

Discover BOWLAND

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





Contents

Welcome to Bowland	3
Discovery Map	5
A Destination for Every Season	12
Best of Bowland	18
Festival Bowland Events 2022	27
Celebrating 10 Years of Peatland and Hay Meadow Restoration in Bowland	32
For Peat's Sake	34
Putting the Buzz back into Bowland's Wildflower Meadows	38
The Wildflower Way with Words	42
Landmark Trees	44
Experience Bowland	48
One Hill... So Many Ways to Climb it	55
The Natural Health Service	62
Bowland's Food Heroes	68
Can't see the Wood?	76
Keeping Bowland in the Dark	80
A New Agricultural Revolution	82
Celebrating the radical legacy of Pendle's revolutionary women	86
World Leaders Tuck Into a Slice of Pendle Pie at Environment Summit	88
Making the Most of Your Bowland Visit	96
The Ultimate Bowland Activity Holiday	98
Walking in Bowland	106
Slaying the Dragons	108
Further Information	111

Landscapes
for life
.org.uk

{ FOREST OF
BOWLAND
One of the
AONB Family

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

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

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

twitter.com/forestofbowland

Disclaimer: Inclusion in this brochure does not imply
recommendation by the Forest of Bowland AONB.

Although efforts are made to ensure accuracy of this publication at
the time of going to press, changes can occur and it is advisable to
confirm information with the relevant provider before you travel.



Welcome to Bowland

Have yourself a green getaway in Bowland during 2022. Why not travel by train and explore on foot, or hop on an electric bike and explore at your leisure? You'll find lots of inspiration in our Experience Bowland and Destination for Every Season features.

We introduce a new Festival Bowland events programme continuing with our popular virtual events, and we're excited to be re-introducing some small-scale walks and face to face events. Join us and experience the seasonal variety in Bowland, from family-friendly dark sky events to warm days enjoying our iconic meadows; there is something to discover for all.

Read all about the valuable work of the AONB partnership as we celebrate 10 years of both hay meadow and peatland

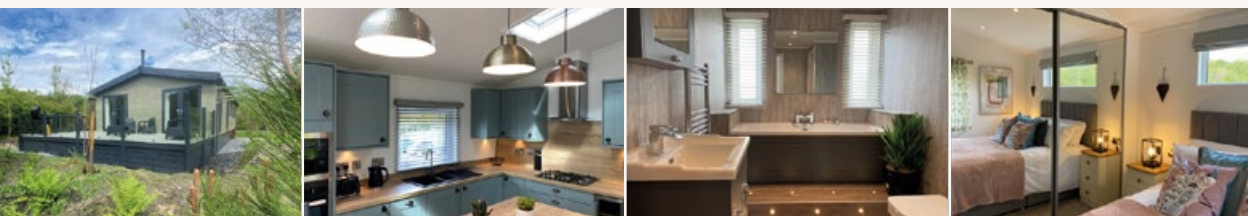
restoration work this year, and the successful Pendle Hill Project enters its final year of activity and engagement. Also, peruse our case studies to learn about new funding for climate, nature, and people in the nation's special landscapes.

Connect to nature with our *Ultimate Bowland Itinerary!* Explore all the hidden corners of Bowland, highlighting the wonderful seasonal variety, and showcasing the best food, drink, activities, and accommodation the area has to offer. Have yourself a Bowland experience in 2022!



BOWLAND ESCAPES

making memories



YOUR HOME FROM HOME

Luxurious holiday lodges

Invest in your very own holiday home in the beautiful Ribble Valley, where you can spend precious time with family and friends and **make memories.**

Choose from a range of **specially built to order** lodges from a selection of manufacturers and set within a 62 acre park in a peaceful woodland. Combining luxury with rustic charm, your fully furnished holiday home is ready to **make memories** all year round with our **12-month holiday season**.



Make an appointment to visit Bowland Escapes and meet with our team in a friendly, no pressure and open environment.

T. 01995 61075 **E.** info@bowlandescapes.co.uk
www.bowlandescapes.co.uk



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, activities, and experiences.

- 1 Bambers Lodge – Bolton by Bowland
- 2 Be a Garden Maker – Wigglesworth
- 3 Bowland Escapes and Bowland Wild Boar Park, Chipping
- 4 Breaking Cycles CIC – Clitheroe
- 5 Chestnut Cottage – Worston
- 6 Cobden View – Sabden
- 7 Dale House Barn and B&B – Gisburn Forest
- 8 Eldroth House Holiday Cottages – Eldroth
- 9 Fell View Caravan Park – Scorton
- 10 Gisburn Forest Hub Café – Gisburn Forest
- 11 Goosnargh Gin
- 12 Hartley's Huts – Newton in Bowland
- 13 Height Top Farm – Higham
- 14 Higher Gills Farm – Rimington
- 15 Holgates Ribble Valley Holiday Park - Rimington
- 16 Lakewood Cottages – Galgate
- 17 Laythams Holiday Let Retreats – Slaidburn
- 18 Little Oakhurst Glamping – Stonyhurst
- 19 Lower Gill Holiday Cottages – Tosside
- 20 Orchard Glamping – Garstang
- 21 Peaks and Pods – Rathmell
- 22 Ribble Valley E-Bikes – Dunsop Bridge
- 23 Stirik House Hotel – Gisburn
- 24 The Re-wilding and Patty's Barn – Cockerham
- 25 The Traddock – Austwick
- 26 Wenningdale Escapes – Bentham
- 27 Wild Fox Distillery – Inglewhite
- 28 Wood End Alpacas – Dunsop Bridge

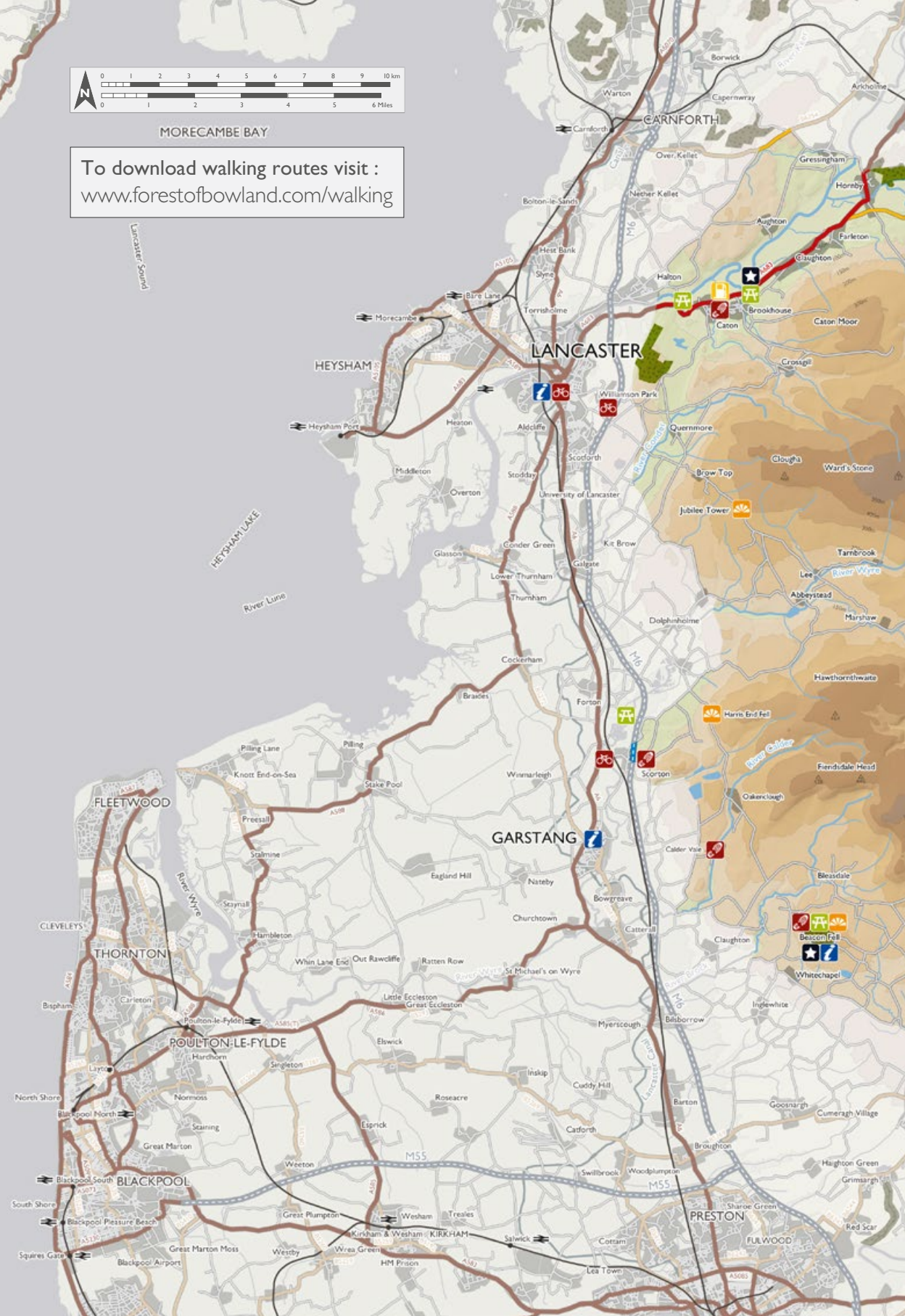


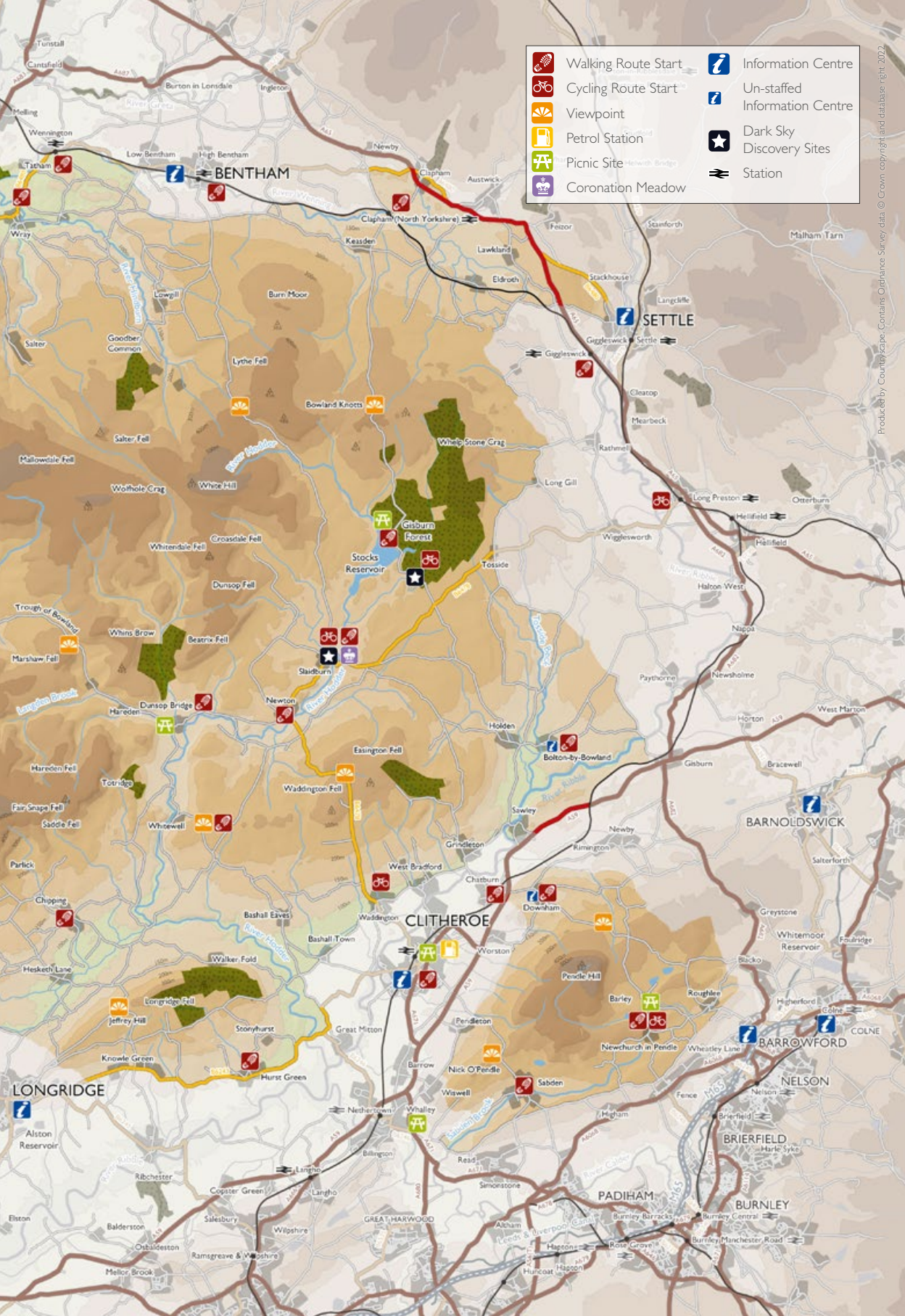
The Re-wilding at Patty's Barn



MORECAMBE BAY

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





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

Dale House Barn *and* Bed & Breakfast

Situated in the heart of the stunning surroundings of Gisburn forest and the beautiful Ribble Valley, with easy access to the Yorkshire Dales.



The B&B

Our beautiful 400-year-old farm house offers luxury bed and breakfast and delicious evening meals in a very rural setting, perfect for exploring Bowland in the day and for star gazing at night.

Our Barn

Our sympathetically converted camping barn offers comfortable and practical self-catering group accommodation for up to 12. Hearty breakfasts and evening meals available.



Our Courses

We offer a range of cookery courses including bread making, wild food foraging and cooking, game butchery and cooking, and ladies mountain biking.

Dale House Kitchen

Local, seasonal, and delicious food available to purchase or order. Wild food, cooked with expertise and passion. Specialists in local wild venison and game. See our weekly menus online for our home cooked options.

SEE OUR WEBSITE FOR MORE DETAILS AND DATES.
ALL OUR COOKERY COURSES CAN BE BOOKED AS PRIVATE RETREATS.

All accommodation and course enquiries contact us on
07714 092089 or book@dalehousebarn.co.uk or www.dalehousebarn.co.uk

For our wild venison and delicious home-made meals and produce visit:
www.dalehousekitchen.co.uk or phone 07714092089

RIBBLE VALLEY e-bikeshire



E-Bike Hire • Sales & Servicing • Cycle to Work Scheme

Spend a few hours, a day or a week exploring the stunning scenery, towns and villages of the Ribble Valley. Electric bikes make light work of hills and give every level of cyclist the chance to cover more ground.

We are a family company based in Dunsop Bridge and have a range of e-bikes available for hire to suit all levels and abilities. We offer guided or self-guided routes as well as being close to Gisburn Forest Trail Centre.

Visit our website: **www.ribblevalley-e-bikes.co.uk**, where you will find our online booking facility, or call us to discuss your requirements.

RIBBLE VALLEY
e-bikes

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





Holgates Ribble Valley Holiday Park

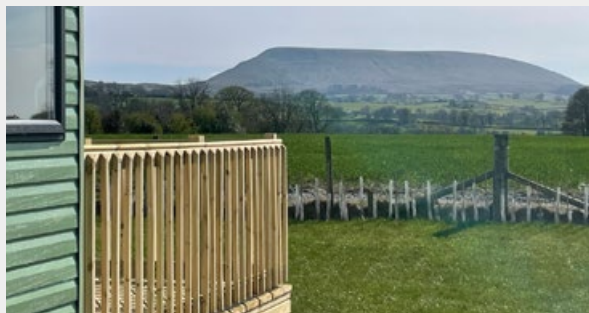
Discover ownership



Luxury Lodge Development

Your dream holiday home is just around the corner, speak with our team to discuss:

- Availability, prices & annual fees
- Finance & part exchange
- 12 month holiday & recreational use



Front row view of Pendle Hill

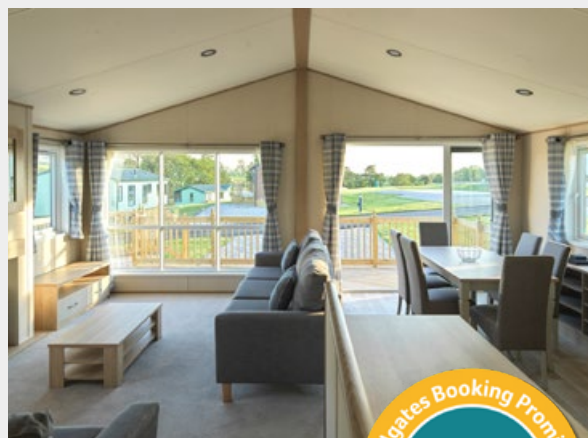
Holiday with us

Enjoy a UK holiday in the heart of Lancashire countryside, where you can unwind and explore in equal measure.

Choose from our variety of holiday options:

- Holiday Caravan, Sleeps 6, from £175 🐾
- Luxury Lodge, Sleeps 6, from £210 🐾
- Glamping Pod, Sleeps up to 4, £40/night 🐾
- Tourers & Motorhomes, from £23/night 🐾

🐾 = Dog friendly option



Luxury Holiday Lodge

Enjoy peace of mind when booking your stay with our Covid-19 booking promise!



01200 445355
holgates.co.uk/ribble-valley
Find us at BB7 4EE

DISCOVER BOWLAND

Area of Outstanding Natural Beauty

**Relax, reset and reconnect
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**

A serene landscape at sunset or sunrise. In the foreground, tall reeds and grasses are illuminated by the warm light of the setting or rising sun. A body of water, possibly a pond or a slow-moving stream, reflects the sky and the surrounding landscape. In the background, a line of trees stands on a gentle slope, with the sun low on the horizon, creating a soft, golden glow across the scene.

