

Discover **BOWLAND**

Official guide to the Forest of Bowland National Landscape.
Featuring walks, short-break itineraries, events, family activities & more!





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This guide is produced by the Forest of Bowland National Landscape

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

Photo Competition Shortlist:
Bowland Hare by Bradley Hamer

Designed by [countryside](#)
Feature articles & images by [Salar Media](#)



Diamond Celebration

2024 marks 60 years since the designation of the Forest of Bowland as an Area of Outstanding Natural Beauty and coincides with celebrating our new name as a National Landscape, making this a fantastic year to explore and enjoy this beautiful area.

We have a new name and logo, but this is still the same beautiful place it's always been. A place where people live and work and come to breathe.

Join Festival Bowland and experience a whole variety of events throughout the seasons. From winter dark sky adventures and spring moorland safaris, to summer days enjoying our iconic meadows and autumn foraging and feasting - there is something to discover for everyone.

We're celebrating 60 years of the Forest of Bowland with a roaming exhibition, featuring our 2023 photography competition entries. Our shortlisted images are also featured in this guide!

And what an industrious year we've had in the team, developing and delivering a variety of projects. Find out about new peatland restoration practices, our bumble bee helpers, how we're breaking down barriers on access to the countryside and how you can plan your next car-free visit to Bowland!

Enjoy making new memories in the Forest of Bowland National Landscape!



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We also have a cosy B&B, should you wish to stay with us! Perfect for dark skies and country walks.



Dunsop Bridge, Clitheroe, BB7 3BE



Discovery Map

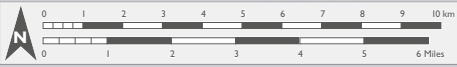
Why not stay a while and explore the area at your leisure? The Forest of Bowland offers a wide range of quality accommodation, activities and experiences.

- 1 Bee Creative - Clitheroe
- 2 Bowland Escapes - Chipping
- 3 Bowland Wild Boar Park - Chipping
- 4 Carla Gebhard Designs - Wyresdale Park
- 5 Chestnut Cottage - Worston
- 6 Cobden View Holiday Cottage - Sabden
- 7 Dale House Barn B&B & Kitchen - Gisburn Forest
- 8 Farm on the Fell - Bleasdale
- 9 Fell View Caravan Park - Scorton
- 10 Higher Gills Farm - Rimington
- 11 Holgates Ribble Valley Holiday Park - Rimington
- 12 Lakewood Cottages - Galgate
- 13 Laythams Holiday Lets Retreat - Slaidburn
- 14 Little Oakhurst Glamping - Stonyhurst
- 15 Orchard Glamping - Catterall
- 16 Parkers Arms - Newton
- 17 Peaks and Pods - Rathmell
- 18 Rosy Goat Ice Cream - Goosnargh
- 19 Smelt Mill Residential Centre - Dunsop Bridge
- 20 The Fleece Inn - Dolphinholme
- 21 The Rewilding and Patty's Barn - Cockerham
- 22 The Traddock - Austwick
- 23 Wenningdale Escapes - Bentham
- 24 Wild Bowland Walks - Clitheroe
- 25 Wild Fox Distillery - Inglewhite
- 26 Wood End Alpacas - Dunsop Bridge

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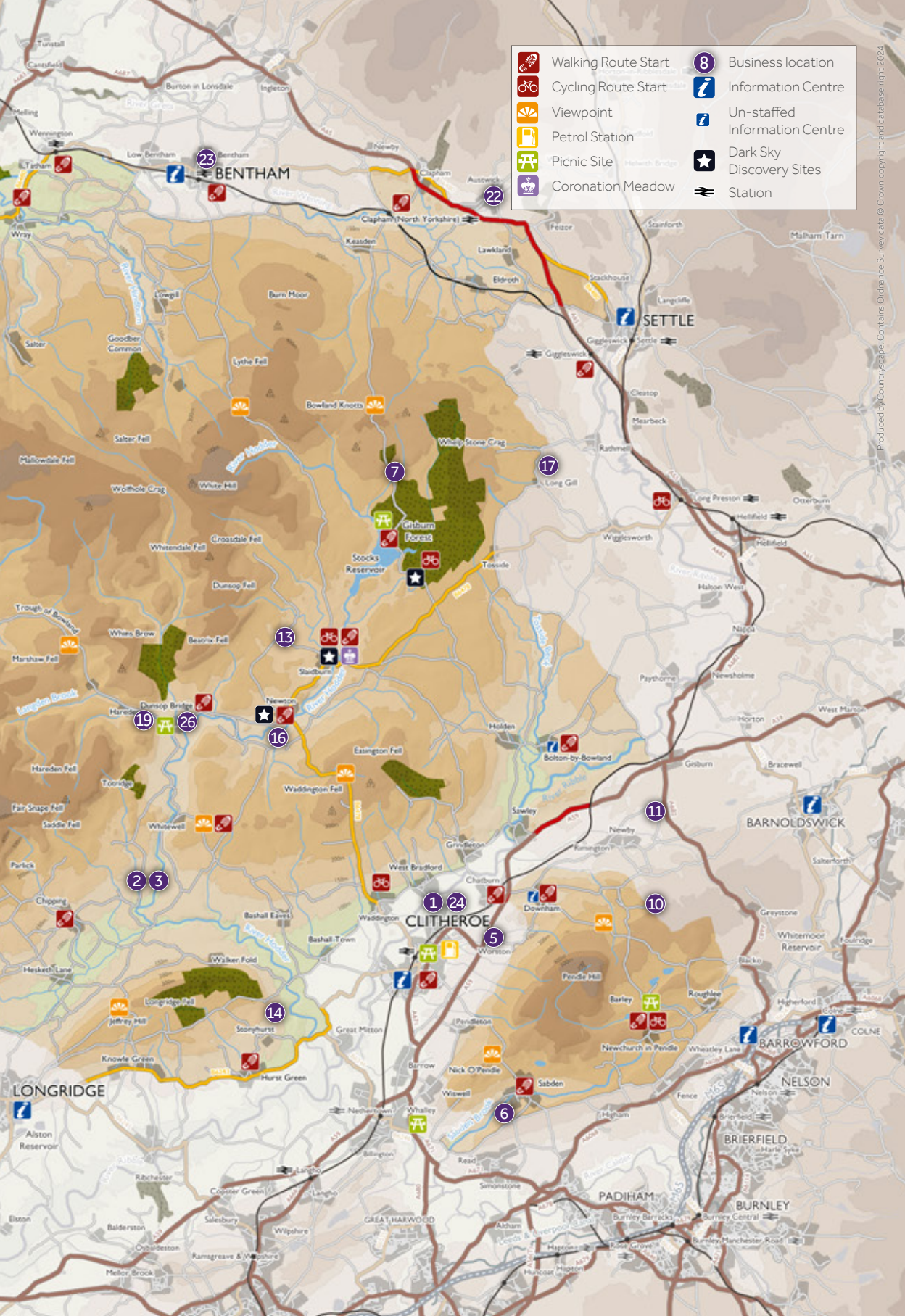
John Eveson – Photo Competition Winner:
Walkers at Whitewell



MORECAMBE BAY

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





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

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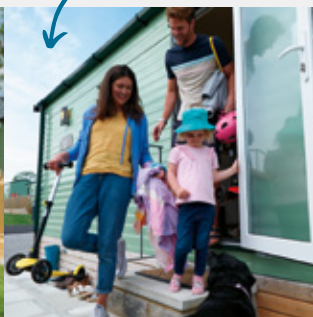
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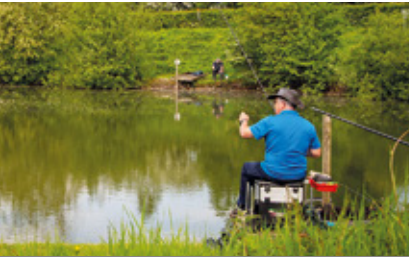
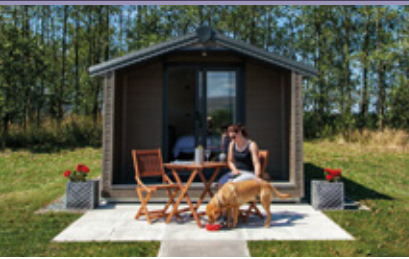
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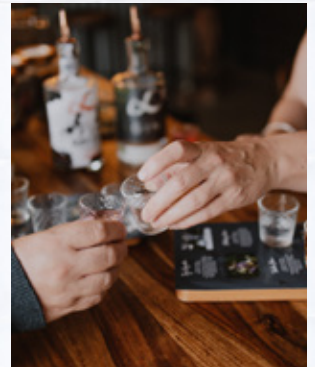
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Wel to Forest of Bowland



come the National Landscape



Forest of Bowland National Landscape -
the new name for this designated
Area of Outstanding Natural Beauty.

This is the place where our stories come to life. A place that makes us who we are. One part of a living patchwork of landscapes where outstanding beauty isn't only found in nature, but in our local communities working together to grow and change and thrive.

Our new identity reflects our national importance; the vital contribution we make collectively to protect the nation from the threats of climate change, nature depletion and the wellbeing crisis, whilst also creating greater understanding and awareness of the work of the National Landscape teams and partnerships.

This is a significant milestone for the UK and the next step in fully realising the National Landscapes network's vision to be the leading exemplars of how thriving, diverse communities can work with and for nature in the UK: restoring ecosystems, providing food, storing and sequestering carbon to mitigate the effects of climate change, safeguarding against drought and flooding, whilst also nurturing people's health and wellbeing.

National Landscape teams have been at the forefront of delivering natural solutions to the main challenges facing the nation for many years. The new brand underscores their commitment to redoubling their efforts and engaging with a wider audience. In 2019, teams set themselves the most ambitious targets for nature in the sector and continue to work to meet them.

By 2030, within the boundaries of National Landscapes, the aim is that:

- at least 200,000 hectares of the most valuable natural areas (Sites of Special Scientific Interest or SSSIs), which equates to 1 ¼ times the size of London, will be in favourable condition;
- 100,000 hectares of wildlife-rich habitat outside of SSSIs will be created or restored, which is roughly nine times the size of Manchester;
- and 36,000 hectares of woodland, which is a little smaller than the Isle of Wight, will have been planted or allowed to regenerate.

Individual National Landscape teams will also focus on habitat restoration to ensure the protection of some of our most endangered species and increase their work to help more people to enjoy time spent in beautiful places.

Because of their size and scope, National Landscapes are ideally positioned to address the environmental issues the UK is facing. There are 46 National Landscapes in the UK, covering 14% of England, Wales and Northern Ireland including moorland, farmland, coast, forests, UNESCO World Heritage Sites, Biosphere Reserves, a Global Geopark and International Dark Sky Reserves. They are the UK's nearby countryside – 66% of people in England (44 million) live within 30 minutes of a National Landscape and at least 170 million people visit them every year.

Elliott Lorimer, Partnership Manager for Forest of Bowland National Landscape says:

"Our new 'Forest of Bowland National Landscape' name feels like a real step-change in terms of both the profile and the ambition for the designation and Partnership as a whole. For too long, the AONB designation and the Partnerships working in these areas have not always received the national recognition that they deserve. This renaming not only sets this record straight, but also presents an opportunity for National Landscapes to set out how we can go further and faster in addressing the great challenges of our time – climate change, the loss of nature and supporting equity of access for all people to these special places."

John Watkins, Chief Executive of the National Landscapes Association says:

"For decades, AONB teams have convened powerful partnerships which have placed them at the forefront of the fight against climate change and biodiversity loss, but since their initial designation, our country has changed immensely, as have the needs and pressures on the environment and communities. However, we have great ambition as well as the commitment and readiness to care for and protect these important places, whilst also extending a welcome to more people. Our ambitious aims build on AONB teams' long track record of successful delivery for nature and people and we are confident that we will achieve them. National Landscapes are the landscape designation for the 21 Century and beyond."



For further information about the National Landscape Association visit:

[https://national-landscapes.org.uk/
national-landscapes](https://national-landscapes.org.uk/national-landscapes)

Making a Beeline for the Meadows



Data collected over a decade of monitoring bumblebee populations underscores the value of restoring natural wildflower meadows in the Forest of Bowland

Pollinators around the world are in decline due to a range of factors – including climate change, loss of habitat, the use of pesticides and modern intensive farming practices.

In the UK, bumblebees are seen as a key indicator species to the health and quality of meadows for pollinators. Buoyant local populations and a variety of different bumblebee species are a sign of improving biodiversity.

In the Forest of Bowland, traditional wildflower meadows are used as donor sites to transplant natural wildflower seed to restore grassland which has been more intensively managed. Hay-making at the donor sites is delayed until late summer, allowing traditional wildflowers such as clover, yellow rattle, crane's bill and meadowsweet to flower and set seed.

These donor sites are then mowed and the freshly cut 'green hay' containing millions of wildflower seeds is taken to recipient sites and spread across the pasture. The following year usually

results in a flush of wildflowers, which draws in bumblebees in search of fresh sources of nectar.

Traditional species-rich hay meadows are a vital resource for pollinators in

the countryside and a succession of restoration schemes in the Forest of Bowland and Yorkshire Dales have restored more than 700 hectares of wildflower meadow.

Over a 10-year period, a team of volunteers has been monitoring bumblebee numbers across 18 sites in the Forest of Bowland and Yorkshire Dales. This will determine whether a long-term programme of upland meadow restoration is improving the habitat for pollinators by increasing the number and diversity of wildflowers.

In June and July, volunteers carry out regular 'beewalks'

through these fields, recording the numbers and species of bumblebees observed, together with the flowers upon which they are feeding. A total of 11 different species have been recorded – including the rare Bilberry Bumblebee *Bombus Monticola*, which is usually

“It's a tribute to the commitment of our volunteers who turn out every year to count bees and patiently record their observations and to the unstinting support of our funding partners, who have underwritten monitoring and meadow restoration projects in various forms since 2014”



found on the high moorlands, but will visit adjoining meadows if its preferred sources of nectar are present. Loss of suitable habitat is making this attractive upland species, with its distinctive amber tail, increasingly scarce in England, with no recorded sightings in the southeast of the country.

The weather has to be perfect for volunteers to conduct their 'beewalks' effectively – with warm sunshine, only a light breeze and no rainfall. Each volunteer has their own 'patch' and because many of these citizen scientists have participated in the programme since its inception, their knowledge has built up over the years.

These surveys have recorded an impressive set of data over the last decade, providing a really clear picture of the health of the pollinator population and offering valuable insights into the effectiveness of meadow restoration in the Forest of Bowland.

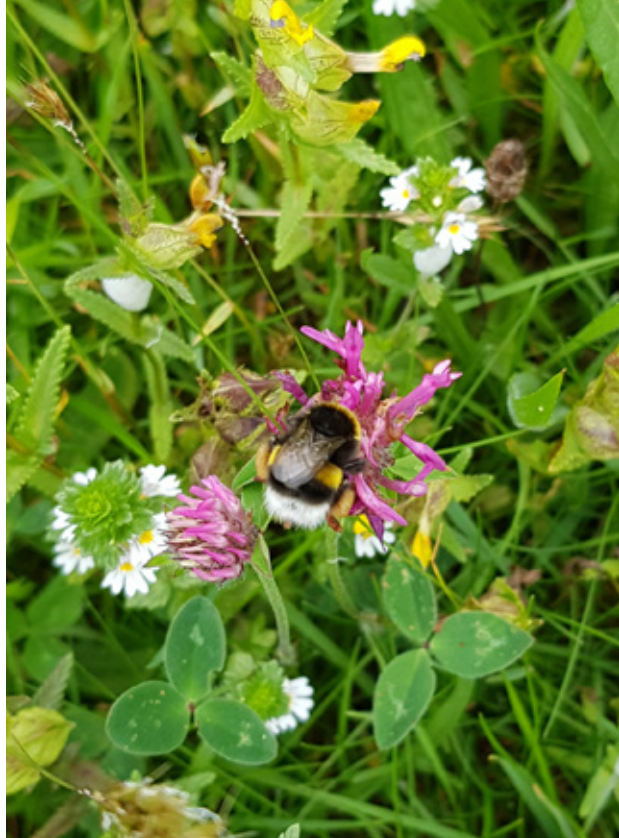
Bumblebee abundance and the number of species present is much lower in intensively managed meadows when compared with the restored fields and donor sites. The season after a hay donation often triggers dramatic increases in bumblebee numbers – reaching even higher levels than found at the donor sites.

