN

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Visit England ★★★★★

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

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www.heighttopfarm.co.uk

01282 772009

info@heighttopfarm.co.uk

Stump Hall Road, Higham, BB12 9BU

Cobden View



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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

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 2HB

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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.



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01524 791283

susan_atkinson@btconnect.com

Sykes Farm, Scorton, PR3 1DA

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freda.pilkington@gmail.com

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RIBBLE VALLEY
e-bikes

www.ribblevalley-e-bikes.co.uk
info@ribblevalley-e-bikes.co.uk • 01200 426246





The Green Shoots of Recovery

A diffuse network of plant nurseries and living seedbanks is helping regenerate wildflower meadows across the Forest of Bowland to benefit bumblebees and other important pollinators.

The Forest of Bowland is one of the last remaining outposts of traditional wildflower meadows in England.

Traditional hay meadows across the country once hummed with the buzz of a million pollinators flitting from flower to flower; but with their demise, pollinators are also beginning to suffer from the loss of this vital habitat.

But an alliance of local farmers, landowners and volunteers have organised themselves to push back against the relentless quest for higher yields by hand-raising crops of wildflowers for transplanting into fields which are staging a recovery from the grass roots up.

Under the Haytime Rescue project, officers from the Yorkshire Dales Millennium Trust and the AONB gather seed from a number of sites every summer and then send this out for growing on into plugs in volunteers' gardens.

These pollinator patches not only create a stock of seed for future use, but also improve habitats for pollinators in the gardens in which they are grown.

Helen fenced off an area of sheep grazed pasture which has never been heavily improved or fertilised – offering an ideal habitat for nurturing wild flowers.

This area was seeded with a wildflower mix from the Coronation Meadows at Bell Sykes Farm, near Slaidburn and another patch within this pasture ring-fenced to nurture rarer species such

as globe flower (*trollius Europeus*), saw wort (*serratula tinctoria*) and melancholy thistle (*cirsium heterophyllum*).

Helen makes use of some of the meadow species like self heal and yarrow to create her own flower essences as part of her wider holistic therapies practice: The Bee & Blossom Apothecary.

Helen's knowledge of

Ayurveda is at the root of all she creates, and this inspired the Rewilding Meadow Project to increase awareness and help people to reconnect to nature while establishing some of our lost native species.

But volunteers don't need a pasture or paddock to participate in Hay Time Rescue – a dedicated patch of a suburban garden is all that's required.

“A number of volunteers have established pollinator patches across the Forest of Bowland – including Helen Leece at her farm and retreat near Abbeystead.”



Helen said: "Wildflowers and restoration are at the heart of the land here and in 2018 I decided to re wild part of the farmland and set aside a field for the hay meadow to bring it back to how I remember it as a child."

"We sowed the final yellow rattle seeds with all our intentions for the coming year on the Winter Solstice – December 21st. It was a beautiful evening for everyone and it was so exciting to wait to see what happens."

"In spring, daisy and cuckoo flower emerged, followed by the globe flower and

then the yellow rattle, which is great for the meadow as it suppresses the rye grass and helps to make space for the wild flowers to grow."

Pollinators in the Forest of Bowland and beyond will benefit from another boost over the next two years through Plantlife's 'Meadow Makers' Green Recovery Challenge Fund project, which will restore over 350 hectares of wildflower meadows across the country. Using the natural seeding methods successfully used by Bowland Hay Time, the project aims to create a larger network of wildflower meadows, which will include new sites in the AONB.

Bowland HayTime Project Officer Carol Edmondson said: "We use a variety of sources for our wildflower seeds – including the Millennium Seed Bank at Kew Gardens, but what we have found over the years is that seed from plants that have been propagated locally do much better when we introduce them to new sites."

"Even quite small changes in humidity and

temperature can have a big impact on the young plants and we have a microclimate here in Bowland which is difficult to replicate elsewhere in England.

"This is why we are so keen to recruit more local volunteers to grow on wildflowers – because these plants will be acclimatised and adapted to the almost unique climatic conditions in the Forest of Bowland."



If you would like to grow wildflowers from seed in a patch of your garden or greenhouse, get in touch via the HayTime website at:
www.ydmt.org/grow-wildflowers

Or for further information about the Bowland HayTime project visit:
www.forestofbowland.com/Hay-Time-Project

Best of Bowland

Our 2020 photo competition produced some wonderful images and captured the very best of Bowland. The following were our final 12 shortlist, but there were many to choose from and you can view the full collection here: www.forestofbowland.com/visitor-photogallery

Look out for our online photo competition that will run again in October this year!



© Mo Lambat
Stocks Reservoir



© Mark Harder
Damselfly on Grindleton Fell

© Yvonne Allison

View of Whitewell



© Margaret Merrin

Bowland Sunrise



© Hazel Stansfield

The cows of Thirty Acre Farm admiring Pendle



© Peter Dobson

Hanging out over Parlik Pike



© Vicky Dowd

Looking North from Pendle



© Mark Harder

Barn Owl





© Sam Fielding

Tarn Lake, Nicky Nook



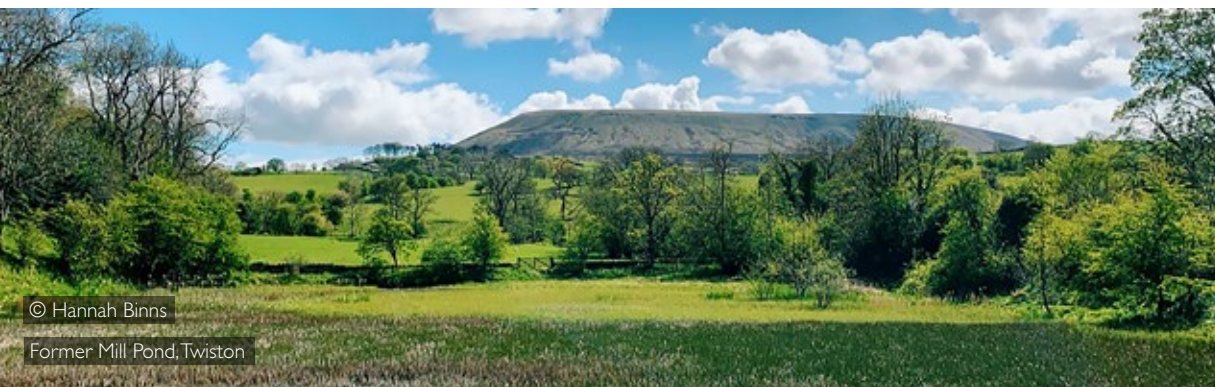
© John Hickling

River Hodder, Hurst Green



© Andy Cowell

Ribble Valley Autumn Fog, near Downham



© Hannah Binns

Former Mill Pond, Twiston

We'd love to see more of your images during 2021, please share them at :
www.forestofbowland.com/upload-your-photos



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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.

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



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Festival Bowland Events 2021

Celebrating the nature, landscape, culture and heritage
of the AONB



Come Home To Nature

Visit Bowland Wild Boar Park, situated in the Forest of Bowland, an area of outstanding natural beauty.

Packed with adventure for the whole family; see the animals, explore their habitats and meet our smaller residents in the animal petting area.

Adventure around the 62 acres by foot or tractor rides, taking in our lovely nature trails and views. Remember to refuel in our refurbished Café and Ice Cream Parlour. We also have our Rare Breed meat sales in the shop.

Our Barn and Education Centre are home to indoor and undercover activities for your enjoyment come rain or shine.

Large outdoor play area
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Please check website for admission prices and opening times



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t. 01995 61075
e. info@wildboarpark.co.uk
www.wildboarpark.co.uk



John Muir Family Discovery Award

Perhaps we've become more aware than ever of the benefits we get from the natural world - and Bowland offers countless opportunities for discovery.

Like many people, we had to make a lot of changes last year, and our Festival Bowland events programme was no exception. Unable to get out and about and meet in person, we took the festival online – and alongside our regular visitors we met a whole host of new festival-goers in the process!

This year we have some great events planned. We'll be going all starry-eyed in February with our third annual Dark Skies Festival. Live Moon Watch, night sky photography tips, family sessions and more during the half-term break.

Birds, bats, bumblebees and amphibians are just some of the wildlife we'll be taking a closer look at in our season-spanning programme. Owls are eternally fascinating creatures, perhaps because they tend to be busy when we're not! Five species can be spotted here in Bowland – and you don't always need to be out in the middle of the night to see them.

Speaking of hard working creatures; did you know that a pipistrelle bat can eat up

to 3,000 insects in one night – and that gardens can be an important source of food for these flying mammals? Or that new bumblebee queens hibernate during the winter – which is why bumblebees don't need to store honey? If you join the Beewalk training session in spring you'll find out lots more about these industrious insects – including how to identify the “Big 7”.

“Festival Bowland is a great introduction if you're unfamiliar with the AONB, but we hope there's plenty to discover for those who know it well too.”

If heritage is your thing, don't miss our encounters with the Pendle Radicals – folk who were key to the history of the area (and beyond) but not all of whom will be familiar to a wider audience. History-wise we'll also be finding out all about the 12th century Cistercian abbey in Sawley, the ruins of which are in such a wonderful setting close by the River Ribble, with

majestic Pendle Hill as a backdrop.

Want to make sure the younger members of the family are entertained? Then keep an eye out for natural art, bat box making, seasonal walks, mini-beast madness and more. Bowland is full of adventures – for all ages!

We'll be keeping things virtual until Easter this year then, from mid-April, we're hoping to re-introduce some small-scale walks and face to face events. These will need to follow any Covid-19 restrictions and guidelines which might still be in place at the time – and we may need to postpone or cancel some sessions at short notice. We'll do our very best to keep our listings up to date but it will be even more important this year to contact the event organiser and “check before you travel”.



Early autumn sees the return of what is fast becoming a regular fixture in our calendar – Landscapes for Life Week. This is the AONB Family's week (and a bit) long programme of events to help people reconnect with nature by enjoying, and being inspired by, the UK's Areas of Outstanding Natural Beauty. Here in Bowland we have a packed programme between the 18th and the 26th September, with both our Foodie Foray, and Pendle Hill Landscape Partnership's "Together for Our Landmark" Walking Festival, taking centre stage.

The Lord of Bowland lecture will be taking place in October once again. This will be the 10th anniversary of this annual event (having had to skip a year in 2020) and each speaker opens the window on another absorbing aspect of Bowland's heritage.

As the year draws on why not come along and be wowed by waxcaps; fascinating grassland fungi which sport rainbow colours. Parts of the UK are globally important for this particular group, and you can certainly find them here in Bowland.

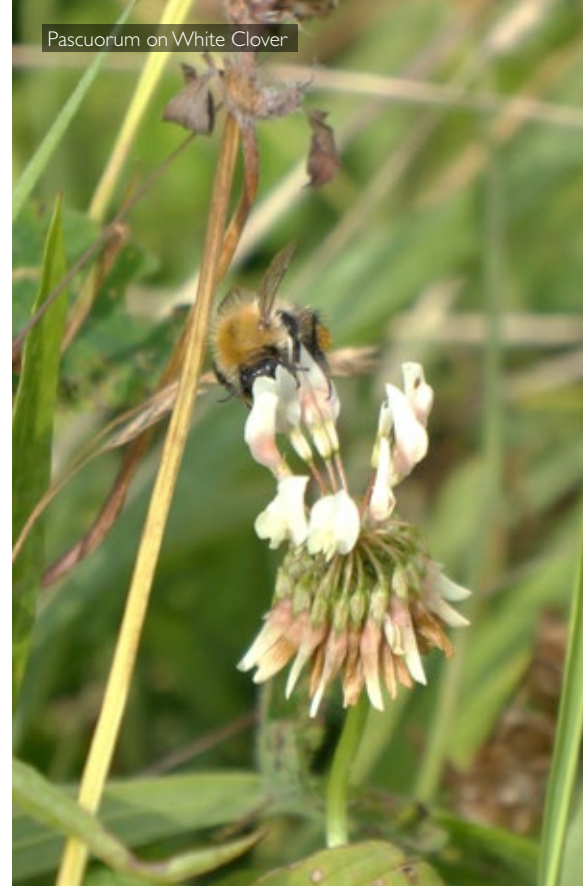
Of course, we wouldn't have Festival Bowland without all the fantastic event organisers, volunteers, local businesses and land managers who make it happen. They help bring Bowland to life and we're very grateful to them all.



Foodie Foray Jar



Pascuorum on White Clover



Scarlet Waxcap



© Graham Cooper

Pendle



Full details of all the Festival Bowland events – including how to book - are available on our website at www.forestofbowland.com/Festival-Bowland-Events We'll be adding events throughout the year so do make sure to keep popping back to see what's new – and for any event updates.

For anyone who'd love to find out more about Bowland but can't join us physically for whatever reason, we'll be continuing with our online events right through the Festival. They're easy to join and you don't need a camera on your device. We've also built up a great collection of recordings, video clips and other resources from projects and past events so, if there's an online event you've missed, why not take a look and see if it's here www.forestofbowland.com/online-event-links

You'll see that a number of our free events include an option to donate to Champion Bowland. Champion Bowland is a charity which provides easily accessible small grants for local projects which benefit the environment, local communities and visitors within and around the Forest of Bowland AONB. By donating, you'll be helping to keep Bowland special - thank you!

Noticing Nature

Millions of people enjoyed engaging with nature on a deeper level during the lockdown and dozens of participants in a mindful observation exercise in Pendle got a bit of a head start

In the UK, we tend to split the year up into four seasons – and here in rural Lancashire we often get them all on the same day!

But in Japan, there is an ancient tradition of subdividing the seasons into 18 shorter spells, lasting just four or five days each and millions of people take great pleasure in looking out for tiny changes in each of the 72 'microseasons'.