A Destin Every



ation for Season

With its variety of sights, sounds, and scents Bowland really is a destination that has something to offer year-round! Whether you're embarking on a short-break or annual holiday you'll notice not only the seasonal changes in weather, but also in nature and the landscape, and that's really something we like to celebrate in Bowland.

During autumn and winter wrap up warm and enjoy the crisp, bright days and star-studded night skies; experience the return of wonderful wildlife from waders to hares during spring, and in the summer spend long days wandering the flower-filled hay meadows.



Spring

Sights:

- Mad march hares
- Meadow pipits heading to moorland breeding grounds
- Bats as they emerge into the skies at dusk after hibernating through the winter
- Carpets of bluebells
- Spring passage of dotterel

Sounds:

- Wheatears on the fells and chiffchaffs singing in the woodlands
- The tumbling display of the lapwing and the bubbling call of the curlew (some of the most evocative sights and sounds of spring in the Bowland landscape!)
- The croaking of male frogs as they try to attract a female

Smells/Tastes:

- The heady scent of wild garlic

Key Sites:

Hares around Bleasdale in March, dotterel on Pendle in May, lapwing nesting on farmland around Chipping in April/May and bluebells and garlic in the Brock Valley and along the River Hodder in May

Activities:

Visit new chicks and lambs at Bowland Wild Boar Park

Spring Walk:

Roeburndale Walk
www.forestofbowland.com/walking#47400836

Spring Cycle Ride:

Ribble Valley Villages
www.forestofbowland.com/walking#64877512

Summer

Sights:

- Swifts, swallows, and house martins
- Meadows ablaze with many species of wildflowers including yellow rattle, bird's foot trefoil, oxeye daisy, ragged robin, pignut, and knapweed
- Heather in bloom on the Bowland fells turning the landscape a beautiful shade of purple
- Common cotton grass among the peat bogs and wide-open spaces of the uplands.

Sounds:

- Moorland birds including wheatears, ring ouzel and the rare, enigmatic hen harrier.
- Listen and look out for oystercatchers, redshank and buzzards
- The whirring of dragonfly wings as they dart busily around ponds
- The “cronk” of ravens

Smells/Tastes:

- Delicious wild bilberries

Key Sites:

Wildflower meadows at Slaidburn in late June, heather in the Trough in late August, bilberries on Longridge Fell

Activities:

Join National Meadow Day celebrations at Bell Sykes Farm, Slaidburn

Summer Walk:

Bell Sykes Hay Meadow Walk
www.forestofbowland.com/walking#47400838

Summer Cycle Ride:

The Roses Border Ride
www.forestofbowland.com/walking#64880098





Autumn

Sights:

- Berries such as rowan, elder, and blackberry found on trees and in hedgerows
- Roe deer in the woodlands
- Short eared owls over rough grasslands
- Celebrate the season of mist and mellow fruitfulness at one of Bowland's lively autumn festivals

Sounds:

- Gently falling autumnal leaves transforming the trees and producing a colourful, crunchy woodland carpet
- Red grouse on the moors with their distinctive 'go-back, go-back' call
- Some people can hear the high-pitched squeak of bats as they flit around looking for insects

Smells/Tastes:

- Juicy blackberries and the scent of damp earth

Key Sites:

Roe deer in Roeburndale woods and on Longridge Fell; autumnal trees in Spring Wood and Grizedale valley

Activities:

Look out for local conservation volunteering activities

Autumn Walk:

Grizedale Valley

www.forestofbowland.com/walking#4740085

Autumn Cycle Ride:

Tour of Pendle Hill

www.forestofbowland.com/walking#64877220

Winter

Sights:

- Evergreens - look out for hollies, pines, and mistletoe
- Stoats may be seen in their winter white (Ermine) coats, if you are lucky!
- Wintering waterfowl are usually peaking in number at this time of year with teal, wigeon, and pintail
- First celandines and delicate snowdrops peeping their way through lifeless woodland floors and on roadside verges
- Bowland's night skies – spot planets, constellations, and nebulae you'll never have seen before, and keep an eye out for shooting stars

Sounds:

- Foxes will be making their intentions loud and clear as their mating season begins
- Robins as they continue to sing throughout the cold wintry months, and at the end of December when they begin to look for a mate

Smells/Tastes:

- The wonderful seasonal scents of holly and pine in hedgerows and coniferous plantations

Key Sites:

Wintering waterfowl at Stocks Reservoir; holly and pine in Gisburn Forest and on Beacon Fell.

Activities:

Join Bowland's Dark Sky Festival

Winter Walk:

Birch Hills Easy Access Trail
www.forestofbowland.com/walking#47400842

Winter Cycle Ride:

Rivers Lune and Wyre
www.forestofbowland.com/walking#64879401



Best of Bowland

© Paul Warrilow

Wintry Pendle



We received some fantastic submissions for the Forest of Bowland 2021 photo competition. The images really captured the beauty and opportunities this outstanding area has to offer throughout the year. The following images were our final 10 shortlist, but there were many to choose from and you can view the full collection here: www.forestofbowland.com/visitor-photogallery

Look out for the online photo competition that will run again later this year!



© David Fish

View over Mellor Knoll



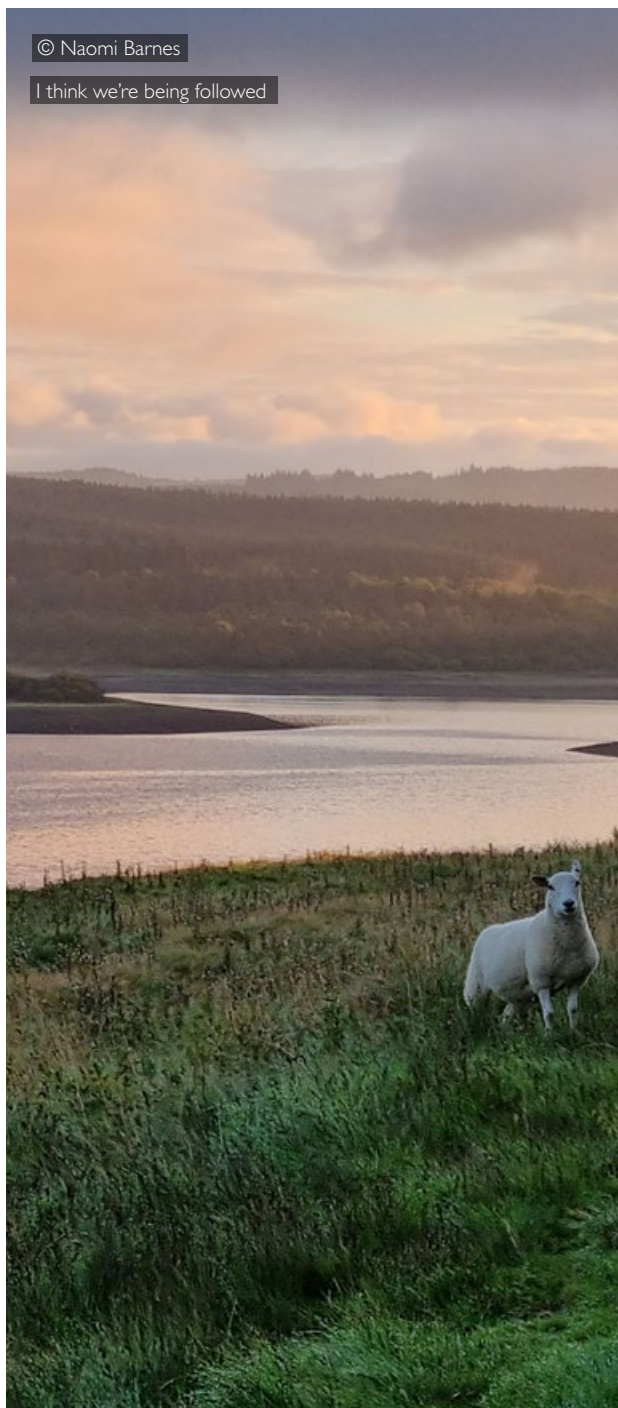
© David Spellman

Autumn landscape



© Naomi Barnes

I think we're being followed



© Jane Ashall

Cutting silage summers evening





© Janic McCall

Stocks at dusk



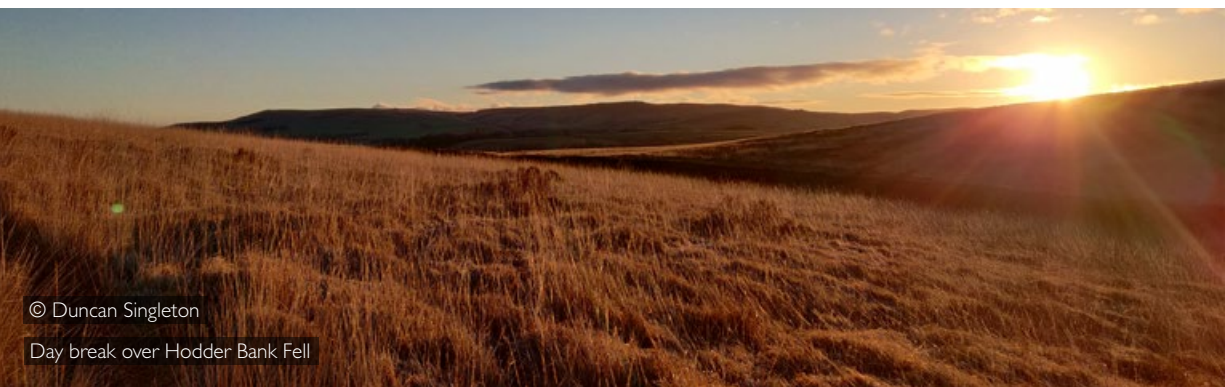
© Hannah Binns

2 likely lads



© Duncan Singleton

Day break over Hodder Bank Fell





We'd love to see more of your images during 2022, please share them at :

www.forestofbowland.com/upload-your-photos



Guided Rides Cycle Training Mountain Bike Skills Courses



MI2S
MOUNTAIN BIKE INSTRUCTORS SOCIETY



BreakingCyclesCIC.ORG





Pay & Play

From just £15

Driving Range & Golf Shop



Stay & Play

Luxury Glamping pods

Luxury Lodges

For Sale or Hire



Riverside
HOLIDAY HOMES & TOURING

Caravan Holiday Homes

Touring Pitches

61 Serviced Pitches



015242 62455

www.wenningdale.co.uk
www.riversidecaravanpark.co.uk



Large outdoor play area

Ice Cream Parlour and Café

Barrel, Tractor & Trailer Rides, Tank Experience

Family Tickets Available

2 and under go free

Lamb Feeding, Chick Holding

Camping Pods

See Llamas, Red Deer, Meerkats and lots more!

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.



Please check website for admission prices and opening times



BOWLAND WILD BOAR PARK
Chipping • Preston • PR3 2HB
t. 01995 61075
e. info@wildboarpark.co.uk
www.wildboarpark.co.uk



Festival Bowland

Events 2022

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



Red Admiral butterfly

With 312 square miles to explore it can be hard to know where to start – so why not let this year's Festival Bowland programme inspire you?

Whether you're keen to spot spring-time birds, discover delightful summer flowers, enjoy some family-friendly fun or log in for an evening of heritage, the 2022 Festival Bowland calendar could have exactly what you're looking for.

Perhaps this is your first visit to the Forest of Bowland – or maybe you know it like the back of your hand? Whatever your connection, we hope the events within the programme will reveal something new about this beautiful and fascinating corner of Lancashire and North Yorkshire and leave you wanting to find out more.

Butterflies, bugs and breeding birds are just some of the wildlife we'll be encountering on our Bowland discovery this year. Although curlew, lapwing and other waders are struggling in many areas, Bowland remains a stronghold for these species and their evocative calls are a true herald of spring in the uplands.

We'll also be heading for the hills in search of Green hairstreak butterflies and the amazing day flying Emperor moth, and if you've ever wondered what creatures

are swimming - or crawling - in Bowland's freshwater habitats, a sampling session on the River Wyre promises to be fascinating. If you have little ones, perhaps some family-friendly minibeast madness is more the ticket? If so, the Pendle Hill Landscape Partnership can offer just the thing.

For something a little bit different why not try your hand at Nordic walking? With both beginners and improvers sessions you can have fun mastering the drills

and skills of this outdoor exercise technique.

And speaking of taster sessions... there'll also be the chance to experience Bowland using an all-terrain, electric Trampler buggy – specially designed to help people who have difficulty walking to access the countryside.

Garstang Walking Festival will be making a welcome return to its regular spring

slot this year. With a host of events from 30th April to 8th May, this popular nine-day walking festival is a wonderful way to enjoy landscapes, history and wildlife throughout Wyre, including many events in the AONB. The festival will also see the launch of weekly wellbeing walks from Garstang, which is a great gateway to Bowland.

“Knowledgeable and enthusiastic event leaders are keen to help you get the most from your time in the AONB – whether that's actual or virtual.”

It's great being able to welcome people face to face once again, but we understand that not everyone who's keen on discovering the AONB will be able to get here in person. That's why we'll be continuing with our virtual events throughout the year. So, whether you want to delve into Bowland's past, or learn about its wonderful natural heritage, we'd love to see you online during 2022. And remember, you don't need a camera on your device to join in!



If you are a history lover – or a train spotter – don't miss the opportunity to find out all about the “Little North Western”, aka the Bentham Line. This 75-mile rail route skirts the top of the AONB, linking Leeds with Lancaster and Morecambe and taking in a medley of scenic landscapes on either side of the Pennines. And what's more, the Bentham Line is also actively supporting the rail travel of people living with dementia.

The past couple of years have certainly highlighted the benefits of being outdoors in nature, and any chance to take things more slowly is very welcome. The Festival's forest bathing sessions, encompassing the Japanese practise of Shinrin-yoku, offer just such an opportunity. This is the simple method of being calm and quiet amongst trees, whilst observing nature. A time to switch off from outside distractions and switch on your senses.

Now in its eleventh year the annual Lord of Bowland autumn lecture has built up a loyal following and offers the perfect chance to hear expert speakers sharing their knowledge and passion for Bowland's heritage. It's also a fantastic way to support Slaidburn Archive and Champion Bowland – two local charities doing great work in Bowland.



Lapwing chicks © G Thomas, RSPB



Discovering Wonderful Waxcaps



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.

You'll see that a number of our free events include an option to donate to Champion Bowland. Champion Bowland 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!

Of course, Festival Bowland wouldn't be possible without all the fantastic organisers, volunteers, land managers and local businesses who make it happen. We hope the events help you enjoy your time in the AONB to the full. And if there is something you'd particularly like to see in the programme, why not let us know? If it's about the nature, landscape, culture or heritage of the AONB, we might be able to include it in the future! Just email bowland@lancashire.gov.uk

An aerial photograph of a peatland restoration project. The landscape is a mosaic of dark, water-saturated peat soil and patches of green and brown vegetation. A series of raised, light-brown peat banks or bunds are visible, creating a network of narrow, winding water-filled channels. The water in the channels is a pale, milky blue-grey color. The overall scene depicts a natural, low-lying wetland environment.

Celebrating Peatland and Restoration

A lush meadow filled with numerous tall, purple flowers, likely Salvia, with green foliage. In the background, a dense forest of green trees is visible under a blue sky with scattered white clouds. The text "10 Years of Hay Meadow in Bowland" is overlaid in a large, white, serif font.

10 Years of Hay Meadow in Bowland

A wide, flat landscape of a peat bog under a clear blue sky with distant mountains. The foreground shows a small stream flowing through the bog, with some areas of water reflecting the sky. The bog is covered in low-lying vegetation, and the ground appears dark and wet. In the background, there are rolling hills and mountains under a clear blue sky with a few wispy clouds. The overall scene is a vast, open landscape.

For Peat's Sake

When it comes to reducing emissions of greenhouse gases, the Forest of Bowland has some of the world's most important natural assets in the fight to limit climate change

The upland plateaus of the Forest of Bowland are dominated by peat bogs, but since the early 20th century, these globally scarce landscapes haven't been in the best of health.

Damage from industrial pollution, postwar land drainage practices, fire, grazing and trampling have all accelerated, while wind and rainfall erosion due to more extreme weather has further exacerbated these impacts.

Yet ironically, healthy peat bogs are one of the best ways to slow climate change and mitigate one of its most obvious effects: catastrophic flooding.

Whilst peatlands only cover 3 per cent of the world's land area – less than tropical rainforests – they contain nearly 30 per cent of all carbon stored on land. The peatlands of England contain more carbon than the forests of Europe.

Years of postwar drainage of UK uplands has caused 5,000-year-old peat bogs to dry out and erode. Once exposed, the bare peat is much more vulnerable to natural erosion and weathering, releasing millions of tonnes of carbon dioxide into the atmosphere and contributing to climate change.

So, in 2010, the AONB began to work with partners to deliver peat restoration projects within the Bowland Fells. Since then, restoration management has been undertaken on at least one site every year.

A decade later, the impacts can already be seen on the ground, where 755 hectares (1865 acres) of peatland across 18 sites in the Forest of Bowland have been restored since the programme began.

This sustained approach to peat restoration will hopefully begin to produce tangible results in terms of improved water quality, reduced flood and fire risk, improved wildlife habitats, increased biodiversity and – in the longer term – larger quantities of carbon absorbed from the atmosphere and locked into the ground beneath our feet.

One of the largest landowners in the Forest of Bowland is United Utilities, which has stumped up a significant chunk of the £2.5 million invested in peat restoration to date.