Project manager, Carol Edmondson, who completed a Masters thesis on bumblebees in Bowland in 2016 said: *"The abundance of bumblebees in the restored meadows shows that, overall, the restored meadows are supporting the bumblebee numbers that would be expected in a florally diverse, traditionally managed meadow. In other words, the restoration work has been successful in terms of effectively expanding the available food resource for this valuable and vulnerable pollinator."*

"Being able to monitor the bumblebee population so closely over such an extended period has given us an insight into the needs of our increasingly vulnerable pollinators, together with amazingly detailed information about the wildflower species and habitats they depend upon to thrive."

"When I was asked if I'd like to manage the programme back in 2016, I couldn't quite believe I was going to get paid for working in the field I'd chosen to specialise in for my Masters. Collecting and analysing the data over a decade has been such a fulfilling experience."

"It's a tribute to the commitment of our volunteers who turn out every year to count bees and patiently record their observations and to the unstinting support of our funding partners, who have underwritten monitoring and meadow restoration projects in various forms since 2014."



For further information, or to become a 'beewalker' visit:

www.forestofbowland.com/Hay-Time-Project

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WILD BOWLAND WALKS



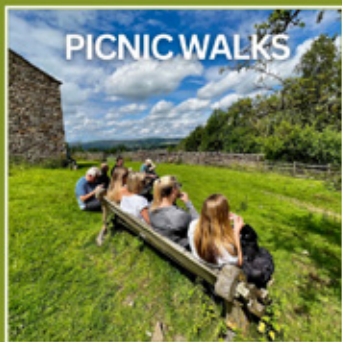
Guided walks for groups, families and individuals in the Forest of Bowland

Explore this undiscovered rural oasis with an experienced guide. Tap into in-depth local knowledge to see rare birds and wildlife year-round. Enjoy a delicious picnic featuring superb local produce or visit some of the finest gastropubs in Britain. One-day walks, weekend escapes or short breaks - choose your bespoke itinerary. We take care of route planning and navigation so you can enjoy the experience!

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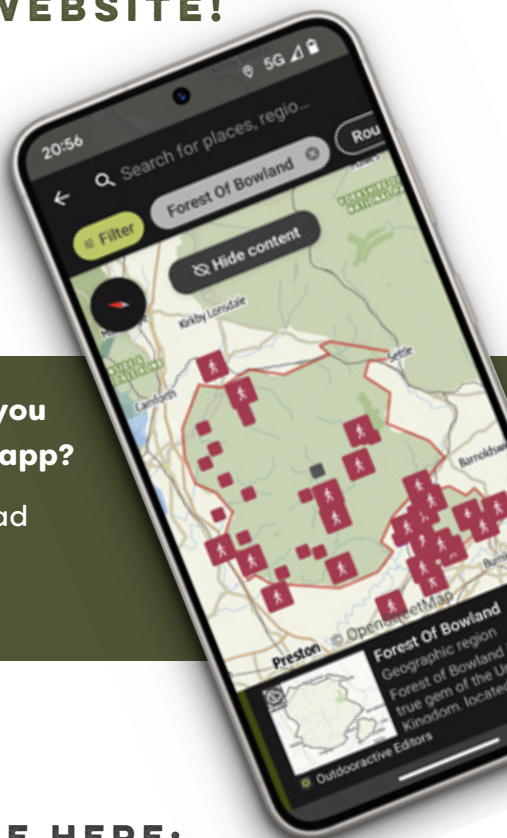
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WWW.FORESTOFBOWLAND.COM/WALKING**

Bowland's Beautiful Villages

The Forest of Bowland consists of many villages and small communities, each with its own unique character and local distinctiveness.



Take the time to explore these villages at leisure. Visit the welcoming pubs and friendly cafés to taste outstanding local produce. Explore the many traditions, values and connections dating back hundreds of years.



Downham © Graham Cooper



Slaidburn © Mark Sutcliffe



South & West Bowland

Garstang is situated on the River Wyre. The history of this market town goes back thousands of years, with Neolithic and Bronze Age artefacts found in the area, but there is no actual record until the Domesday Book, when it was designated as Cherestanc. One of Lancashire's oldest traditional street markets, first established in the 14th century, is still going strong and is held every Thursday on the High Street.

Along the road from Garstang is **Scorton**, developed around the cotton mills and railway in the 19th century. The village is a popular spot for walkers and cyclists as well as nature lovers.

There are some lovely walking opportunities in nearby **Grizedale**, with

a climb up Nicky Nook or through the beautiful, wooded valley. A more leisurely easy-access trail starts from Scorton Picnic Site.

Beacon Fell is a great base for a day's exploring - including a woodland and sculpture trail and a climb to the summit for spectacular panoramic views. On-site is the Bowland Visitor Centre café for a refreshment stop, or venture a little further for ice cream at Rosy Goat or Farm on the Fell, or a coffee or something stronger at Wild Fox Distillery.

Calder Vale, despite its remote and beautiful setting, is very much a working village and you can still hear the clatter of the weaving looms when the mill is working.

Walk:

- Delph Quarry Circular:
www.forestofbowland.com/walking#47400861

Highlight:

- Brock Valley bluebells in the spring



Hodder Valley

Newton in Bowland sits snugly at the foot of Waddington Fell and is dotted with 18th century listed buildings. John Bright the Quaker spent two years of his early life here in the heart of the Hodder Valley. Most attractive is **Newton Bridge**, which leads to several footpaths next to the River Hodder where you can take in the views and enjoy spotting some wildlife.

Dunsop Bridge is at the centre of Great Britain and a popular destination for walkers. Spring sees the woodland floors blanketed with bluebells and wild garlic and, in late summer, large areas of purple heather decorate the hillsides. Rest on a bench on the village green and enjoy watching the resident ducks waddle by

the river Dunsop next to Puddleducks Tearoom or, for a short walk, follow the easy access trail which takes in the wonderful scenery of the Dunsop Valley.

Slaidburn is a picturesque grey stone village set on the banks of the river Hodder. The church of Saint Andrew is mostly 15th century but has a history that can be traced back over ten centuries, and the Hark to Bounty Inn is home to the original Moot Courtroom of the Forest of Bowland. Slaidburn is another great base to start a river ramble or, for adventurous walkers, gain access to some of Bowland's open fells - either on the Salter Fell track, or over Dunsop Fell and onto Whitendale.

Walk:

- Hodder Bank Fell Circular:
www.forestofbowland.com/walking#47400841

Highlight:

- During the winter months, linger longer and enjoy some wonderfully star-studded skies; Slaidburn is one of Bowland's designated Dark Sky Discovery Sites.



North Bowland

Hornby, on the northwest periphery of Bowland, retained a strong coaching trade throughout the 18th century and the Castle Hotel in Hornby was one of the principal stabling points. Visit the parish church of St Margaret, dating in part from medieval times, and take in the fine views of Hornby Castle from the bridge over the river Wenning. The castle is an imposing crenelated dwelling dating mainly from the 19th century (although not open to the public).

The village of Wray is popular with cyclists and walkers – there are several bike routes in and around Lancaster – and Wray is on the Lancashire Cycleway. In the summer of 1967, a flash flood swept away many buildings. Today, a community garden with a stone mosaic commemorating the flood

stands on the site of some of the houses that were demolished. Many visitors have enjoyed the renowned Scarecrow Festival, which has traditionally culminated in a fair on May Day Bank Holiday. Combine a stroll around the village on the 2km 'Rivers & Villages Ramble' with homemade cakes at Bridge House Farm Tearooms.

The Bentham Line, which links the rail station at Leeds in the east to Lancaster and Morecambe in the west, skirts the northern edge of the Forest of Bowland National Landscape. It provides access to the pretty hamlet of Eldroth, along with the villages of Clapham and Austwick; each with their own local distinctiveness and located on the edge of the Yorkshire Dales National Park.

Walk:

- High Bentham Circular Walk: www.forestofbowland.com/walking#47400847

Highlight:

- Take a trip on the picturesque Bentham Railway Line, which links Leeds in the east to Lancaster and Morecambe, skirting the northern edge of the Forest of Bowland National Landscape.



Ribble Valley

Bolton-by-Bowland is certainly worth a visit; a tranquil and charming spot with two greens around the church in the middle of the village. For refreshments, you will find the Coach and Horses pub and a traditional shop and tearooms. The tearooms can provide information about a village heritage trail as well as a 5.3 km nature walk across surrounding farmland.

Nearby is the attractive hamlet of **Holden** and the Reading Room Kitchen at Holden Clough Nurseries - a destination for garden lovers.

Waddington, with its babbling brook and beautiful Coronation Gardens, has earned the title of 'Best Kept Village in Lancashire' on many occasions.

For such a small village there are three pubs and a tearoom and several walking opportunities from here to explore the River Ribble.

Mentioned in the Domesday book, **Chipping** thrived during the industrial revolution, when seven mills drew power from the streams cascading through the steep valleys northwest of the village. The village also has a 13th century church, which was partly re-built in 1505 and 1706 and again in the 19th century. In Leagram, adjacent to Chipping, a mediaeval deer park was created. The area passed into private ownership from the mid-16th century onwards. Make a day of it at a nearby visitor attraction, the Bowland Wild Boar Park, offering a great family day out.

Walk:

- Leap in the Park, Leagram Short Circular: www.forestofbowland.com/walking#47400848

Highlight:

- Visit Sawley Abbey - an English Heritage 12th Century Cistercian Abbey next to the River Ribble



Pendle Hill

Downham is one of the prettiest villages in the area - quiet and unspoiled - with a gurgling brook running past the village green and stone-built cottages. The church tower is a splendid example of 15th century architecture. Continue over the hill from Downham to reach Barley, which began as a farming community and developed as the textiles industry grew. It has a central car park and facilities, as well as the Cabin café and two pubs.

Newchurch clings to the southern slopes of Pendle Hill. The village is famous for St Mary's church and its curious 'eye of God' on the tower, which watches over the village. The church was built in 1544 by the inhabitants of the five 'booths', of which Goldshaw Booth is now the village parish.

The word 'booth' is thought to come from the Norse word 'but' meaning dwelling place. Only the lower courses of the 16th century tower now remain; the rest of the 'New' church was rebuilt in 1735.

Sabden was a farming valley from the 13th century onwards, and you can still see the remains of 'vaccary walls' from this time in some areas. From the 19th century the farms prospered as they supplied milk, wool and meat to the nearby developing towns of East Lancashire. Sabden also developed its own industries, with calico printing, cotton spinning and weaving all taking place at the Union, Victoria and Cobden mills. The village of Sabden is a great base to explore the Pendle Hill area.

Walk:

- Churn Clough Easy Access Trail
www.forestofbowland.com/walking#61981607

Highlight:

- From the Nick of Pendle explore 'deerstones' - a series of large millstone grit boulders supposedly showing the Devil's footprints from when he jumped from Hameldon Hill to Pendle carrying an apron full of stones - hence 'Apronful Hill'!



Local Village Shows, Festivals and Fairs for 2024

- Wray Scarecrow Festival, 27th April to 6th May www.wrayvillage.co.uk
- Scorton Bikes and Barrows Festival, 4th to 6th May www.scortonvillage.com
- Garstang Walking Festival, 4th to 12th May www.wyre.gov.uk/garstangwalkingfestival
- Chipping Steam Fair, 25th to 27th May www.chippingsteamfair.com
- Slaidburn Steam Fair, 8th to 9th June www.slaidburnsteam.co.uk
- Waddington Scarecrow Festival, 22nd to 23rd June www.facebook.com/waddyduck
- Goosnargh and Longridge Show, 6th July www.stallandcraftcollective.co.uk
- Forest of Bowland National Meadows Day, 7th July www.forestofbowland.com
- Royal Lancashire Show, 19th to 21st July www.royallancashireshow.co.uk/
- Seek Out Festival, 26th to 28th July seekoutfestival.co.uk
- Garstang Show, 3rd August www.garstangshow.org
- Clitheroe Food Festival, 5 to 10th August www.clitheroefoodfestival.com
- Chipping Show, 24th August www.chippingshow.co.uk
- Bentham Show, 7th September www.facebook.com/Bentham-Agricultural-Show
- Hodder Valley Show, 14th September www.hoddervalleyshow.co.uk
- Lancashire Game & Country Festival, 7th to 8th September www.lancashiregamefestival.co.uk/
- Ribble Valley Scooter Rally, 27th to 29th September - www.facebook.com/groups/7540893082619219/



A Roadmap to



From ancient oak woodland to wildflower meadows,
wetlands and rivers, Bowland's complex mosaic of
habitats need urgent restoration to nurture
the iconic wildlife that lives here –
and everyone needs to play their part

Nature Recovery

Nature Recovery illustrations by
Dr Selina Ellis Gray, Ellis-Gray Design Ltd.
Note: These are illustrative only, with a
degree of artistic licence regarding the
seasonal flowering of some plants.

The Forest of Bowland National Landscape is one of England's finest landscapes and is internationally important for its peatland, heather moorland, meadows, Atlantic oak woodlands and rare birds. But in recent years, many of these important habitats have come under increasing pressure.

The National Landscape team has been working with landowners, farmers and conservation groups to design a roadmap to restore these landscapes, improve habitats for wildlife and harness the area's valuable natural assets to mitigate the impacts of climate change.

The plan will inform county-wide strategies currently being developed by Lancashire

County Council and North Yorkshire Council – ensuring it contributes to a bigger, better and a more joined up Nature Recovery Network across the north of England.

It's also part of a nationwide Nature Recovery Network that creates a proactive framework for delivery by the National Landscape Partnerships, landowners, farmers, land managers, businesses and communities.

By improving the quality of the habitats and the connections between them, the plan outlines how Bowland's diverse landscapes can support thriving populations of 14 'champion' species including the hen harrier, black grouse, brown long-eared bat and brown trout.

In a nutshell, the conservation priorities between now and 2040 are to make Bowland's precious habitats bigger, better and more joined up.





Bigger

Work at a landscape scale beyond National Landscape boundaries to increase the size of 'Core Nature Areas' and create nature-rich buffers around them.

Better

Ensure Core Nature Areas are in optimum condition by allowing natural processes to recover and restore functioning ecosystems.

More joined up

Improve connections between habitats and ecosystems through new or enhanced wildlife corridors and 'stepping stones' and encourage more farms to adopt 'high nature value' or regenerative farming techniques.

Nature recovery isn't about turning back the clock 80 years or more, to a time when the landscape was richer in nature, it's about managing our dynamic landscapes in a way that supports a sustainable rural economy that is thriving, and restoring, creating and improving the landscape for nature and for people. It's about working together to find the best solution for nature on any given area of land.

Building on what we already have in Bowland

The Forest of Bowland National Landscape covers 803 km² – around 4% of all land designated as a National Landscape in England. It's rich in peatland, heather moorland, meadows, Atlantic oak woodlands and rare birds.

Over one third of the National Landscape is designated as being important for nature conservation. These 'Core Nature Areas' account for 277km² or 34.4% of the Forest of Bowland.

This plan will be delivered by creating nature recovery networks incorporating a mosaic of habitats and ecosystems. These networks will radiate out from the area's Core Nature Areas to form stronger corridors and links between rivers, woodlands, trees, hedges, walls and grasslands.

Bowland is also rich in 'natural capital' – valuable elements within the landscape that provide essential services – including carbon storage, clean drinking water, flood mitigation, health and wellbeing and recreational opportunities.

There is huge potential to harness 'nature-based solutions' that mitigate some of the impacts of climate change and can also support nature recovery. These include:

- Woodland, tree and hedge planting to lock in carbon and slow the flow of water to reduce downstream flooding
- Peatland restoration to 're-wet' peat soils and areas of deep peat to reduce the impact of extreme drought events and slow the flow during heavy rainfall events to mitigate flooding.
- Recreating species-rich grasslands with healthy soils can help increase carbon capture in the soils.
- Regenerative farming techniques can increase soil health, carbon storage and rainwater infiltration.