The Pendle Hill Landscape Partnership's '72 Seasons' scheme project manager, Kirsty Rose Parker, teamed up with artist Cath Ford and a team of more than 200 volunteers to watch the 72 Seasons unfold and note tiny detail changes in the landscape, flora and fauna.

Kirsty adapted the Haiku-like descriptions of each microseason to reflect the landscape and seasons of Lancashire, while Cath provided hand-drawn illustrations.

Participants embarked on the project on January 1 2020, looking out for frost adorning bare branches and robins calling, then curlews in February and the first buds in early March.

Participants' wellbeing was also monitored on a quarterly basis to track whether observation of, and/or immersion in, nature had a measurable impact on people's mental health. And then Covid arrived and everything changed.

"We'd designed the programme to be as inclusive as possible, so that people could take part by observing natural changes through their windows without even leaving the house," said Kirsty.

"Little did we know how important this aspect would be after March 23rd and during the lockdown. People had more time to really engage and participate."

Participation increased in March and April, when volunteers looked for

swallows arriving, spring lambs and bluebells and listened to birdsong. A Facebook group was set up for participants to share their observations and chat.

"For lots of people, the project turned into a real highlight of their day and the online chat was amazing to watch," said Kirsty.

“People seemed to engage with the natural world on a deeper level because they had the time to really look at the seasons unfolding.”



Noticing the 'microseasons' unfold

Cath Ford's '72 Seasons' artwork is central to the project, focusing on the wildlife and natural events that accompany the incremental march of the seasons...

10 – 14 January:



The First Snowdrops Emerge

8 – 13 February:



The Curlew Calls

26 – 30 March:



The First Cherry Blossoms

15 – 19 April:



Lambs Jump In Green Fields

26 – 30 May:



Cow Parsley Lines The Hedgerows

13 – 17 August:



Morning Sunshine Lights The Grass

The project finished on December 31, 2020 and the notes and photos taken by participants, plus the data collected during the scheme, is now being analysed and will be published later this year as part of the Pendle Hill 'What's a Hill Worth?' project, supported by the AONB and the National Lottery Heritage Fund.

Participants' Comments:

"I don't know if it's what we are going through at the moment but I'm noticing the different trees and the different time trees open up. It makes me realise what we take for granted usually and is opening my eyes to the wonder around the beautiful part of Lancashire I am so fortunate to live in."

"The last two weeks of April felt more like June, but May's begun more like March..."

"The birdsong is so clear due to the lockdown and less traffic."

"Even though we can't get out now, I'm still following everything."

"Collared doves are already nesting above my back door, primroses in bloom on bank. I have heard the curlews and the woodpeckers."

"Springtime is definitely on its way with lots of buds on the trees and forsythia opening up. Gorse bushes are golden and daffodils are nodding their heads."

"Pendle Hill seems very capable of showing off a number of seasons in just one day."

"There has been that much rain that I've ended up with a permanent water feature outside my house!"

Testing Times

In response to the 2020 lockdowns, In-Situ embarked on a new series of artist residencies to test new ways of making and sharing work with communities in these challenging times.

In-Situ was able to continue introducing artists to the Pendle landscape via its innovative and responsive 'Testing Ground' artists residency program, run in partnership with the Pendle Hill Landscape Partnership (PHLP)

In line with ongoing safety guidelines this has enabled some artists to explore the Pendle Hill landscape in person, where possible, and others to create work remotely, in response to a range of themes.

In crisis, we pieced together opportunities, reframing our usual social and public facing programme to suit the challenging situation caused by COVID-19. This enabled resident artists to pave the way for new methods of working and, so far, this has ranged from experiments with historic scientific tools to collaborative approaches to writing journalism.

“The first Testing Ground resident artist Bethany White explored the Pendle landscape, seeking new ways of making and sharing work.”

Testing Ground residencies will continue until the end of March 2021, marking a full year since the pandemic began to drastically impact the way we live and work. With this in mind, the conclusion of these residencies will provide an opportunity to pause, as we learn from the challenges of the experience.

To open this reflection up through working artists and the community, so they can share their experience, is a privilege and something that is key to the In-Situ way of working. Throughout this time, our partnership with PHLP has brought some of the things we sought to explore into focus, as we questioned: how valuable is our time outdoors? How accessible is our local landscape?

Recognising the value of our landscape, which we often take for granted, has become more important to many people this year and we hope this can be held onto in the times ahead, as we all look to a brighter future.





Artist in residence Bethany White, explored the Pendle landscape using cyanotype: a historic photographic process that uses sunlight to create print-impressions of objects.

Bethany visited a number of areas of historic significance and noted Sawley Abbey as a particular highlight:

'It was completely unique - I'd never seen such a large space that has been kept and preserved'

No visit to Pendle would be complete

“The prints are unique to a point in time, there’s something beautiful about that. The light and even the things you would use, change from season to season”

without climbing to the Pendle Hill Summit and this was another great source of inspiration for Bethany, who reflected:

“The moors on the walk to Pendle hill are really special, there were these rustic red ferns against the vibrant sky and at that moment in time it felt really unique.”

Bethany also created a cyanotype pack, shared with people throughout Pendle, to create unique artworks using natural forms

from their local landscapes from parks and woodlands to their own back garden.

This conversation will feed into In-Situ’s wider, ongoing public programme of activity produced in collaboration with the Pendle Hill Landscape Partnership, The Gatherings, which focuses on exploring people and place.

- To find out about In-Situ’s latest projects and how to get involved visit:

www.in-situ.org.uk

- To find out more about the National Lottery Heritage Funded Pendle Hill Landscape Partnership Scheme visit:

www.pendlehillproject.com



From Pendle Hill to The Pennine Way

Pendle Hill helped inspire the creation of the Quakers, votes for women, the National Parks and the Pennine Way.

A new discovery trail traces the footsteps of the radicals whose greatest ideas came to them while striding across the rugged slopes of Pendle.

The area around Pendle Hill is a magnetic, evocative landscape that has inspired some extraordinary individuals. The Pendle Radicals project is telling their stories, linking the special places on and around the hill that shaped their thinking and creating a new cultural, heritage and education asset for the area.

The Radicals Trail will encourage visitors, local people and especially the next generation to look beyond the surface and see the area through fresh eyes. It will initially feature six stopping points, identified by discreet interpretation at the sites, but with more detailed information in print and online. More broadly, it will encourage users to wander; to explore the rural area around Pendle Hill and to support its visitor economy.

The Hill is forever associated with the story of the Pendle Witches – radical thinkers in their own right - but many visitors never see beyond this period in history and yet there is so much more to tell! The Radicals Trail will celebrate the important historical figures who have made unique contributions to Pendle Hill's distinctive local heritage.

They include the founder of the Quakers, George Fox, politician and campaigner Katherine Bruce Glasier, non-conformist preacher Benjamin Ingham, founder of the Inghamites, and Jonas Moore – the 'Father of Time'. There are a number of sites associated with these individuals, locations

that offer little glimpses into the past, so this will be more like a treasure hunt than a museum visit.

The first plaques were installed at the summit shelter and Fox's Well on Pendle Hill, in Higham, Earby and Fence over the winter of 2020 and the new Trail is due to be launched this spring.

The Trail is being developed by Mid Pennine Arts in partnership with Pendle

Hill Landscape Partnership, and with other partners including the Tourism Officers for Pendle and Ribbles Valley Borough Councils and Super Slow Way.

Mid Pennine Arts creative director Nick Hunt said: "A key aim is to inspire the next generation about their local area, and with the amazing stories of these courageous individuals who dared to think and do different, and for whom the extraordinary was normal."

“Between now and 2022, the project will take a deep dive into the landscapes of Pendle Hill on a journey of discovery that creates a new ‘Radicals Trail’ through the area.”

We will continue to explore the theme and promote and develop the Trail through a research, engagement, learning and volunteering programme which will reinforce the value of the Trail and help us continue to build awareness.

"The Trail will continue to evolve as a cultural asset for Lancashire for years to come, presenting our area in a new light, to attract new visitors but also to enable local people – and especially young people – to see their own, over-familiar landscape with fresh eyes, and a touch of wonder."

Work is already underway on the next phase of the Radicals Project, which will explore the back stories of more of the local radicals – including the 'Two Toms' – a pair of ambitious social reformers whose legacy is still felt today.

Journalist Tom Stephenson and pastor Thomas Leonard were inspired by the landscapes of Pendle to open up access to the countryside to millions of working people who had hitherto regarded the hills and moors as 'out of bounds'.

Leonard and Stephenson's regular walks on Pendle Hill 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.

“I beheld a new world. Across the valley were the Bowland Fells; and away to the north Ingleborough, Pen-y-gent and other Pennine heights, all snow-covered stood out sharp and clear in the frosty air.”

Tom Stephenson

While pastor at a church in Colne in the 1890s, Thomas Leonard encouraged his congregation to take walking holidays during the 'Wakes Week' factory shutdowns. He went on to establish the Holiday Fellowship which provided affordable outdoor holidays for working people and his legacy exists

today as HF Holidays – a cooperative society which continues to offer reasonably priced walking holidays to lovers of the great outdoors.

Tom Stephenson, (born in Whalley in 1893), spent hours wandering across the many paths that criss-cross Pendle and went on to campaign for the establishment of National Parks and Areas of Outstanding Natural Beauty. It was the views from Pendle Hill summit that inspired Tom Stephenson to campaign tirelessly for increased public access to the hills and countryside:

Stephenson used his influence as a Fleet Street journalist and Whitehall press officer to persuade the post-war Labour administration to establish National Parks and AONBs in 1949 before going on to write the first official guide to the newly opened Pennine Way.



Clarion House



Volunteer Bob Sproule

The Two Toms

Although still in the early stages of mapping, the Two Toms will become part of a network of paths on and around Pendle which link sites of historical interest to encourage exploration of the area on foot.

Pendle Radicals volunteer researchers Nick Burton and Bob Sproule have delved deep into the archives to chart a route that takes in some of the most significant places in the careers of both men.

Nick Burton said: *"Tom Stephenson died in 1987 with the most enduring memorial to his life's work being the Pennine Way. We hope that walkers will also remember the life and achievements of Tom Stephenson from Whalley and T.A. Leonard from Colne as they walk the Two Toms Trail."*

The linear route will start in Tom Stephenson's birthplace of Whalley and climb to the Nick of Pendle before continuing to the summit then descending to the Clarion House near Barley – scene of many a meeting of the area's radicals and original thinkers.

From there, the route will continue to Colne, where Thomas Leonard conducted his ministry at Dockray Square – now the site of the municipal library. The final stretch heads out onto the moorland above Colne on the Lancashire-Yorkshire Border to reach the Pennine Way – Tom Stephenson's crowning achievement – where it passes through Ickornshaw near Cowling.

The Radicals Trail is funded by EU LEADER and National Lottery Heritage Funding.

For further information visit:

www.radicalstrail.org.uk

Lockdown Diaries

The story of how five resourceful rural entrepreneurs re-engineered their businesses to thrive under the lockdown.

The lockdowns of 2020 had the potential to devastate the rural economy. With pubs and restaurants ordered to close, no visitors and huge uncertainty over what the future held.

Memories of the last disease outbreak, when Foot & Mouth effectively shuttered large swaths of the countryside economy, remain fresh in the Forest of Bowland, but the arrival of Covid brought a different set of challenges – and as it turned out – a new set of opportunities.

Back in 2001, the internet was still in its infancy and rural broadband almost non-

existent, but, this time, as mutual support groups sprung up across the Forest of Bowland, local businesses began to leverage the marvels of modern communication to reach out to their customers.

These ad hoc self-help groups quickly brought communities closer, revealed new ways of doing business and established alternative local supply chains from the bottom up.

A lot of the activity was initially a bit make-do-and-mend, but the enterprising business folk of Bowland soon figured out what worked and how to deliver it.



An Essential Community Hub

Slaidburn Village Stores

Clare and Megan Hardcastle

The mother and daughter team who run the shop at the heart of the local community as they coordinated a food parcel delivery operation which became a lifeline for vulnerable residents living in outlying areas.

"Our first instinct when the lockdown was announced was: how can we help. The second was: How are we going to cope?!" said Clare. "But the way the community came together to form the local Covid Team was amazing. Within a few days, we were sending parcels out all over the Hodder Valley.

"We were struggling to keep up with demand and we were almost totally reliant on volunteers to do the deliveries while we took the orders, sourced produce and packed the parcels so the volunteer drivers could collect and distribute them.

"We were struggling to find basics at the wholesalers and I didn't feel comfortable queueing up only to find the shelves empty so we began talking to producers direct. We started to stock locally produced sausages, lamb, beef and eggs and our pie supplier –

Clayton Park – started baking bread and cakes for us alongside the Hark to Bounty's freshly baked bread.

"Walkers Fruit & Veg stall on Clitheroe market provided us with fresh produce and I even managed to get one of the big Lancashire cheese manufacturers to deal direct with us.

"We were doing 100-hour weeks and the strain started to tell, so we reduced our opening hours just so we could focus on the orders.



"As the lockdown eased off and the weather improved, the socially distanced queue that formed every morning outside the shop and down the street became a real community hub, where people could get that little bit of social contact to keep them going.

"I think the new local supply lines that we

established during lockdown are here to stay. As long as the demand is there, we will continue to stock items from local producers as that was always part of the plan since we took over back in 2018."

* Slaidburn Village Stores is one of four village shops from the northwest to make it through to the nationwide finals of the Countryside Alliance Awards.

Good Housekeeping

Dale House Barn Bunkhouse and Boutique B&B,
Gisburn Forest
Dominique Ashford

“Once we got over the initial shock and panic of closing the business for Lockdown 1, we set our minds on practical matters. In a 400-year-old farmhouse, there is always something that needs attending to.

“We ordered four tons of sand and a ton of lime and cracked on with repointing the farmhouse and barn. It was quite cathartic, being up on the scaffolding in the sunshine.