Upland peatbog provides critical environmental services, including the provision of much of the North West's drinking water supplies – the main reason why United Utilities is so keen to see improvements to this internationally important habitat. Deterioration of the peat bog has negative effects on water quality as colour and sediment run off into watercourses, leading to 'peat staining' of the water, which has to be chemically removed.

The work is labour and capital intensive and involves blocking old drainage ditches with peat and wooden 'leaky dams', re-profiling the eroded edges of peat hags and re-seeding of areas of bare, eroding peat with mosses, heather and grasses. In some more remote areas, contractors use helicopters to ferry material up onto the uplands.

Over the last 10 years, largescale restoration programmes have been delivered across the internationally protected Bowland Fells, on the Bleasdale Fells and many of the fells on Abbeystead, as well as on land owned by United Utilities and others.

However, as many of these sites are very remote, it was difficult for the AONB team to showcase this work. To address this, and to engage the public with the importance of peat, a high-profile restoration project was part-funded by the Heritage Lottery Fund as part of the Pendle Hill Landscape Partnership, in which 60 acres of peat around Pendle's summit was restored to health.

This largescale project is clearly visible to the tens of thousands of people who visit the summit each year.

Project officer Sarah Robinson said: *"We re-profile the peat hags to stop further erosion and introduce wooden and coir bunds to promote rehydration of the peat. We then stabilise the soil using natural re-seeding techniques that are pretty labour-intensive, so we have needed lots of willing volunteers to help."*

"We have put down heather brash collected from elsewhere on the hill to create a protective microclimate just above the ground, and then seeded with native grasses whose roots quickly firm up the top layer of peat soil. The heather brash also contains natural seeds which should germinate, and we supplement this process by planting plugs of sphagnum moss and other native flora."

This package of measures to 're-wet' the peat acts as a natural flood prevention system to hold heavy rainfall higher up in the catchment and even out spikes in the water level downstream in the main river – hopefully mitigating the kind of devastating floods which hit the Ribble and Hodder valleys in December 2015.

It's still too early to say whether this work prevented a repeat of the 2015 floods during high flows last autumn, but a similar project up on the North York Moors significantly averted the threat of Christmas floods in Pickering.

"It has been fantastic being able to work with partners to deliver peat restoration projects across Bowland which

have benefitted wildlife habitats and species as well as people through improvements to water quality and decreases in flood risk," added Sarah.

"We are looking forward to this work continuing over the next decade to come, and with the appointment of a Peatlands Officer for Lancashire just before Christmas, we are confident that more gains for nature and people are on the cards."

“The fact that peat restoration also has such benefits to mitigating climate change just shows how amazing peatlands really are!”



Bowland's Peatland Restoration 2010-2020:

- 18 project sites
- 755 ha restored
- 2.5 million investment

Providing so many benefits:

- Improved water quality
- Flood mitigation
- Carbon capture and storage
- Enhanced biodiversity
- Improved access and safety
- Combating climate change

For further information visit:

www.forestofbowland.com/peatland-restoration

A vibrant meadow of yellow wildflowers and tall grasses under a clear blue sky. The foreground is filled with green grass and numerous small yellow flowers. In the background, a rolling green hill is visible under a clear blue sky. The text is overlaid in the center of the image.

Putting the Buzz back into Bowland's Wildflower Meadows

This spring marks a decade of
'Hay Time' wildflower and pollinator
projects in the Forest of Bowland
with this year's 'Meadow Makers'
literally creating a buzz...

The hill farms of the Forest of Bowland are some of the last bastions of traditional wildflower meadows in England.

These havens of biodiversity have gradually disappeared in recent years as increasingly intensive agricultural methods consume the lowlands, but in parts of Bowland, more traditional techniques still prevail. The AONB contains a significant number of the UK's remaining upland hay meadows and as such it is an important area for this stunning habitat.

The wildflower-rich Coronation meadows at Bell Sykes Farm near Slaidburn are a Site of Special Scientific Interest (SSSI) – one of the last unimproved flower-rich grasslands in this part of Lancashire.

These very special meadows are home to iconic northern upland species including meadow crane's-bill, globe flower and melancholy thistle along with a colourful mix of yellow rattle, eyebrights, pignut, buttercups, clovers, vetches and knapweed; not forgetting our beautiful native orchids.

In more intensive farming systems, the first cut of hay often happens in May, but by delaying mowing until later in the year – usually July or August – the Hay Time programme has allowed these native species to flower and set seed, which is

then collected and distributed to re-seed recipient fields elsewhere across county.

Over the last decade, a series of meadow restoration programmes has been running across Bowland. Hay Time, Hay Time Rescue and Meadow Makers were jointly funded by Lancashire Environmental fund, Yorkshire Dales Millennium Trust and Forest of Bowland AONB.

Working together with farmers in the AONB, each year Hay Time harvests wildflower seed and 'green hay' from species-rich meadows and uses this to restore meadows which have lost some of their characteristic plants. The project also aims to increase public awareness, enjoyment and understanding of the hay meadows found in the area, improve public access to meadows, and survey meadows to record the variety and number of plant species they contain.

Between 2012 and 2018 Hay Time improved the quality of 65 meadow sites, covering over 300 acres of grassland in the AONB. Hay Time has also led to the delivery of other related projects – Networks 4 Nectar worked on improving small patches for visiting wild pollinators as well as field scale meadow restoration.

In 2018, Haytime Rescue extended the scope of the projects to include volunteer ‘foster carers’, to bolster the population of some of the scarcer plant species in the Forest of Bowland by ‘rescuing’ seeds and extending and managing the areas where they are currently found.

Seed was collected from sustainable local populations and, together with the resources at Kew Millennium Seed Bank, local volunteers propagated and nurtured the seeds into plug plants, which were then transplanted into suitable sites across the AONB.

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

To date, HayTime projects have restored 125 hectares of wildflower meadows at 13 sites and planted 11,000 plug plants at sites like Hermitage Community Meadow in Lancaster.

Working with schools, guides, scouts, landowners, farmers and community groups, successive programs have taught people how to collect seed, grow plugs, scythe, manage meadows for pollinators and create mini-meadows. The HayTime team have also worked with the Millennium Seedbank at Kew Gardens and even helped a local artisan distiller – Goosnargh Gin – make a HayTime Gin!

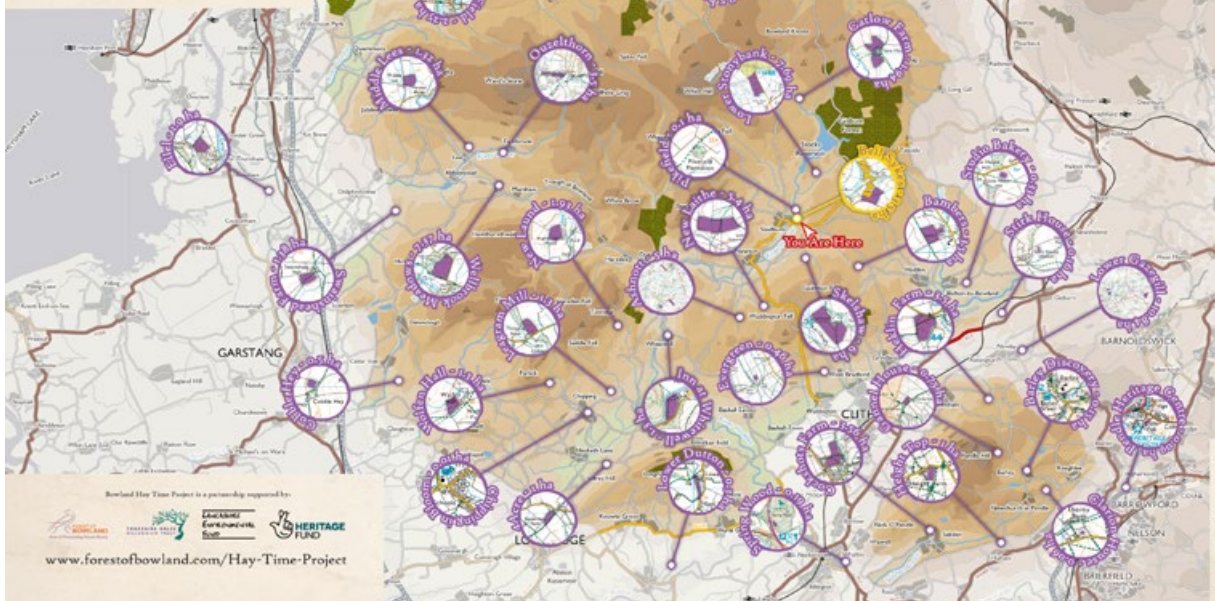
This year, thanks to funding from the Government’s Green Recovery Challenge Fund and support from Plantlife and Yorkshire Dales Millennium Trust, the Meadow Makers project will restore nearly

40 hectares of hay meadows at 14 sites across the Forest of Bowland, including Hermitage Field at the Crook of Lune and Gathering Fields at Over Wyresdale. In 2021 Meadow Makers worked with over 1500 volunteers and event participants planting over 11,000 plug plants and distributed over 450kg of hay meadow seed from nine donor sites.

Meadow Makers Project officer Carol Edmondson, who completed her Masters Degree in Ecology and Conservation Management in 2016, said: ‘The traditionally managed hay meadows in the UK have suffered a well-documented decline over the last 75 years. The Hay Time team are working hard to replenish the wildflowers in the Forest of Bowland landscape.

“These meadows support countless species of invertebrates including bumblebees, solitary bees, butterflies and spiders, with some species being mutually dependant, such as globe flower and the *Chiasotheta* flies.

“In turn these invertebrates feed many of our native and visiting mammals and birds which rely on our diverse meadows habitat, making them an internationally important habitat. In addition, studies now show that the deeper-rooted flowering meadow plants help slow the movement of water through the soil, and sequester more carbon – so a win-win for the environment!”



Visit Bell Sykes Farm

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

www.ydmt.org/resources/files/bellsykeswalk0613hires_1_.pdf

Visit Hermitage Field

Hermitage Field is next to the Crook of Lune Picnic Site, Caton, Lancaster. LA2 9HU. There is a pay and display car park with public toilets at the picnic site. The Number 81 bus from Lancaster also stops at Crook of Lune (Mon – Sat).

www.hermitagefieldcommunitymeadow.com/visit-us/

The Wildflower Way with Words

During June 2021, local writer and tutor, Maureen Fenton, teamed up with Festival Bowland to encourage poets, both practised and new, to discover Lancashire's Coronation Meadows, and to use this inspiration to pen poems on a flower-filled theme.

Guided by Yorkshire Dales Millennium Trust's Meadow Makers Project Officer, Carol Edmondson, those who could join us enjoyed a lovely walk around Bell Sykes Farm in Slaidburn. Here, we experienced the sights, sounds, scents and textures of these rare and important meadows. We also chatted with farmer, Peter Blackwell, about the traditional methods he uses to manage this suite of meadows, which have been designated as SSSIs (Sites of Special Scientific Interest).

Two online workshops followed – and here we must thank local poet, Philip Burton, who talked about the writing processes behind some of the poems in his latest collection, *Gaia Warnings*. Feedback from Maureen then helped people refine first drafts, before submitting some fantastic, finished poems – very creative responses to this rare and valuable habitat.

To read all the poems visit:

[www.forestofbowland.com/
wildflower-way-words](http://www.forestofbowland.com/wildflower-way-words)

We're delighted to be able to share Maureen's and Philip's poems here.



Morning on the meadows

Maureen Fenton

There's haze on the hills as morning light
lays lines across the sky.
Among the slowly-waking buttercups,
straggle-fleeced sheep stand to graze.

From the second field, warming air now brings
a yeasty smell of drying hay. A curlew cries,
rises; the answering call speeds it on its way.
In the high woods a gamebird crakes. Beneath all
runs the whimpering swish of unseen stream.

By moss-stoned wall, red campion and nettles,
leafy crane's-bill and tight-furled meadowsweet
compete to reach for sky. By the gate,
cow parsley outgrows them all.

The sun - a silver disc – burns through the veil,
turns the western sky white-tumbled blue,
sets the grass-green, sorrel-russet field aglow
with full-open cups of gold and purple puffs of clover
Then, a graceful ballet across the sky;
five swallows make it summer.



Common spotted orchid

The Shortcut

Philip Burton

Always looking for shortcuts, we muttered
when *Time and Motion* changed its name to *Work Study*.
A mean-spirit somehow attaches to both names
for what do they do with the worktime saved?
White-tailed and Buff-tailed bumblebees were glued
to finding nectar in a Foxglove flower tube
but their tongues fell short. Back to the drawing board
they went, organizing flow charts and brain storms
until a short cut to honey buzzed into startled view:
a simple nibble at the base of each bloom
makes a door; *a short cut* (in the best meaning of those words)
to the hall of its golden glutinous hoard.

The foxed flower waves a gloved fist, pollen unused,
and long-tongued visitors, *Bombus hortorum*
feel diddled, bypassed, short-changed; *How absurd*
say the White and the Buff. *Use the rat run.*



Bumblebee and yellow rattle
© C. Perry, YDMT

Landmark Trees

For multi-award-winning local distiller, Goosnargh Gin, the Landmark Trees project offers the perfect way of giving something back to the landscape from which it takes inspiration.

Rachel and Richard Trenchard want their small batch, handcrafted gins to tell a story. A story of the landscape and heritage which furnishes them with both the inspiration, and many of the botanicals, for their produce - and the Landmark Trees project has provided them with the perfect opportunity.

Supported by the Forest of Bowland AONB Partnership and local charity, Champion Bowland, Landmark Trees are a way of ensuring that the next generation of Bowland's beautiful old trees are established before their forebears are lost through old age, disease or storm damage.

"We get so much inspiration from our surroundings that we wanted to do something in return," explained Rachel. "When we heard about the Landmark Trees project, it felt like a great chance to make a lasting contribution to the Bowland landscape."

These 'Landmark Trees' can be found in hedgerows, parkland, farmland, or on a village green and may be native or non-native species. Wherever they are, they are important to people as well as to the landscape.

Goosnargh Gin's latest chapter, Dappled

Light, captures the essence of the forest on their doorstep – Beacon Fell. This juniper-forward gin uses vibrant, young spruce tips among its blend of botanicals, to offer the zesty, citrus notes which give the gin its character – a link which has inspired a call to action.

"We would love our customers to help us find the next Landmark Tree", said Richard, "and we will make a

donation from each bottle sale of Dappled Light to help with the cost of planting and maintaining these important landmarks."

Landmark Tree nominations can be made by emailing sandra.silk@lancashire.gov.uk





Multi-award winning gin celebrating and handcrafted in the Forest of Bowland



As seen on
BBC's 'The
Hairy Bikers
Go North'



Lancashire
Tourism Awards
— 2021 —
WINNER
EXPERIENCE AWARD

Goosnargh Gin's experiences, including our immersive gin schools catering for a maximum of six and our foraging and distilling days, have been recognised as the best in the county at the latest Lancashire Tourism Awards. Other prestigious awards include...



www.goosnarghgin.co.uk - hello@goosnarghgin.co.uk
Distillery shop open six days a week — 01995 641001



Come and meet our Alpaca family and their friends!

We are a family run, mixed hill farm located in the village of Dunsop Bridge.

Spend a few hours walking, feeding and learning about these fascinating animals.

We want everyone to be able to enjoy the countryside and experience the positive effects of nature and being with animals.

Weddings, birthdays or hen parties can be made more memorable with our Alpacas.



Stay with us at Wood End Farm B&B.

Located in the heart of the Forest of Bowland, Dunsop Bridge. We invite you to come and stay with us at Wood End Farm where our family have lived and farmed for over 100 years. Enjoy a peaceful break, a hearty breakfast! Not forgetting a visit to see our Alpacas.

Dunsop Bridge offers spectacular walking countryside for all abilities.



Contact Alison: 01200 448223 | 07890609567

www.visitwoodendfarm.co.uk

Wood End Farm, Dunsop Bridge, Clitheroe, Lancashire BB7 3BE





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

THERE'S A LUXURY CAMPING POD WITH YOUR NAME ON IT AT PEAKS AND PODS!



• CEDAR PODS • HOT TUBS • WOOD-FIRED PIZZA OVEN • SOCIAL SPACE • FIRE PITS

Website: www.peaksandpods.co.uk

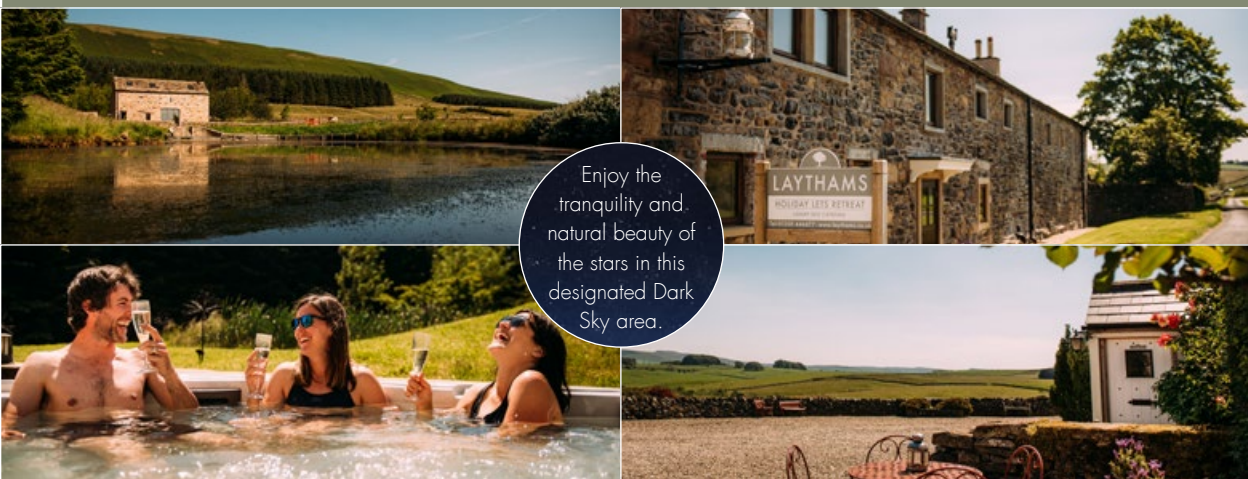
Email: hello@peaksandpods.co.uk

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



A magical place to reconnect

Escape to our Luxurious Lakehouse or multi-family Cottages - perfectly located between the Yorkshire Dales and the Lake District



Enjoy the
tranquility and
natural beauty of
the stars in this
designated Dark
Sky area.

info@laythams.co.uk | www.laythams.co.uk | 01200 44 66 77 or 07414 734170

Back Lane, Slaidburn, BB7 3AJ



Experience Bowland

Take your next break in this beautiful area and participate in some uniquely Bowland Experiences, and to have a truly sustainable break why not arrive by train, and hop on an electric bike and explore at your leisure?