Partnership working is at the heart of the plan and there is a growing enthusiasm among farmers, landowners and conservation organisations to work much more closely together to help nature recover. Greater cooperation between these groups could lead to positive management of climate-resilient habitats for a wider diversity of species. Work is already underway to deliver this vision and a growing number of farmers are adopting land management approaches that deliver more for nature, particularly through the National Landscape Partnership's 'Farming in Protected Landscapes' programme.



Connecting people and nature

The National Landscape team and partners are working with communities across Lancashire and North Yorkshire to connect more people to nature – particularly people from under-served communities.

The Forest of Bowland Connecting People and Nature project (see p54) is a great example of this commitment. It is inspiring people to feel happier and healthier and foster a lifelong connection with nature and is also training teachers to take the curriculum outdoors with trips to farms and nature-rich places in and around the National Landscape.

The Forest of Bowland Sustainable Tourism Business Network brings businesses together to engage visitors with nature and wildlife, through walks, bike rides, activities and visiting farms that have diversified to secure an income from visitors.

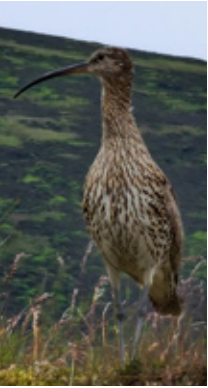
Forest of Bowland National Landscape Partnership Manager, Elliott Lorimer, said: *"There is immense power in connecting with nature that can support the health and wellbeing of communities in and around the National Landscape, helping people to feel better, whilst enhancing the life support functions that resilient ecosystems provide.*

The Forest of Bowland is a place where people can experience the feeling of being immersed in and utterly captivated by nature. This plan will help realise the huge potential to improve access, nurture greater understanding of the area's nature and inspire more people of all ages to get involved in caring for nature."



Champion Species

14 Champion Species are at the heart of the Nature Recovery Plan. Most are rare or threatened and of conservation concern. These charismatic species provide inspiration for people to care for nature and as indicator species, they can show that an ecosystem or habitat is healthy.



Curlew

The Forest of Bowland National Landscape is critically important for curlews and maintaining curlew populations remains a high priority for the National Landscape Partnership. In 2023, there were 114 nesting pairs in the Forest of Bowland with the population appearing to remain relatively stable.



Hen harrier

The National Landscape is one of the most important areas in England for breeding hen harriers. In 2023 around 22% of the breeding population nested in the area. For the population to thrive, more of the Bowland Fells need to provide suitable habitat and incidences of persecution must cease in the wider countryside.

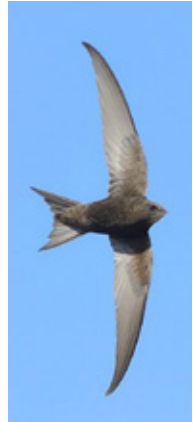


Black grouse

Black grouse were once widespread in the Forest of Bowland, connected with a larger population in the Yorkshire Dales, but by the mid-1990s they were considered locally extinct. In 2019, the Bowland Fells were identified as an area to promote expansion of black grouse through the restoration of a mosaic of habitats to support species translocation.

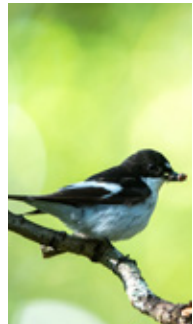
Swift

Swifts are summer visitors to the National Landscape and can be seen feeding over fields and rivers, displaying their scythe-like wings and short, forked tail. Swifts like to live in old buildings, squeezing through small gaps to nest in roofs. As old buildings are renovated swift nest sites are lost.



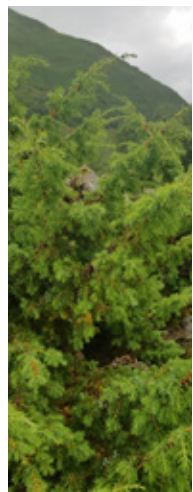
Pied flycatcher

Though nationally scarce, the pied flycatcher can be found in Bowland's ancient and Atlantic oak woodlands. Increased connectivity between Atlantic oak woodlands and other mature woodlands is needed to support population growth.



Juniper

Juniper is a native moorland coniferous shrub. In Bowland it is restricted to just a few sites in the northern fells of the National Landscape and is in decline. Grazing management could help support regeneration along with new planting.





Globeflower

The globeflower has been declining and is now found at just a few sites of species rich grassland within the National Landscape. The Bowland Hay Time Project is facilitating the propagation of globeflower seedlings from local sustainably sourced seed.



Hard-fern

Hard-fern is a hardy evergreen fern that can be found in the National Landscape's ancient and Atlantic oak woodlands. It is a good indicator of Atlantic oak woodlands.



Ballerina waxcap

This pale pink fungus is rare and vulnerable to extinction due to declines in ancient grasslands across the National Landscape. Retaining ancient grasslands is the only way to support its conservation and expansion.



Brown long-eared bat

The brown long-eared bat is a medium sized bat with huge ears that are almost as long as its body. It is not under threat, but changes in woodland management, barn conversions and urban development can have a negative impact.

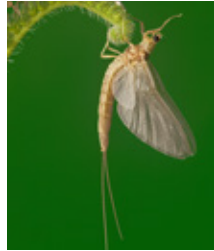
Brown trout

Native wild brown trout have been in decline across the National Landscape since 2014 and are vulnerable to changes in water flows and drought. The Rivers Trusts are working with communities to enable rivers to re-naturalise to help support the recovery of brown trout.



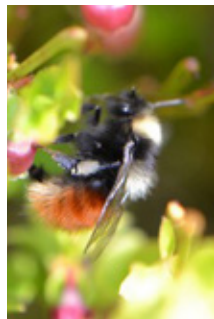
Yellow May dun

The Yellow May is sensitive to pollution and an indicator of good water quality. The flies hatch from May to July and are an important food source for native brown trout.



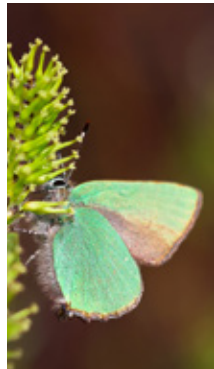
Bilberry bumblebee

The bilberry bumblebee is nationally scarce and in serious decline. It relies on peatland habitat that is susceptible to climate change and it can be vulnerable to loss of species-rich grassland along the moorland fringe.



Green hairstreak butterfly

This eye-catching green butterfly lives and feeds on upland heath habitat that can be vulnerable to changes in climate and land management. Restoration of these habitats could support an increase in colonies across the area.



For details of the full plan visit:

www.forestofbowland.com/nature-recovery

Drones, Satellites and Helicopters



How the use of 21st Century technology harnesses precision-mapping and geolocation techniques to restore the Forest of Bowland's precious peatlands

Millions of pounds are being invested in peat restoration across England's northern uplands, with conservationists deploying the very latest technology to maximise success rates in the Forest of Bowland's precious peatlands.

Peatlands are at the heart of the UK's climate change mitigation strategy as healthy, functioning peatlands lock in millions of tonnes of carbon – around eight times as much as woodland. Healthy peatlands also absorb heavy rainfall and hold it on the hilltops – slowing the flow into the rivers and reducing the risk of flooding downstream.

In the Forest of Bowland National Landscape, 16,000 hectares of uplands are protected under the Bowland Fells SSSI/SPA (Sites of Special Scientific Interest/Special Protection Area), much of which is made up of deep peat and peaty soils. Large areas of peatlands – both in Bowland and nationally – require restoration work to return their ecological function. Last year, thanks to Government funding, work started on restoring 160 hectares – equivalent to 200 football pitches. This year, after another successful funding bid by partners including the National Trust, Cumbria Wildlife Trust, United Utilities and the Abbeystead Estate, work will start on restoring a further 260 hectares of peat.

The work is part of a wider project to restore peatlands on a national scale through the Great North Bog – a landscape-scale restoration and conservation initiative stretching across nearly 700,000 hectares of peatland soils of northern England.

The latest tranche of funding for the Forest of Bowland allowed the project team to invest in new technology to improve the targeting and accuracy of the restoration work.

Highly detailed, current satellite and aerial imagery is making mapping and monitoring actively eroding peatlands more accurate, whilst precise GPS satellite tracking enables pinpoint targeting of proposed restoration interventions. Drones are being used to capture the scale and progress of restoration works, monitoring how the restoration is taking and allowing early identification of any places where it isn't, so this can be addressed at the earliest opportunity.

The work involves reprofiling eroding peat hags, blocking drainage dykes, damming natural gullies and revegetating bare peat with a specialised moorland seed mix and plug plants. Together, these interventions reduce bare areas of eroding peat and rewet the



site, providing the conditions for healthy blanket bog to flourish and rebooting the natural processes that built up the deep layers of peat that still blanket the Bowland Fells.

It's labour-intensive and painstaking work and if successful, the peat will start to accumulate again at the rate of just a few millimetres a year. As the water level rises and the peat begins to flourish, this natural ecosystem will continue to absorb carbon and soak up excess rainfall for centuries to come. According to Natural England's projections, this latest peat restoration project in Bowland will lock in some 24,000 tonnes of CO₂ equivalent and deliver more than £3 million of greenhouse gas benefits over the next half-century.

To save time and labour, helicopters are employed to fly in the materials required to restore the more remote expanses of peat, minimising the use of tracked

vehicles to carry heavy loads over the fragile peat bog – which would result in more damage to the habitat than would be addressed by the restoration work in the first place. Once the restoration work is complete, drones are again deployed to survey the area to monitor progress in addition to land-based surveys on foot.

Forest of Bowland Peatlands Officer, Dominic Hartley, said: *"It may be expensive, but making use of this sort of technology significantly increases the precision and efficiency of the work we are doing.*

"Using a combination of drones, digital mapping systems and GPS technology accurate to around 20cm to identify eroded areas enables us to create a very precise project map, targeting the most degraded peat and guiding the contractors doing the restoration work to the priority areas. Working in this way ensures that interventions are targeted with pinpoint accuracy and effectiveness."

Heritage and natural history

There are additional benefits to the use of these technologies for wildlife and the largely unexplored heritage of the Forest of Bowland.

The restoration team has hosted experts from Oxford Archaeology who undertook investigations at the new peat restoration sites to assess their archaeological potential.

One of the sites lies close to the ancient Salter Fell Road, where archaeologists found evidence and artefacts potentially dating back some 10,000 years – pointing to periods of prehistoric activity in Bowland.

Archaeologists collected a selection of microliths – small shards of flint associated with 'knapping' – the ancient skill of shaping flint by fracturing it to form sharp cutting edges for knives, arrows or spears. These locations have now been recorded within a digitised archaeological map of Bowland and shared with Natural England for further investigations in the future.

The Bowland fells are also home to rare ground-nesting birds like the hen harrier and, by incorporating 'geo-fencing' within the maps, contractors are able to reduce potential for disturbance by steering clear of known nesting sites and winter roosts.



For further information on peat restoration in the Forest of Bowland, visit:
www.forestofbowland.com/peatland-restoration

Outstanding Entries for Bowland's Annual Photo Competition

© Ryan Pentall

Second Place - Rural Resilience



From far-reaching moorland vistas and stunning wildlife shots to majestic woodlands and atmospheric pastoral scenes, the talented photographers from our 2023 competition have perfectly captured the variety and beauty of the Bowland landscape.

The 25 photos featured here were our shortlist and include our six prize-winners. To mark the anniversary of this very special area, Clitheroe Castle Museum will host the launch of a photography exhibition featuring around 30 of the photographs. The exhibition will launch on 10th February at Clitheroe Castle and will then go on to tour selected venues across Bowland, including The Folly in Settle, during 2024. Further details here: www.forestofbowland.com



© Stephen Adair

First Place - One of the Best Views in the Forest of Bowland



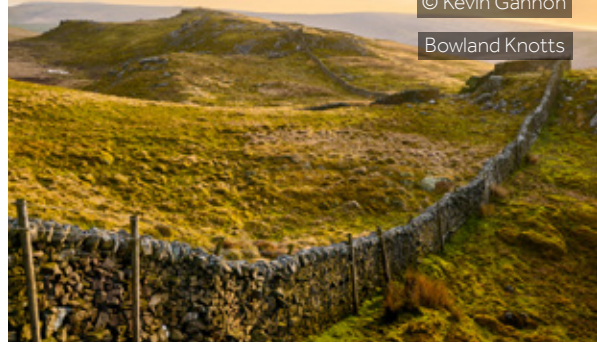
© John Eveson

The Trough of Bowland



© Kevin Gannon

Bowland Knotts



© Andrew Cowell

Third Placce - Pendle Hill from Twiston Moor



© Andy Ward

Winding road, Bowland Knotts



© Dave Spellman

Shadows taller than our souls, Pendle Hill



© Tim Green

Barn Owl, Abbeystead



© Christine Armstrong

Wheatear, Quernmore



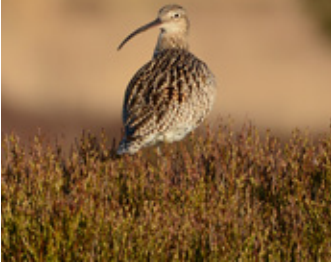
© Malcolm Welch

Grey wagtail, Langden Beck



© Malcom Welch

Curlew, Longridge Fell



© Bradley Hamer

Little Owl in the rain, Lythe Fell



© Bradley Hamer

Fourth Prize - Golden Light Badger



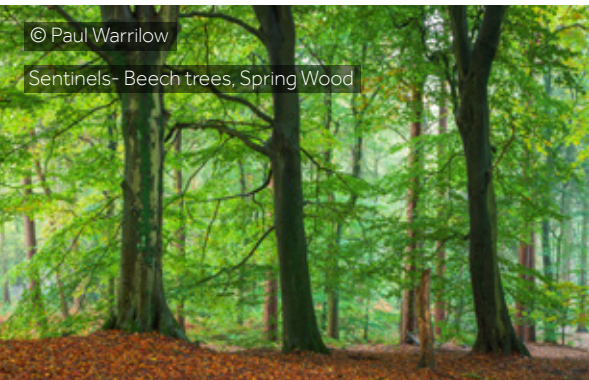
© Sue Lowe

Fifth Place - Autumn Magic, Grizedale Valley



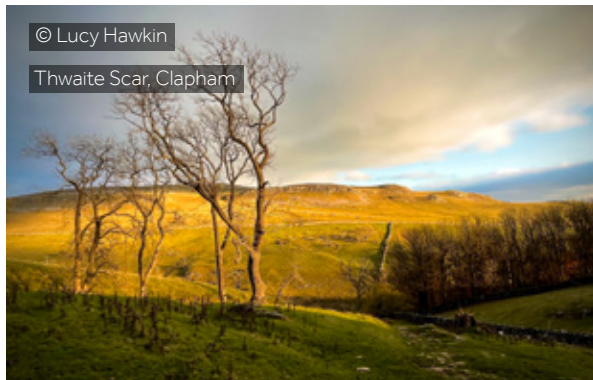
© Paul Warrilow

Sentinels- Beech trees, Spring Wood



© Lucy Hawkin

Thwaite Scar, Clapham





© John Eveson

A misty and cold morning at sunrise near Beacon Fell



© Nigel Cowking

Light upon bluebell carpet



© Bradley Hamer

Bowland Hare - Cow Ark



© Michael Hamel-Green

School Lane in autumn, Gisburn Forest

© John Eveson

Overlooking the Hodder Valley towards Dunsop Bridge



© Bradley Hamer

The clan - badger mother and cubs



© Andrew Nuttall

Curlew protecting their young



© Diane Muldowney

Flying Scotsman with Pendle back drop.





We'd love to see more of your images during 2024, please share them at :
www.forestofbowland.com/upload-your-photos

The Natural Health Service



Pioneering new programme aims to improve mental wellbeing through deeper connections with nature





One of the most successful activities developed by the Pendle Hill Landscape Partnership has been extended and expanded to enable many more people to participate in immersive outdoor activities to improve their mental health.

Between 2019 and 2022, the People Enjoying Nature (PEN) project enabled hundreds of people to access outdoor activities in a safe and supportive environment.

Now – thanks to additional funding from the National Lottery Heritage Fund – the original project has been extended for another three years and expanded to cover the whole of the National Landscape area.

The Forest of Bowland National Landscape is partnering with the Ernest Cook Trust to support more people across the county to access the outdoors. By helping with transport and access to appropriate outdoor gear – along with support and a programme of structured activities – the new Connecting People and Nature (CPAN) project opens up new recreational opportunities for people who often struggle to access green spaces, for a range of reasons.