“It’s generally quiet here at the best of times but usually there are cars and bicycles passing and the occasional walker. But for weeks we saw absolutely nobody.

“In-between painting and pointing I also got out on my bike – sometimes with the panniers fixed to go shopping, phone attached to the handlebars playing some music for company.

“In the evenings I worked on some online marketing courses and tried to teach myself more IT skills. I also did a lot of cooking

and shared recipes on social media. I had so many requests for recipes I’ve set up a mailing list!

“One thing that really took our breath away was the clarity in the air. The local views were like the world had gone into HD. It was quite incredible. 2020 has definitely been a

year we won’t forget in a hurry, but we feel so privileged to live in such a beautiful area with access to nature to get us through this tough time.

“Between the two lockdowns, we were fully booked, with many guests booking an evening meal after seeing some of my recipes on social media, but we were forced to close again by Lockdown 2, then Tier 3.

“So far, our business has survived and we feel so fortunate in that. We are planning some new projects for 2021 – including a kitchen extension for our planned cookery school and a wild meat preparation kitchen. Fingers crossed 2021 turns out to be a better year for everyone.”



Electrifying Growth

Ribble Valley E-Bikes,
Dunsop Bridge
Roger Wolstenholme

“We were due to open the e-bike rental shop in Dunsop Bridge in early April, so we were already committed when the lockdown was announced. We had invested in bikes which then didn’t arrive, but we didn’t have any visitors anyway, because the whole country was in lockdown.

“Once we did get some bikes, we could have opened, but we didn’t want to upset the community. At that point, it would have been easy to give up, but actually we decided to really commit to it and spend the downtime scaling up the operation.

“As the lockdown continued, the season was getting shorter and shorter, but by June, we were getting ready to open and took on our first employee and started getting the shop ready.

“We opened the doors in July and it took off straight away. We made sure the signage and the forecourt would attract interest from

the visitors and we also got a lot of online bookings via the website and social media.

“Initially, we planned to operate as a seasonal bike rental business during the summer, but the relationships we established with British bike manufacturers like Volt and

Raleigh during lockdown gave us the opportunity to start doing bike sales as well, so after a really busy summer, we decided to stay open into the autumn and winter.

“We’re doing children’s bikes now and tow-along trailers for smaller kids – so the whole family can enjoy a ride on very quiet roads and traffic-free tracks straight from the shop.

“Lockdown forced us to really commit and expand the business faster than we would otherwise have done.

It means we are going to start this season with a bigger fleet of hire bikes, more bikes in stock, better choice for customers and a greater determination to succeed.”



A New Whey of Doing Business

Courtyard Dairy,
Austwick

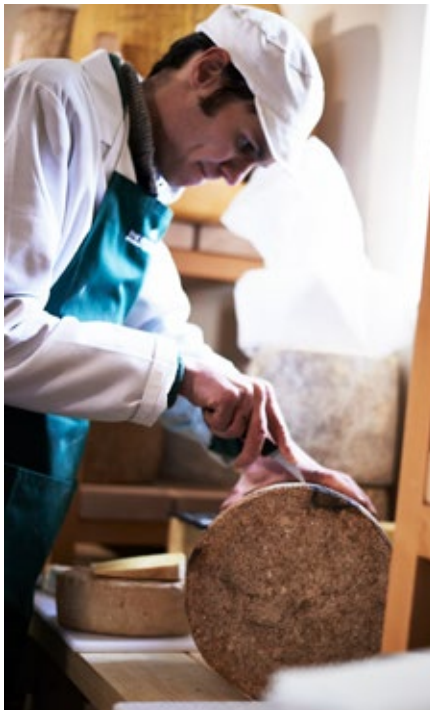
Andy and Kathy Swinscoe

"The lockdown announcement came as a bombshell for the business – we were looking at an 85 per cent drop in turnover almost overnight," said Andy.

"But thousands of pounds-worth of perishable stock focused our minds: we knew we had to move quickly – so that's what we did.

"Initially we got a lot of help from colleagues in the cheese industry, which really pulled together to create nationwide awareness of the predicament of many small, specialist dairy businesses and rally support for them.

"We were very grateful for all the support we received from the local community in the early days, but then we needed a change of direction. Mail order was only a small part of the business, but because the majority of our turnover was passing tourist trade and supplying the restaurant trade, we needed to focus more on online sales.



"We introduced the concept of online cheese tastings, where we send packages of cheese out to the participants ahead of a virtual tasting lead by me online. This is now a significant part of the business and forges a stronger bond with customers across the UK.

"We had to close the café in March, but when the lockdown restrictions began to ease we managed to open an outdoor socially distanced café featuring our 'cheese bubbles' – repurposed ski lift cars from Courchevel!

"We had a very busy Christmas, but overall, trade remains significantly down on the previous year and there is still some uncertainty over the extent to which the visitor economy which we are so reliant on will rebound this year.

"But strengthening the mail order and online business has definitely given us a stronger platform from which to rebuild the business when confidence does return – hopefully by the late spring or summer."

Home Delivery

Carter Fold Farm,
Waddington

Sarah Bolton and Graham Whitwell

"We got out of dairy farming several years ago, but we took on a small milk round serving Waddington and West Bradford to supplement the farm income," said Sarah. "It's been ticking over quite nicely over the last few years, but it took on a new momentum during the lockdown.

"As the supermarkets ran out of essential items and the queues grew outside, villagers suddenly saw the benefit of getting their milk delivered and we added dozens of new customers to the round.

"The supermarket delivery slots were snapped up almost overnight and many of them insisted on minimum orders, whereas if you just want a bottle of milk, we're happy to oblige.

"We started delivering extras like cheese, yoghurts and bread and you could see that it really made a difference. For some of the more elderly residents in the 'at risk' category, you could see that they saw it as a bit of a lifeline – they were so pleased to see us in the mornings.



"The size of the round dropped back as the restrictions lifted and people could get to the shops more easily, but we have held on to quite a few of the new customers.

"It was good to be able to keep so busy during the lockdown – we're farmers – that's what we do. But it was really heart-warming to see rural communities rally round to look out for

each other and to receive letters from quite vulnerable people who really appreciated what we did."

For further information about Sustainable Tourism in the Forest of Bowland visit:
www.forestofbowland.com/sustainable-tourism



Unsung Heroes

Parish Lengthsman Phil and son Lewis

In the face of a massive increase in visitors to Pendle Hill during lockdown, Pendle's Parish Lengthsman have maintained safe access and ensured local villages stayed looking spick and span

Under normal circumstances the job of a Parish Lengthsman is conducted below the radar. These unsung heroes quietly undertake the low-key 'little and often' tasks that go largely unnoticed by the wider community.

Philip Hardman and his son Lewis are familiar figures in all of the parishes around Pendle Hill and have the experience and local knowledge to know when something 'isn't quite right'. They work as a 'rapid reaction team' to spot any potential issues before they become a major problem.

Much of the lengthsman's work is centred on maintaining roadside verges and footpaths, but Phil and Lewis will also plant trees and bulbs, cut the grass, fix playground equipment and even erect Christmas trees and lights.

"Some of the work is carried out on a routine basis and other jobs at the instruction of the parish councils," said Phil. "If we identify an issue requiring attention, we try to rectify it

as soon as possible. It's really a case of a stitch in time, saves nine.

The Parish Lengthsman scheme has been supported by the AONB since 1998, with a strong focus on working closely with village communities. The lengthsman is local

and employed through the parish council who administer the grant scheme through liaison with the local community and AONB.

When Britain was suddenly plunged into lockdown and outdoor exercise was one of the few activities that remained legal, the crowds of visitors who descended on rural beauty spots like Pendle Hill brought with them a host of additional challenges.

Suddenly, footpaths and bridleways began to feel the strain from the extra footfall. Stiles collapsed, benches broke, kissing gate hinges failed and the maintenance workload rocketed and, as lockdown measures were eased and visitor numbers showed no sign of abating, it was clear that additional resources were needed.

“If we spot a problem and fix it promptly, it usually saves time and money that would need to be spent further down the line.”

Recognising the extra wear and tear lockdown crowds were placing on the parishes around Pendle Hill, the Pendle Hill Landscape Partnership stepped in to help with an injection of cash to fund urgent repairs and maintenance.

Pendle Hill Landscape Partnership Countryside Access Officer Sarah Dornan said: *"The lengthsman's local knowledge means he can respond to issues quickly, which in a year like this where the pressures on the outdoors have been unprecedented means Phil is a bit of an unsung hero in the parish."*

Managed by the Pendle Hill Landscape Partnership, the Pendle Hill Fund is a small community grants scheme supported by the National Lottery Heritage Fund. The Fund is open to voluntary and community groups; charities; parish councils; schools and small businesses for projects focusing on heritage and engaging people with the outdoors in the Pendle Hill area.

Although the Pendle Hill Fund wouldn't normally cover the Lengthsman's work, this year the team recognised that the footpath network was buckling under the increase in pressure and allocated extra funds for additional maintenance work for public rights of way.

Pendle Hill Landscape Partnership Community Engagement Officer Jayne Ashe said: *"The Pendle Hill Fund grants panel decided to make some funds*

available for parish councils to engage with local landowners and repair rights of way infrastructure.

"The Pendle Hill Fund main grants scheme is now supporting three more community projects focusing on heritage trails, engaging with local communities and habitat management.

"We hope to reopen the Fund main grants scheme in spring 2021 and our Pendle Hill Fund Small Grants scheme is always open for applications for projects up to £500."

Sabden Parish Council Chairman Antony Haworth said:

"Philip and Lewis are an integral part of our local community and a real asset to our village. Their local knowledge and understanding of the rights of way network is a great advantage as they often

already know the landowners and can carry out repairs quickly.

"Having someone who knows and cares for the local area and its surroundings is all the more important when so many people are reconnecting with nature and exploring new areas and having someone able to maintain access and keep on top of maintenance is a huge asset."

“Some stiles and kissing gates not on traditionally ‘popular’ footpaths may have been used a lot more during 2020 and needed some extra maintenance.”



Phil Hardman



Lewis Hardman

Got a local heritage or engagement project?
Want to apply for a Pendle Hill Fund Grant?
Visit:

www.pendlehillproject.com/project/pendle-hill-fund

Farming for the Future

Big changes lie ahead for the Forest of Bowland's farmers as the Government prepares to redirect agricultural support payments towards support for restoring nature and the environment.

Britain finally left the European Union last year and with it the EU's controversial Common Agricultural Policy, or CAP.

The CAP distributed billions of pounds of publicly-funded support payments to British farmers and while these payments (known as the Basic Payment Scheme) will continue for a few more years, the UK Government has stated its intention to taper them down to zero over the next seven years. These payments will be replaced by an Environmental Land Management (ELM) system, which will reward farmers for taking a more environmentally sensitive approach.

ELM is based on the concept of 'public money for public goods'. The definition of public goods is that these benefits have no economic market,

and are freely available to all. Included (amongst others) are clean air and water, carbon sequestration, biodiversity, flood mitigation, countryside access, cultural heritage and nature recovery.

“Farmers in the Forest of Bowland AONB are playing a leading role in shaping the framework for the Government's new Environmental Land Management (ELM) scheme.”

Coordinated by the National Association of AONBs, the 'Farming for the Nation' programme involves 12 AONBs across the country testing new ways of how farmers could be rewarded for managing the land in more environmentally friendly ways.

Bowland has joined forces with Nidderdale and North Pennines AONBs to test out how ELM can support high nature value farming, whilst also ensuring it remains resilient and profitable. This includes testing the usefulness of

Land Management Plans as a way to deliver and reward positive management.





It is hoped that Land Management Plans can act as a flexible management tool to help farmers make decisions on how their land can be managed in more environmentally sensitive ways in the future, but also recognises the requirements of the farm business and their local knowledge about what works on their farm.

More nature friendly farming might include a shift to lower intensity grazing, reducing carbon-intensive inputs, woodland creation, removing field drains to create wetland areas for wading birds and natural flood management.

Peter Blackwell, who farms at Bell Sykes Farm in Slaidburn, has been extensively involved in the initial round of consultations prior to the pilot schemes as a member of the Northern Hill Farming Panel – a group which was set up to bring together farmers and other organisations to promote farming and the environment along the northern upland chain of the Pennines.

“A big part of the panel’s focus has been on making the public and the Government aware of how farmers and farming can manage the land and the environment in a positive and sustainable way”

“For a while now, farm subsidies have promoted large land area ownership and less than favourable high nature farming methods, so with the Government’s payments moving away from land payments and hopefully more towards the environment, the test and trials I am helping with will show high nature value farming can not only produce food sustainably, but protect and enhance the environment as well with the correct guidance and funding” said Peter.

For more details on these far-reaching changes to farming and land management, contact the AONB on 01200 448000 / bowland@lancashire.gov.uk

Further details on ELM tests and trials and the Government’s Agricultural Transition Plan can be found here:





Nature's Calendar

Unmissable natural spectacles to
look out for in the Forest of Bowland
throughout the year



© Paul Booth

February

Drifts of Delicate Snowdrops

Delicate white snowdrops peeking shyly through the frost are a welcome reminder – after the often harsh upland winter – that spring is on its way. Snowdrops begin to appear at various locations across the AONB. These pretty harbingers of the warmer days ahead do well in the cool damp climate of the Forest of Bowland and can be spotted as early as December, lasting until the end of February.

Where: Scattered across the AONB in lightly shaded woodland areas

Top Tip: Good weather towards the end of the month can tempt lapwings back onto their farmland breeding territories.



© Charles Camm

March

Boxing Hares

These magnificent creatures lose some of their natural shyness in early spring as they come down off the fells in search of a mate in the lowland meadows. The boxing matches happen when females rebuff the attention of overly amorous males.

Where: Hares are likely to be active across the AONB throughout March, but the rich pastureland around Waddington and Bashall Eaves is a real hotspot for boxing hares.