- 1 Patty's Barn – The Rewilding
- 2 Goosnargh Gin
- 3 Wild Boar Park
- 4 Wildfox Distillery
- 5 Dale House Barn
- 6 Woodend Alpacas
- 7 Be a Garden Maker
- 8 Courtyard Dairy
- 9 Ribble Valley E-bikes





1 Patty's Barn – the Rewilding

The Rewilding at Patty's Barn is a sister business onsite, delivering immersive experiences and events which you can get involved in during your stay!

From wild dining supper clubs and gin tastings to wellness retreats, breathwork, yoga, and cold-water therapy, or you can design your own from a directory of activities.

Owner Michelle says:

'Come and rewild yourself and join one of our seasonal retreats! Inspired by human and nature connection - enjoy an immersive 3 days of self-exploration, learning and connection. Our program has been designed to benefit you from a holistic mind and body perspective, so you leave feeling connected, grounded and ready for action, with an understanding of how to integrate a more sustained calm and slower-paced lifestyle to thrive.'

www.pattysbarn.co.uk

www.the-rewilding.com



2 Goosnargh Gin

Join Goosnargh Gin's school for a personal, immersive experience! The half-day workshop sees participants create their own bottle of gin using traditional methods. Alternatively, participate in their ever-popular foraging and distilling days, identifying and collecting botanicals around Beacon Fell, before producing your own 70cl bottle of gin.

Goosnargh Gin have won 'Experience of the Year' at Lancashire's latest Tourism Awards. Visitors are also welcome to shop at the distillery six days a week.

Owners Richard & Rachel say: *'You will be part of a group of no more than six people when you participate in any of our experiences and for the foraging days you explore the beautiful area surrounding our distillery with our expert forager'.*

www.goosnarghgin.co.uk

3 Wild Boar Park

Situated in the heart of the Forest of Bowland, Bowland Wild Boar Park is a fantastic day out for all the family. Surrounded by fells and woodland and sat on the banks of the river Hodder. It is a delightful place to enjoy the countryside and local wildlife, have fun in the fresh air, and take time out from the hustle and bustle whilst having lots of different activities for the kids to do.

Director Neil McDonald says:

'For a family escape come and stay with us at Bowland Wild Boar Park, either in our cosy camping pods or in our luxurious bespoke holiday lodge.

We're in a beautiful, peaceful location surrounded by woodland and there are adventures for all the family to get involved in. We also have an on-site café serving delicious, home cooked produce'.

www.wildboarpark.co.uk



4 Wild Fox Distiller

Join Wild Fox Distillery for Gin School and an intimate and enlightening master distilling experience for two. The distillery is also open Wednesday to Friday, 10am to 5pm, and Saturdays 10am to 3pm. Enjoy the views of the working dairy farm and sit amongst the hustle and bustle of this farm-to-bottle distillery whilst enjoying a G&T, coffee, tea, soft drinks, and nibbles.

Owner Lizzie says:

'We are fourth generation farmers with an inherited passion for quality and caring for our surroundings. Diversifying in to 'farm-to-bottle' gin crafting in 2019, we strive to embody the heritage of our farm in each bottle. We have full control over each stage, with everything being done right here on our farm. Developed, harvested, distilled, bottled, and labelled by us.'

www.wildfoxdistillery.co.uk





5 Dale House Barn Cooking Retreats

Enjoy a gourmet countryside and cooking retreat at Dale House Barn. Dominique has worked professionally as a chef and primarily as a pastry chef for over 25 years. Most of their courses are run as private workshops for you and your family and friends, where you will chat, cook, and eat your way through the day. Participate in bread making, wild foraging and cooking courses or game preparation and cooking.

Owner Dominique says:

'The cooking days will take place in the farmhouse kitchen and our purpose-built professional kitchen and are limited to maximum of 5 people; the courses can also be booked as a private workshop. For the retreats, the focus of your stay will be on the cooking, but we'll also make time for you to relax and enjoy some peace and quiet in our beautiful local area.'

www.dalehousebarn.co.uk



6 Wood End Alpacas

Come and meet Wood End Farm's alpaca family and friends! Join a wonderful alpaca experience - whether it be a walk, a meet and greet, or a family and friends gathering among the alpacas - you'll be sure of a fantastic day out in the company of these beautiful animals.

Owner Alison says:

'We want everyone to be able to access and enjoy the countryside that we are lucky enough to call home and to experience the positive effects of nature and being with animals. Our boys are fascinating animals, and we would like to give you the opportunity to come and meet, handle, and learn about alpacas. After all the fun of meeting our alpacas and sheep in our stunning Hodder Valley you are able to book a homemade cream tea served too!'

www.visitwoodendfarm.co.uk

7 Be a Garden Maker

Partake in some fantastic craft courses at Be a Garden Maker; from wicker stags, to pottery donkeys, and wonderful willow Christmas decorations. Combine these with some delicious, home-cooked food in the Nectar Café or stay on-site in their holiday cottage for up to 12 people.

Owner Nikki says:

'Our onsite tearoom offers traditional, homemade food in a lovely space with a wood burning stove in the corner, lovely high ceilings and full height windows overlooking our gorgeous garden centre. We've also got a lovely, outdoor covered seating area with a full sun area just outside the tearoom door, so you can choose the perfect location to enjoy the day.'

www.beagardenmaker.co.uk



8 Courtyard Dairy

Since the Courtyard Dairy's opening in 2012, owners Kathy and Andy have won many awards and helped to promote British cheese in a multitude of ways. The Courtyard Dairy is a unique, specialist cheese-shop and cheese-maturer; owned and operated by Andy and Kathy Swinscoe. Visit the Courtyard Dairy for practical hands-on cheese-making courses led by industry experts.

Owner Andy says:

'The shop itself has become a renowned destination shop, where regulars and visitors alike enjoy the opportunity to sample and purchase some of the finest cheese to be found in Europe. Since lockdown people can now also experience virtual cheese tasting from the comfort of their own home guided by myself. Simply order online to attend the one that suits you – you'll receive full instructions on how to participate, and the corresponding box of cheeses will be delivered direct to your door in time for the tasting!'

www.thecourtyrddairy.co.uk



For a truly sustainable break, travel by train to one of the AONB's gateway stations at Lancaster, Bentham, Settle, or Clitheroe and explore on foot, or hop on an electric bike and explore at your leisure.



9 Ribble Valley E-Bikes

Explore the quiet byways and back roads of Bowland on state-of-the-art electrically assisted e-bikes.

Hire e-bikes from Ribble Valley's hub at Dunsop Bridge or if you decide to make a weekend of it, they can arrange delivery of e-bikes to your accommodation so you can enjoy a ride direct from the door.

And if you're looking for the ultimate car-free adventure, they can also arrange two or three-day rentals where they will look after luggage transfer while you cycle from inn to inn.

For families and groups, Ribble Valley E-Bikes can arrange 'e-bike safaris' with an experienced local guide, who will take you to the most amazing beauty spots and viewpoints and provide technical support and advice on getting the most out of your time in the area.

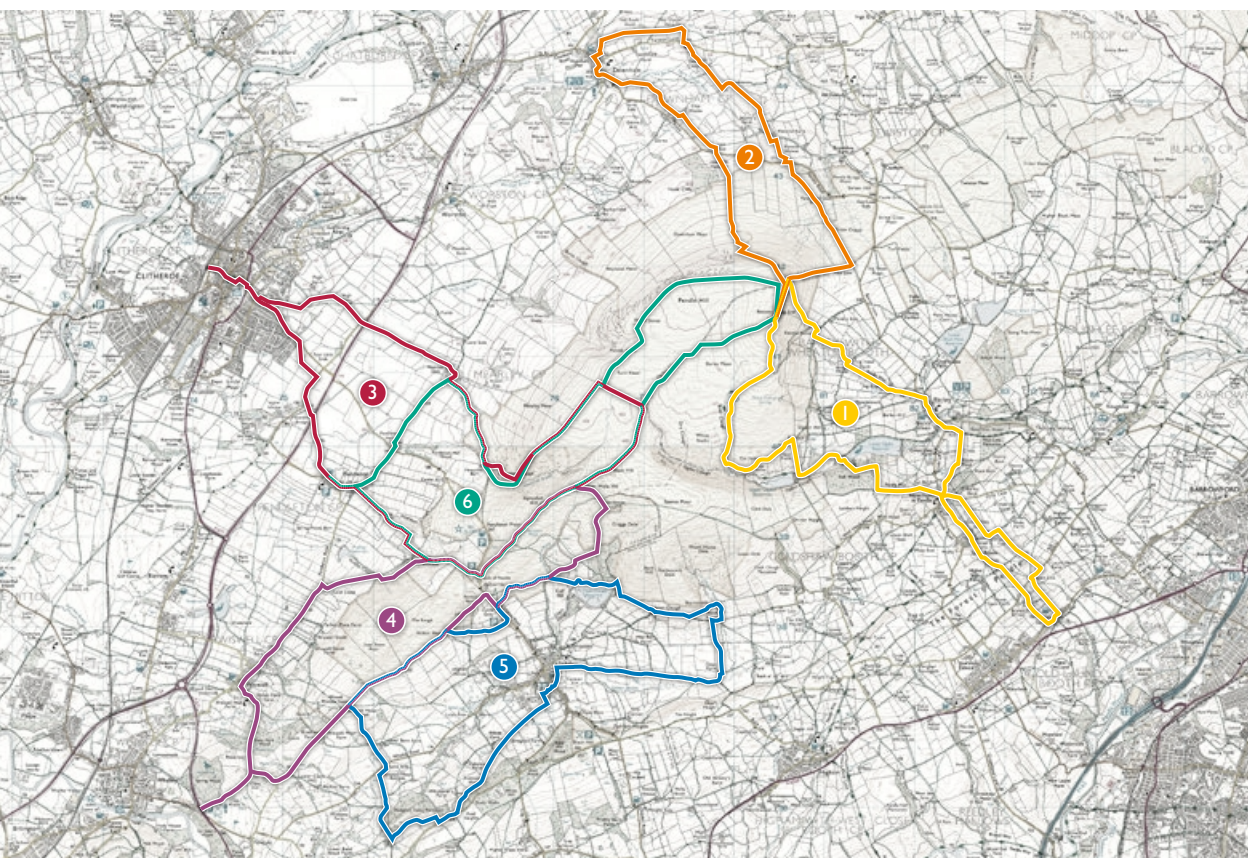
For further information and booking visit:
www.ribbonvalley-ebikehire.co.uk

Whilst enjoying your Bowland Experience why not extend your stay and tour the area for all it has to offer? We've put together a collection of five destination itineraries to make the most of your time in Bowland. Each focuses on a different area of the AONB highlighting adventures, activities, hidden gems, food and drink, and wonderful places to stay. For further information visit:

www.forestofbowland.com/discover-bowland-itineraries

One Hill... So Many Ways to Climb it

Five circular routes to the top of Pendle, plus a low-level alternative for when the weather is less than ideal

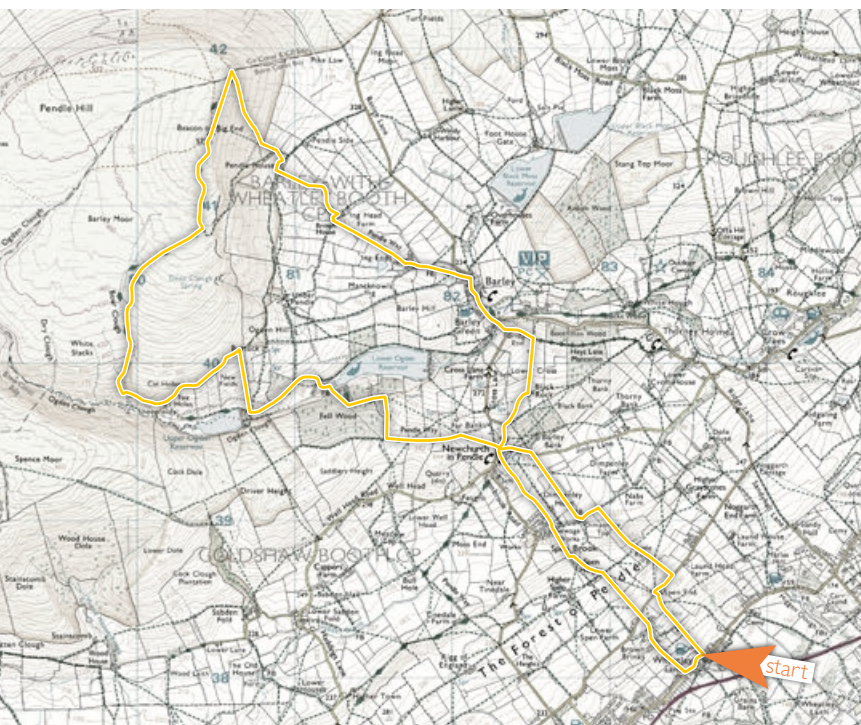


Contains Ordnance Survey data © Crown copyright and database right 2022

- 1 Fence via Newchurch and the steps – the more challenging route
- 2 Downham via Twiston – the scenic route
- 3 Clitheroe – the car-free route
- 4 Spring Wood via Wiswell – the quiet route
- 5 Sabden Circular – the low-level valley route (for when the cloud is down)
- 6 Pendleton – the classic route

I Fence: the more challenging route

A challenging route via the pretty village of Newchurch with multiple climbs and a steep sustained ascent to the summit trig point. This route starts from Fence and traverses the foothills of Pendle, offering tantalising glimpses of the hill on the walk in before starting a long ascent to the 'Big End'. Clocks up almost 700 metres of ascent all told.



Contains Ordnance Survey data © Crown copyright and database right 2022



Factfile

Start/parking: The White Swan, Fence.
Park with consideration on street in Fence.
Please do not use the pub car park unless
you have a table reservation.

Distance: 13.3km/8.2miles

Duration: 4 ½ hours

Ascent: 680m

Terrain: Field paths. Uneven ground, mud
and some very steep ascents/descents

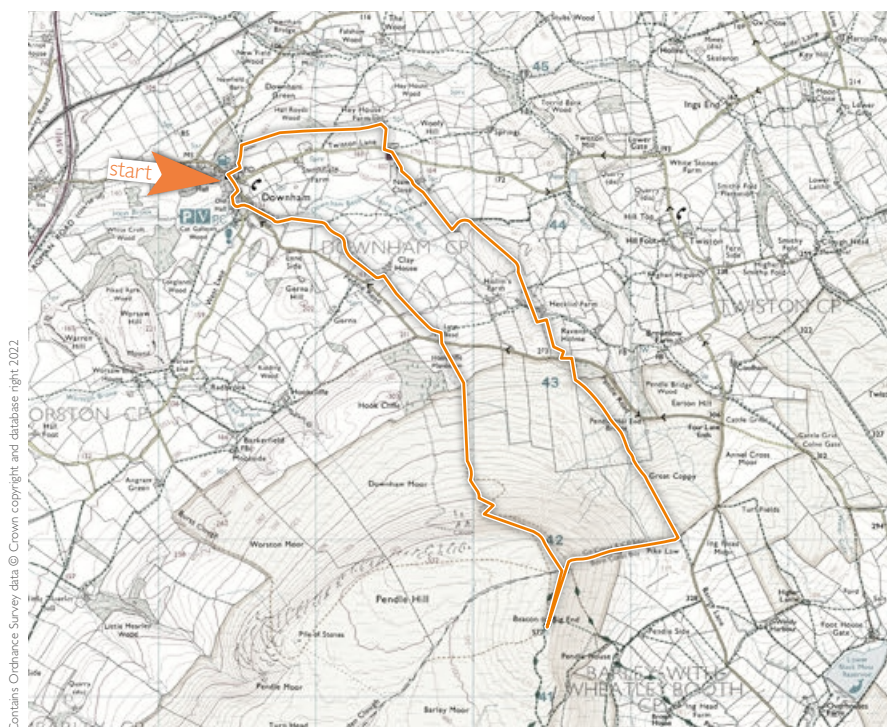
Difficulty: Challenging

Refreshments: The Barley Mow, Barley:
Booking advised: 01282 690868.



2 Downham: the scenic route

A sustained climb through the foothills of Pendle followed by a very steep ascent up the escarpment of the 'Big end' to reach the summit trig point with its panoramic views. An equally steep initial descent followed by a gentler amble through pretty pastureland to return to the startpoint in the gorgeous village of Downham.