The project hopes to level the playing field and support access to vital green and blue spaces for people in Preston and Lancaster. The Ernest Cook Trust element of the project delivers family and school outdoor learning opportunities in the same area.

Working with individuals directly via social prescribing routes, CPAN provides access to a wide range of outdoor activities including wildlife walks, community projects, nature recovery, tree planting, heritage and history talks.



The activities focus on following the five ways to wellbeing:

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

The sessions are open to individuals or underserved groups, or those who need that extra bit of support or confidence to access nature and face barriers to getting outdoors.

Activities are free to attend, with free transport places offered, and are open to people experiencing social isolation, loneliness or poor mental health. Participants can be referred by their GP or mental health team, or community groups or individuals and families can refer themselves.

In the first six months of the new scheme, CPAN has empowered almost 350 people to participate in 60 sessions.

Community Engagement Officer, Deborah Woods, said: *"It's been so rewarding to see people grow in confidence by participating in the CPAN programme. Helping people who were often struggling to get out of the house to gain confidence and skills and explore new horizons across Lancashire and the Forest of Bowland."*

"Whether participants are struggling with anxiety, or recovering from injuries or other health setbacks, the CPAN programme can provide a foundation for improving mental and often physical health."

"By gently stretching participants beyond their comfort zones within a safe and supportive environment, the sessions help people rediscover their confidence and overcome anxieties, connect with friends in the community, learn new skills or overcome other barriers to getting outdoors."



The five ways to wellbeing outlined above were identified by the Government-backed Foresight project back in 2008. Today, according to the National Academy for Social Prescribing, connecting with nature can:

- Reduce stress, anxiety, depression and fatigue
- Boost our immune systems
- Encourage us to be more physically active

There's also a growing body of evidence suggesting that time spent in nature is linked to a range of positive mental and physical health outcomes such as:

- Reduced blood pressure, reduced stress levels and associated symptoms, lower levels of cardiovascular and respiratory problems and reduced risk of diabetes and obesity

- Increased wellbeing, including subjective wellbeing, reduced social isolation, increased happiness, and resilience wellbeing and a decrease in PTSD symptoms and ADHD

Last year, four CPAN participants gave evidence at a Citizen's Jury hosted by Lancaster University at which a 40-strong panel explored the potential of green social prescribing initiatives, like CPAN, to improve mental health.

Deborah added: *"To have the confidence to speak at an event like this – which was attended by healthcare professionals, researchers, policy-makers and Lancashire's Director of Public Health – shows just how much progress these participants have made."*

"Some of the people who have taken part in the programme hadn't left their homes for months, while another had never stayed away from home overnight their entire adult life."

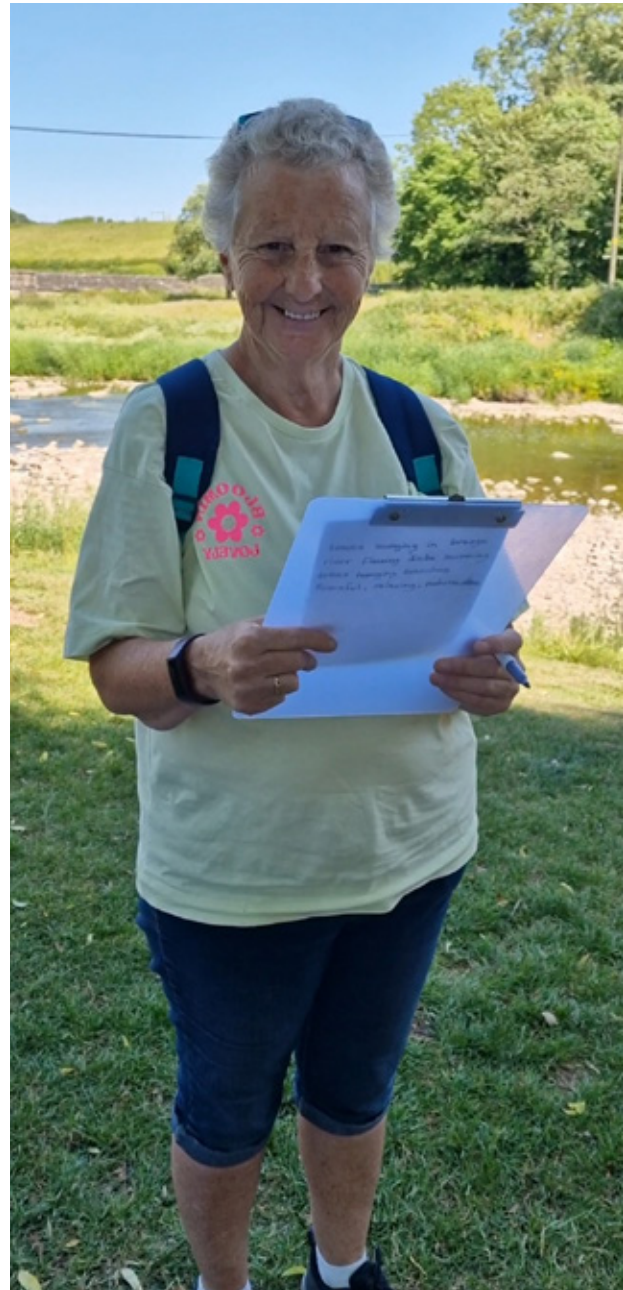
"For healthcare professionals to hear and see how the programme improved their confidence, wellbeing and physical health based upon their lived experience makes an extremely powerful case for the benefits of social prescribing.

"I'm so proud of what these groups and individuals have achieved and I'm really looking forward to extending the scope of the programme to reach as many people as possible over the next three years."

Deborah hopes that by developing their confidence and skills, many of the CPAN participants will go on to join local activity, community and nature groups.

A comprehensive multi-day training course organised by CPAN will also help existing community group leaders to develop the skills and confidence to lead and engage people in their communities to plan and organise outdoor activities.

Once upskilled, this cohort of community leaders will be supported to arrange and run activities during the life of the project. Community leaders will also be encouraged to secure funding to extend the scope of the scheme, allowing CPAN to reach even more people who would benefit.



For more details on the Connecting People and Nature scheme, visit:

www.forestofbowland.com/connecting-people-nature

Nature-Friendly Farming Projects Aim To Nurture Closer Connections Between People, Food Producers And The Planet



The Farming in Protected Landscapes (FiPL) programme is transforming farm businesses across the area as farmers embrace more sustainable farming practices and improve public access and engagement

Now in its third year, the DEFRA-funded programme is designed to 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, or support nature-friendly, sustainable farm businesses.

Due to overwhelming interest and

demand, the programme has been extended to March 2025, with a further £1.5 million in funding available for projects in the Forest of Bowland National Landscape.

The Forest of Bowland National Landscape has a designated team in place and has helped to support over 100 projects which are currently underway or completed. Here's a flavour of what's been supported over the last 12 months:

Natural Flood Management

Brackenhurst Farm, Tosside



This FiPL project supported two phases of work, valued at almost £30,000, to scope out and create 'large leaky' dams using locally felled trees: slowing the flow of floodwater on Skirden Beck and its tributaries to provide natural flood mitigation and habitat creation.

Delivered by the Ribble Rivers Trust, the project has also reduced erosion of the riverbanks and enhanced biodiversity by creating new habitats for insects and fish. Volunteers worked alongside professional arborists to create six large dams from bundles of brash and felled trees which were then secured in place in the beck.

These dams mimic natural obstructions caused by fallen trees in the water course. After heavy rain, these dams slow the flow rate, retaining much of that water in the floodplain and wet woodland. The water is then slowly released, reducing the flooding impacts downstream.

The scoured pools that form immediately downriver of the dams provide rich habitats for aquatic insects and create refuges for fish fry, potentially boosting the beck's fish populations.

Ribble Rivers Trust project manager, Guy Mason, said: *"We're essentially replicating the work that beavers would do naturally as ecosystem engineers and the data we have collected has provided strong evidence that the dams are working to mitigate flooding."*

"We see enormous potential to extend the scope of the scheme and are talking to a number of neighbouring farmers about installing up to 13 more leaky dams within the catchment."

Amanda Bowater, from Brackenhurst Farm, said: *"As a nature lover, the creation and maintenance of wildlife habitat is important to me, so to be able to combine this with reducing the impact of erosion to the pastures is amazing."*

"I see changes every day at the river and the flooding of the last few weeks has really shown the leaky dams in action, slowing and spreading the flow, and creating habitats for wildlife."

"I'm loving the focus on protecting this area's fantastic landscape and it's nice to feel that - thanks to FiPL funding - we have made an environmental difference for future generations."





Farmer-to-Farmer Peer Mentoring Pasture for Life

The Pasture for Profit project is a farmer-to-farmer peer mentoring project across Bowland being delivered by Pasture for Life in conjunction with four other protected landscapes across the north of England.

Pasture for Life is a Community Interest Company (CIC) with around 1,000 members nationwide which promotes pasture-fed livestock farming and provides impartial, expert advice to farmers looking to adopt a lower input, sustainable and profitable model for the future.

As part of the Pasture for Profit FiPL project, Pasture for Life has facilitated a number of meetings and events – including a study tour to Scotland last summer. The new network enables participating farm businesses to tap into a nationwide network of mentors who

are further along their journeys towards lower input, more sustainable forms of livestock farming.

Rob Bunn, Pasture for Life's Project Manager, said: "*The mentoring scheme is about creating that support network, in which mentors can offer genuinely impartial advice, with no hidden agenda. They won't tell farmers how to farm, but they will share their experience and act as a sounding board. It's then down to individual participants to decide what they take out of it and how they move forward.*"

"Farming can be a very lonely business," added Rob. "Just having somebody you can talk to who understands the practicalities of livestock farming and has probably dealt with similar challenges is immensely valuable at a time of rapid change in the farming sector."



Wading Bird Conservation Equipment

RSPB

Oystercatcher, redshank, lapwing and curlew are a familiar sight in the Forest of Bowland – but unfortunately, these birds are disappearing from farmland across England.

Curlew and lapwing numbers nationwide have plummeted over the last 25 years and both species are now on the Red List of Birds of Conservation Concern. Redshank, snipe and oystercatcher are Amber listed. Many farms in Bowland work hard to maximise their wader habitat, and these farms are bucking the national trend of steep declines.



Snipe nest

A team of RSPB staff and volunteers has been monitoring wader populations in the Forest of Bowland in order to better understand the population dynamics in the area. Of the five species, the only one showing a trend over time is lapwing decreasing at about 1.8% per year.

Across England however, there has been a steeper decline of 23% from 2015 to 2020 – largely due to habitat loss and degradation. Curlew and oystercatcher populations appear to be stable – likely due to positive habitat management including appropriate levels of grazing during the breeding season, availability of wet features for feeding and legal predator control.

The data collected in Bowland is valuable in advising farmers in other areas of the country how they can help protect dwindling populations elsewhere.

In 2023, thanks to a £35,000 grant from the FiPL programme the RSPB was able to significantly scale up its wader monitoring operations in Bowland. The grant paid for trail cameras, thermal imaging equipment and electric fencing kits to help find, monitor and protect wader nests in greater depth than ever before.

Trail cameras were installed on 29 nests of all five wader species, with nine of the curlew nests also protected by an



Curlew nest



electric fence. Of the 29 monitored, 20 nests successfully hatched and of the nine fenced, six successfully hatched. Of the nests that didn't hatch, the cameras provided crucial information on the causes of nest failure.

The information collected will help tailor plans for spring, for example, when additional electric fences will be deployed in areas where fox predation occurred unexpectedly last year.

RSPB conservation advisor, Hilary McGuire, said: "Using the trail cameras to monitor wader nests has given us invaluable information on the hatching success of these species, as well as the causes of nest losses.

"This allows us to provide both general and tailored advice to the farmers we work with on how to improve hatching success and get more wader chicks on the ground. The electrified predator exclusion fences have been effective at keeping out foxes and badgers, as well as curious livestock."

"We are grateful to the FiPL programme for their support in purchasing this equipment, to the volunteers who spend many hours monitoring waders, finding nests, and going through footage, and to the farmers who partner with us in this monitoring, and who manage their farms every day to support our precious wildlife."

Forest of Bowland Farmer Group

Forest of Bowland
National Landscape



The Forest of Bowland National Landscape has established a local farmer group which aims to act as a contact group between the National Landscape team and farmers across the area. It's a useful way to deliver more area-specific information to Bowland farmers and offers support through on-farm events and regular newsletters to update them on environmental policy and the changes to the farm payments system currently underway.

A number of themed, farmer-led events exploring nature-friendly farming, regenerative agriculture and natural flood management have been hosted over the last year and the feedback from participants has been extremely positive.

The group is free to join and open to anyone farming in the Forest of Bowland National Landscape and, in its first year, membership has grown three-fold, with over 90 individual farms now signed up. Its popularity has centred

on the relevance and social aspects of the events as well as the content of the newsletters.

The network builds on a similar project connecting farmers through the Pendle Hill Landscape Partnership and is run by Nichola Gill, who farms with her husband and family in Sabden.

"Farmers tend to be really busy people and they don't always have the time to keep on top of the latest schemes and grants that might be open to them," said Nichola.

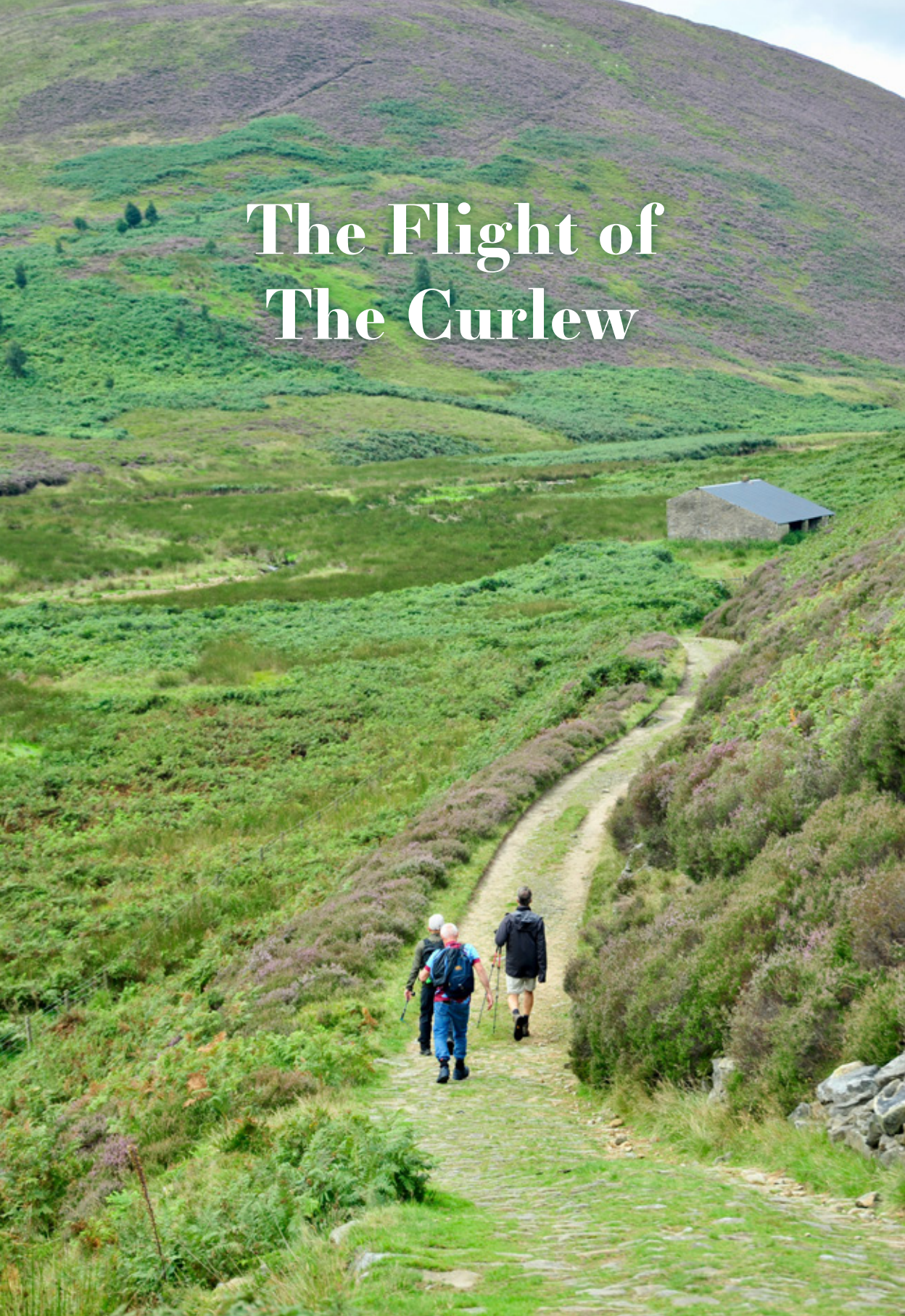
"The farmer group is a way for farmers to keep in touch and allows the National Landscape team to highlight their latest projects and raise awareness of the financial support and advice that is out there.