Top tip: Early morning or dusk is the best time to spot boxing hares – they tend to be more wary during the daytime.

April

The Waders Return

Oystercatchers, redshank, snipe and especially curlew return from their winter quarters on the coast to stake out their breeding territory early in spring. Initially, the curlew remain silent, but as temperatures rise during March, their plaintive 'bubbling' calls can be heard across the valleys.

Where: Curlew need damp, rough grazing land on the edge of the uplands to breed successfully and the Forest of Bowland is one of their last strongholds in England. The wet grassland around Chipping is a great place to spot them and also listen out for the unearthly high frequency hum of snipe 'drumming' to attract a mate.



© Alan Owens

May

Flight of the Skydancers

The hen harrier – one of England's rarest raptors – is the emblem of the Forest of Bowland AONB. The good news is that the local population has seen a modest increase in recent years, so you may be lucky enough to spot these majestic birds of prey 'sky dancing' over the moorland. This complex courtship ritual involves aerobatic displays over their territory, which strengthens the pair bond.

Where: Hen harrier nesting sites in Bowland are carefully monitored to protect the birds from disturbance. Sticking to footpaths during the breeding season (mid-March to the end of July) can help to protect other ground nesting birds too. If you do spot a hen harrier please let **James Bray** of the RSPB know on **07968 129570**.



© Richard Saunders, Natural England



© Mark Sutcliffe

June

Fluffy White Clouds

For a brief period in early summer, the peat uplands of Bowland are dominated by fluffy white flecks dancing on the breeze. On the wetter ground above the valleys, the soft seed heads of Common cottongrass (*erriophorum angustifolium*) are endemic among the peat bogs and emblematic of the wide-open spaces of the uplands.

On a warm, dry, early June day, when the seed heads are at their frothiest, staring at the endless expanses of cottongrass as they sway gently on the breeze is a truly mesmerizing experience akin to being adrift on an ocean of gently swirling spindrift.



© Graham Cooper

July

A Riot of Colour

While many lowland meadows will have been mown for hay or silage by Midsummer, a handful of meadows in Bowland are left much later before mowing to give the native wildflowers time to flower and set seed. In July these natural wildflower meadows are a riot of colour which positively hum to the soundtrack of a million pollinators doing their thing.

When: National Meadows Day – a celebration of all things meadowy! – takes place on Saturday 3rd July. Take a look at the Festival Bowland events programme to see what's planned in the AONB.
www.forestofbowland.com/Festival-Bowland-Events

September

Harvest Celebrations

Celebrate the season of mist and mellow fruitfulness at one of Bowland's lively autumn festivals. The annual village show is a highpoint of the rural social calendar where locals and visitors alike mingle amongst the stalls, craft tents and livestock pens.

When: Shows throughout late summer and early autumn – visit **www.forestofbowland.com/family-fun** for more information. Check current Covid restrictions before visiting.

Top tip: Bring your wellies – you'll blend in with the locals and keep your feet dry.



© David McNamee

October

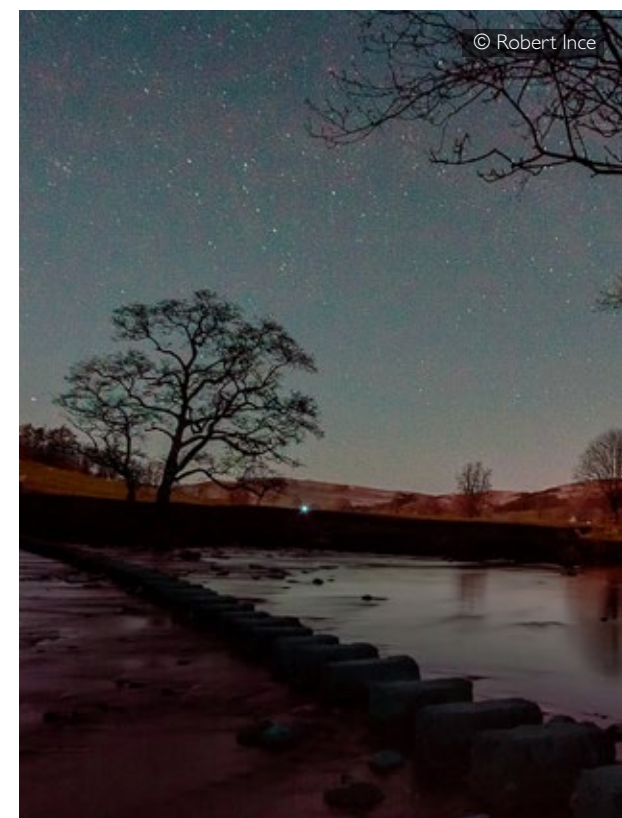
Dark Skies Discovery

With very few centres of population, and hardly any street lighting, the Forest of Bowland has almost zero light pollution, affording visitors breathtaking views of the night sky. Spot planets, constellations, galaxies and nebulae you'll never have seen before and keep an eye out for shooting stars!

Where: Beacon Fell Visitor Centre; Crook o' Lune Picnic Site; Gisburn Forest Hub; Slaidburn Visitor Car Park.

When: February Half Term – online events – check Festival Bowland event listings for details: **www.forestofbowland.com/Festival-Bowland-Events**

Top Tip: Book early – these events sell out very quickly



© Robert Ince

Champion Support for Bentham Buzzy Bees

Thousands of newcomers to Bentham are settling in nicely, thanks to a £750 Champion Bowland grant

These funds, along with £250 from the local Riverside Caravan Park and a £175 donation from an Ilkley resident made this project possible during May of 2020.

The new arrivals are black bees brought to Bentham by Mat Young of Enable Disability who has set up Bentham Buzzy Bees. They and their queen bee are living in woodland and are already exploring the area.

Local people have raised money buying packs of wildflower seeds for planting, to attract bees that fly three to six miles for pollen.

Mat, along with volunteers, has been learning beekeeping skills to be shared with community and disabled groups. Covid-19 restrictions meant that community engagement for the project wasn't possible during 2020, but Mat is excited for the coming year and being able to provide training to help manage the hives through his Enable Disability Project.

Mat said: "We have so much appreciated Champion Bowland's support in getting our project started. There are number of ways businesses and the public can help support the project, one is to buy some bee-friendly wild flower seeds". For further info visit: <https://buzzybees.org.uk/>

Volunteer Viv Barclay



Can You Help?

Champion Bowland is a charity which provides easily accessible small grants for local projects which benefit the environment, local communities and visitors within the Forest of Bowland AONB. Champion Bowland raises funds from visitor donations, charitable activities and other sources.

Look out for donation boxes in local businesses, or text CBOW15 followed by the amount you wish to donate (eg £1 or £5) to 70070

www.championbowland.org

**CHAMPION
BOWLAND**

A Stargazer's Paradise

The Milky Way arches majestically across the sky on clear autumn evenings and star clusters sparkle like diamonds on black velvet.

The landscapes of the Forest are captivating by day but after the sun sets there's a whole new world to discover in the dark skies over Bowland. Some of the best places to see stars in Bowland have been designated as Dark Sky Discovery Sites. These are nationally recognised places that are dark and easily accessible and where it is easy to observe the Milky Way or the constellation of Orion with the naked eye. There are four AONB designated Dark Sky Discovery Sites (see locations on Discovery Map at the beginning of the guide):

- Beacon Fell Country Park
- Gisburn Forest Hub
- Slaidburn Village Car Park
- Crook o' Lune Picnic Site

Why not combine your dark sky adventures by staying a while with one of the AONB's dark sky friendly businesses? We have sixteen in Bowland – all quality accommodation providers – geared up for your star gazing visit.

As well as our Dark Skies Festival which runs 13-19 February, keep an eye on our website and social media for further events being run in the autumn.

Further Information:

www.forestofbowland.com/star-gazing

Stargazers' Calendar Highlights:

WINTER: the absolute best time of year, when the skies are darkest and the stars at their brightest. Look out for the Milky Way on moonless nights, stretching like a faint plume of smoke directly overhead.

SPRING: look out for spring constellations like Leo and the Plough.

SUMMER: the sky doesn't get properly dark during June and July, so wait until August when you should look out for the Perseids meteor shower around the 13th.

AUTUMN: your chance to see fainter objects like the Andromeda Galaxy – the furthest object from earth that is (just) visible with the naked eye. Look for a faint blotch in the sky just above the constellation of Pegasus on moonless nights.



Plants from a Pastel Palette

In the case of these subtle treasures, small is definitely beautiful. And whilst they may not be big and bold individually, they can be truly eye catching if you stumble across a patch of them in bloom.

Take speedwell for example. This cheerful blue flower was traditionally associated with speeding travellers on their way and pops up in a variety of locations, including roadsides and other grassy places. A low-growing, creeping plant, you'll need a beady eye to spot the darker blue lines etched from the middle to the outer edge of its petals and the white dot, or "cat's-eye", in the centre.

In the main we find germander speedwell in Bowland but the group is a large one with several sub species – some of which are very rare - so you may also spot heath and thyme-leaved speedwell, or perhaps brooklime in damper habitats. Look out for germander speedwell from late spring to early summer, although you could well come across this lovely family later in the year too.

“Nature's less showy specimens bring a gentle rainbow of colours to the Bowland landscape. You may have to hunker down to get a good look at them but, if you do, you'll discover a world of shade, shape and pattern.”

Flowering around the same time – April to June - is greater stitchwort. This pretty perennial sports white, daisy-like petals above leaves resembling grass stalks. The individual flowers only have five petals but each one is cut almost in half down the middle, giving it the starry appearance reflected in its Latin name, *Stellaria holostea*.

In some places it goes by the name of "poppers" - a clue to the sound of its seed pods as they ripen and fire out the seeds within. Greater stitchwort is also a valuable source of springtime nectar for pollinators and the food source of the twin-spot carpet moth.



Stichwort



Speedwell



Looking like it could have stepped straight out of a Flower Fairies illustration, water avens hides its delicate beauty under a shy, nodding head. A closer look reveals softly apricot-coloured petals surrounded by darker red sepals and a centre of yellow stamens. A member of the rose family, water avens prefers damp, semi-shady spots in woodlands, alongside streams and in wet meadows.

The flowers, which peak around June, are visited by bees and other insects. After the flowers come attractive, burr-like seed heads. The hooks from these get caught on the fur of passing animals and this helps to spread the plant.

Cuckoo flower is another lovely, early summer gem. Look out for its pale lilac flowers between April and June in damp ground in meadows, ditches and road verges. If you look closely you may see a tracery of darker purple on each of the four petals, plus a yellowy-green dot in the middle.

The flower is said to appear with the first cuckoo – hence its name – but it's also known as lady's smock and May flower. If you spot blobs of froth on the stems these will be the larvae of the meadow froghopper. It's also an important food plant for the caterpillars of orange tip and green veined white butterflies.

From a distance you might mistake ragged robin for its relative, red campion, as their soft, pink colour is very similar. Take a closer look though and you'll see quite how different they are! This lover of marshy places, damp meadows and ditches has flowers with five petals, each of which has several, deep cuts giving the plant its "ragged" appearance.

Pollinators, of course, don't mind its untidiness and bumblebees, honeybees and butterflies all feed on the nectar. Sadly, this member of the pink family has declined with the loss of damp habitats but, if you're lucky enough to find a place where it's flourishing, you'll be rewarded with a beautiful show.

Later in the year – even into November – keep an eye open for pinky-white patches of yarrow. These tiny individual flowers form flat topped heads which resemble umbelifers. Yarrow (*Achillea millefolium*) is named after Achilles as it was believed the Greek hero used it on the battlefield to treat wounds. *Millefolium* means "thousand leaf" and refers to the plant's many feathery green leaves which, if crushed, give off an aromatic scent.

This delicate appearance belies its tough nature and it can thrive even on poor, drier soils. It's a welcome splash of colour in the late autumn when many other flowers have finished.

A man with a beard and short hair, wearing a dark jacket and blue jeans, sits on a low stone wall. He is looking off to the side with a thoughtful expression. The background shows a vast, open landscape with rolling hills under a sky filled with large, white and grey clouds. The overall mood is contemplative and atmospheric.

Flawlessly Bleak

How the award-winning author
Andrew Michael Hurley immersed himself
in a sense of place to write an atmospheric novel
that evokes the elemental beauty of the
Forest of Bowland in high definition

The lonely landscapes and stark beauty of the Forest of Bowland suffuse the vivid writing of local author Andrew Michael Hurley from the very first page of his acclaimed novels inspired by the wilder reaches of his native Lancashire.

The moors and valleys of the AONB shape the plotline as much as any of the lead characters, lurking menacingly below the surface like a gnarly outcrop brooding under a gathering winter storm.

Born in Preston, Andrew taught for many years, writing in his spare time, but it was only when he left teaching to concentrate on literature that he found his muse among the rugged cloughs and hidden dales of Bowland.

Andrew's first northern novel, 'The Loney', set in the wilder reaches of the Lancashire coast, won the Costa best first novel 2015 and was awarded Book of the Year in 2016. His follow-up, 'Devil's Day' again received widespread acclaim upon publication in 2017.

Set in an isolated farming hamlet perched at the top of a remote valley in Bowland, Devil's Day is the story of a man's reluctant return to his roots and a reckoning with the ghosts of his past.

It's a haunting tale that will resonate with all outsiders and emigres forced to negotiate the uneasy reconciliation of past, present and future precipitated by an unexpected return to the setting of a not entirely joyous childhood.

From the moment the protagonist steps off the train, a sense of foreboding hangs in the air like an autumn squall – poised to shed its icy load at the slightest provocation. The plotline darkens, the characters are dour; their dialogue hints at deep,

half-forgotten secrets, supernatural forces hover in the shadows – it's all spine-tinglingly gothic.

And this all plays out against the vivid canvas of a visceral winter wilderness that anyone who has braved the Bowland Fells on a dark December day will recognise.