Contains Ordnance Survey data © Crown copyright and database right 2022

Factfile

Start/parking: Free car park opposite ice cream shop over bridge in village of Downham.

Distance: 10.1km/6.2miles

Duration: 3 ½ hours

Ascent: 470m

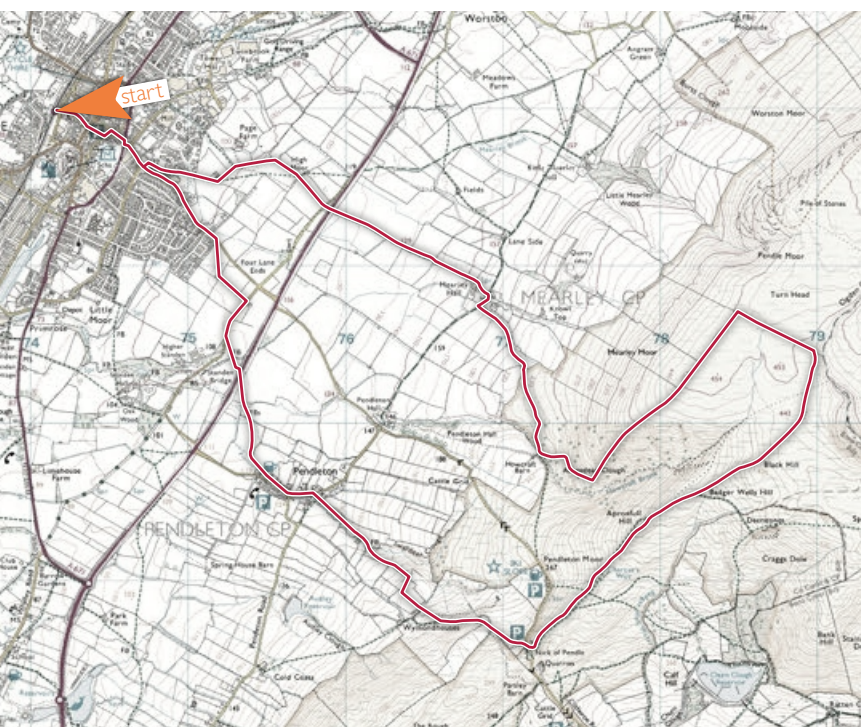
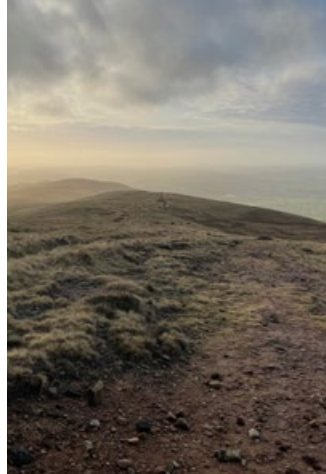
Terrain: Field paths. Uneven ground, mud and some very steep ascents/descents

Difficulty: Challenging

Refreshments: The Assheton Arms, Downham. Booking advised: 01200 439699. (Check before visiting, as the pub is currently between ownership; noted Jan 22)

3 Clitheroe: the car-free route

Leave the car at home and travel to the pretty market town of Clitheroe by train for a car-free expedition up Pendle. This route quickly moves from town into countryside and up onto the summit plateau via one of the many valleys or 'cloughs' on Pendle's flanks, before returning to the station via a pretty hamlet which boasts one of Britain's best pubs.



Contains Ordnance Survey data © Crown copyright and database right 2022



Factfile

Start: Clitheroe Railway Station.

Distance: 14.8km/9.2miles

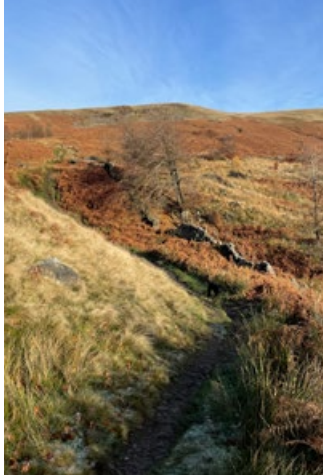
Duration: 4 hours

Ascent: 450m

Terrain: Tracks and field paths. Uneven ground, mud and some steep ascents/descents

Difficulty: Challenging

Refreshments: The Station Hotel, Clitheroe. Booking recommended: 01200 425464

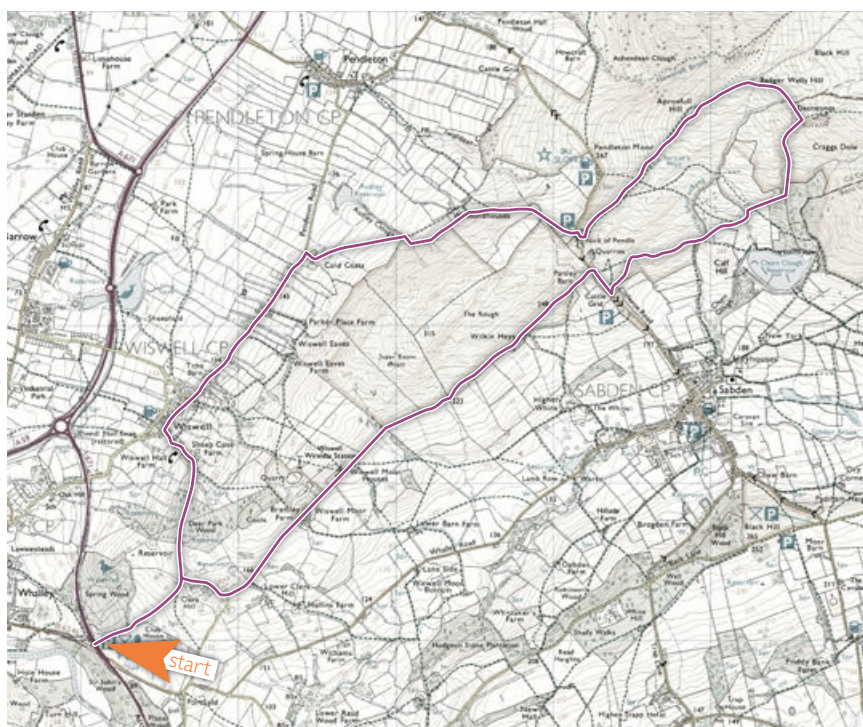


4 Spring Wood via Wiswell: the quiet route

Take the path less trodden up onto the main ridge of Pendle, ascending beneath the ramparts of an ancient hillfort at Portfield Bar and following a lonely drovers' path above the Sabden Valley, before climbing steeply past an old quarry and up onto the main ridge before returning via the Nick of Pendle and descending into the pretty hamlet of Wiswell where one of England's best gastropubs serves hearty local fare in an informal setting.



Contains Ordnance Survey data © Crown copyright and database right 2022



Factfile

Start/parking: Spring Wood pay and display car park A671 near Whalley.

Distance: 13.2km/8.2miles

Duration: 4 hours

Ascent: 415m

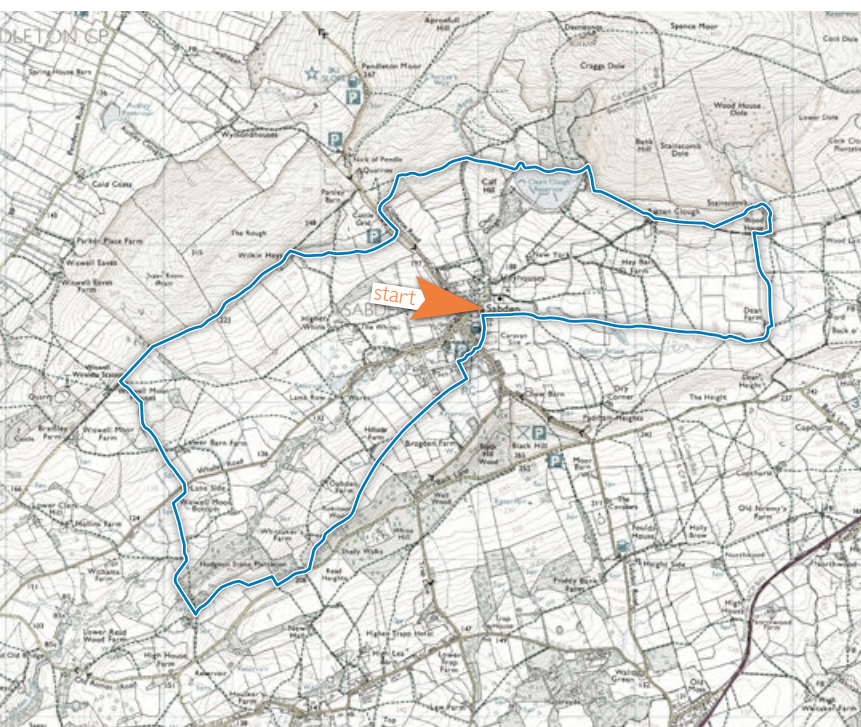
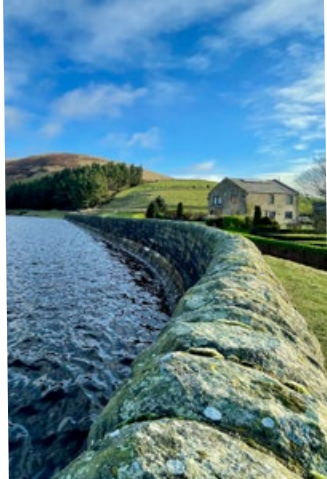
Terrain: Tracks and field paths. Uneven ground, mud and some steep ascents/descents

Difficulty: Challenging

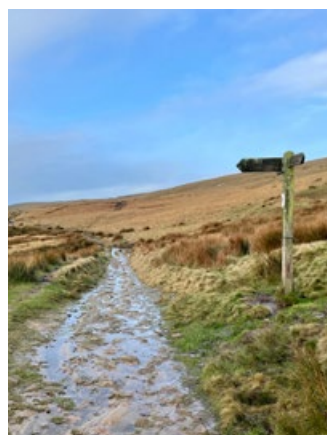
Refreshments: The Freemasons, Wiswell.
Booking essential: 01254 822218

5 Sabden Circular: the low-level alternative route

A gentler alternative to a summit expedition for those days when the cloud is down or the forecast is uncertain. This route explores the pastures and woodlands of the Sabden valley before heading into the more remote reaches through the pretty ghyll of Stainscomb, with its ancient stone field boundaries, then returning to the startpoint via Churn Clough Reservoir:



Contains Ordnance Survey data © Crown copyright and database right 2022



Factfile

Start/parking: Free car park on Clitheroe Road north of Sabden.

Distance: 12.8km/7.9miles

Duration: 3 ½ hours

Ascent: 331m

Terrain: Tracks and field paths. Uneven ground, mud and occasional steep ascent/descent

Difficulty: Moderate

Refreshments: The White Hart, Sabden.
Booking advisable: 01282 777862

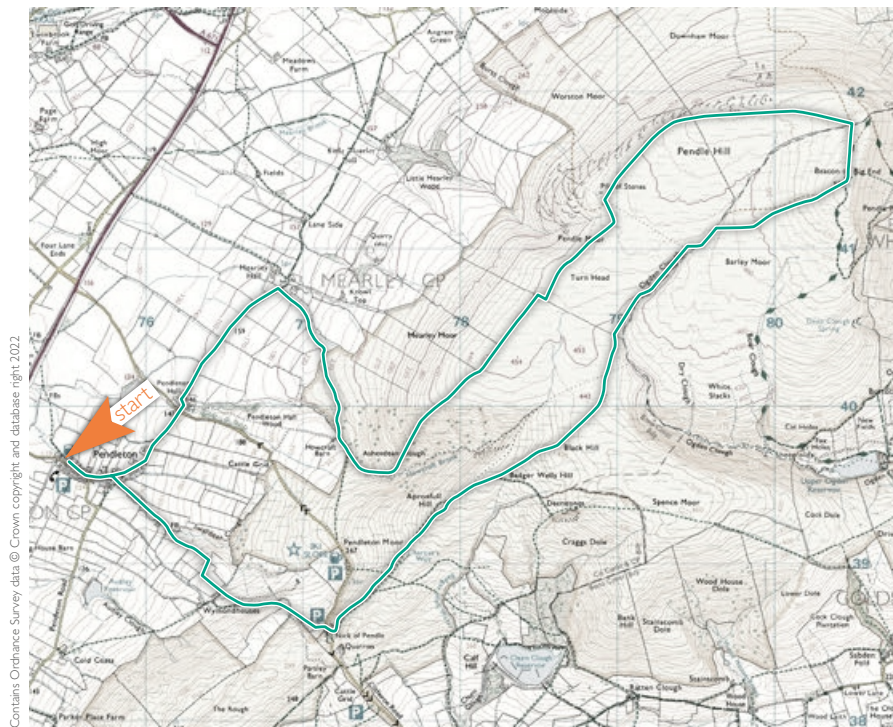
Use this QR code to
view the routes online



www.pendlehillproject.com/summit-else

6 Pendleton: the classic ridge route

This demanding hike climbs steeply from the pretty village of Pendleton, nestling below the Nick of Pendle, and climbs the main ridge before following the valley of Ogden Clough onto the summit plateau and along a flagstone path to the trig point. It then returns via the 'ridge route' along the northern flank of the hill before descending steeply to join a bridleway through the foothills and back to the start point.



Factfile

Start/parking: Pendleton village car park next to pub (honesty box).
Distance: 14.7km/9.1 miles
Duration: 4 ½ hours
Ascent: 470m

Terrain: Tracks and field paths. Uneven ground, mud and some very steep ascents/descents
Difficulty: Challenging
Refreshments: Swan with Two Necks, Pendleton. Booking advisable:
01200 423112



The N Health

The pandemic provided time and space for millions of people across the country to reconnect with nature – turbo-charging an accelerating trend towards tapping into the 'Natural Health Service' to improve our wellbeing.

The Forest of Bowland is one of the last few places in England where people can really get away from it and it's still possible to stride out across miles of footpath without seeing another soul.

Finding space to breathe and room to reflect among wide open spaces like the Bowland Fells is attracting more visitors to Bowland in search of respite from the 24/7 'always on' culture that increasingly seems to pervade our lives.

From walking and talking therapies to rewilding retreats and volunteering, the Forest of Bowland has a great deal to offer those who want to tune into the slower rhythms of nature.

A person with a backpack and two dogs are walking away from the camera on a rocky, grassy hillside. In the background, a vast, hazy valley stretches out under a clear blue sky. The foreground is a mix of grey rocks and green grass.

atural Service



Running and Walking Therapy

Stacey McKenna

After 15 years working as a specialist in the prevention of child exploitation, Stacey decided to combine her therapeutic practise with everything she loves – nature and adventure.

The past 20 months have showed us that it is still very important for many people as they found themselves forced to get outside during the lockdown.

Throughout history humans have had a subconscious urge to affiliate with nature. But in modern times, society has gradually lost the sense of this special connection to the more-than-human world.

As a keen fell runner and wild swimmer in the hills and valleys of Bowland and the Ribble Valley, Stacey has experienced the benefits of the outdoors and this inspired her to provide opportunities for others to maximise nature's mental health benefits by combining movement and nature with the therapeutic relationship.

There is proven scientific evidence that spending time in nature can support mind and body. When we go for a walk or run, serotonin levels are increased just by being outside and moving the body. As we take in more oxygen, our brain releases the natural feel-good neurotransmitter which supports positive mood and can support clients' processing.

When we spend time surrounded by plants and trees, we inhale their natural chemicals called phytoncides, which support our body by decreasing blood pressure and pulse rate.

Cortisol levels (stress hormone) are also reduced, moving us away from our 'fight or flight' responses to rest and relaxation.

When we experience something beautiful, and sense awe and wonder, our brain releases dopamine – a positive neuro-transmitter – which lifts our mood and motivates us.

"For some people, sitting in a room, in front of a therapist can be too intense so the walking side by side in nature offers an effective alternative," said Stacey. "People who come to me for counselling – be it through walk and talk or running therapy feel so much more connected, more alive and vital."

"We use metaphors like 'a breath of fresh air' and 'blow away the cobwebs' when describing the restorative qualities of time spent in nature emphasising that not only is it good for our bodies but also for our souls."

"There is something awe-inspiring and restorative about being connected to the earth and feeling like we are a small part of something much larger."

Find out more at:
rewildingoutdoorththerapy.co.uk



Rewild the Child at The Gathering Fields, Over Wyresdale

Helen Leece

Rewild the child is a grassroots project supporting young people across the northwest, who are living in challenging environments.

The initiative enables small groups and charities to access the beautiful countryside surrounding the Gathering Fields – a hill farm on the western edge of the Bowland Fells.

Rewild the Child aims to bring nature connection to the next generation, empowering young people through conservation education and building awareness around climate change and the impact it has on our health and wellbeing.

Its mission is to create a safe place to retreat and learn. The project brings communities together and connects people to nature through the restoration and rewilding of wildflower meadows and landscapes.

Rewild The Child provides bespoke workshops, field trips and residential within the 60 restored wildflower meadows across the Forest of Bowland. Participants explore the medicinal benefits of local plants and species, delve into traditional crafts and heritage and – most importantly of all – rediscover the freedom to be wild.

Children are encouraged to get involved with various conservation projects, learning about planting, seed collecting, identification, carbon reduction and

biodiversity – all whilst improving their wellbeing, resilience and mental health.

The outcomes speak for themselves: the children love the wild and unstructured activities and learn new team building and communication skills. Adult supervisors notice an improvement in mood, confidence and willingness to participate, while parents notice how well their children sleep after a day out in the fresh air!