It is hoped that the extension of the FiPL programme will enable the group to continue for another year with further events and training sessions covering a wide range of subjects and we are really keen for farmers to sign up and take part."

Further details about the FiPL programme, including a list of all the successful projects, can be found on our website here:

[www.forestofbowland.com/
farming-protected-landscapes](http://www.forestofbowland.com/farming-protected-landscapes)

The Flight of The Curlew



Inspired by watching their spring courtship displays in fields on the urban fringes of East Lancashire, artist William Titley embarked on an odyssey charting the curlew's migration route from the uplands to the coast



The curlew is one of the iconic birds of Lancashire's uplands. Its plaintive bubbling call is an early sign of spring returning to the countryside, as the first birds arrive from their wintering grounds at the coast to find somewhere to nest.

Dr William Titley always awaited the return of the curlew in early March with eager anticipation. A couple of pairs usually returned to a patch of scrubby

grassland on the edge of Colne, just a stone's throw from his house. So he was dismayed to learn of a planning application for a new housing estate which threatened to permanently displace the birds on his 'patch'.

"Curlews often pair for life and birds will return to the same nesting territory year after year," said William. "The prospect of losing this precious wild oasis to a housing development inspired me to find out more



about the plight of the curlew and its relationship with the communities along its migration route."

"Patches of rough land within the urban fringe are important to the local community as a place to connect with nature. In Colne, the community united to oppose the planning application and the strength of feeling was clear at the Pendle Council planning meeting where the application was considered.

"Access to spaces like this on their doorstep is vital for people who aren't able to jump in a car to enjoy more rural environments like the Forest of Bowland and the presence of nesting curlews is testament to the value of these natural assets for biodiversity, recreation and wellbeing.

William, who recently completed a PhD at Manchester School of Art, resolved to walk from Colne to Cockerham on the edge of Morecambe Bay, where large numbers of curlew over-winter on the

coast. He was joined by six fellow artists along the way and conducted a series of interviews with people along the route.

The majority of the route – which William divided into seven stages – traversed the Forest of Bowland, where the curlew population remains healthy. But across the rest of England, curlew numbers have declined steeply in recent years – as the rough pastures where they breed have become more intensively managed for agriculture.

Curlew are ground-nesting birds who lay eggs and rear their chicks entirely on the ground. This makes them vulnerable to predation by gulls, crows or foxes and also to accidental trampling by livestock. They like damp ground with rush cover, as this allows them to use their long bill to prize grubs and insects from the soil.

Since 2015, the curlew has been a 'Red List' species – indicating serious cause for concern over the population.

Curlews can live for more than 30 years, which can disguise declining levels of breeding success as their ideal habitat is squeezed by improved drainage, overgrazing or development.

William chronicled every stage of his curlew walk with still photos, sketches and videos – amassing dozens of hours of recordings along the way. In conversations with his collaborators and interviews with people encountered along the route, William explored collective memory and the direct impact of our relationship with the landscape on the identity and well-being of participants.

Later this year, William will exhibit his work in a series of exhibitions across the county, which will incorporate a multi-screen moving image installation of his journey, together with a set of drawings, watercolour paintings and a detailed map of curlew habitats.

William is also exploring the possibility of creating a long-distance footpath based on his route as a lasting legacy of his journey.

"Throughout the dozens of conversations, I recorded during the walk, the plight of the curlew opened up fascinating insights into how people across Lancashire feel about topics such as land use, the climate crisis and health and wellbeing" said William.

One of the legacies of the walk will be a series of reflective workshops in which William will be joined by Professor Julian Manley from University of Central Lancashire. The workshops will take a deep dive into human experiences and relationships with landscape and environment.





International Poetry Prize for Local Poet

David Canning, a poet based in Wray in the Forest of Bowland, has won the Ginkgo National Landscape Prize for Outstanding Poem of the British Landscape, for his poem *The Bowland Sheep*.

The Ginkgo Prize is a major international award for ecopoetry, funded by the Edward Goldsmith Foundation and organised by The Poetry School. The British Landscape Prize is sponsored by the National Landscapes Association and aims to recognise poems that convey the wonder of landscape in all its forms.

Talking about his poem, David said;

"The Forest of Bowland is a very special place, and I wanted to capture something of its magic. But the poem is also about how I feel about it when I am not there, as I often have to work away from home for days at a time."

"Sheep are a major part of the agricultural economy in this part of the UK and this made them a great symbol of the vital co-dependence between humans and nature, and why we need to look after the place and protect it for future generations."



The Bowland Sheep

I hurried on some errand along the
dale in a twilight, wet moss and stone,
wet frigid air,

the ribbon of my road rolled out to
a haze, my horizon unclear, a fog
poured down from over the fells,
a ghost of grey, edged with night,
and the black trees, like the thinnest
of dreams, all wintered and bare.

Then I saw them in my torchlight,
resolving through the gloom, earthed
and somehow ancient,

the sheep like a circle of standing
stones, their green eyes gleaming
like flares,

they made no sound, but their heads,
as they grazed, swung low, slow and
hypnotic;

I paused, and we were then man and
sheep together on our small circle
of earth.

And when driven back to the City,
impatient, in lock step herded, time
poor and brass-faced, I recall the sheep
and their placid insistence, how they
grubbed at damp grass on their small
patch of turf, and how when the moon
suddenly broke through the murk, it
turned everything it touched into silver.

David Canning



Responsible Tourism

Responsible Tourism was defined in Cape Town in 2002 alongside the World Summit on Sustainable Development. Responsible Tourism is about *“making better places for people to live in and better places for people to visit.”*

Responsible Tourism requires that operators, hoteliers, governments, local people and tourists take responsibility and take action to make tourism more sustainable.

At a more local level, sustainable tourism in Bowland is about encouraging quiet enjoyment and re-investing in the economy and communities which support the landscape. In 2005 the Forest of

Bowland became the first protected area in England to be awarded the European Charter for Sustainable Tourism in Protected Areas, and this honour was repeated when the Charter was re-awarded in September 2010. The Charter is awarded to protected areas that deliver tourism that is both nature and landscape-friendly and which contributes to the economic development of the region.

How being an eco-tourist doesn't compromise quality

Travelling more responsibly is about giving the car a break and taking the time to explore places by public transport, on foot or by bike. It's about discovering the area's wonderful natural environments and the wildlife that makes its home there –

things we have in abundance here in Bowland.

It's about slowing down, taking time and tuning into the slower rhythms of nature. Relaxing, resetting and reconnecting with the natural world.

Discover Bowland year-round: you're in for a treat:

- The Forest of Bowland National Landscape is the perfect place to try new experiences – from traditional rural crafts to local shows and more surprising country pursuits! Traditional outdoor activities such as hiking, navigation, mountain biking and rock climbing are always popular. But how about trying your hand at foraging, distilling gin or walking with alpacas?
- Immerse yourself into this special area year-round: in spring and summer, watch seasonal migrants like ospreys, warblers and swallows return to nest, and walk through drifts of wildflowers in the meadows. In the autumn and winter months, explore native woodlands and experience the stunning autumn colours, or join an event to experience the captivating velvety dark skies of Bowland, where the stars reveal themselves in all their sparkling glory!
- Farming is an important aspect of the local economy and the link between food producers and consumers remains intact, with a direct connection from field to fork. There's so much scope for enthusiastic foodies to embark on a gastronomic tour of this productive corner of Lancashire and North Yorkshire.
- The Forest of Bowland is a paradise for outdoor enthusiasts - just waiting to be explored on foot, by bike or, increasingly, by e-bike. This pristine upland landscape is a hidden gem within easy reach of the towns of East and West Lancashire, Manchester and Leeds and is easily accessible by regular, reliable train services to the stations at Lancaster, Carnforth, Silverdale, Bentham and Clitheroe.

Green Business Awards



Several businesses - part of Bowland's Eco Escapes initiative - are leading the way in the hospitality sector by achieving Green Tourism accreditation; achieving Gold, Silver and Bronze awards.

Green Tourism is the leading sustainable tourism certification scheme in the UK. Businesses are assessed by a qualified grading advisor against a rigorous set of criteria covering a range of areas, including energy and water efficiency, waste management, biodiversity and more to achieve their award.

Forest of Bowland National Landscape Sustainable Tourism Officer, Hetty Byrne, explains: *"Green Tourism in Bowland isn't new: it's something we've been committed to supporting for over 15 years. In fact, in 2011, 38 businesses in Bowland achieved Green Tourism awards. More recently, through our Eco Escapes project – an initiative to promote sustainable tourism across Bowland – we encourage visitors to enjoy the Forest of Bowland while 'treading carefully' on the landscape and using active travel where possible."*

(You can be inspired by the **Eco Escapes itineraries** later in this guide!)

"In particular, it highlights hospitality businesses that are committed to their green journey; whether that's an experience provider, eatery, b&b, inn or glamping site.

"Working with Green Tourism, businesses have their sustainability efforts independently assessed, giving them a competitive edge with eco-minded visitors. It's a way of setting apart those businesses that actively embrace and invest in green practices."

Green Tourism is a structured framework with a rigorous assessment process which requires evidence at every stage, so businesses are put through their paces to achieve an award! Often the details of what practices a business has put in place may not always be visible at first glance, but we hope these profiles shine a spotlight on the way these businesses are leading the way.

Dale House Barn

www.dalehousebarn.co.uk



Michelin-trained chef, Dominique Ashford, has tuned into the slower rhythms of nature after swapping the top-end restaurants of London for running a small guest house and cookery school with artisan bread and wild food and foraging in the Forest of Bowland.

In 2023 Dale House Barn was the first to achieve a gold award as part of the Eco Escapes initiative. Dominique, owner of Dale House Barn and B&B, said: *"We were proud to achieve Gold status because we feel so strongly about seasonality and sustainability. The self-audit process made us examine our own practices critically, which was ultimately very rewarding and showed how much we've achieved since buying the Barn in 2014."*

Dominique sources food from local suppliers as far as possible and many of her ingredients come from within a mile or so of the farmhouse. She also ensures her cleaning and washing products are sustainably sourced and is a huge advocate of cycling and walking to explore the amazing landscapes direct from Dale House.

"We've invested in technology like solar panels, an electric car charging point, and a biomass boiler. Our ethos infiltrates everything we do; we strive to use seasonal, local produce and live closer to nature in a simpler, more sustainable way. Gaining the Green Tourism Gold accreditation is a good way to prove that we are as green as we say we are."



Discover Dale House Barn linked with the following **Eco Escapes itineraries**:

- Gisburn Forest & Stocks Reservoir
- The Bowland Traverse
- Classic Bowland Hillclimbs
- Coast and Countryside

Green Tourism stated: 'Dale House Barn have done an excellent job in achieving the Green Tourism Gold award following their first assessment. The business is engaged and committed to the process and promotion of sustainability throughout their business. Dale House Barn are a progressive business and have a great ethos and an excellent knowledge and awareness of all aspects of sustainability. They demonstrate some superb examples of social and environmental projects as well as a showcase for local and seasonal produce.'



Little Oakhurst Boutique Glamping

www.littleoakhurst.com

From the moment you arrive on the farm, you are made to feel part of the family at Little Oakhurst. The intimate yurts and shepherd's huts are tastefully decorated, with scrumptious homemade Nana's cake on arrival and fresh milk from the cows. Each glamping retreat has its own luxury bathroom facilities, one with a roll-top bath. So, throw open the doors and admire the view!

Escape into pure relaxation with a secluded wood-fired hot tub, the ultimate way to soak your worries away. Whether you're with your loved ones, or taking some time for yourself, create unforgettable memories. Snuggle up around the fire pit for a cosy night in or gaze in awe at the breath-taking dark skies.

Green Tourism stated: "The team at Little Oakhurst have displayed an excellent understanding of sustainability and awareness of opportunities and challenges associated with running a responsible business. They are an excellent example of how best to convey a green story to their customers, suppliers, and the wider world and should be proud to achieve a bronze award.

They demonstrate an ongoing commitment to ensuring their business is welcoming and accessible to all."

Despite all this luxury and relaxation, behind the scenes, Little Oakhurst have embarked on their green journey to ensure they are doing their bit for the environment.

Green Champion at Little Oakhurst, Charlotte, said: *"It was thought provoking and very thorough going through the accreditation process; there's no way to 'green wash' things as it's a very structured assessment which requires evidence at every stage.*

"The process gave us pride in the sustainability steps we've already put in place, and also encouraged me to think about what more could be done. The team were really friendly and the feedback was helpful."



Discover Little Oakhurst Boutique Glamping linked with the following **Eco Escapes itineraries**:

- Find the Centre of Great Britain
- Bike-packing in Bowland
- Family-friendly adventures in Bowland

The Fleece Inn

www.fleeceinn.co.uk



The Fleece Inn is a traditional country inn situated in the idyllic and historic village of Dolphinholme near Lancaster. With its stylish charm, the traditional English inn offers a wonderful and relaxing location for you to drink, eat and sleep in the beautiful Bowland countryside.

At The Fleece Inn you can enjoy some of the finest local produce, cooked to a very high standard by talented Head Chef, Ian Manning, and his team. Honest food with a minimum of fuss – alongside always popular pub classics, you'll find an exciting selection of international themed dishes, as well as a good choice of vegetarian, vegan and gluten free options.

And if you are planning to visit the Forest of Bowland in an electric vehicle (EV), the Fleece Inn have two dedicated 22kW charging points in the car park, which guests are very welcome to use. (iCharge App required).

Co-owner, Simeon Worthington, said: *"We are proud to source locally and organically wherever possible, reducing food miles and supporting local suppliers. We also implement recycling and composting programs to reduce waste, and use energy-efficient lighting and appliances, as well as investing in renewable energy sources, such as a wood pellet boiler, to reduce our energy consumption. We also want to encourage our guests to participate in our sustainability efforts. We provide information and resources on sustainable practices, and we work with our suppliers to reduce the environmental impact of their products and packaging."*



Discover The Fleece Inn linked with the following **Eco Escapes itineraries**:

- Fields, Fells and Fabulous Food
- The Hidden Bowland Dales
- Classic Bowland Hillclimbs
- Bike-packing in Bowland
- Lancaster and the Lune Valley
- Lancashire's fabulous food producers

Green Tourism stated: "The Fleece Inn have done an excellent job in achieving the Bronze award following on from their first assessment. Guests are actively encouraged to leave the car and explore the beautiful Forest of Bowland area by foot and bike. The assessment highlights their commitment to supporting local through their community shop and championing local produce, as well as providing a comfortable stay for their guests."



Bowland Wild Boar Park

www.wildboarpark.co.uk

Nestling beside the River Hodder in a remote valley beneath the rugged ridgeline of the Bleasdale Fells, Bowland Wild Boar Park maintains a tradition dating back to the Middle Ages – along with a host of fun activities for the whole family.

Today, wild boar continue to flourish in the Forest of Bowland, but only within the confines of one of the area's most popular – and sustainable – visitor attractions. And as well as nurturing the Forest's only remaining population of wild boar, the park is home to a whole host of fascinating animals – from owls and deer to ostriches and meerkats.

Simon McDonald, Director of the Bowland Wild Boar Park, said:

"We are very proud to have achieved a Green Tourism Gold Award.

"Coming from a farming background, we are passionate about educating the next generation on the importance of farming to the health of the wider environment. The park is a member of LEAF: Linking Environment and Farming, which promotes more sustainable agriculture by supporting positive action for climate, nature, economy and society.