“When I was a kid, we'd go on day trips all over the county with the family: Pendle, Glasson Dock, the Trough of Bowland – and those places always stuck with me”



"I'm drawn to places where you feel genuinely alone and where you have space to think – the kind of places where you can experience solitude and silence that are increasingly rare and precious nowadays.

"When I moved back to Preston and started contemplating a new novel, I started to look much closer to home and viewing these places through the eyes of an adult and a writer, I started to think about how they could be integrated within a novel. And I realised that in literary terms, the landscapes of Morecambe Bay and the Forest of Bowland had been almost completely overlooked. From the perspective of a fiction writer, these were completely fresh territory to explore.

"As I started writing, I felt much more of a connection with the landscapes of Lancashire than the suburban sprawl of London. I think I understood the self-contained rural communities better simply because I've spent so much time wandering around these places.

"For Devil's Day, I completely immersed myself in the environment in which it's set. I literally spent days wandering around and

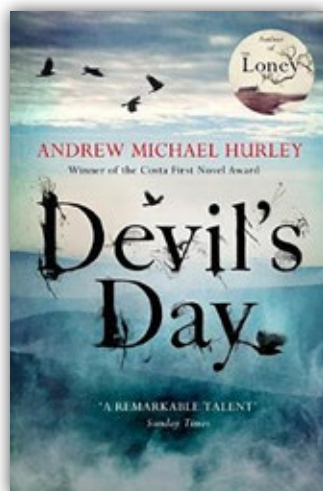
taking notes or photos and making sound recordings in the landscape.

"The principal inspiration for Devil's Day is the Langden Valley, so I went there countless times at different times of the day and different times of the year just to absorb the place and let it seep into my imagination.

"The best compliment that anyone could ever pay me is that after reading one of my books, they really felt like they were there. If they can feel the mud and the moors and the rain, then I've done my job as a writer."

"One of the things I've tried to do in all my novels is to find a language with which to render those landscapes properly on the page – that's been one of the most enjoyable aspects of writing the books.

"In all three novels, landscape has been the starting point and all three books pose the same question: how are people shaped by the landscape in which they live? I think that thread is more prominent in Devil's Day, where the farming community absolutely has to understand and predict the landscape in order to survive and where the characters are most connected – almost enmeshed – within the landscape."



Discover Bowland Itineraries

Explore a collection of five destination itineraries and make the most of your time in Bowland. Each focuses on a different area of the AONB highlighting adventures, activities, hidden gems and food & drink.

From the heather-clad moorlands and peat bogs, to the deeply incised wooded valleys and picturesque villages, all these make up the unique look and feel of Bowland. These characteristics are part of a Sense of Place – elements that make that place special:

● A Place to Enjoy and Keep Special

Highlighting the importance of the area for people's livelihoods and enjoyment with its value as a unique and protected landscape.

● Delicious Local Food and Drink

Without food production our countryside would look very different! There are many excellent eateries across the area to sample the best, local and seasonal produce.

● A Landscape Rich in Heritage

During the medieval period the royal hunting forests were established - the title 'forest' refers to hunting rights, and not to a large expanse of woodland, as we interpret it today.

● A Living Landscape

The landscape has been formed out of a close relationship between people and nature and we all have a part to play in planning for a sustainable future.

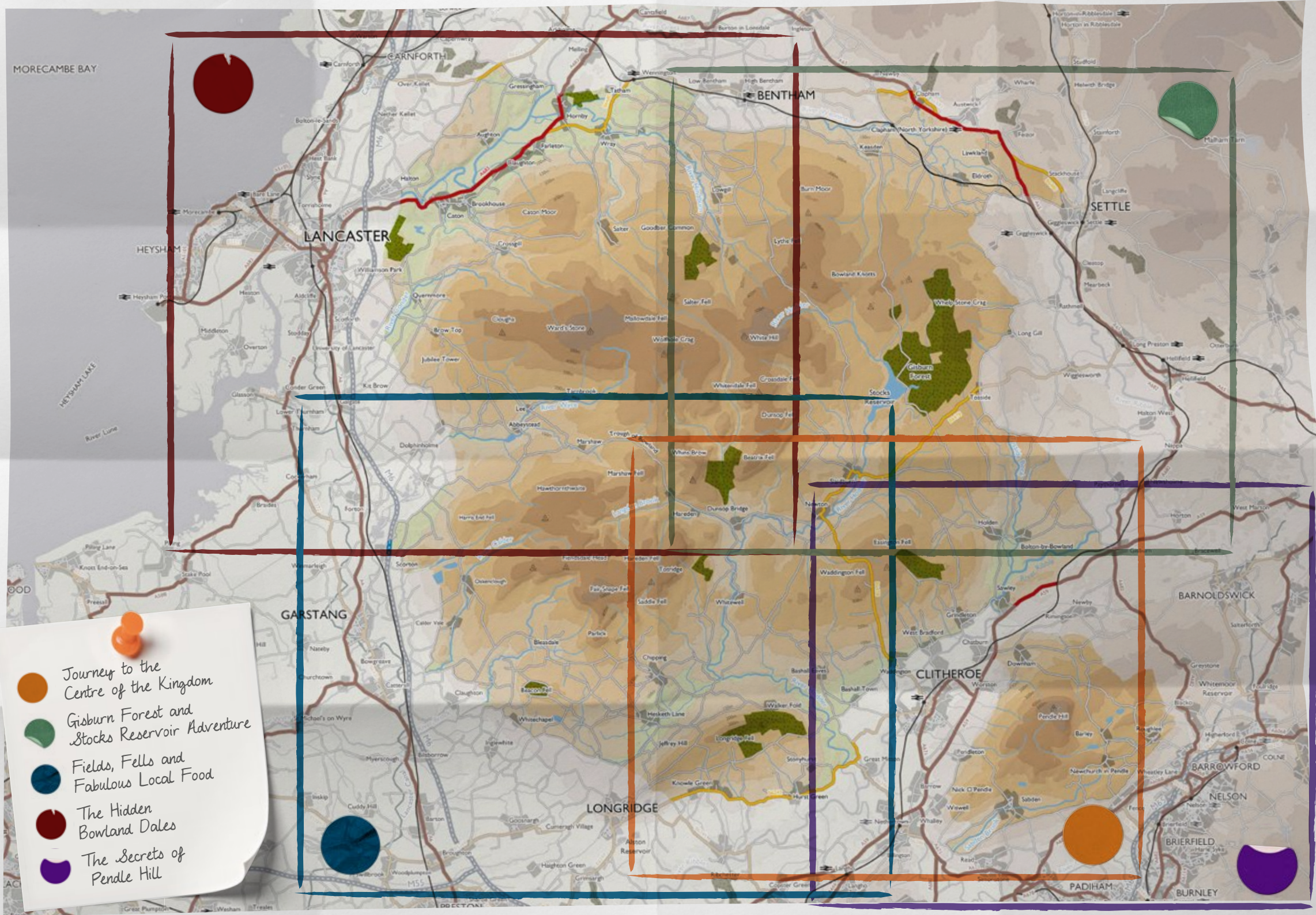
● Wild Open Spaces

The fells are covered with peat, blanket bog, acid grassland and heather moor. The highest point is at Wards Stone (560m) - almost a mountain!

● A Special Place for Wildlife

The moors in particular are an important breeding ground for upland birds. There are also notable wildflower meadows, woodlands and geological features.





-  Journey to the Centre of the Kingdom
-  Gisburn Forest and Stocks Reservoir Adventure
-  Fields, Fells and Fabulous Local Food
-  The Hidden Bowland Dales
-  The Secrets of Pendle Hill

Discover Bowland Itinerary – N°1

Journey to the Centre of the Kingdom

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

Ordnance Survey – the people who map the entire country – calculated that the geographical centre of Great Britain is located on a remote hillside above Dunsop Bridge in the heart of the Forest of Bowland AONB. This three-day itinerary takes you – literally – to the centre of the kingdom and goes on to explore some of the beautiful landscapes and pretty villages of the Forest of Bowland on foot and by bike.

The area is very welcoming
of four-legged friends, just
be aware that Bowland is
home to sheep and cattle and
ground-nesting birds.
Be aware of livestock and keep
your dog under effective control
For "walking safely" info visit
[www.forestofbowland.com/
Walking-Information](http://www.forestofbowland.com/Walking-Information)

Day 1:

The Big Adventure

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. There's also a 'Centre of the Kingdom' sign here for you to take the all-important selfie!

The Dunsop Valley is a favourite with bird watchers and you might catch sight of a variety of raptors including hen harrier, merlin, kestrel, peregrine falcon, short eared owl and goshawk, which are most commonly seen in spring. Closer to the village of Dunsop Bridge you might see house martin, swallow and great spotted woodpecker.

For those with young families why not spend a morning alongside the alpacas and petting sheep and book an 'Alpaca Experience' at Wood End Farm in Dunsop Bridge. Follow that with a picnic alongside the ducks on the village green - it's all about the simple pleasures!

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



Route Options

(all starting from Dunsop Bridge):

- For a village circular walk across farmland taking in some wonderful fell views, try the River Dunsop and Black Brook two mile route
- For a family-friendly walk, download the 3.5-mile Easy Access route
- For a walk combining riverside and fell top download the 4.5 mile Hodder Bank Fell Circular route
- Reaching the actual Centre of the Kingdom, at Whitendale Hanging Stones is a more demanding undertaking across open access land, which is an extension of the 3.5-mile route above, making a 9-mile linear route. Make sure you're equipped with a map and compass and have good navigational skills!

To download the above routes go to www.forestofbowland/walking



End your day with some wonderful seasonal, local food at the award-winning Parker's Arms gastropub in Newton in Bowland. Enjoy hearty regional and global fare cooked and served with an individual stamp.

Day 2 AM:

The Ribble Valley Villages Ride

Hire an electric bike from Ribble Valley E-Bikes in Dunsop Bridge and explore the picturesque villages of the Hodder and Ribble Valleys. This easy-going 29-mile road ride follows the valley floor with some gentle climbs to explore the prettiest villages in the Clitheroe area www.forestofbowland.com/files/uploads/pdfs/cycle_route/bikerouteribblevalley.pdf.

This picturesque route also passes some of the best pubs and cafes in the villages of Waddington, Chatburn, Pendleton, Ribchester and Hurst Green.

For something a little more challenging, try the 60-mile Ribble Valley Ride route.

www.strava.com/routes/7520014

For more ride ideas, go to: www.forestofbowland/cycling

Day 2 PM:

Family Pick:

- Head to Clitheroe and book yourself a guided ghost walk and learn about the area's fascinating history with Simon Entwistle of Top Hat Tours.
- Enjoy some delicious food at Potters Barn, Ribchester and also try your hand at some pottery painting, a great activity for all ages!
- Explore Holden Clough Garden Nursery located in a beautiful setting – visit their glasshouse for treasures for the home and the Garden Kitchen for delicious, homemade food.

Day 3 AM:

Explore

Historic Browsholme Hall – family seat of the Parker family for centuries and one of the most important stately homes in the area. Marvel at the Elizabethan splendour of this Grade I listed building and meander through the immaculately tended gardens before adjourning for tea and cake in the café. (check ahead for opening times).

Day 3 PM:

Picnic

Pick up a mouth-watering picnic from the Bowland Food Hall at Holmes Mill, Clitheroe and head to either Higher or Lower Hodder bridges. Park considerately and follow the footpath along the western bank through dense woodland to find one of many perfect riverside picnic spots. It's an amazing experience in spring, when the woods are carpeted in wild garlic and bluebells and alive with birdsong. If the weather is less than ideal for dining al fresco, head instead to Bashall Barn for a traditional afternoon tea.

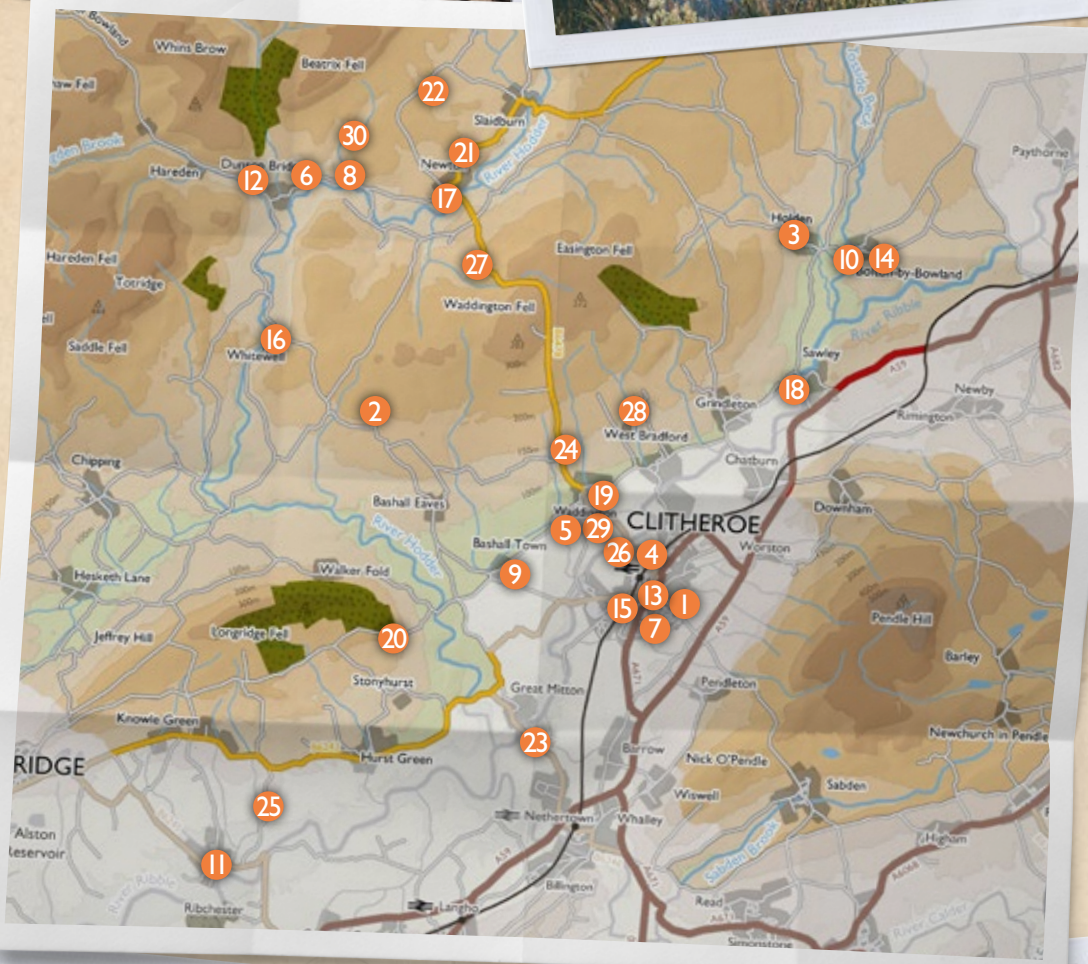
Day 3 PM:

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: www.ribbletrust.org.uk/go-fishing/

Immerse yourself in the peacefulness of the area, take your time, and savour the sights, sounds, tastes and smells to get a true Bowland Experience!