Helen Leece, natural therapist and owner of the Gathering Fields said: *“We bring the children away from technology for a bit of a digital detox and get them back in touch with nature. The wildflower meadows are our classrooms and the wildlife that makes its home there is our teacher.”*

“It’s really important for children to explore their environment in a safe and fun way. Basically, it’s letting children play out in the woods, the fields and the river, which may seem a simple pleasure – but it’s something that many children in more urban areas can’t access easily.”

Rewild the Child is supported by a partnership of volunteers and corporate groups including The Forest of Bowland AONB, the Environment Agency and the National Lottery Heritage Fund in partnership with Natural England.

Find out more at:
www.thegatheringfields.co.uk



Riding High; Mountain Biking Weekends for Women

Dominique Ashford

Perched high above Slaidburn on the edge of the rugged uplands of the Bowland Fells, Dalehouse Barn is an idyllic setting for folk who really want to get away from it all.

And for the last few years, it's been a base for women's mountain biking weekends where mutual friendship and support are more important than ego and adrenaline.

Proprietor Dominique Ashford organises women's riding weekends which comprise some expert tuition to build confidence at Gisburn Forest mountain bike trails before heading into the fantastic scenery of the Yorkshire Dales for a guided off-road ride.

These popular weekends have built up a loyal following of women from all ages, walks of life and abilities, with courses available for beginners, improvers and more experienced riders and a pure guided ride this year.

"We welcome everyone from absolute beginners to quite accomplished riders," said Dominique. "But who's fastest or most daring isn't the point. People come along to support each other and have fun in the great outdoors while doing so."

Dominique organised the first weekend after becoming disillusioned with riding in

mixed groups and joining some women's rides with MOTley Crew women's mountain biking group from Yorkshire, where she met professional instructor Liz Peacock.

A maximum group size of eight means Liz can develop participants' bike handling and balance to build confidence before tackling some of the routes through the forest in preparation for a big adventure in the saddle on the following day.

"Rather than having a load of blokes 'mansplaining' about what we're getting wrong, our rides are refreshingly free of bravado and machismo. We will tackle the more challenging terrain but with a spirit of reassurance that encourages women to take on the more difficult obstacles in the knowledge that your fellow riders will support you rather than just laugh if you get stuck or fall off."

The courses include two nights' accommodation in either the shared bunkhouse or the B&B plus evening meals, tea coffee and cake.

"At the end of the weekend, you can tell from the smiles on people's faces just how much they have enjoyed it and it's great to see lasting friendships made over the course of the weekend."

Find out more:

www.dalehousebarn.co.uk | 01200 411095



People Enjoying Nature, Pendle Hill Landscape Partnership

Jayne Ashe

People Enjoying Nature (PEN) is a project that helps people do exactly what it says on the tin. Nature has the power to heal, it has the power to reduce stress, lift spirits and make us smile. But sometimes people need a few pointers on how re-connecting to the landscape and spending time in nature can benefit them.

Being immersed in nature has been found to offer many wellbeing benefits. Many people say that by the end of the PEN sessions they have forgotten about the stresses and worries that were haunting them earlier on in the day. Walking and talking, looking and listening almost forces us to slow down and to switch off from the rest of the world.

Whether it be a gentle winter wander through the village of Downham or identifying and recording different species of butterfly on a bright summer's day in the grounds of the Clarion House, spending time outdoors learning and socialising gives everyone's mood a lift.

Since April 2018, the PEN project has delivered more than 80 activity sessions and walks to over 160 different people from

Pendle, Burnley, Hyndburn and Ribbles Valley. It has encouraged individuals to spend more time exploring the outdoors, provided them with the opportunity to learn new skills and encouraged them to learn more about the natural world.

The PEN project also aims to give individuals the confidence to explore the local landscape on their own or with family and friends, equipping more people with more strategies and ways of improving mental health and wellbeing.

There are also benefits in the information shared. Snippets of information about a specific species, part of the landscape, or a local story can encourage someone to learn more, or to share with their own networks – and when that information is about the wonderful natural world around us, this inspires people to understand how they can protect and look after our world so that future generations are able to benefit from spending time in the outdoors.

Everyone is welcome to participate in PEN sessions but booking is essential.

For further information visit:

www.pendlehillproject.com/project/pen



Bowland's Food Heroes

As the Forest of Bowland's reputation for artisan food spreads across the country, one rural entrepreneur is showcasing some of Bowland's best local produce.

After 30 years in various food buying and tourism roles, the pandemic prompted Katie Wilson to reappraise her life and start her own business.

Bowland and Bay specialises in food tours across the Forest of Bowland and Morecambe Bay – showcasing the very best artisan produce the region has to offer.

We meet Katie beneath Nicky Nook fell,

near Garstang – the epicentre of Lancashire Cheese production.

"Within just a couple of miles you've got five of the area's biggest producers: Dewlay, Singletons, Butlers, Carron Lodge and Mrs Kirkham's," explains Katie.

We make a beeline for the latter, where the recently opened farm shop is doing a brisk trade.

Mrs Kirkham's Cheese, Goosnargh

Graham Kirkham

“We opened it during the first lockdown after so much of our restaurant business disappeared overnight,” explained Graham Kirkham. “We couldn’t bear the thought of all that cheese going to waste, so we decided to start selling direct.”

“Word got around quickly and we started stocking pies, cakes, olives, fresh artisan bread and charcuterie from other local producers. It’s been so successful that we are looking to scale up further so we can cope with the demand it’s created.”

Visitors from further afield are sometimes somewhat gobsmacked to learn that Mrs Kirkham actually exists and is still very much involved in this thriving rural enterprise. Ruth Kirkham first made cheese here in 1978.

Graham and partner Kellie are the second generation of Kirkhams making cheese on the farm, where they look after a herd of 220 grass-fed Holstein Friesians.

“It’s a closed herd, so we don’t buy in any milk from anywhere else,” explains Graham. “This means we have complete control over the quality of the feed and the welfare of the animals – which is critical when you are producing cheese from unpasteurized milk.”

Graham’s award-winning cheeses can be found in Harrods, Neal’s Yard and Waitrose and they’ve even found their way across the Atlantic, but he’s committed to serving his new-found local customer-base.

“The lockdown gave us time to think more creatively and it’s wonderful to be able to sell direct and see people’s reaction when they taste our cheeses for the first time,” said Graham. “We also really enjoy working with other local artisan producers and showcasing the amazing quality of Lancashire’s food offer.”





Wild Fox Distillery, Inglewhite

Rob and Lizzie Billington

Founded in 2019 as part of a farm diversification scheme, Wild Fox distillery has gone from strength to strength, winning the title of best rural drink business in the 2021 Rural Business Awards.

Established by fourth generation Lancashire farmers Rob and Lizzie Billington, the distillery draws pure, fresh water from its own bore hole and features subtle flavours from wild herbs foraged among the farm's hedgerows for an authentic 'farm-to-glass' product.

The gins contain no artificial ingredients,

but the flavoured versions like Blushing Vixen incorporate rhubarb and elderflower grown on the farm. The range now extends to four gins plus seasonal specials.

We tasted tiny tots of Ivy's Signature Gin, Blushing Vixen and Twelve Bore – a spicy winter warmer flavoured with orange zest and ginger and bottled at a potent 45% proof!

Because Katie does all the driving in her fully licensed Mercedes people carrier; her guests are free to sample the produce without worrying about driving – an important consideration on her dedicated gin and brewery tours!

After a couple more shots of 12 Bore, a little lunch seems in order, and we head to the award-winning Cartford Inn at Little Ecclestone for a taste of their eclectic menu.

Recently named 'Pub of the Year' by the Daily Telegraph and Sawdays, the Cartford has a distinctively different offer underpinned by quirky décor and an adventurous menu which showcases the best local produce from countryside and coast.

This old coaching inn is located alongside a toll bridge over the River Wyre, with views up to the Bowland Fells from the extensive courtyard and patio at the rear of the pub.

We feast on local seafood and charcuterie before popping into the deli to collect some locally made chocolates and delicate hand-made confectionary for dessert.



Langden Food Truck, Dunsop Bridge

Matt Taylor

Just a year or two after it first appeared in the layby by the popular Trough of Bowland road, the Langden Grill truck is rapidly becoming something of a fixture in the Bowland landscape.

Sandwiched between the river and busy Trough road in idyllic surroundings at the confluence of the Langden and Losterdale Brooks, this quirky pop-up food outlet has one of the most scenic pitches in England.

Already popular with bikers, walkers and cyclists taking on one of the most popular hill climbs in the area, the distinctively liveried snack van hit new heights when motorbike-riding TV chefs the Hairy Bikers dropped in for a brew and butties at the pop-up roadside eatery.

Declaring it one of the best breakfasts they'd ever eaten, Si and Dave ushered in a new chapter for the Langden Grill truck, turning it into an overnight tourist attraction for Instagram-obsessed foodies across the country.

Proprietor Matt Taylor has now traded in the original truck for a much larger outfit, which will be operating pretty much year-round during 2022.

"We do things properly and try to use local suppliers and cook pretty much everything to order so customers really can taste the difference," said Matt.





“Bacon and sausage butties and brews are our staples, but we always have a couple of specials on the menu and those that really go down well become fixtures which appeal to people looking for something that you wouldn’t normally associate with a burger van.”

So, alongside Cowman’s sausages and Bowland-raised lamb burgers, look out for specialities like Caribbean-inspired Bajan fish sandwiches, halloumi wrap with Moroccan spiced chickpeas, and mixed bean chilli tacos with Lancashire cheese and home-made salsa.

All Matt’s dishes are served in compostable or recyclable containers and after a busy day’s trading, before heading for home, the Grill Truck team scour the layby for any inadvertently discarded litter and leave no trace that they were there.

“The new truck will give us significantly increased capacity and we are also installing a proper commercial barista-style coffee machine, so we look forward to seeing the brave souls who are happy to venture out into the Trough for an early spring walk or ride. You’re assured of a very warm welcome!”



Roy Porter Butchers, Chatburn

Anne Ingham

Anne first started working in Roy Porter's butchers almost 30 years ago and has been there ever since. She took over from Roy when he retired after 53 years and the shop has grown from strength to strength!

"We pride ourselves on being able to source our meat locally and from Scotland using well established farmers and we have full traceability on all our produce. We cure all our own bacon, make our own sausages and have a lovely selection of local cheeses too!"

"Home made pies are now a large part of the business since we had a mention on the Chris Evans Breakfast show a few years ago! We really had to ramp up production which keeps our staff busy. All the pastry is made from scratch on the premises as are all the various fillings!"

And while pork pies remain a best-seller, meat and potato, cheese and onion and lamb and mint are all popular choices with customers – with a good selection of hot pies available from the hot counter. Just get there early if you fancy one for lunch – they sell out quickly!

Breda Murphy Deli, Whalley

Breda Murphy

Breda Murphy trained to be a chef at the acclaimed Ballymaloe Cookery School in Cork in her native Ireland, before crossing the water to work in some of the best kitchens in Britain.

Breda later became head chef at the renowned Inn at Whitewell, where she ran the kitchen for eight years before setting out on her own.

Breda took over her current premises in Mitton Road in 2006, opening initially as a restaurant and then adding a delicatessen. More recently, Breda started a gourmet ready meal operation which distributes delicious, prepared dishes nationwide.

From the very start the restaurant featured in the Michelin Food Guide, The Good Food Guide and Hardens along with a string of rave reviews in The Times, The Sunday Telegraph, Sainsbury's and Olive Magazines.

Breda's dishes continue to reflect the strong Irish influence that shaped her cooking from her early career. Her signature dishes include: Ballymaloe chicken liver pâté with home-baked soda bread, Clonakilty black pudding, pork apple and sage roll and white chocolate and Baileys bread and butter pudding.

"From the emerald isles to the rolling hills of Lancashire's Ribble Valley, I have been preparing delicious meals true to my heritage for over 25 years," said Breda.

"My ethos has always been to create tasty, wholesome food, lovingly made. My meals are crafted from the finest ingredients, all sourced responsibly and wherever possible supporting our amazing local producers."





Can't see the Wood?

While its name implies an abundance of trees,
in common with much of England,
the Forest of Bowland could benefit from
a woodland revival to help nature recover
and tackle climate change.

For many visitors to the Forest of Bowland, the first question they often ask is: “Where are all the trees?” It’s a good question that maybe more of us should all be asking more of the time.

In Bowland’s case, the term ‘Forest’ dates back to medieval times, when a forest referred to a mosaic landscape of woodland, scrub, pastures and open ‘deer parks’, where special laws applied to preserve game for wealthy noblemen to hunt.

Modern day forests and woodlands are increasingly seen as important natural assets that we can all enjoy – not just a privileged few – but the truth is, we need to plant millions more trees to restore our woodlands to a more healthy natural balance.

England is one of the least forested countries in Europe – partly because of its industrial heritage – and the Forest of Bowland has just below the national average for England with 8% of land under woodland and forestry.

In May 2021 the Government launched its England Tree Action Plan with a commitment to treble the rate of woodland planting (30,000 hectares per year by 2024). The Forest of Bowland AONB Partnership has identified the

target of creating 200 hectares (about 320 football pitches) of semi-natural and mixed woodland – including scrub – by 2030.

But in order to restore a natural balance of woodland to deliver the widest possible benefits to people, wildlife and the environment, it’s critical to plant the right species in appropriate environments to which they are well adapted.

The extensive peatlands of the Bowland Fells are some of the most important carbon sinks in England, while the valleys are home to some of the most biodiverse wildflower meadows in the country. Planting trees in these locations risks damaging other vital natural assets, but the steep-sided valleys or ‘cloughs’ that are such prominent features in the local landscape are ideal locations for creating new woodlands.

The AONB Partnership is working with local stakeholders to ensure that we get the right tree in the right place and for the right reasons; using woodland to maximise the benefits for society and the environment. It’s important to ensure that woodland creation respects existing species and habitats, landscape character, the historic environment and the overall ‘sense of place’ that makes the Forest of Bowland such a special place to visit or to live.



The AONB Partnership's focus is to deliver well sited and managed mixed and native woodland habitat, helping lock up carbon and creating ecologically resilient woodlands where wildlife thrives and people can connect with nature.

One of the key tree planting priorities is to restore riverside woodland to improve water quality, regenerate wildlife habitats, reduce surface water run-off and mitigate flood risk. To help in this area, the AONB team is working closely with the Ribble Rivers Trust, who have planted thousands of trees in a series of projects across the Forest of Bowland and further afield.

In 2018, the Trust launched Lancashire Woodland Connect – a decade-long programme to double the area of woodland cover across the county, and during 2022, the Trust and its partners are planning to create 24 new woodlands.

Two of the trust's most recent schemes took place at Twiston, near Downham, and Waddington – both of which involved dozens of volunteers from local communities.

At Twiston, 152 pupils from Chatburn, Gisburn, Brookside, Roughlee and Newchurch St Marys Primary Schools and Bowland High School planted some of the trees, with each primary school planting the trees as part of a river and tree themed educational morning. A further 61 volunteers from the wider community also planted trees at the sites along Twiston Beck, Pendle Hill Brook and Red Syke. Some of the riverside woodland was then fenced off to prevent cattle churning up the riverbanks and browsing among the woodland – encouraging the regrowth of woodland species like bluebells

Ellie Brown from Ribble Rivers Trust said: *“Tree planting is a fantastic way to get active in the great outdoors whilst making a tangible difference to our environment. It’s an activity that anyone can get involved in and it’s always great to see everyone, irrespective of age, ability or level of tree*

planting experience, really getting stuck in and having fun.

“We’ve even seen many good friendships form amongst our regular volunteers, proving the benefits of tree planting go beyond those that the trees themselves will have for people, wildlife and the environment.”



For more details on trees, woodland and forestry in the Forest of Bowland AONB:
www.forestofbowland.com/trees-woodland-forestry

Find out more and get involved with future tree planting projects:
www.ribbletrust.org.uk/our-new-woodlands-2021-2022

Keeping Bowland in the Dark

The Forest of Bowland AONB has some of the finest dark skies in the North West. From our hill tops and river sides you can see the Milky Way and all manner of heavenly bodies.

Exterior lights on our homes and businesses can reduce the levels of darkness and obscure the stars from our view. To maintain these fantastic night-time views and to support our burgeoning 'Dark Sky' tourism, we can all take simple steps to help 'Keep Bowland in the Dark'.

Did you know?

- Over £1 billion is wasted every year on inefficient outdoor lights
- Lighting can assist criminals in entering your property if it is incorrectly installed
- Switching off lights has been proven to have NO impact on accidents and crime rates

Top Tips

- Exterior lights should be angled downwards, not above the horizontal
- Install 'fully cut-off' styles, or fit them with a shield
- 30-50w bulbs are adequate for external lights in most domestic situations
- Lamps should only light your property, not next door
- Lights should only shine when needed - can you use sensors or timers to limit the times when lights are switched on? It saves energy too!

Star Gazing

Dark Sky Discovery Sites are nationally recognised places that are dark and easily accessible, and where you can 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) - Slaidburn village car park, Beacon Fell Country Park, Gisburn Forest Hub and 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? Also, look out for our Dark Skies Festival which runs each February half term.

Further Information:

www.forestofbowland.com/star-gazing



A man wearing a brown hat, a blue and white plaid shirt, and dark trousers is using a scythe to mow tall grass in a field. The background features a stone wall and a dense line of green trees under bright sunlight.

A New Agricultural Revolution

Farmers in the Forest of Bowland are embracing the transition to more nature-friendly farming methods.

The biggest change in agriculture since the war is underway across the UK and farms in the Forest of Bowland are among the first to sign up for new projects to farm in more nature-friendly ways that also benefit people, landscapes and the planet.