"The park's energy needs are met almost entirely from its own sustainable sources – namely a wind turbine and solar arrays located within the park itself. Onsite we also have a water bore hole and our reed bed water system helps naturally filter our waste water to ensure there is no pollution."

Green Tourism stated: "The Bowland Wild Boar Park have displayed an excellent understanding of sustainability and awareness of opportunities and challenges associated with running a responsible business. They have scored well across the board but have excelled in the health and wellbeing, biodiversity, experiences and destination goals. The team have shown a commitment to continual improvement, a willingness to implement change where required and dedication in the pursuit of sustainable business practices."



Discover Bowland Wild Board Park Glamping linked with the following **Eco Escapes itineraries**:

- Fields, Fells and Fabulous Food
- Find the Centre of Great Britain
- Bike-packing in Bowland
- Family-friendly adventures in Bowland

SLAIDBURN ARCHIVE



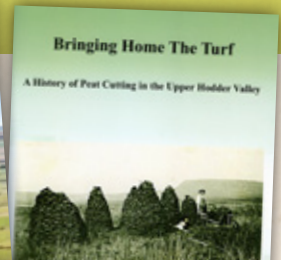
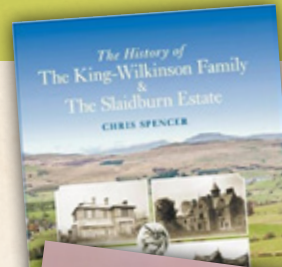
Since opening in 2005, the Slaidburn Archive has gone from strength to strength, not only as a place for people to deposit local information and photos for safe keeping or to be copied, but also as an essential resource for people to research their families and the surrounding areas.

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

Since 2009 Champion Bowland Has Provided



£27,500

benefiting & supporting:

5 parish councils

17 school projects

4 churches

15 community organisations

5 community events
from theatre to a photographic exhibition.

location of an all-terrain wheelchair (a Trampler) based at Gisburn Forest



42 groups

making **81** farm visits involving **2,500** people

2 grants to the RSPB to support education.

a heritage trail, a shelter and a bird hide.

60 projects creating hay meadows.

stone walling training

a bee keeping group

the Bowland Scrapbook

For further information about small grants or to support Champion Bowland visit:
www.championbowland.org.uk

Fuzzy Peg Fostering

Fuzzy Peg Fostering is a hedgehog rescue centre based in Newton in Bowland in the centre of the Forest of Bowland.



Hedgehogs usually hibernate between November and mid-March, but they can sometimes be seen out and about during this period changing nesting sites.

It is unusual to see a hedgehog around during winter or in daylight, so if you do see one and it looks unwell, it might need a helping hand!



Things you can do to help hedgehogs:

- If you find one out in the day, please get in touch with a hedgehog rescue. Scoop it up, put it in a box with a towel and some water, and a source of heat like a hot water bottle
- Never give milk or bread
- Make your outdoor space wildlife-friendly: by gardening in a wildlife-friendly way, we can help our spiky companions move around safely and find a home.
- For further ideas download the Wildlife Trust's 'Get creative for hedgehogs' booklet here: www.tinyurl.com/mr3eccua
- You can contact Fuzzy Peg Fostering if you find a hedgehog that needs rescuing, through Facebook messenger: www.facebook.com/100071210644075
- Visit the Lancashire Hedgehog Care Trust website for a directory of other local rescues: www.hedgehogcare.co.uk



All-Terrain Wheelchairs Open Up Access to the Great Outdoors



A new partnership between the Forest of Bowland National Landscape team and Access the Dales aims to open up even the most inaccessible parts of Bowland to wheelchair users

The Forest of Bowland National Landscape Team has joined forces with inclusive mobility charity Access the Dales to break down the barriers that prevent people living with disabilities from enjoying the great outdoors – either independently or with their friends and family.

A new generation of all-terrain wheelchairs (ATWs) is redefining the performance boundaries of traditional wheelchairs and opening up more opportunities for adventure for wheelchair users with a range of mobility impairments.

A growing range of specialist all-terrain wheelchairs is now available; wheelchairs which have been carefully designed to be able to cope with different terrains, including muddy woodland trails, gravel paths, wet grass, tree roots, steep hills and even mountains!

The Forest of Bowland National Landscape has a number of hub locations across the area where all-terrain wheelchairs are available to hire and can be used along designated trails. These include Gisburn Forest, Wood End Farm at Dunsop Bridge, Sabden village and New Laund Farm near Whitewell, where the Government's Farming in Protected Landscapes (FiPL) programme has funded two brand new TerrainHopper all-terrain wheelchairs.

Last autumn, Gisburn Forest hosted one of the largest gatherings of all-terrain wheelchair manufacturers and access organisations to promote inclusive access to the countryside.

The event attracted representatives from several all-terrain wheelchair manufacturers, plus members of the public and delegates from a number of public and voluntary sector organisations who put the vehicles through their paces on the rugged trails running through Gisburn Forest, which is managed by Forestry England.

Forestry England is currently making improvements to the trails at Gisburn Forest to further improve access and signage for wheelchair users.

Access the Dales founder, Debbie North, wheeled her way around the five-mile Birch Hills Trail at Gisburn Forest and suggested several improvements to make this two-and-a-half hour woodland walk even more accessible to wheelchair users.

Access the Dales started out as a blog through which Debbie sought to increase awareness of the needs of mobility-impaired people to continue accessing the countryside after ill health took away her ability to walk.

All-terrain wheelchairs allowed Debbie to continue to walk in the Yorkshire Dales with her husband Andy, and when he



passed away in 2021, Debbie established Access the Dales as a charitable organisation to continue the work she and Andy had started.

By partnering with landowners, protected landscapes and accommodation providers, Access the Dales has established a number of wheelchair hubs across the Dales which provide a variety of all-terrain wheelchairs for people with mobility issues to use at popular locations like Malham, Aysgarth Falls and Bolton Abbey.

Debbie is excited by the prospect of extending the wheelchair hubs into the Forest of Bowland, after the Farming in Protected Landscapes team reached out to learn more about her work.

"The Forest of Bowland National Landscape is right next door to the Yorkshire Dales National Park and it's wonderful to be able to expand our network of wheelchair hubs into this beautiful corner of England," said Debbie.

"The benefits of spending time outdoors in green spaces are increasingly well understood and it's extremely rewarding to be able to increase awareness that these benefits are accessible to people with disabilities thanks to recent advances in ATW capabilities.

"From the very outset, we wanted to focus on access rather than disability and by working with our partners to locate a wide range of ATWs at popular outdoor destinations, we're doing exactly what it says on the tin: delivering access.

"We find that providing really detailed information on the kind of vehicles available, the terrain and the trails together with the facilities onsite, gives people with mobility issues the confidence to visit our hubs – and to return again and again.



"And it's not just about helping people with physical disabilities access the outdoors, increasingly we are working with our partners to make it easier for people with mental health challenges like autism or dementia to get outdoors."

Sarah Dornan, Countryside Access Officer for the Forest of Bowland National Landscape, said: "We've been working to improve access to the countryside for people with mobility impairments for around 20 years and events like the ATW demo day demonstrate the expanding range of mobility solutions for different types of terrain and mobility needs."

"It's no longer a case of 'one size fits all' and events like this allow members of the public and access officers to find out more about the options available and find a mobility solution that fits their individual needs and the terrain they want to explore."

Chloe Jameson, Forestry England's Recreation Ranger at Gisburn Forest, said: "I'm very excited to be working with Access the Dales and the Forest of Bowland National Landscape team to enhance our all-terrain wheelchair-friendly, 'Birch Hills' trail and improve access here at Gisburn Forest. It is great to see people accessing the forest who usually face barriers when visiting outdoor green spaces."

For further information about the hubs visit:

www.forestofbowland.com/access-all

eco escapes

Travel Light | Shop Local | Stay Longer

Sustainable short breaks on foot or by bike in the Forest of Bowland National Landscape



ecoescapes.org.uk



**Forest of
Bowland
National
Landscape**

ABOUT ECO ESCAPES

Eco Escapes connects the Forest of Bowland National Landscape to the rest of the county in a more sustainable way, enabling eco-conscious visitors to refresh, recharge and revive with a sustainable short break in the area's beautiful green spaces.

Eco Escapes are about making connections: between town and country; between visitors and residents and between people and nature.

- This article provides an overview of the Eco Escapes offer – why not visit the website to download more detailed itineraries?
- The website is packed with information, including walking and cycling routes and ideas of where to discover, eat and stay.
- The itineraries are themed around walking, cycling, food and drink and family-friendly, so there is something for everyone!



ecoescapes.org.uk

The Eco Escapes initiative is managed by the Forest of Bowland National Landscape (www.forestofbowland.com) with initial funds provided by Lancashire County Council's Rural Recovery Fund (2022). Businesses featured in this leaflet are members of the Forest of Bowland sustainable tourism network. Although efforts are made to ensure accuracy of the information in this leaflet at the time of print (December 2023), changes can occur, and it is advisable to confirm information with the relevant providers before you travel.



Eco Escapes include 12, themed itineraries for walking, cycling, food & drink and family-friendly activities. 6 of them are featured here:



1 FAMILY-FRIENDLY ADVENTURE

This itinerary starts in the market town of Clitheroe and heads straight out into the country lanes of the Forest of Bowland to the pretty village of Dunsop Bridge, where you can walk with alpacas and explore the beautiful Dunsop Valley on foot or by e-bike before heading to Bowland Wild Boar Park for a wide range of family-friendly activities.

DAY 1:

Arrive by train at Clitheroe Station.

Pick up hire bikes from Ribble Valley e-bikes.

Visit the website or call 01200 426246 to book rental slots in advance.

Morning: Collect a picnic from Bowland Food Hall, then head out of town and cross the River Ribble onto quiet rural lanes for the 10-mile ride to Dunsop Bridge. If you didn't have time to organise a picnic, drop into Puddleducks Tea Rooms in Dunsop Bridge for coffee, cake and light snacks.

Afternoon: Pop into Wood End Farm and say hello to the friendly herd of alpacas who live there. Short walks with the alpacas can be booked in advance via the website.

Explore the gorgeous Dunsop Valley on foot or by bike, on a gentle 5-mile hike up the valley.

Evening: Cycle 4 miles to Bowland Wild Boar Park where you can stay in one of their camping pods, tents or luxury holiday lodges.

DAY 2:

Morning: Spend a fun-packed morning at Bowland Wild Boar Park, where you can enjoy tractor rides and farm tours, feeding the animals and exploring the nature walks.

Enjoy lunch in the café at the Wild Boar Park before setting off back to Clitheroe.

Stop off en route at stately Browsholme Hall (check website for opening times) for afternoon tea in the Cart Shed Tea Room or detour to the picture-postcard village of Waddington for refreshments in one of its three welcoming country inns: The Higher Buck, Lower Buck or Waddington Arms

Return to Clitheroe to drop off your hire bikes and catch your train home from the station.

Explore more...

For more detailed information, including Bowland's wildlife and nightlife, view the full itinerary here:

www.discoverbowland.uk/itinerary/family-friendly-adventure-in-the-forest-of-bowland



2

LANCASHIRE'S FABULOUS FOOD PRODUCERS



This two-day itinerary starts in the market town of Clitheroe, which is renowned for its bustling market, specialist retailers and Bowland Food Hall – a showcase for the best Lancashire produce. After a morning in town and a delicious lunch, we head out west for a foraged supper before visiting a series of artisan food and drink producers on day 2.

DAY 1:

Arrive by train at Clitheroe Station.

Morning: Explore Clitheroe Town Centre where you'll find a selection of specialist food retailers and a bustling market (Tuesdays, Thursdays and Saturdays 8am – 4pm). Pop into Bowland Food Hall to browse Lancastrian delicacies before taking lunch in the food hall café or next door at Bowland Beer Hall, where you'll find one of the longest bars in Britain and a huge selection of cask ales from Lancashire and beyond.

Afternoon: Take a gentle walk out into the scenic Ribbles Valley countryside and cross the River Ribble to reach the picture postcard village of Waddington. Enjoy an afternoon tippie at one of the village's three welcoming inns then check into your village accommodation or amble back into Clitheroe.



DAY 2:

Depart accommodation for gastro feast foodie tour with Bowland and Bay.

Morning: Your guide Katie Wilson will collect private tours for 4+ guests from your accommodation. Bowland & Bay create half or full day foodie tours, visiting some of Lancashire's leading artisan food producers.

Your itinerary can be tailored to meet your tastes. Wed-Saturday Tours can include Lancashire cheese makers, artisan gin distillers, smokehouses, coffee roasters, bakers, breweries and ice cream parlours. With time for a splendid lunch at one of the county's noted gastropubs on a full-day adventure. Returning to Lancaster station and your train home.

Want to book a bespoke food tour itinerary with Katie from Bowland & Bay? Get in touch direct at: bowlandandbay.co.uk/

Afternoon: Return to Clitheroe or Lancaster stations for your train home.

Explore more...

For more detailed information, including links to walks and a sustainable travel map, view the full itinerary here: www.discoverbowland.uk/itinerary/lancashires-fabulous-food-producers



3

BIKE PACKING IN BOWLAND



This 110-mile bikepacking tour of Bowland takes in the scenic highlights of the Forest of Bowland and visits many of the towns and villages in a meandering three-day tour of the region.

DAY 1:

Arrive at Lancaster by train.

Morning: From the station, explore the castle before meandering down to the south bank of the Lune and following the cycle path upstream to Crook of Lune and onto Wray.

Afternoon: Sit beside the River Roeburn and enjoy a light lunch at the Bridge House Farm Tea Rooms and continue on National Cycle Route 69 to the tiny hamlet of Lowgill, climbing steadily past the Great Stone of Fourstones up to the pass at Cross of Greet at 427m above sea level. Descend alongside the headwaters of the River Hodder before climbing steeply above Stocks Reservoir and descending into the pretty village of Slaidburn.

Stock up on provisions at Slaidburn Central Stores or grab a coffee at the Riverbank Tea Rooms and head southwest through Newton to Dunsop Bridge. Through the Trough of Bowland – at Marshaw, take the fell road skirting Hawthornthwaite Fell and follow this through the pastureland of the upper Wyre Valley to Dolphinholme. Continue through the village to the Fleece Inn for your overnight accommodation.

DAY 2:

Morning: From the Fleece, follow the lane back over the River Wyre at Street, climbing over the shoulder of Harris End Fell. Beyond Calder Vale and Oakenclough, continue on quiet country lanes to the village of Chipping, where there are several opportunities to refuel. Head for the steep scarp of Longridge Fell and a sharp climb up Jeffrey Hill for outstanding vistas over the Bowland Fells from the viewpoint. Contour along the southern flank of the ridge before descending past historic Stonyhurst College and onwards to the Roman town of Ribchester.

For the full 3-day tour, which includes a climb over Bowland Knotts, visit the website.

Return by train back along the Bentham Line to your starting point in Lancaster.

Explore more...

For more detailed information, including the cycle routes, view the full itinerary here:

www.discoverbowland.uk/itinerary/a-bike-packing-tour-of-bowland



4

THE BOWLAND TRAVERSE



Alfred Wainwright described the Hornby Road between Wray and Slaidburn as ‘the best moorland walk in England’ and this two-day trek across the Bowland Fells, follows in his footsteps to showcase some of the area’s scenic highlights like Stocks Reservoir and Gisburn Forest.



DAY 1: 16.5 miles

Arrive by train at Wennington

Morning: Cross the railway bridge and walk up Old Moor Road, crossing rich pastureland with views extending across the Wenning Valley to Ingleborough and down the valley to Hornby Castle. Continue climbing out of the Wenning Valley and descending into the next valley, crossing the River Hindburn and following the riverside footpath heading upstream to Wray.

Afternoon: From Bridge House Farm Tearoom, cross into Harterbeck and follow the lane upstream before descending into the densely wooded valley of Roeburndale. Navigate this secluded valley with care to emerge at Barkin Bridge. Continue along the road for another mile to High Salter Farm, then through the gate onto the Hornby Road. Follow the Salter Fell track for the next seven miles as it traverses the gritstone heart of Bowland, before descending along the lip of the remote valley of Croasdale, then into the Hodder Valley and the farming village of Slaidburn.