Discover

- 1 **Breaking Cycles CIC**
07746 272643
breakingcyclescic.org
- 2 **Browsholme Hall**
01254 827160
browsholme.com
- 3 **Holden Clough Nurseries**
01200 447615
holdencloughnursery.com
- 4 **Lancashire Farm Wools**
07758 751375
kateshofieldtextiles.blogspot.com
- 5 **Melt**
01200 443377
themeltco.com
- 6 **Ribble Valley E-Bikes**
07483 295238
ribblevalley-e-bikes.co.uk
- 7 **Top Hat Tours**
01200 426821
tophatts.co.uk
- 8 **Wood End Alpacas**
01200 448223
visitwoodendfarm.co.uk

Eat

- 9 **Bashall Barn**
01200 428964
bashallbarn.co.uk
- 10 **Bolton by Bowland Tearooms**
01200 447201
- 11 **Potters Barn**
01254 878431
potters-barn.com
- 12 **Puddleducks**
01200 448241
facebook.com/Puddleduckscafesdunsopbridge
- 13 **The Emporium**
01200 444174
theemporiumclitheroe.co.uk

Eat & Stay

- 14 **Coach and Horses**
01200 447331
coachandhorsesribblevalley.co.uk

- 15 **Holmes Mill**
01200 407180
holmesmill.co.uk
- 16 **Inn at Whitwell**
01200 448222
innatwhitwell.com
- 17 **Parkers Arms**
01200 446236
parkersarms.co.uk
- 18 **Spread Eagle**
01200 441202
spreadeaglesawley.co.uk
- 19 **Waddington Arms**
01200 423262
waddingtonarms.co.uk

Stay

- 20 **Alden Cottage**
01254 826468
aldencottage.co.uk
- 21 **Clerk Laithe Lodge**
01200 446989
clerklaithe.co.uk
- 22 **Laythams Holiday Lets Retreat**
07414 734170
laythams.co.uk
- 23 **Mitton Hall**
01254 826544
mittonhallhotel.co.uk
- 24 **Ribble Valley Country Cottages**
07918 150279
ribblevalleycountrycottages.co.uk
- 25 **Ribble Valley Holiday Homes**
01254 820444
ribblevalleyholidayhomes.co.uk
- 26 **Shirburne Holiday Park**
01200 422432
shireburnepark.co.uk
- 27 **Stonefold Holiday Cottage**
07966 582834
stonefoldholidaycottage.co.uk
- 28 **Three Rivers Woodland Park**
01200 423523
facebook.com/TheWoodlandCafe
- 29 **Waddow Hall**
01200 423186
waddow.org.uk
- 30 **Woodend Farm B&B**
01200 448223
visitwoodendfarm.co.uk

Discover Bowland Itinerary – N°2

Gisburn Forest and Stocks Reservoir Adventure



In the hills above the picturesque village of Slaidburn there's a paradise for outdoor enthusiasts just waiting to be explored.

This pristine upland landscape in Lancashire's undiscovered rural hinterland is a hidden gem with more in common with the lochs and glens of the Scottish Highlands than the post-industrial mill towns in the south of the county.

Walking, trail-running, mountain-biking, fly-fishing and birding are all on the agenda for visitors with a taste for adventure. There's even an easily accessible trail for outdoor enthusiasts with restricted mobility.

Day 1: The Big Adventure

Lace up your boots for a big day close to the water or clip into your pedals for a forest adventure. The eight-mile Stocks Reservoir Circular walk 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.

Detour to the café at Gisburn Forest Hub for welcome refreshments.

Families with younger children, or those who are less mobile, might want to try the less demanding Birch Hills Trail starting from the same car park.

Route Options

- Stocks Reservoir Circular
- Gisburn Forest Birch Hills Trail
- Bell Sykes Hay Meadow Walk

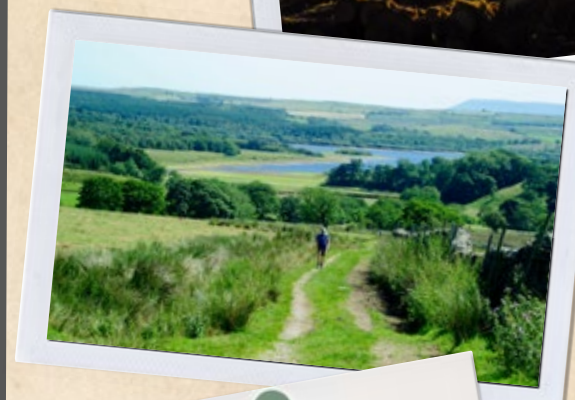
NOTE: Birch Hills Trail is suitable for Trampers (all-terrain accessibility scooter). The Bowland Trampler can be booked in advance from Gisburn Forest Hub. Call 01200 446387 to make a reservation.

To download the above routes go to
www.forestofbowland/walking



Reward yourself at the end of the day at **Crowtrees Inn** Bowland Fell Park which offers traditional pub fare with a fresh twist, with a range of excellent ales as accompaniment.

The Hodder Valley Show is an agricultural show which changes venue in rotation between Slaidburn, Newton and Dunsop Bridge. The event is held the second Saturday of September. Please check website to find out if it is running in 2021.
www.hoddervalleysshow.co.uk



Have a look at the Festival Bowland programme with events
www.forestofbowland.com/Festival-Bowland-Events



Day 2 AM:

The Roses Border Bike Ride

For road cyclists, this is a majestic, yet demanding circuit on quiet lanes either side of the Lancashire and North Yorkshire border. It's a challenging 35 mile circuit on quiet lanes that are reputed to have been cycled by Sir Bradley Wiggins in preparation for winning the 2012 Tour De France! Another slightly shorter, but more demanding option is a spectacular circular which takes in two of the toughest passes in Bowland – Bowland Knotts and Cross O'Greet. Download these routes from: www.forestofbowland.com/cycling

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.



Day 2 PM:

Replace Those Calories!

After such a strenuous ride, there's ample excuse to gorge yourself on a high-calorie carbfest at one of the area's noted cafés or hostels. Try taking afternoon tea at **Old Vicarage Tea Rooms in Tosside** or the delightful **Nectar Café at Coars Farm near Wigglesworth**.

Day 2 Evening:

Sample the Local Nightlife



Admire the Milky Way brighter than you've ever seen it and see how many constellations you can find in the dark skies above the Bowland Fells. Simply step outside after nightfall and look upwards to see thousands more stars than you can see in town or book into one of the dedicated star-gazing events held at Gisburn Forest Hub Dark Sky Discovery Site.

www.forestofbowland.com/Star-Gazing

Get Closer to Nature

Get up with the lark and fish for plump and tasty trout in the clear waters of **Stocks Reservoir**. Visit the Stocks Reservoir website www.stocksreservoir.com to check whether the trout are biting or call **01200 446602**.

If the fish aren't rising, pack your flask and head to the wildlife watching hides on the eastern shoreline to watch the amazing birdlife that lives on and around the reservoir.



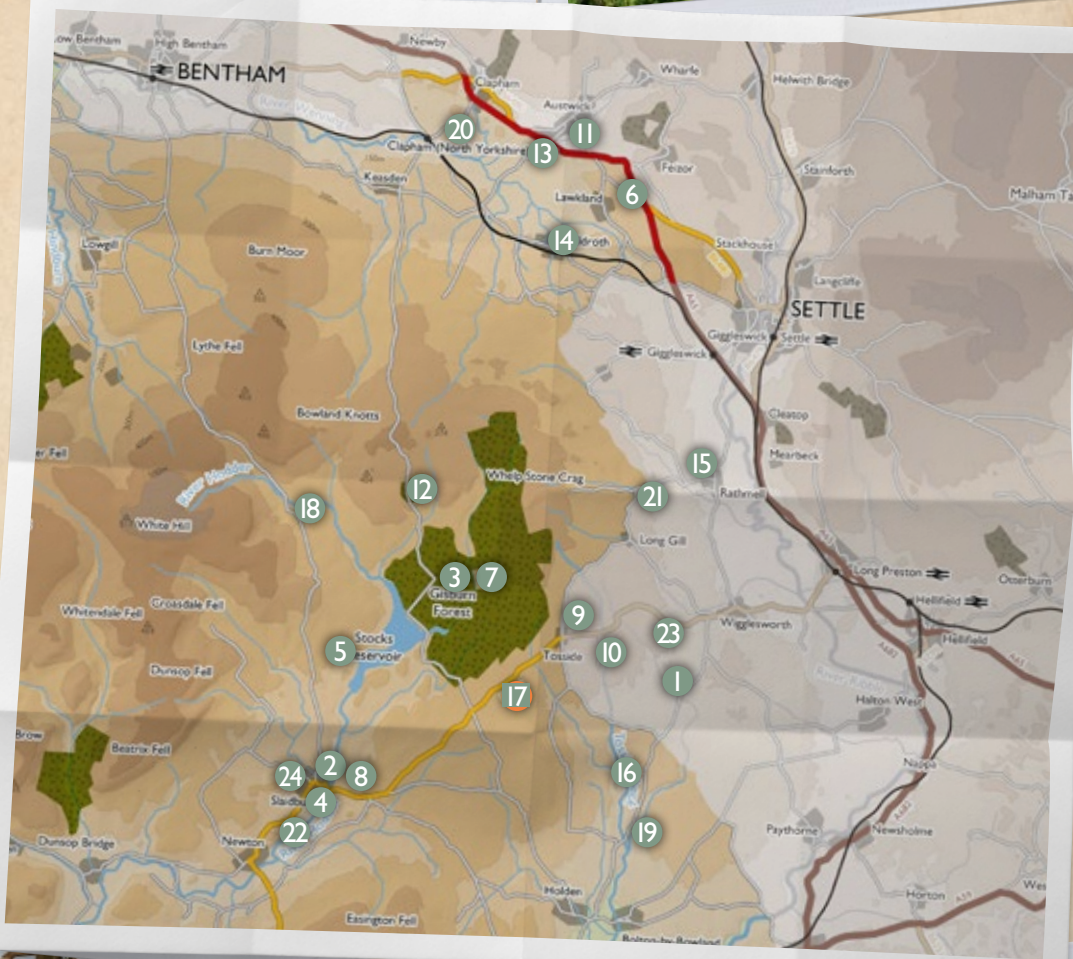
Day 3 PM:

Yorkshire

Head to the north-east corner and the Yorkshire part of Bowland for a change of scenery and landscape. For cheese enthusiasts, the award-winning Courtyard Dairy is not to be missed which stocks a carefully chosen range of unusual and exquisite farmhouse cheeses, championing small, independent farmers. Explore the pretty villages of Clapham and Austwick and the surrounding limestone scenery. Why not try the Bentham Line - 5 mile Clapham Circular walk: www.forestofbowland.com/walking/bentham-line-clapham-circular-walk



Explore the restored traditional wildflower meadows around Slaidburn on this leisurely wander to Bell Sykes Hay Meadow (best seen late June/early July) beside the River Hodder then treat yourself to tea and cakes at the idyllic Riverbank Tearooms.



Discover

- 1 **Be a Garden Maker**
01729 840848
beagardenmaker.co.uk
- 2 **Bowland Chocolate at Vanilla Angel**
07824 485 557
bowlandchocolatecompany.co.uk
- 3 **Outdoors 4 All Together**
07814 464872
outdoors4alltogether.co.uk
- 4 **Slaidburn Village Hall**
01200 446555
slaidburnvillagehall.com
- 5 **Stocks Reservoir Fishery**
01200 446602
stocksreservoir.com
- 6 **The Courtyard Dairy**
01729 823 291
thecourtyarddairy.co.uk

Eat

- 7 **Gisburn Forest Café**
01200 446387
facebook.com/gisburnforestcafe
- 8 **Riverbank Tearooms**
01200 446398
riverbanktearooms.co.uk
- 9 **The Old Vicarage Tearooms**
07809 489282
facebook.com/TheOldVicarageTeaRoom

Eat & Stay

- 10 **Bowland Fell Park**
01729 840278
bowlandfell.com
- 11 **The Traddock**
015242 51224
thetraddock.co.uk

Stay

- 12 **Dale House**
01200 411095
dalehousebarn.co.uk
- 13 **Dalesbridge**
015242 51021
dalesbridge.co.uk
- 14 **Eldroth House Holiday Cottages**
075902 52725
eldrothcottages.co.uk
- 15 **Layhead Farm Cottages**
01729 840234
layhead.co.uk
- 16 **Lower Gill Holidays Ltd**
01200 447009
lowergill.co.uk
- 17 **Marl Barn Campsite**
07917 157522
marlbarn.co.uk
- 18 **Merrybent Hill Luxury B&B**
07733 010915
merrybent-hill.com
- 19 **Middle Flass Lodge**
01200 447259
middleflasslodge.co.uk
- 20 **Orcaber Farm Camping & Caravan site**
07800 624994
caravancampingsyorkshiredales.co.uk
- 21 **Peaks and Pods**
07724 940709
peaksandpods.co.uk
- 22 **Slaidburn Youth Hostel**
0345 371 9343
yha.org.uk
- 23 **Wigglesworth House & Cottages**
01729 840168
wigglesworthhouseandcottages.co.uk

Shop

- 24 **Slaidburn General Stores**
01200 446268

Discover Bowland Itinerary – N°3

Fields, Fells and Fabulous Local Food



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

This largely rural area is a walkers' and cyclists' paradise, criss-crossed with some outstanding circular walks and quiet country lanes to cruise along on two wheels. And there's plenty of scope for enthusiastic foodies to embark on a gastronomic tour of this productive corner of Bowland where local cheeses are a speciality.