Britain's departure from the European Union also meant we would leave the Common Agricultural Policy and both farmers and environmentalists have helped devise the transition to an independent national agricultural policy.

Sweeping changes to farming support payments come into effect over the next few years, with a greater emphasis on protecting the environment determining how much tax-payer's money farmers will receive.

In the intervening period, the Department of Environment, Farming and Rural Affairs is rolling out targeted programmes within Britain's protected areas: National Parks and Areas of Outstanding Natural Beauty – including the Forest of Bowland, where farmers can now apply for support payments under the new Farming in Protected Landscapes programme.

Between now and March 2024, the Farming in Protected Landscapes (FiPL) programme will support farmers and land managers to carry out projects that support nature recovery, mitigate the impacts of climate change, provide opportunities for people to discover,

enjoy and understand the landscape and cultural heritage, and support nature-friendly, sustainable farm businesses.

The FiPL programme might support 're-wiggling' a straightened watercourse to benefit biodiversity, restoring dry stone walls, creating new connections between habitats, providing new access opportunities, and links to the rights of way network or supporting a locally-branded food initiative.

The over-riding aim of the FiPL programme is to deliver positive outcomes for the climate, for nature,

for people and for places. So, a plan that allows a local volunteer group to manage a patch of poorly drained marginal farmland near a stream for wildlife, with provision of a new footpath to encourage public access, would tick pretty much all the boxes.





Since it was launched last summer, the Forest of Bowland AONB has received more than 100 expressions of interests. Sarah Robinson (Lead Officer) and Philip Miller (Development Officer) have been busy visiting prospective applicants and developing project ideas.

Applicants do not need to have any experience of farming within an existing agri-environment framework such as the Countryside Stewardship or Higher Level Stewardship schemes.

Third party organisations and individuals can apply, as long as proposed projects

are implemented in collaboration with a farmer or land manager; or in support of a farmer or group of farmers.

Amongst the first wave of projects to receive funding in Bowland are contributions to the building of a new camping pod as part of a farm diversification project and an ambitious three-stage rewilding project on another farm.

The rewilding project involves tree and shrub planting, meadow restoration, wetland creation and enhanced public access to encourage wider engagement with nature.

Farming in Protected Landscapes Programme Lead Officer Sarah Robinson said: “We are really excited to have the Farming in Protected Landscapes programme available in the AONB.

“It’s a great new opportunity which will allow farmers and land managers in the AONB to develop novel project ideas and

deliver them on their farms for the benefit of nature, climate, people and place.”

“It will help to build resilient nature-friendly farm businesses, restore much needed habitats to the landscape, open up new access opportunities to more people and enable us to face the climate emergency within a more resilient Bowland.”



Other successful schemes which have been approved this year include:

- A contribution towards the purchase of a quad trail flail to allow the farmer to carry out rush management to create improved nesting habitat for endangered upland waders like the curlew
- The creation of fenced off wildlife corridors and 'leaky dams' to increase habitat connectivity and biodiversity and improve resilience to local flood risk and climate change.
- The construction of a purpose-built flexible building accessible to all abilities with residential education access and support for additional educational visits
- The reinstatement of historic hedgerows in poor condition, connecting them up with new hedgerow creation, to improve biodiversity and increase carbon sequestration
- A contribution towards the purchase of a hay baler to allow the farmer to manage their species-rich hay meadows in a project which will also see two additional meadows on their farm restored
- Funding for plans to be produced which will enable historic barns to be restored for future generations

Further Information:

www.forestofbowland.com/farming-protected-landscapes

Celebrating the Radical Legacy of Pendle's Revolutionary Women

Guerilla artists' plan to celebrate
the pioneering achievements of Pendle's
overlooked poets, writers and campaigners

As anyone who has been following the progress of the Pendle Radicals programme will know, there is a long and proud history of extraordinary women doing extraordinary things for the communities around Pendle Hill.

Mid Pennine Arts was delighted to welcome a contemporary band of extraordinary women to celebrate their sisters' achievements via an eye-catching public art campaign.

Rosie's Plaques – an award-winning arts and crafts offshoot of the Common Lot Theatre Company from Norwich – visited Clarion House as the first date on their national tour:

This lively group of 'guerrilla artists' specialise in making unofficial blue plaques traditionally marking the homes of the great and the good across the UK.

In 1867 the very first blue plaque was unveiled to mark the London birthplace of Lord Byron. These iconic heritage plaques can now be found on buildings across the UK, celebrating 'great figures of the past from all walks of life who have contributed to society'. But do they tell the whole story?

There are more than 4500 heritage plaques in the UK. Less than 12% of them celebrate the lives, achievements and spaces of women.



© Rosie's Plaques

In 2018, while researching their show *All Mouth No Trousers*, The Common Lot theatre discovered that, of 300 heritage plaques in Norwich, only 25 celebrated women. Outraged by this shocking imbalance, they instigated a guerrilla art project, creating their own plaques to commemorate the women of Norwich that history has forgotten or erased.

The plaques rely on traditional, hands-on clay crafting and typography to create beautiful hand-crafted items. Working alongside local collaborators, the Rosie's Plaques team produced plaques for half a dozen overlooked women in Pendle which will be revealed on International Women's Day: 8 March 2022.

The primary focus of the plaque making was for Ethel Carnie Holdsworth, the first working class woman to have a novel published and who was a tireless campaigner for the rights and working conditions of mill workers in East Lancashire. This powerhouse prolific, radical writer lived in three Pendle towns during her adult life, but how would anyone know?

Maggie Wheeler from the Common Lot theatre company who facilitated the workshop said: "It was wonderful to hear the stories of the amazing women of East Lancashire and help local women celebrate their legacies.

"We had a wonderful time at the Clarion House and we hope the plaques the participants made will burnish the memory of some extraordinary local women who stood firm for their beliefs and made a lasting impact on society.

"We still find it amazing that the books of Ethel Carnie Holdsworth – who was a more popular author than HG Wells in her day – are no longer in print!"

For further information visit: midpenninearts.org.uk/programmes/pendle-radicals



World Leaders tuck into a slice of Pendle Pie at Environment Summit

Peat Pie on menu as peatland restoration takes centre stage at the COP26 summit

Delegates attending the UN Climate Change Conference (COP26) were served generous slices of a new local delicacy to help raise awareness of the importance of peat on our climate.

Pendle Peat Pie proved to be dish of the day in the Peatland Pavilion – showcasing global initiatives to restore upland peat habitats at COP26 in Glasgow, where world leaders met to thrash out a deal to tackle climate change.

The Pie is a novel interpretation of a Lancashire Friday night post-pub staple – chips and curry sauce – with a bite-sized environmental message.

Created by In-Situ artist Kerry Morrison, with ecologist Sarah Robinson and local chef Andrew Dean, the pie aims to raise awareness of the global importance of Pendle's precious peatlands in locking up carbon and reducing flooding.

The tasty bid to connect local people with the peat uplands of Pendle combines South Asian staples with an East Lancashire favourite: chips and curry sauce. The basic ingredients comprise, dhal, chips and spinach or kale – to represent the three vital elements of a successful peat restoration project, sphagnum moss, coir dams and vigorous plant regrowth.



Andrew Dean & Kerry Morrison



Inside the traditional pie crust case, the filling is a combination of velvety lentil Dhal and layered potato 'chips', topped with a layer of spinach. The Dhal represents the peat, held in place by chips – in the same way the coir logs used up on the hill protect the peat from being washed away. The spinach represents the fresh plant growth on the surface of the peat, topped with a miso glaze that shows the water contained by the peat.

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

Artist Kerry said: *"A key ingredient in our Peat Pie is Dhal – a staple of the Pakistani community in Nelson, who are primarily from Gujarat and Jhelum, where Dhal is central to their food culture. In creating the Peat Pie, we hope to use food to unite and bring people together on this issue that affects us all – climate change."*

Peat Pie was also on the menu at one of the Pendle Hill Landscape Project's annual 'gatherings'. Held in the shadow of the hill itself at Pendleton Village Hall, the event attracted people from both sides of Pendle, including a group of young people who had participated in 'The Summit' – a series of discussions facilitated by In-Situ where participants discussed some of the big issues impacting their lives – such as climate change.

The Pendle Hill Landscape Partnership has conducted extensive peatland restoration works on the summit of Pendle Hill over the last three years. In-Situ is working with Pendle Hill Landscape Partnership to connect people to the landscape through collaborative, innovative art projects with communities.

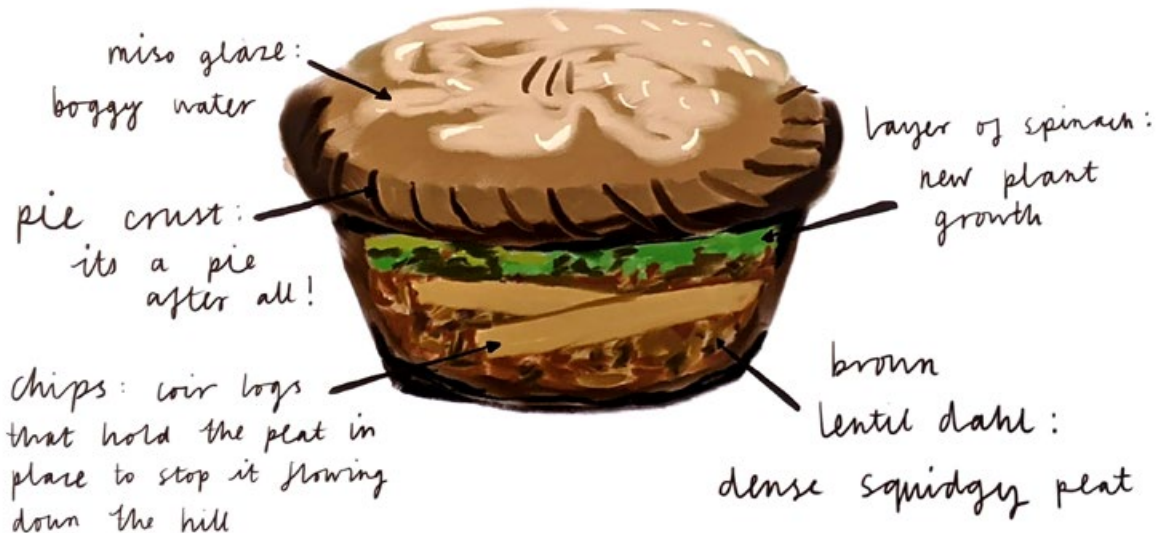
- Watch Kerry and Sarah in conversation about Pendle, Peat Pie and restoration – during the PHLP Digital Gathering: <https://youtu.be/6bIRiIYAQfo>
- You can sample the delicious peat pie on the menu at Hamish's Café & Bar, Blacko www.hamishscafe.com



pendle plat pie

the pie that tells a truly appetizing story...

what's in the pie and why?



SLAIDBURN ARCHIVE



Since opening in 2005, the Slaidburn Archive has gone from strength to strength, not only as a place for people to deposit local information and photos for safe keeping or to be copied, but also as an essential resource for people to research their families and the surrounding areas.

Winner of the Forest of Bowland AONB 'Vibrant Community Award' in 2014, the Slaidburn Archive is housed in one of Slaidburn's oldest buildings and is a treasure trove of documents, photographs and information relating to the history of the upper Hodder Valley and its inhabitants.

The new display room tells about the history of the area and is free to visit during opening hours. Donations are welcomed.

The Archive has also produced a range of local history books based on research done by staff and volunteers, please check out the website for more information.

Open Wednesday and Friday
11.00-3.00 Please contact prior to
your visit to confirm availability.



Slaidburn Archive
25 Church Street
Slaidburn
Clitheroe
BB7 3ER

Tel 01200 446161
enquiries@slaidburnarchive.org
www.slaidburnarchive.org



Orchard Glamping

Orchard Glamping is the perfect retreat in which to explore the great outdoors. Located on a beautiful patch of land we have 3 luxury self-contained glamping pods.

Positioned next to the canal, the river and a small woodland, the site offers a multitude of activities for families and couples who just want to get out and immerse themselves in the countryside.

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

Cobden View

Walk from Cobden View's door onto footpaths that criss-cross farm fields on Sabden Valley's hillsides.

Or set off on a drive to explore the glorious unspoilt Forest of Bowland. Return to relax and enjoy the cottage's panoramic views of Pendle Hill and Sabden Valley.

Sleeps up to five people.

Well-behaved dogs welcome.



cottages.com ★★★★★

www.cobdenview.co.uk/
01282 776285/07989 401595

enquiries@cobdenview.co.uk

Cobden View, Cobden Farm, Sabden, BB7 9ED

Chestnut Cottage

Visit England ★★★★★

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

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

Prices from £375 pw for 2 people.



www.chestnut-cottage.com
01200 440400

mdavies77@btinternet.com
Dugdales Barn, Worston, BB7 1QA

Little Oakhurst



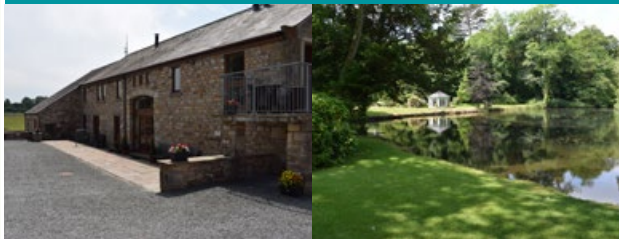
Get away from the hustle and bustle of everyday life with a glamping holiday and unwind in our cosy and luxurious Yurts or Shepherds huts. Set within a friendly working Farm in the heart of the Ribble Valley.

We offer chilled out days with wood fired hot tubs that's in tune with nature. There's plenty to do and explore, with the Tolkien's walk right on our doorstep.

www.littleoakhurst.com
07908614736

overhackingfarm@googlemail.com
Overhacking Farm, Stonyhurst, Nr Clitheroe, BB7 9PY

Lakewood Cottages



Visit England  ★★★★★ Visit England  Gold

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

www.lakewoodcottages.co.uk
01524 751053

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

Fell View Park



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



www.fellviewparkandfishing.co.uk
01524 791283

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

Height Top Farm



Visit England  ★★★★★

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

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



www.heighttopfarm.co.uk
01282 772009

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

Higher Gills Farm

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

Shared patio, large lawn, swings and slide.
Utility with washing machine, dryer, sink and storage.
Private car parking for 5 cars.

Prices from £375.



www.highergills.co.uk
01200 445370 / 07743303939

freda.pilkington@gmail.com
Whytha Road, Rimington, BB7 4DA

Hartley's Huts

Hartley's Huts is nestled in the heart of the Forest of Bowland, which offers stunning scenery, wildlife and attractions. You can stay in one of our three en-suite lodges, each with their own hot tub. Our stunning lodges are the perfect place to unwind and relax, whatever the occasion.



www.airbnb.com/h/harrierlodge

07966719904

stuarthartley47@yahoo.com

Burn house farm, Newton-in-Bowland, BB7 3EE

Lower Gill Holidays



Four comfortably furnished holiday cottages (3★) for 4, 6, 12 and 12 people (dogs allowed), with outdoor space in a rural location near Gisburn Forest.



On site facilities include a 10m indoor heated swimming pool, games room and snooker lounge. There is also a football field and a tennis court.



www.lowergill.co.uk

01200 447009 / Lesley 07920815727

info@lowergill.co.uk

Lower Gill Farm, Tossie, Skipton, BD23 4SJ

Gisburn Forest Hub Café

Food hygiene rating
★★★★

Ribble Valley Stars of
Tourism award 2022



Gisburn Forest Hub Café is located in the heart of Gisburn Forest. The perfect pitstop once you have visited the wonderful walking trails or trying out the MTB trails. We provide MTB bike & Trumper hire. We serve Breakfast Barmes, Light Lunches, Homemade cakes & lots more

www.gisburnforesthub.uk

01200446387

Gisburncafe@outlook.com

Gisburn Forest Hub Café, Stephen Park, Slaidburn, BB7 4TS

Be A Garden Maker



Delicious home-cooked food is waiting for you at Be A Garden Maker with outdoor seating surrounding the garden centre, perfect for a spot of retail therapy and you can even bring your 4 legged friend. Partake in some fantastic craft courses, or stay on-site in our holiday cottage.

www.beagardenmaker.co.uk

01729 840848

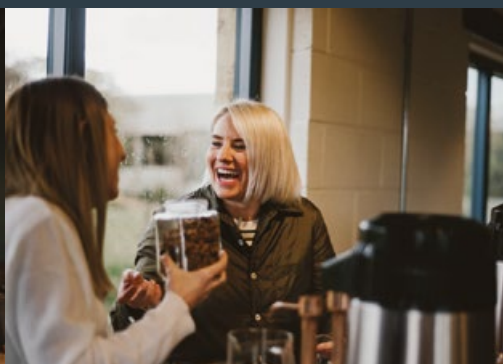
hello@beagardenmaker.co.uk

Coars Farm, Wigglesworth, Skipton, BD23 4SN



Gin Bar & Shop, Coffee & Cake!

Come and visit our stills Ivy & Kin, see how our award winning farm-to-bottle Gin is crafted and even have a sample!



Fancy Making your own Gin?

BOOK NOW FOR UP TO 4 PEOPLE
& **CREATE YOUR OWN GIN**
SPIRITED@WILDFOXDISTILLERY.CO.UK

Open: Wednesday - Friday 10am- 5pm & Saturday 10am -3pm

Lower Barker Farm, Button Street, Inglewhite, PR3 2LH

Telephone 01995 641136 www.wildfoxdistillery.co.uk

[f/wildfoxdistillery](https://www.facebook.com/wildfoxdistillery) [@wildfoxdistill1](https://www.instagram.com/wildfoxdistill1) [@/wild_fox_distillery](https://www.instagram.com/wild_fox_distillery)

Making the Most of Your Bowland Visit



- 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 2022? 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!