DAY 2: 12 miles

Morning: Stock up on provisions at Slaidburn Central Stores and head left past the war memorial and continue over bridge, then follow the River Hodder upstream to Stocks Reservoir.

Follow the path along the eastern shore of the reservoir and over the causeway and into the dense coniferous woodland of Gisburn Forest. Keep to the signed footpaths and logging tracks, following Bottoms Beck then climbing through the woods to the craggy outcrop of Whelpstone Crag for some of the most expansive views in the whole of Bowland.

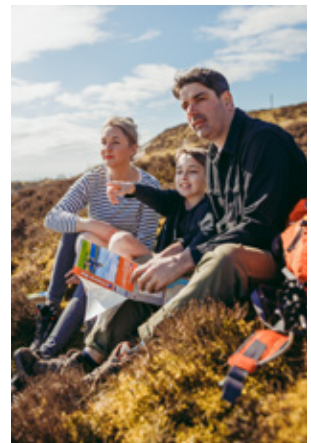
Follow the well-worn path to the right of the Whelpstones and through the gate to reach the trig point before following the ridge for half a mile, then starting the long gradual descent through the rich pastureland of the Ribble Valley to reach Giggleswick Station.

Return by train at Giggleswick

Explore more...

For more detailed information, including accommodation and refreshment stops, view the full itinerary here:

www.discoverbowland.uk/itinerary/the-bowland-traverse



5

THE HIDDEN BOWLAND DALES



Bounded by the rivers Wyre and Lune, the fells that dominate the skyline above the historic city of Lancaster are the highest in the Forest of Bowland. While rugged scarps like Clougha Pike and Tarnbrook Fell offer exhilarating fell-walking opportunities, it's the intimate valleys of Roeburndale, Hindburndale and Grizedale which reveal a gentler side to the elemental upland landscapes of Bowland.

DAY 1:

The Bentham Line connects Lancaster and Morecambe with the Yorkshire Dales and the famous Settle-Carlisle Line.

Morning: Head for the picturesque village of Wray, where artisans and light industry have prospered for hundreds of years. It still has a rustic, slightly olde-worlde feel – as if it hasn't changed much for a century or so. Walk up the quiet lane beside the left bank of the river into the dense woodland that dominate this verdant valley.

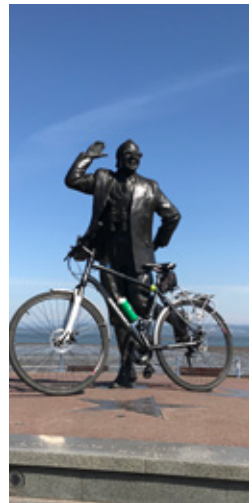
Afternoon: The neighbouring valley of Hindburndale is accessed by a lane that follows the course of an old Roman Road which crossed the Bowland Fells to Ribchester. Follow this to the hamlet of Lowgill, then head northeast towards Bentham to find the Great Stone of Fourstones – a huge glacial erratic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



DAY 2:

Follow the first section of the famous 'Way of the Roses' cycle route. This 35-mile route between Morecambe and Settle traverses some glorious countryside without too many hills. For more ambitious riders, the entire 170-mile route goes coast to coast from the Irish Sea to the North Sea via the Red and White Rose counties of Lancashire and Yorkshire.

And after a hard day in the saddle, don't worry if the legs fail you upon reaching Settle – simply hop on the Bentham Line to let the train take the strain on the return journey! Booking bike spaces in advance is advisable. Bring your own bikes or hire cycles from Open Roads Open Skies in Lancaster.



Explore more...

For more detailed information, including sustainable travel connections and walking routes, view the full itinerary here:

www.discoverbowland.uk/itinerary/the-hidden-bowland-dales

6

GISBURN FOREST AND STOCKS RESERVOIR



In the hills above the picturesque village of Slaidburn there's a paradise for outdoor enthusiasts just waiting to be explored. From hiking and mountain biking to fishing, foraging and stargazing, this wonderfully wild corner of the Forest of Bowland National Landscape is a hidden gem with more in common with the lochs and glens of the Scottish Highlands than the mill towns of urban Lancashire.

DAY 1:

A car or bike is needed to access Gisburn Forest due to lack of public transport.

Morning: Lace up your boots to take on the eight-mile Stocks Reservoir Circular route which 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.

Afternoon: Make a detour to Gisburn Forest Hub Café for a wide range of snacks, light meals and refreshments – including ice creams and splendid home-made cakes. In the summer months, look out for wildflowers in the restored meadow at Stephen Park, where you'll see an abundance of species that are often absent from more intensively farmed grassland – including rare orchids.

Evening: Return to the car park at Gisburn Forest Hub as night falls to explore the Forest of Bowland's sparkling night skies. Gisburn Forest is an official Dark Sky Discovery site where celestial objects are brighter and easier to see thanks to reduced light pollution.

DAY 2:

Morning: For a two-wheeled adventure off-road, the purpose-built cycle trails through Gisburn Forest offer rides of varying length to suit all abilities from beginner to expert. Refreshments and bike hire is available at the Gisburn Forest Hub – just a short ride from the pay and display car park.

Afternoon: For a lovely short walk, take a wander up to the rugged outcrops of Bowland Knotts high above Stocks Reservoir. The panoramic views from this craggy ridgeline extend right across the Forest of Bowland and into the limestone country of the Dales, where the Yorkshire Three Peaks are prominent away to the north-east.

Explore more...

For more detailed information, including accommodation and access for all opportunities, view the full itinerary here:

www.discoverbowland.uk/itinerary/gisburn-forest-and-stocks-reservoir-adventure



DISCOVER

- 1 Alternative Adventure & Outdoor Activities Service**
altadv.co.uk | 01254 704 898
- 2 Bee Creative Designs**
beecreatedesigns.org | 01200 871 536
- 3 Bentham Golf Course & Wenningdale Escapes**
benthamgolfclub.co.uk | 01524 262 455
- 4 Bowland and Bay Artisan Foodie Adventures**
bowlandandbay.co.uk | 07476 001 539
- 5 Bowland Wild Boar Park**
www.wildboarpark.co.uk | 01995 61075
- 6 Browsholme**
browsholme.com | 01254 827 160
- 7 Carla Gebhard Design** (watercolour artist)
carlagebhard.com | 07872 567 824
- 8 Dale House Barn Luxury B&B & Cookery Courses**
dalehousebarn.co.uk | 01200 411 095
- 9 Farm on the Fell**
facebook.com/cowwithcalfdairy | 07720 290 045
- 10 Goosnargh Gin**
goosnarghgin.co.uk | 01995 641001
- 11 Ribble Valley E-Bikes**
ribblevalley-e-bikes.co.uk | 01200 426 246
- 12 The Rewilding and Patty's Barn**
pattysbarn.co.uk | 01524 751 285
- 13 Wildfox Distillery**
wildfoxdistillery.co.uk | 01995 641 136
- 14 Wild Bowland Walks**
www.ribblevalleywalks.com | 01200 407093
- 15 Wood End Alpaca Experience and B&B**
visitwoodendfarm.co.uk | 01200 448 223

EAT

- 16 Bowland Food Hall**
holmesmill.co.uk/food-hall | 01200 407130
- 17 Bowland Beer Hall**
holm uk | 01200 401 035
- 18 Emporium**
theemporiumclitheroe.co.uk | 01200 444 174

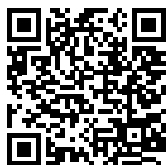
EAT & STAY

- 19 Coach and Horses**
coachandhorsesribblevalley.co.uk | 01200 447 331
- 20 Falcon Manor**
falconmanor.co.uk | 01729 823 814
- 21 Shireburn Arms**
shireburnarmshotel.co.uk | 01254 826678
- 22 The Assheton Arms**
jamesplaces.com/assheton-arms | 01200 439699
- 23 The Fleece Inn**
fleeceinn.co.uk | 01524 791233
- 24 The Traddock**
thetraddock.co.uk | 01524 251 224
- 25 Waddington Arms**
waddingtonarms.co.uk | 01200 423 262

STAY

- 26 Brickhouse Touring Caravan Site**
www.brickhouseccs.co.uk | 01995 61747
- 27 Cobden View Self Catering Cottage**
cobdenview.co.uk | 01282 776 285
- 28 Hartley's Huts**
stuarthartley47.wixsite.com/
hartleyscuts | 07908 614 736
- 29 Height Top Farm Holiday Cottages**
heighttopfarm.co.uk | 01282 772 009
- 30 Higher Gills Farm**
www.highergills.co.uk | 07756 670102
- 31 Lakewood Cottages**
lakewoodcottages.co.uk | 01524 751 053
- 32 Laythams Holiday Lets Retreat**
laythams.co.uk | 01200 446 677
- 33 Little Oakhurst Boutique Glamping**
www.littleoakhurst.com | 07908 614736
- 34 Moss Wood Caravan Park**
mosswood.co.uk | 01524 791 041
- 35 Orchard Glamping**
orchardglamping.com | 07725 185 366
- 36 Peaks and Pods**
peaksandpods.co.uk | 07724 940 709
- 37 Ribble Valley Holiday Homes**
ribblevalleyholidayhomes.co.uk | 01254 820 444
- 38 Riverside Caravan Park**
riversidecaravanpark.co.uk | 01524 261 272
- 39 Shireburne Park**
shireburnepark.co.uk | 01200 423 422

FIND YOUR ESCAPE



40 Slaidburn Youth Hostel
www.yha.org.uk/hostel/yha-slaiburn
0345 371 9343

41 Smelt Mill Residential Centre
smeltmill.org.uk

43 The Garden Cottage
thegarden-cottage.com
07989 212 901

42 The Gathering Fields
thegatheringfields.co.uk
07791 254 101

Find out more about sustainable ways to travel at:
discoverbowland.uk/map

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BOWLAND**

Festival Bowland Events 2024

Celebrating the nature, landscape, culture and heritage
of the Forest of Bowland National Landscape



Festival Bowland events are friendly, fun - and a fantastic way to discover the Forest of Bowland.

Whether you're keen to lace up your boots and head for the fells, enjoy a Sunday stroll through springtime bluebells, try your hand at something creative, or delve into the past, we hope this year's calendar of events will encourage and inspire you to join us in this very special place – and at special time!

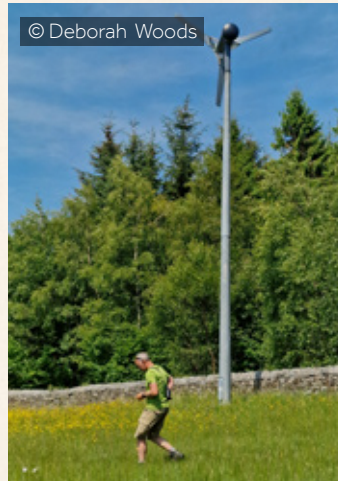
This year marks six decades of designation as a Protected Landscape and, to celebrate, we've curated a brand-new photography exhibition, which will be touring venues across Bowland during 2024. From moorland vistas and stunning wildlife shots to majestic woodlands and atmospheric pastoral scenes, *Diamonds in the Landscape* perfectly captures the variety and beauty of Bowland, thanks to some very talented photographers.

Once again, we'll be sprinkling a little stardust in February half-term with our annual Bowland Dark Skies Festival. Stargazing, photography tips, family crafts – even a dark-skies inspired food tour – are all on the menu this year. And don't worry if you miss the main event: there'll be more opportunities to explore Bowland's starscapes in autumn.

The chance to spot Bowland's wildlife is always a draw, so why not check out

a moorland safari or try your hand at river dipping? And with two dawn chorus walks, and no fewer than four bat walks planned, you'll be spoilt for choice.

Garstang Walking Festival will be full speed ahead from the 4th to the 12th of May. And what better time to discover the delights of the springtime Wyre countryside in this, the festival's 20th anniversary year?



Bowland's species-rich meadows provide colour and texture to the programme from summer to early autumn, with the opportunity to brush up on your plant ID skills, celebrate National Meadows Day, go seed gathering, or simply immerse yourself in the sights and sounds of this valuable habitat.

If you're looking for shorter walks, with easier terrain, the weekly routes from Garstang could be just the thing. At an hour long they're great for a regular top-up of fresh air and conversation. For outdoor lovers who are less mobile, there are also five all-terrain wheelchair walks at locations across the National Landscape.

Satisfy your creative cravings with sketching (having first made your charcoal!), printmaking and pottery, or admire others' artistic talent along the Lunesdale Arts Trail during late May.

September sees the welcome return of Feast Bowland: a week of events highlighting some of the delicious produce - and dedicated producers - found in and around Bowland. From a family picnic to foraging walks, and from jam making to bike rides, these early autumn sessions offer tasty treats amidst wonderful scenery.

And amongst all this activity, you may need some time to wind down with forest bathing and guided movement sessions. Don't worry – you'll find those in Festival Bowland too!

We think the Forest of Bowland National Landscape is a real gem and we do hope you'll join us to make your own precious memories during our diamond anniversary year.



We've included a handy month by month Festival Bowland listing on the following pages so that you can make a note of any events which catch your eye.

Full details of all this year's events – including costs and how to book - are available on our website at www.forestofbowland.com/festival-bowland, where you'll also find any new events added during the year.

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 this beautiful part of Lancashire and North Yorkshire to the full, and if there is something you'd particularly like to see, why not let us know? If it's about the nature, landscape, culture or heritage of the National Landscape, we might be able to include it in a future programme. Just email bowland@lancashire.gov.uk

At a Glance Events Listings

February

Saturday 10th February

- **Superfoods Under Dark Skies;**
11am – 6pm; Dolphinholme

Saturday 10th Feb to
Sunday 28th April

- **Diamonds in the Landscape**
Photography Exhibition;
Clitheroe

Sunday 11th February

- **How Big is Space?;**
7pm – 8pm; Online

Monday 12th February

- **Garstang Short Walk;**
11am – 12 noon;
Garstang (Recurring)
- **Observatory Open Evening;**
7.30pm – 9.30pm; Venue TBC

Tuesday 13th February

- **Children's Watercolour Workshops;**
11am – 12noon or
1pm – 2pm; Scorton
- **Stargazing Evening;**
7.30pm – 9pm; Bentham

Wednesday 14th February

- **Smartphone Night Sky Photography;** 7pm – 8pm;
Online

Thursday 15th February

- **The Moon and Your Shadow;**
7pm – 8pm; Newton-in-Bowland

Friday 16th February

- **Stargazing Evening;**
7.30 – 9.30pm; Venue TBC

Saturday 17th February

- **Campfire and Lanterns;**
3.30pm – 6pm; Dunsop Bridge
- **Dark Skies Family Drop-in;**
2pm – 4pm; Bentham

March

Monday 4th March

- **Garstang Short Walk;**
11am – 12 noon; Garstang
(Recurring)

Saturday 23rd March

- **River Hodder Pebble Bowl Pottery Workshop;**
10am – 12 noon; Slaidburn
- **'Whistle Down the Wind' Walk;**
10.30am – 12.30pm; Downham

April

Thursday 4th April

- **Chipping Guided Walk;**
10am – 1pm; Chipping

Monday 8th April

- **Garstang Short Walk;**
11am – 12 noon; Garstang
(Recurring)

Tuesday 9th April

- **Calder Vale Short Walk;**
2pm – 3pm; Calder Vale

Wednesday 10th April

- **WRT – River Flies and River Dipping;** 10am – 12 noon or
1pm – 3pm; Scorton

Thursday 18th April

- **Bleasdale Circuit Trumper Trek;** 10.30am – 1pm;
Bleasdale

Friday 19th April

- **RSPB Moorland Safari;**
9.30am – 2pm; Slaidburn
- **Grizedale Bridge Legstretcher;** 10.30am –
12.30pm; Scorton

Saturday 20th April

- **Move More Naturally;**
9am – 12 noon; Dunsop Bridge
- **Gandhi in Bowland Walk;**
10.15am – 3pm; Clitheroe

Monday 22nd April

- **Wyre Rivers Trust Amble;**
10.30am – 12.30pm; Caterall

Wednesday 24th April

- **Introduction to Garstang Walking Festival;**
6pm – 7pm; Online

Friday 26th April

- **Forest Bathing;**
6.30pm – 8.30pm;
Gisburn Forest

Sunday 28th April

- **Whimbrel Walk;**
7pm – 9pm; Barnacre

May

Saturday 4th May to Sunday
30th June

- **Diamonds in the Landscape**
Photography Exhibition; Settle

Saturday 4th May

- **Dawn Chorus;**
5am – 6am; Garstang
- **Garstang to the Fells and Back;**
9am – 5.30pm; Garstang