Look out for the rare whimbrel roosting at Barnacre Reservoir near Oakenclough. These elegant waders fly in to roost during the breeding season in April and May. Good views from the public footpath to the south of the reservoir.

Day 1:

Big Views on Foot

The rolling hills that rise behind the Lancashire Plain - Parlick, Fair Snape and Wolf Fell - offer splendid views over Morecambe Bay and beyond to the Lakeland fells. On a really clear day it is possible to see the Isle of Man and the Great Orme on the North Wales coast. Birds such as meadow pipits and skylarks are common on the fell, while the more fortunate may catch a glimpse of tree pipits or yellowhammers.

Be sure to visit Beacon Fell Country Park which features 75 hectares of woodland, grassland and moorland. There are several woodland trails which are great for families and four-legged friends. The visitor centre and cafe are also open daily.



Route Options

- **Bluebells and Woodland Delights** – 3 mile circular starting at Cobble Hey Farm & Gardens. Parking is available free of charge for those using the tea room, please ring to check opening times **01995 602643**
- **Delph Quarry** – 7 mile circular offering wonderful views of the Bleasdale Fells
- **Grizedale Valley & Nicky Nook** – 5.5 and 3.5 mile route options - Nicky Nook, though modest in height, offers splendid views over Lancashire's coastal plain.
- **Scorton Picnic Site** – a local nature reserve with flat, easy walking, suitable for wheelchairs, pushchairs & Trampers.



To download the above routes go to www.forestofbowland.com/walking



Day 2 AM: Explore on Two Wheels



The quiet roads make this part of Bowland a paradise for cyclists. Both on and off-road routes all feature undulating terrain with some extended steep climbs. We have two recommended routes for road cyclists, both of which start at the pretty village of Scorton - a hub for cyclists, with some fantastic eateries.

Scorton Circular is a lovely 16 mile tour of the quiet lanes and hamlets along the southern fringe of the Bowland Fells or, for an extended 27 mile route, enjoy the unspoilt beauty of **Grizedale and Bleasdale**.

To download these routes visit:
www.forestofbowland.com/cycle-routes

Day 2 PM: The Big Cheese



Lancashire Cheese is famous throughout Britain for its astringent tang and characteristic crumbliness and **Leagram Organic Dairy** on the edge of Chipping is one of the finest producers of this subtle local cheese. Leagram have been producing quality cheeses for the last 15 years. As well as their famous Creamy, Crumbly and Tasty Lancashire cheeses, they also produce an award-winning sheep's cheese - Ramshackle. Call **01995 61532** to check opening times.

There are several other cheese producers in the area including Dewlay (Garstang), Proctors (Chipping), Butlers (Inglewhite) and Singletons (Longridge).



To keep the whole family entertained, why not download some seasonal quizzes, colouring and i-spy sheets to engage your youngsters? Visit www.forestofbowland.com/Family-Fun

Day 2 Evening: Enjoy an Epicurean Adventure

As well as producing some superb cheese and meat, this side of Bowland has some excellent eateries in which to sample local produce. Fantastic pubs include the Shireburn Arms, Hurst Green or, for more formal dining, try the restaurant at the Gibbon Bridge Hotel and sample some mouth-watering Lancastrian delicacies.

Day 3 AM: Down On The Farm

Get up close with some friendly farm animals at **Cobble Hey Farm and Gardens**. This working farm in the foothills of the Bleasdale Fells welcomes visitors during spring and summer and feeding the lambs in March and April is extremely popular. There's also an on-site café serving wonderful home produce. Call Cobble Hey **01995 602643** to check opening times, which vary according to the farming calendar.

Or visit **Bowland Wild Boar Park** - one of the most popular visitor attractions in the area. This out of the way farm and wildlife park is especially popular with families and schoolchildren, who love getting close to the farm animals and exploring nature on one of the park's wildlife walks. You can even extend your stay by hiring one of the park's camping pods. Call **01995 61075** to book your visit.

Day 3 PM: Time For Tea?

After a ride or walk, you have every excuse to indulge in a few sweet or savoury treats at one of the locale's noted cafes or farm shops. **The Barn** at Scorton is an extremely popular destination with local cyclists in search of a good coffee and something sticky and sweet, while **The Apple Store** at Wyresdale Park is a must-visit destination for any fan of traditional English Afternoon Tea.





Discover

- 1 Bowland Wild Boar Park
01995 61075
wildboarpark.co.uk
- 2 Chipping Farm Shop
01995 699444
chippingfarmshop.co.uk
- 3 Cobble Hey Farm & Gardens
01995 602643
cobblehey.com
- 4 Goosnargh Gin Ltd
01995 641001
goosnarghgin.co.uk
- 5 The Bowland Clothing Company
01254 820 129
thebowlandclothingcompany.com

Eat

- 6 Applestore Café
01524 792296
wyresdalepark.co.uk/applestore-cafe-scorton
- 7 The Barn
01524 793533
plantsandgifts.co.uk

Eat & Stay

- 8 Gibbon Bridge Hotel
01995 61456
gibbon-bridge.co.uk
- 9 Shireburn Arms
01254 826678
shireburnarmshotel.co.uk
- 10 The Priory
01524791255
theprioryscorton.co.uk
- 11 Northcote
01254 240555
northcote.com

Stay

- 12 Barnacre Cottages
01995 600918
barnacre-cottages.co.uk/holiday-cottages
- 13 Brickhouse Touring Caravan Site
01995-61747
brickhouseccs.co.uk
- 14 Dale View Caravan Site
01995 61060
daleviewcaravans.co.uk
- 15 Fell View Park Camping and Caravan Site
01524791283
fellviewparkandfishing.co.uk
- 16 Lanterns & Larks
01638 563478
barnacre-cottages.co.uk/holiday-cottages
- 17 Little Oakhurst
07908 614736
littleoakhurst.com
- 18 Orchard Glamping
07725 185366
orchardglamping.co.uk
- 19 The Garden Cottage
07989 212901
thegarden-cottage.com
- 20 The Old WoodShed
01995 641290
- 21 The Shippon Luxury Holiday Let
07850 221034
theshipponluxuryholidaylet.co.uk
- 22 Wigwam Holidays Ribble Valley
07894 337077
wigwamholidays.com/ribble-valley
- 23 Wolfen Mill Country Retreats
01253 675633
wolfenmill.co.uk

Discover Bowland Itinerary – N°4

The Hidden Bowland Dales



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

You can access some land across England without having to use Public Rights of Way – this land is known as 'access land'. For info on what you can and can't do visit:
www.gov.uk/right-of-way-open-access-land/use-your-right-to-roam

Day 1 AM:

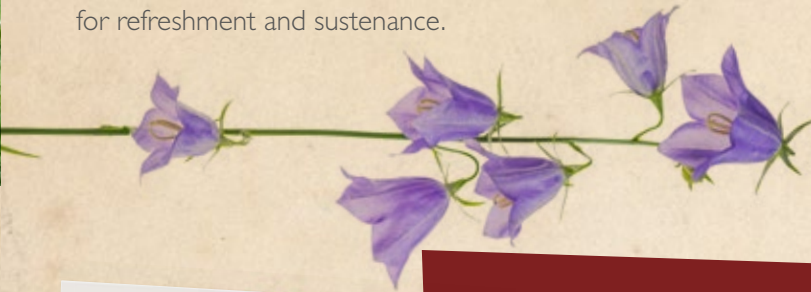
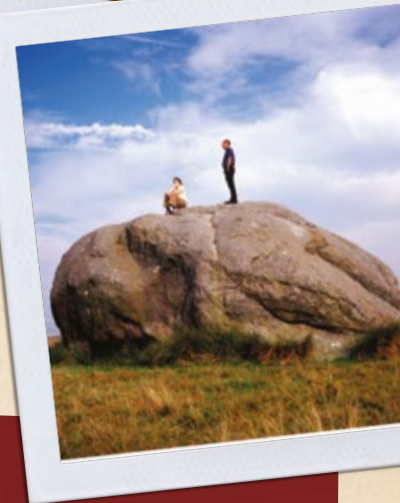
Roeburndale and Wray

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

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

Park considerably in the village and explore via one of the circular walks featured below. The Roeburndale circular is a longer walk, but a wonderful chance to explore the beautiful woodlands that dominate this verdant valley. Look out for rare butterflies and woodland birds like the redstart and pied flycatcher.

The woodland floor is carpeted in dense drifts of bluebells in May and the autumn colours in September and October rival those of New England. Post-walk, Bridge House Farm Tearooms offers a warm welcome to walkers for refreshment and sustenance.



Route Options

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



To download the above routes go to
www.forestofbowland/walking

For more than 20 years during May, visitors have followed the arts trail in and around the Lune valley, seeking out the studios and work places of local artists. Please check website for any current Covid restrictions before visiting.
Visit: www.lunesdalearts.co.uk



Day 1: PM:

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

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



Day 2 AM:

Mountains & Coastline

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

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

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

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

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

www.clearbeck.wordpress.com



Day 3:

Abbeystead and Tarnbrook

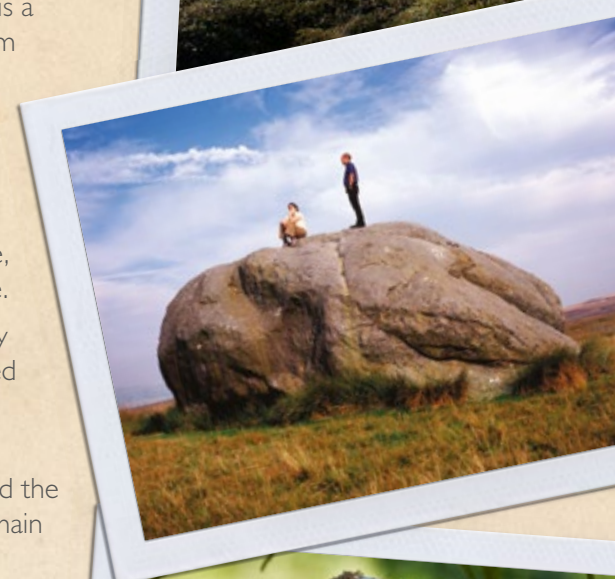
Cafes and pubs are thin on the ground in this exquisitely remote corner of Bowland, so we would recommend picking up a picnic prior to heading into the hills above Abbeystead. If the weather proves less than amenable for a picnic, a visit to The Fleece Inn may be in order.

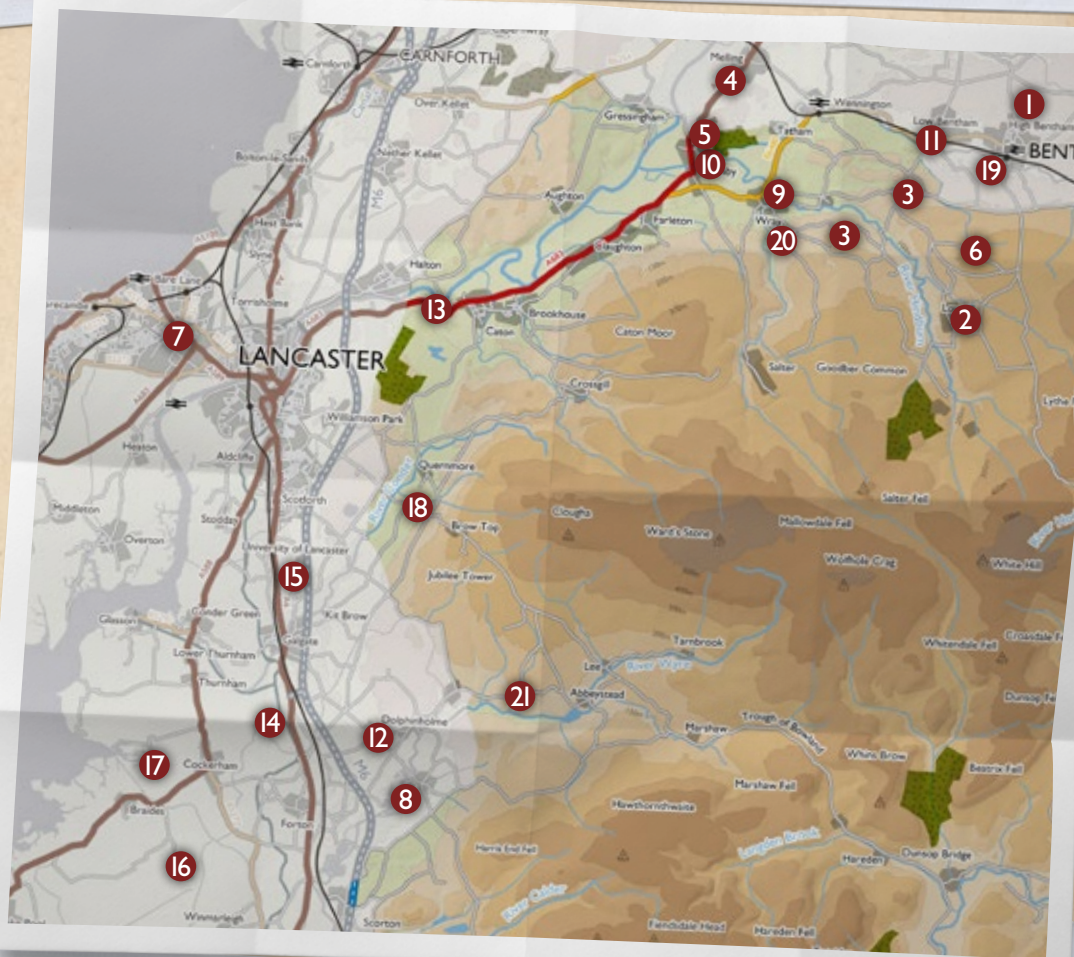
If visibility is good, a drive up to Jubilee Tower is a must. The views from here are breath-taking, encompassing Lancaster and the Lune estuary, the Lake District fells, the Great Orme on the North Welsh Coast and maybe a glimpse of Snaefell on the Isle of Man.