10 Top Tips:



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 itinerary featured on p98-105.

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 couple of years 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!

Discover Bowland Itinerary

The Ultimate Bowland Activity Holiday



© Jon Sparks

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

Total area:

312 m² / 803 km²

Population: 16,000

Highpoint: The Ward
Stone 1841ft (561m)

Basecamps:

Clitheroe, Bentham,
Slaidburn, Settle

Wildlife highlights:

Hen harrier, merlin,
buzzard, hare, sika
deer, otter

O&S Explorer Maps:

OL41 Forest of Bowland
& Ribblesdale

OL2 Yorkshire Dales
Southern & Western

287 West Pennine Moors

DAY 1:

Journey to The Centre of The Kingdom

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

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

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

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

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

Download other walks from the Forest of Bowland website:

www.forestofbowland.com/walking

Alternative Activities

Elizabethan Splendour

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

Enjoy a Picnic

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

Go Fishing

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



Centre of the Kingdom!





DAY 2:

Discover Gisburn Forest & Stocks Reservoir

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

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

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

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

Alternative Activities

Tramper Trail

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. The Bowland Tramper can be booked in advance from Gisburn Forest Hub. Call **01200 446387** to make a reservation.

Go Wild in The Hay Meadows

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

Sample The Local Nightlife

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

www.forestofbowland.com/star-gazing

DAY 3:

The Hidden Bowland Dales

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

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

Walk up the quiet lane beside the left bank of the river to view the dense woodland that dominates this verdant valley. Look out for rare butterflies and woodland birds like the redstart and pied flycatcher. The woodland floor is carpeted in dense drifts of bluebells in May and the autumn colours in September and October rival those of New England.

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

www.forestofbowland.com/walking

Post-walk, the Bridge House Farm Café offers a warm welcome to weary walkers for refreshment and sustenance.

Alternative Activities

The Way Of The Roses

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

Amazing Views

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





DAY 4:

Fields, Fells and Fabulous Local Food

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

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

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

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

www.bowlandandbay.co.uk

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



Alternative Activities

The Big Cheese

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

Time for Tea

After a ride or walk, you have every excuse to indulge in a few sweet treats at one of the locale's noted cafes or farm shops. The Apple Store Cafe at Wyresdale Park is a must visit for any fan of traditional afternoon tea.



Bowland Wild Boar Park

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



DAY 5:

Secrets Of Pendle Hill

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

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.

To avoid some of the crowds why not try making your way to the hill's lofty trig point by one of the paths from Sabden or Downham, or even Spring Wood? (See page 55 for walking routes)

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



Pendle Hill Access Code

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

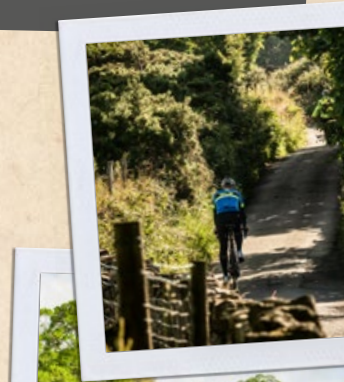
Here are the golden rules:

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

Alternative Activities

Take on The 'Tour De Pendle'

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



To view the series of Bowland Itineraries visit:
www.forestofbowland.com/discover-bowland-itineraries

Discover, Eat & Stay

See www.discoverbowland.uk for further details about each business

Discover

Alternative Adventure & Outdoor Activity Services

Tel: 01254704898

Web: www.altadv.co.uk

Be a Garden Maker

Tel: 01729 840848

Web: www.beagardenmaker.co.uk

Bentham Golf Course

Tel: 015242 62455

Web: www.benthamgolfclub.co.uk

Bowland and Bay Artisan Foodie Adventures

Web: www.bowlandandbay.co.uk

Tel: 07476 001539

Bowland Food Hall

Tel: 01200 407130

Web: www.holmesmill.co.uk/food-hall/

Bowland Wild Boar Park

Tel: 01995 61075

Web: www.wildboarpark.co.uk

Goosnargh Gin

Tel: 01995 641001

Web: www.goosnarghgin.co.uk

Lancashire Farm Wools

Tel: 07775 148116

Ribble Valley E-Bikes

Tel: 01200 426246

Web: www.ribblevalley-e-bikes.co.uk

The Courtyard Dairy

Tel: 01729 823291

Web: www.thecourtyarddairy.co.uk/

Eat

Bowland Beer Hall

Tel: 01200 401035

Web: www.holmesmill.co.uk/beer-hall

The Emporium

Tel: 01200 444174

Web: www.theemporiumclitheroe.co.uk

Eat & Stay

Coach and Horses

Tel: 01200 447331

Web: www.coachandhorsesribblevalley.co.uk

Falcon Manor

Tel: 01729 823 814

Web: www.falconmanor.co.uk

Shireburn Arms

Tel: 01254 826678

Web: www.shireburnarmshotel.co.uk

The Red Pump Inn

Tel: 01254 826227

Web: www.theredpumpinn.co.uk

Waddington Arms

Tel: 01200 423262

Web: www.waddingtonarms.co.uk

The Red Pump Inn



Stay

12 Newchurch Luxury Holiday Cottage

Web: www.12newchurch.co.uk

Brickhouse Touring Caravan Site

Tel: 01995 61747

Web: www.brickhouseccs.co.uk

Cobden View Self Catering Cottage

Tel: 01282 776285

Web: www.cobdenview.co.uk

Dale House Barn and B&B

Tel: 01200 411095

Web: www.dalehousebarn.co.uk

Eldroth House Holiday Cottages

Tel: 07590252725

Web: www.eldrothcottages.co.uk

Hartley's Huts

Tel: 07908614736

Web: www.airbnb.co.uk/rooms/41663777

Height Top Farm Holiday Cottages

Tel: 01282 772009

Web: www.heighttopfarm.co.uk

Higher Gills Farm

Tel: 07743303939

Web: www.highergills.co.uk

Lakewood Cottages

Tel: 01524 751053

Web: www.lakewoodcottages.co.uk

Laythams Holiday Lets Retreat

Tel: 01200 446677

Web: www.laythams.co.uk

Little Oakhurst Luxury Glamping

Tel: 07908614736

Web: www.littleoakhurst.com

Moss Wood Caravan Park

Tel: 01524 791041

Web: www.mosswood.co.uk

Orchard Glamping

Tel: 07725 185366

Web: www.orchardglamping.co.uk

Patty's Barn

Tel: 01524 751285

Web: www.pattysbarn.co.uk

Peaks and Pods

Tel: 07724940709

Web: www.peaksandpods.co.uk

Riverside Caravan Park

Tel: 015242 61272

Web: www.riversidecaravanpark.co.uk

Smelt Mill Residential Centre

Tel: 01200 448682

Web: www.smeltmill.org.uk

The Gathering Fields

Tel: 07791 254101

Web: www.northernapproach.co.uk

Slaidburn Youth Hostel

Tel: 0345 371 9343

Web: www.exclusive-hire.yha.org.uk/properties/yha-slaidburn-youth-hostels-association

The Garden Cottage

Tel: 07989212901

Web: www.thegarden-cottage.com

Wenningdale Escapes

Tel: 015242 62455

Web: www.wenningdale.co.uk

Wood End Farm B&B

Tel: 01200 448223

Web: www.visitwoodendfarm.co.uk

Bowland Beer Hall



Coach and Horses



Courtyard Dairy



Walking in Bowland

Blessed with hundreds of miles of footpaths and bridleways, the Forest of Bowland is a paradise for walkers – and their four-legged friends. Add to that, the open access land on the fell tops and uplands and this remote corner of Lancashire and North Yorkshire is a truly exhilarating place to explore on foot.

And while walkers are welcome to wander across huge swathes of the AONB, there are some guidelines that all walkers – especially when accompanied by their dogs, do need to be aware of.

The rich valleys of Bowland are home to sheep and cattle, and pets need to be kept under close control near livestock. On the open fells, livestock may be present, but also bear in mind that dogs can disturb ground-nesting birds.

So, the rule of thumb should be: if in doubt, keep your dog on a lead. If threatened by cattle, release your dog so you can both get to safety separately.

Also remember that while the remoteness and solitude of this beautiful area are a major part of its appeal, walkers need to take responsibility for their own safety. The weather is often unpredictable and mobile phone signals are unreliable so in the unlikely event of injury, it can be a while before help is at hand.

Be sure to carry the right equipment including Ordnance Survey maps (OS Explorer OL41, OL2 and Explorer 287), compass, first aid kit, high energy snack, drink, mobile phone (although coverage can be patchy), and whistle.

If you are in difficulty, please dial 999 and ask for Mountain Rescue. Be adventure smart by following Mountain Rescue's guidance here: www.adventuresmart.uk



Follow this link to access over 50 Bowland walks via pdf downloads or by using the Outdoor Active App

www.forestofbowland.com/walking



Respect, Protect, Enjoy...

When in the countryside please:



**Thank
you!**

www.forestofbowland.com

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

A group of four people are silhouetted against a bright, low sun on a snowy mountain peak. They are standing on a path of snow, with their arms raised in a celebratory gesture. The foreground is covered in snow and low-lying vegetation. The sky is a mix of blue and orange, with some clouds. The overall mood is triumphant and adventurous.

Slaying the Dragons

How a daily walk up a hill helped a Bowland mum beat cancer and launch a fulfilling new career

After a series of health niggles, Jane Huddleston just thought she might be a bit stressed and run-down, so she resigned from her fast-paced job and decided to take things easy for a while.

Just over a year later, as the pandemic spread across the world, the mum of two received a cancer diagnosis and her life turned upside down.

Jane endured six rounds of chemotherapy as the nation entered the first lockdown. Her treatment and condition made her super-vulnerable to the virus, so she had to completely isolate herself from everyone but immediate family for six months.

She celebrated her 40th birthday with the news that her lymphoma was in remission, so to rebuild her fitness and stamina, and mark the start of her new life at 40, Jane decided it would be a great idea to climb Clougha Pike – a well-known landmark in the Lune valley – 40 times.

“From some viewpoints, the top of Clougha looks like a sleeping dragon and we’d always told the children that dragons lived in the mysterious caves up there, so once I felt well enough, it was magical to be able to get back up there and look for them with Matthew (8) and Charlotte (6).”

As her strength returned, Jane recalled some of the stories she used to make up for the children and while wandering around the gnarly outcrops and tumbling screes of Clougha, she began arranging these stories into more structured narratives.

“I can’t tell you how inspiring it was to get outdoors and up into the hills after such a long period of isolation. These walks became a real respite from the day-to-day grind of recovering from cancer and getting your life back on track.

“The change of physical, emotional and mental perspective unleashed a real torrent of creativity and I’d get back home and start writing furiously before I’d forgotten the plots I’d dreamed up whilst walking. The words just poured out of me and I got quite involved with the characters.”



By the time she had completed 40 ascents of Clougha, Jane had created a whole tribe of dragons – each with their own backstory – and started looking for an illustrator with the intention of self-publishing her stories.

Teaming up with local artist David Robinson, from Preston, ‘Theo’s Birthday’ – the first of Jane’s Sunburst City Dragons series was published in July.



Written in rhyme to make them readily accessible to younger readers, each of the books focuses on of the dragon clan and their adventures.

Within a few weeks of going on sale, the first book hit Number 1 in the Amazon charts and sales went through the roof. Jane ended up appearing on BBC Breakfast Time to talk about her creations and the first five books continue to sell well.

Some of the profits from book sales are going to charities who supported Jane and fellow cancer patients during her chemotherapy: Cancer Care Lancaster, Lymphoma Action UK, Macmillan and Homestart.

Jane is now working part time and looking forward to the publication of the next books in her series.

"I still can't quite make sense of what's happened over the last two years, but I'm certain of one thing: those daily walks up that hill were central to my recovery, and without them, those books wouldn't have been published."

"I just hope that some of the money they raise for charity will help other families who are going through the same experience."



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 DalesRail 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**

● 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

● 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

SEASONS

AT STIRK HOUSE

Private Dining Suites • Well Stocked Bar • All-Day Dining • Pre-Wedding Meals
Children's Menu • Vegan, Vegetarian & Gluten Free Options Available

Welcome to Seasons, the beautifully chic and atmospheric restaurant here at Stirk House, open to both residents and non-residents of the hotel.

At Seasons we pride ourselves on a relaxed atmosphere, friendly and attentive staff and home cooked food using the finest locally sourced ingredients. Choose to sit in one of our stylish booths, in the main restaurant or, book one of our private dining suites for your special gathering or celebration.



Breakfast

Served: 8:00am – 10:00am



Lunch

Served: 12:00pm – 4:00pm



Afternoon Tea

Served: 12:00pm – 6:00pm



À la Carte

Served: 6:30pm – 9:00pm

For more information or to book your table, call: 01200 445581 or email: reservations@stirkhouse.co.uk
Serving times are subject to change. To view our menus, visit: www.stirkhouse.co.uk/hotel-dining.

STIRK HOUSE HOTEL, GISBURN, CLITHEROE, LANCASHIRE, BB7 4LJ



Bambers Lodge

Cosy rural retreat for two

in the heart of the Forest of Bowland

NEW for 2022



★ Stunning views & acres of wildlife on your doorstep

★ Within easy reach of Clitheroe, Settle & Skipton

★ Opens April 2022

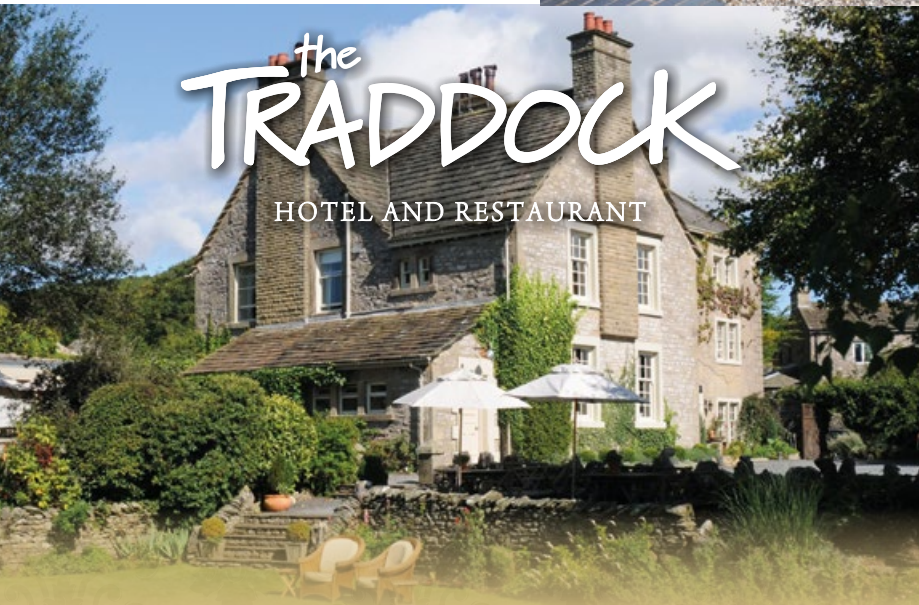
To find out more call Sarah on 0776 180561
or book at www.airbnb.com/h/bambers-lodge-ribblevalley



*"...a little piece of heaven"
"...a sparkling gem in a rugged landscape"*

Eldroth House Holiday Cottages, in the village of Eldroth near Settle, are the perfect place for exploring the beauty of the Forest of Bowland, the Yorkshire Dales and the Lake District.

Contact us: jill@eldrothcottages.uk
07590252725



the TRADDOK

HOTEL AND RESTAURANT



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

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

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

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

Tel: 015242 51224 Fax: 015242 51796

www.thetraddock.co.uk info@thetraddock.co.uk





Experiences, retreats & events inspired by nature & human connection
in rural Lancashire.

The Rewilding is about a holistic approach to living. Decluttering the mind,
undoing human domestication and living a more raw and curious life.

A space of exploration and experimentation, a meeting point for the
conscious to gather and connect.

WORKSHOPS & EVENTS

RETREATS

FARM TO TABLE IMMERSIVE DINING EXPERIENCES

HIRE OUR VENUE

STAY WITH US AT PATTY'S BARN 4* ACCOMMODATION

EXPLORE OUR ONLINE SHOP



WHAT'S ON



GET IN TOUCH

hello@the-rewilding.com

www.the-rewilding.com

TAG | FOLLOW | SHARE



@THEREWILDINGCOMMUNITY



PATTY'S BARN

SELF CATERING COTTAGES



BBQ AREA | NATURE TRAIL | PLAY BARN | GYM | EVENTS ROOM | FISHING | WOODLANDS

Patty's Barn is a collection of 10 self-catering cottages situated on the edge of Morecambe Bay, 10 minutes
south of the historic city of Lancaster.

You can expect fresh air, wildlife and a warm northern welcome. With the great outdoors directly on the
doorstep, we want you to come and experience nature, explore, be free and let your kids be kids.

The perfect spot for a rural coastal retreat with family or a group of friends.

WWW.PATTYSBARN.CO.UK

07812025940

FOLLOW US @PATTYSBARN

PATTY'S BARN, COCKERHAM, LANCASTER, LA2 0DY

Easy Access at Gisburn Forest

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



There is an easy access trail (suitable for Trampers) directly from the café. There is no set fee to hire the Trampler, but we kindly ask for a donation of £10 to contribute towards the insurance and maintenance of the Trampler through Champion Bowland (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).



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

01200 446387
gisburncafe@outlook.com



Landscapes
for life
.org.uk

{ FOREST OF
BOWLAND
One of the
AONB Family