- **Garstang Now and Then;**
10am – 1.30pm; Garstang
- **Garstang Cheese Trail;**
1pm – 5pm; Garstang

Sunday 5th May

- **Dawn Chorus & Croissants;**
5am – 8am; Gisburn Forest
- **The Dam that Leaked;**
10am – 4pm; Scorton
- **Bluebell Walk;**
12 noon – 1.30pm;
Calder Vale

Monday 6th May

- **Wyre Way – Day 1**
9am – 4.30pm;
St Michael's on Wyre
- **RSPB Moorland Safari;**
9.30am – 2pm; Slaidburn

Wednesday 8th May

- **Wyre Way – Day 2;**
9am – 3.30pm; Dolphinholme
- **Navigation for Walkers – Day 1;**
9am – 5pm; Bleasdale
- **Langden and Hareden Valleys Walk;** 9.30am – 2.30pm;
Trough of Bowland
- **Sykes Geology Walk;**
10.30am – 12.30pm; Trough of Bowland

Thursday 9th May

- **Navigation for Walkers – Day 2;**
9am – 5pm; Bleasdale
- **Sullom Evening Walk;**
5.30pm – 8.30pm; Calder Vale

Friday 10th May

- **Wyre Way – Day 3;**
9am – 3.30pm; Abbeystead
- **Brock Bottom History and Archaeology;** 10am – 12 noon;
Claughton-on-Brock
- **In the Footsteps of John Bateman;** 10.30am – 2.30pm;
Claughton-on-Brock
- **Garstang Fairtrade Walk;**
2pm – 4pm; Garstang
- **Scorton Short Walk;**
2pm – 3pm; Scorton

Saturday 11th May

- **Of Roman Legions and Pendle Witches;**
9am – 5pm; Dunsop Bridge
- **Claughton Estate Walk;**
10am – 12 noon;
Claughton-on-Brock
- **Lapwings and Hares Tramper Trek;** 1pm – 3.30pm;
Claughton-on-Brock
- **Twiston Quaker Walk;**
10.15am – 3pm; Downham

Sunday 12th May

- **Bleasdale Skyline;**
9am – 3.30pm; Bleasdale
- **Bluebell Walk;**
12 noon – 1.30pm;
Calder Vale
- **Bleasdale Circle and Farms;**
1pm – 4pm; Bleasdale

Monday 13th May

- **Garstang Short Walk;**
11am – 12 noon; Garstang

Saturday 18th May

- **Charcoal Making & Sketching;**
10am – 12.30pm;
Gisburn Forest
- **Lunesdale Arts Trail;**
11am – 5pm; various
- **Bleasdale Tower Open Gardens Weekend;**
12 noon – 4.30pm; Bleasdale
- **Meadow Grass ID Day;**
Time and venue TBC

Saturday 18th May to Sunday 28th July

- **Maiden Bridge Art Exhibition;**
11am – 5pm (weekends only);
Tatham

Sunday 19th May

- **Upland Breeding Waders;**
10.30am – 12.30pm;
Claughton-on-Brock
- **Lunesdale Arts Trail;**
11am – 5pm; various
- **Bleasdale Tower Open Gardens Weekend;**
12 noon – 4.30pm; Bleasdale
- **River Hodder Pebble Bowl Pottery Workshop;**
1pm – 3pm; Slaidburn

Monday 20th May

- **Garstang Short Walk;**
11am – 12 noon; Garstang

Saturday 25th May

- **RSPB Moorland Safari;**
9.30am – 2pm; Slaidburn
- **Lunesdale Arts Trail;**
11am – 5pm; various





- Meadow Flower ID Day;
Times and venue TBC

Sunday 26th May

- Lunesdale Arts Trail;
11am – 5pm; various

Monday 27th May

- Wyre Rivers Trust Amble;
10.30am – 1.30pm; Scorton
- Lunesdale Arts Trail;
11am – 5pm; various

Thursday 30th May

- Wyre Rivers Trust – Fresh Water Invertebrates;
10.30am – 1.30pm;
Claughton-on-Brock

June

Sunday 2nd June

- Clarion House Whit Walk;
10am – 2.30pm; Nelson

Monday 3rd June

- Garstang Short Walk;
11am – 12 noon; Garstang
(Recurring)

Tuesday 4th June

- Calder Vale Short Walk;
2pm – 3pm; Calder Vale

Thursday 6th June

- Dunsop Valley Trammer Trek;
11am – 2pm; Dunsop Bridge

Friday 7th June

- Scorton Short Walk;
2pm – 3pm; Scorton

Saturday 8th June

- Pendle Hill Chartists' Walk;
10.15am – 2.30pm; Sabden

Sunday 9th June

- Woodland and River Birds;
10.30am – 12 noon;
Claughton-on-Brock

Friday 14th June

- RSPB Moorland Safari;
9.30am – 2pm; Slaidburn

Monday 17th June

- Wyre Rivers Trust Amble;
10.30am – 12.30pm; Caterall

Saturday 29th June

- Move More Naturally;
9am – 12 noon;
Dunsop Bridge

July

Monday 1st July

- Garstang Short Walk; 11am –
12 noon; Garstang (Recurring)

Friday 5th July

- Scorton Short Walk;
2pm – 3pm; Scorton

Sunday 7th July

- National Meadows Day;
1pm – 4pm; Crook o' Lune
- Wyre Rivers Trust – Species Rich Grassland Walk; 1.30pm – 3pm; Claughton-on-Brock

Thursday 18th July

- Scorton Challenge Trammer Trek; 10.30am – 3pm;
Scorton

Saturday 20th July

- All-terrain Wheelchair Taster Day;
10am – 3.30pm; Sabden

August

Friday 2nd August

- Scorton Short Walk;
2pm – 3pm; Scorton

Monday 5th August

- Garstang Short Walk; 11am –
12 noon; Garstang (Recurring)

Monday 12th August

- Perseids Meteor Shower;
8.30pm – 10pm;
Dunsop Bridge

Wednesday 14th August

- Wyre Rivers Trust Amble;
10.30am – 12.30pm; Caterall

Friday 16th August

- Caterall Legstretcher;
10.30am – 12.30pm; Caterall

Wednesday 21st August

- A Walk Through Time; 10am –
12 noon; Trough of Bowland

Friday 23rd August

- Wyre Rivers Trust – Brock Valley Bat Walk; 8pm –
9.30pm; Claughton-on-Brock

September

Monday 2nd September

- Garstang Short Walk; 11am –
12 noon; Garstang (Recurring)

Wednesday 4th September

- Wyre Rivers Trust – Brock Seed Collecting Amble;
10.30am – 12.30pm;
Claughton-on-Brock

Thursday 5th September

- Wyre Rivers Trust – Bat Walk;
8pm – 9.30pm; Calder Vale

Friday 6th September

- Forest Bat Walk; 7.30pm –
9pm; Gisburn Forest

Saturday 7th September

- Move More Naturally;
9am – 12 noon;
Dunsop Bridge

Monday 9th September

- **Wyre Rivers Trust Bat Walk;** 8pm – 9.30pm; Claughton-on-Brock

Thursday 19th September

- **Wyre Rivers Trust Seed Collecting Amble;** 10.30am – 12.30pm; Scorton

Friday 20th September

- **Scorton Legstretcher;** 10.30am – 12.30pm; Scorton

Saturday 21st September

- **Picnic in the Park,** 11am to 2pm, Dunsop Bridge

Sunday 22nd September

- **Dunsop Picnic Pedal,** 10am to 2.30pm, Dunsop Bridge
- **Grow Your Own Mushroom Workshop for Families,** 10am and 11am, Beacon Fell
- **Clarion Sunday 2024;** 10.30am – 4.30pm; Newchurch in Pendle

Monday 23rd September

- **Foraging and Wellbeing Wander,** 10am to 12.30pm or 1.30pm to 4pm, Barley

Tuesday 24th September

- **Herbal Medicine Walk & Workshop,** 12.30 to 4.30pm, Barrowford Heritage Centre

Wednesday 25th September

- **Bowland and Bay Food Tours,** 9-12:30 or 13:00 - 16:30, Clitheroe
- **Elderberry Jam Making;** 10am to 1pm or 12pm to 3pm, Lovely Cow Shed, Jeffrey Hill

Thursday 26th September

- **Foraging Walk** (Time/Venue TBC)
- **Pendle Skies and Peat Pie;** 7pm – 9pm; Barley

Friday 27th September

- **Valley & Villages Cycle,** 10am to 2.30pm, Clitheroe

Saturday 28th September

- **Autumn Printmaking;** 1.30pm – 4.30pm; Gisburn

October

Tuesday 1st October

- **Bowland's Ancient Language:** Reinventing Cumbric; 7.30pm – 9pm; Venue TBC

Thursday 3rd October

- **All-terrain Wheelchair Taster Day;** 10am – 3.30pm; Gisburn Forest

Monday 7th October

- **Garstang Short Walk;** 11am – 12 noon; Garstang (Recurring)

November

Monday 4th November

- **Garstang Short Walk;** 11am – 12 noon; Garstang (Recurring)

Saturday 9th November

- **Mind, Body, Nature Connection Walk;** 9.30am-1:00pm; Barley

Friday 15th November

- **Claylands Legstretcher;** 10.30am – 12.30pm; Cabus

December

Monday 2nd December

- **Garstang Short Walk;** 11am – 12 noon; Garstang (Recurring)

Friday 13th December

- **Garstang Legstretcher;** 10.30am – 12.30pm; Garstang



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.

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www.chestnut-cottage.com
01200 440400

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

Cobden View

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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



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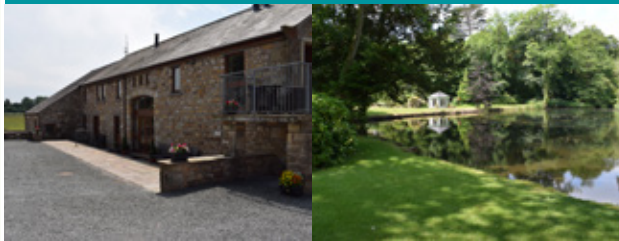


We are partners with Visit Lancashire and Forest of Bowland. We have our Good to Go certification.



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Lakewood Cottages



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

Fell View Park



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www.fellviewparkandfishing.co.uk
01524 791283

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

Smelt Mill Residential Centre

Smelt Mill provides accommodation for groups in the Trough of Bowland. It is ideally located for outdoor activities such as walking, mountain biking and bird watching. Offering:

- Comfortable lounge with log fire
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www.smeltmill.org.uk
07966719904

smeltmillbookings@bpmrt.org.uk
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Higher Gills Farm

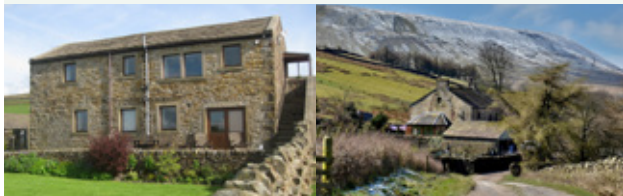
Stable conversion with spectacular sunsets and views of Pendle Hill and Ribble Valley. Granary apartment has exposed beams and long distance views.

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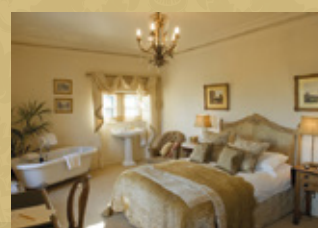
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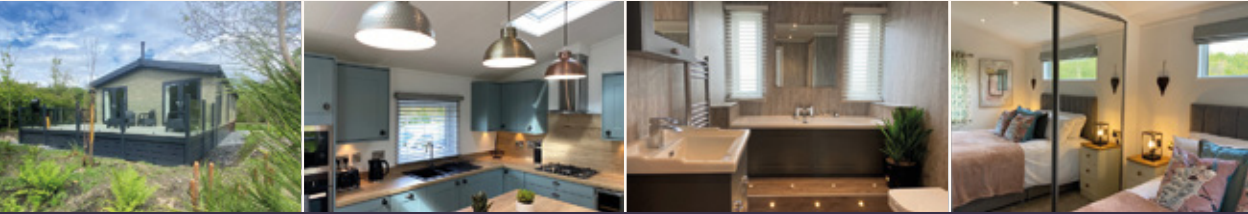
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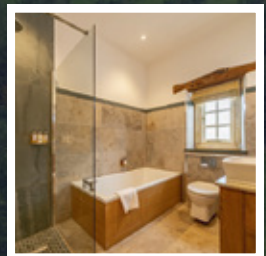
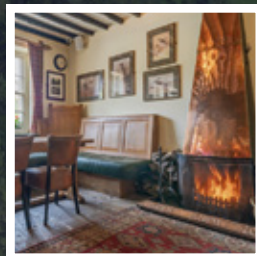
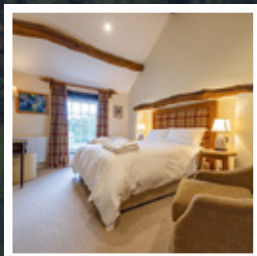


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scything!) and meet other
wildlife-lovers

A few hours per month
can make a huge
difference to our wildlife
and you!



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 National Landscape. 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. 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 National Landscape. 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, Bentham, LA2 7LF
Tel: **015242 62549**
- **Bowland Visitor Centre**
Beacon Fell Country Park, PR3 2NL
Tel: **01995 640557**
- **Clitheroe Visitor Information Centre**
Platform Gallery & Visitor Information Centre,
Station Rd, Clitheroe, BB7 2JT
Tel: **01200 425566**
- **Garstang Tourism Information Point**
Library, Windsor Road, Garstang, PR3 1ED
Tel: **01995 602125**
- **Lancaster Visitor Information Centre**
The Storey, Meeting House Lane, Lancaster, LA1 1TH
Tel: **01524 582394**
- **Longridge Heritage and Visitor Centre**
Old Station Buildings, Berry Lane, Longridge, PR33JP
Tel: **01772 437958**
- **Pendle Heritage Centre**
Colne Rd, Barrowford, Burnley BB9 6JQ
Tel: **01282 677150**
- **Preston Visitor Information Point**
Town Hall, Preston, PR1 2RL
Tel: **01772 906900**
- **Settle Tourist Information Centre**
Town Hall, Cheapside, Settle, BD24 9EJ
Tel: **01729 825192**

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.

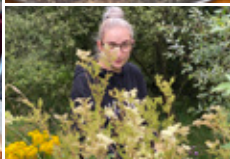


The B&B

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.



Dale House Kitchen

Small group cookery classes in the forest of Bowland.

Prepared and cooked with expertise and passion.

Courses led by dominique in artisan breads, patisserie and baking, chocolate making and wild food and foraging run throughout the year or can be booked as private events.

Accommodation available in the farmhouse B&B. Outstanding evening meals

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

Details and direct booking for accommodation can be found on www.dalehousebarn.co.uk

Cookery course details and booking www.dalehousekitchen.co.uk

Or for general enquires call or email Dominique [07714092089](tel:07714092089) or book@dalehousebarn.co.uk

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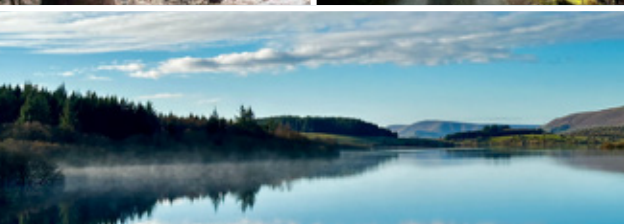
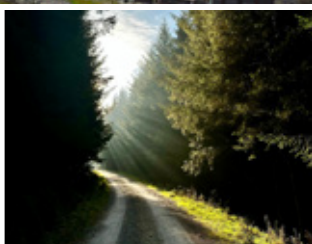
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Gisburn Forest and Stocks



Photo Credit: Jerry Tatton



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Cover painting:

© Karin Pinder - Karin was commissioned to paint the species-rich meadow at the Gathering Fields, Over Wyresdale linked to the Forest of Bowland Hay Time project.