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

Just a short drive from Jubilee Tower is the pretty hamlet of Abbeystead – named after a short-lived Cistercian Abbey which briefly flourished in the upper Wyre Valley in the 12th Century.

The Tarnbrook loop follows the Wyre Way round the headwaters of the River Wyre, crossing its two main feeder streams – the Marshaw Wyre and the Tarnbrook Wyre.





Discover

- 1 **Bentham Golf Club**
015242 62455
benthamgolfclub.co.uk
- 2 **Bowland Outdoor Reared Pork, Beef & Lamb**
015242 62827
bowlandpork.co.uk
- 3 **Clearbeck Garden**
015242 61029
clearbeckgarden.org
- 4 **Green Close Studios**
015242 21233
greenclose.org
- 5 **Hornby Village Institute**
015242 22227
hornbyvillage.org.uk/institute
- 6 **Maiden Bridge Gallery**
01524261463
maidenbridge.co.uk
- 7 **Open Road Open Skies**
07421 095 838
openroadopenskies.co.uk
- 8 **Wyreside Lakes Fishery**
01524 792093
wyresidelakes.co.uk

Eat

- 9 **Bridge House Farm Tearooms**
015242 37775
facebook.com/BridgeHouseFarmWray
- 10 **Hornby Tearooms**
015242 21237
facebook.com/HornbyTeaRooms
- 11 **Punch Bowl**
015242 61344
thepunchbowlhotel.co.uk

Eat & Stay

- 12 **Fleece Inn**
01524 791233
fleeceinn.co.uk

Stay

- 13 **Crook O'Lune Holiday Park**
01524 917312
pure-leisure.co.uk/parks/lancashire/crook-o-lune
- 14 **Lakewood Cottages**
01524 751053
lakewoodcottages.co.uk
- 15 **Lancaster House Hotel**
0333 220 3107
englishlakes.co.uk/lancaster-house
- 16 **Moss Wood Caravan Park**
01524 791041
mosswood.co.uk
- 17 **Pattys Farm Barn**
079578 88048
pattysbarn.co.uk
- 18 **Quernmore Valley Cottages**
01524 36873
quernmorevalleycottages.com
- 19 **Riverside Caravan Park**
015242 61272
riversidecaravanpark.co.uk
- 20 **Roeburnscar Holiday Cottage**
015242 22214
roeburnscarholidaycottage.co.uk
- 21 **The Gathering Fields Retreat**
077912 54101
northernapproach.co.uk

Discover Bowland Itinerary – N°5

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' but why not try an alternative route to the top via one of our '7 routes To the Top' options (visit: pendlehillproject.com/explore-walking). Park on the edge of the village of Sabden and ascend the hill via Churn Clough reservoir, or start in Newchurch and walk via Ogden Clough Reservoir joining the cart track to the top, or alternatively take the challenging concessionary route up the north side from Downham. You'll soon discover the wonderful variety by exploring Pendle Hill from every direction!

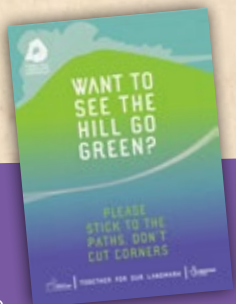
The views from the top inspired George Fox to establish the Religious Society of Friends – better known as the Quakers – after he climbed the hill in 1652.

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



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!

Either head to the Nick of Pendle to admire the definitive view from Pendle across to the Bowland Fells, or for vistas stretching north-east up the Ribble Valley into Yorkshire from the road over the 'shoulder' beneath the Big End from Downham are equally 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 last remaining Clarion House just outside Barley (Grid Ref: SD 831 396). www.roughlee.org.uk/clarion-house/

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.

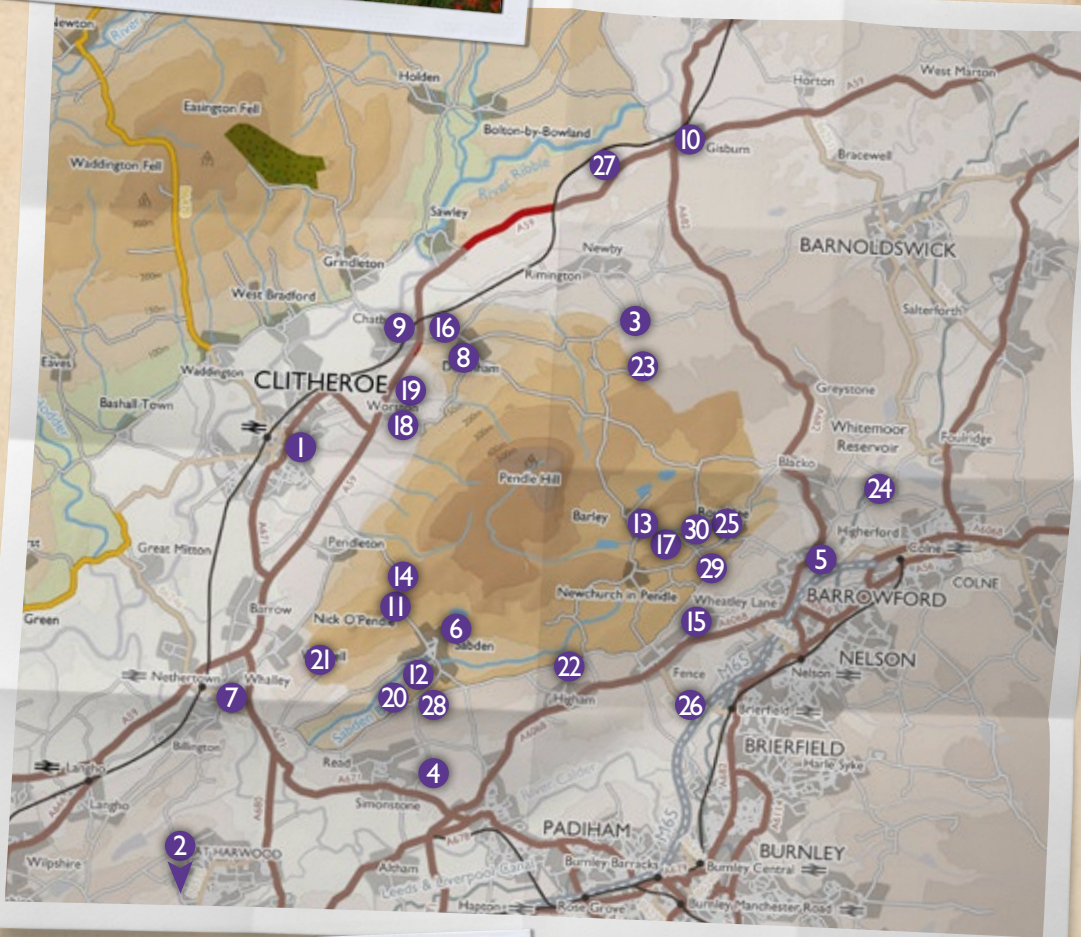
Park in the little car park at the information barn and walk across to feed the ducks in the stream or enjoy a Downham ice cream on the village green. Try one of four circular walks (details available in the info barn) or download them from: www.pendlehillproject.com/explore-walking

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.





Discover

- 1 All Routes North
01200 423955
allroutesnorth.co.uk
- 2 Alternative Adventure
01254 704898
altadv.co.uk
- 3 Gazegill Organics
01200 445519
gazegillorganics.co.uk
- 4 Outdoor Elements
01282 416396
outdoorelements.co.uk
- 5 Pendle Heritage Centre
01282 677 150
pendleheritage.co.uk/pendle-heritage-centre
- 6 The Milking Parlour
07730 218139
facebook.com/TheMilkingParlour
- 7 Whalley Warm & Dry
01254 822220
whalleyoutdoor.co.uk
- 12 Sanwitches Café
01282 775006
facebook.com/Sanwitchessabden
- 13 The Cabin
01282 696937
facebook.com/Barleypicnicsite
- 14 The Wellsprings
01200 427722
www.thewellsprings.co.uk
- 15 The White Swan
01282 611773
whiteswanatfence.co.uk
- 22 Height Top Farm holiday cottages
01282 772009
info@heighttopfarm.co.uk
- 23 Higher Gills Farm
0120 445370
highergills.co.uk
- 24 Malkin Tower Farm Holiday Cottages
07950 31598
malkintowerfarm.co.uk
- 25 Pendle Valley Caravan Park
01282 614755
pendlevalleycaravanpark.co.uk
- 26 Smithson Farm Caravan & Campsite
01282 788290
facebook.com/Pendlelancashire
- 27 Stirk House Hotel
07709 469215
stirkhouse.co.uk
- 28 The Boskins
07967 508245
- 29 The Rookery
07738 261279
therookeryroughlee.co.uk
- 30 Thorneyholme B&B
01282 612452
thorneyholmebandb.co.uk

Eat & Stay

- 16 Greendale View Kitchen
01200 441517
greendaleviewbandb.co.uk

Stay

- 8 Downham Ice Cream Shop
01200 441613
facebook.com/DownhamIceCreamShop
- 9 Hudsons Ice Cream Shop
01200 441305
facebook.com/1947HudsonsIcecream
- 10 La Locanda
01200 445303
lallocanda.co.uk
- 11 Nest on the Hill
07414 001118
facebook.com/Nest-on-the-hill-109723624178291
- 17 Boothman Park
07837 243014
boothmanpark.co.uk
- 18 Calfs Head
01200 441218
calfshead.co.uk
- 19 Chestnut Cottage
01200 440400
chestnut-cottage.com
- 20 Cobden View Holiday Cottage
01282 776285
cobdenview.co.uk
- 21 Freemasons
01254 822218
freemasonsatwiswell.com

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with nature in the beautiful
Forest of Bowland AONB**

WHERE TO STAY | WALKS AND RIDES | FOOD & DRINK
FESTIVALS & EVENTS | ACTIVITIES | EXPERIENCES

www.discoverbowland.uk

Search for accommodation with small
independent businesses and plan your
break with a custom itinerary

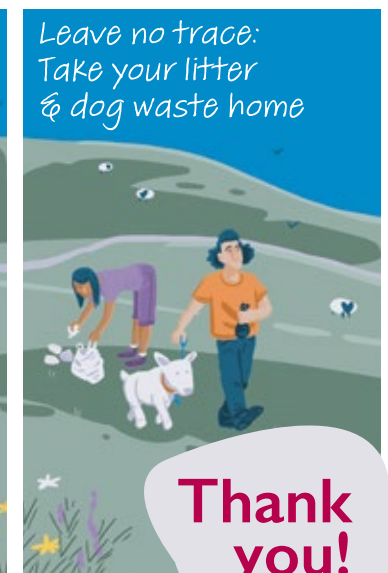
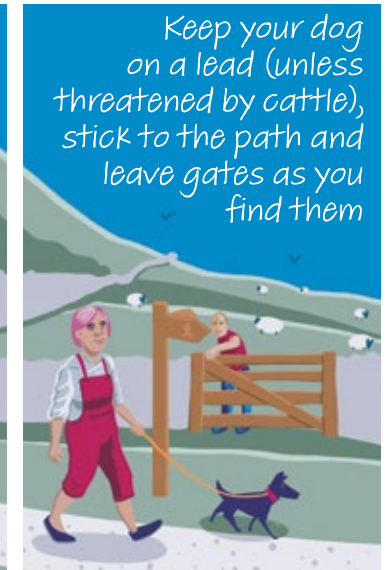
FOREST OF BOWLAND
Area of Outstanding Natural Beauty
**SUSTAINABLE TOURISM
NETWORK**

Supported by:

**CHAMPION
BOWLAND**

Respect, Protect, Enjoy...

When in the countryside please:



**Thank
you!**

www.forestofbowland.com

www.gov.uk/government/publications/the-countryside-code

Walk This Way

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.

These landscape contrasts, along with the serenity and tranquillity of the area make this a walker's paradise. As well as the fell tops and moors, there are extensive opportunities for shorter and less challenging routes in the valleys, most especially riverside walks which abound in the area.

We have a resource of around 50 walks on our website to suit everyone and these are available as downloadable pdfs or can be accessed via the ViewRanger App.



Follow this link to access the pdfs and ViewRanger links:
www.forestofbowland.com/walking

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.

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
- **Garstang Tourist Information Centre**
Cherestanc Square, Garstang, PR3 1EF
Tel: **01995 602125**
Website: www.discoverwyre.co.uk
- **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.visitpreston.com
- **Settle Tourist Information Centre**
Town Hall, Cheapside, BD24 9EJ
Tel: **01729 825192**
Website: www.settle.org.uk



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