

Forest of Bowland Area of Outstanding Natural Beauty

An area of national and international importance because of its unspoiled and richly diverse landscapes, wildlife and heritage, Bowland has outstanding heather moorland, blanket bog, and rare birds. The AONB is managed by a partnership of landowners, farmers, voluntary organisations, wildlife groups, recreation groups, local councils and government agencies, who work to protect, conserve and enhance the natural and cultural heritage of this special area.

The Forest of Bowland was designated as an Area of Outstanding Natural Beauty in 1964 and covers 803 kilometres (300 sq miles) of rural Lancashire and North Yorkshire.



Walkers in the Trough of Bowland ▲ © Charlie Hedley / Natural England

Listings Key

- ★ Visit Britain Star Rating
- Green Tourism Business Scheme Award
- QA Taste Lancashire Quality Assured Award
- HQA Taste Lancashire Highest Quality Assured Award
- Walkers Welcome Award
- Cyclists Welcome Award

Bashall Barn Food Visitor Centre

Bashall is one of those must see places, sitting in the heart of the Ribble Valley, surrounded by lush green fields this is the heart of artisan food production. Housing a 100 seater restaurant and a 40 seater tea room and ice cream parlour, as well as several artisan food producers that can be seen brewing, baking, cooking and ice cream making – this is where food is made.



Bashall Barn Ltd, Bashall Town, Clitheroe, BB7 3LQ

web: www.bashallbarn.co.uk
tel: 01200 428964 email: info@bashallbarn.co.uk



Hornby Tea Rooms

Hornby Post Office & Tourist Information Centre is at the heart of Hornby. The Tea Rooms serve teas and coffees with homemade cakes, light meals and breakfasts. It is a great meeting point for walking and cycling groups before and following exploring the timeless landscape of lush pastures and ancient stone villages of the Lune Valley.

The Tea Rooms are open seven days a week

8 - 10 Main St, Hornby, LA2 8JR

tel: 01524 221237 email: pldanson@yahoo.com

Inn at Whitewell

A listed 17th century coaching Inn, located in the heart of the Forest of Bowland AONB. Situated high on the banks of the River Hodder, with spectacular views down the valley. The inn serves delicious cream teas every day of the year, cold winter afternoons cheered by open log fires.

The Tea Rooms are open seven days a week

Near Clitheroe, BB7 3AT

web: www.innatwhitewell.com
tel: 01200 448222



Parkers Arms

A listed award winning coaching Inn nestled deep in the heart of the Ribble Valley overlooking the Hodder River surrounded by panoramic views of the surrounding fells. Whatever the occasion we have an afternoon tea to suit, homemade scones, cakes and preserves, cream from the local farm, fresh cut finger sandwiches, Lancashire teas or for that special occasion add a glass of Champagne.

Open Tuesday to Sunday.

Newton in Bowland, Nr Clitheroe, BB73DY

web: www.parkersarms.co.uk and find us on Twitter and Facebook
tel: 01200 446236 email: enquiries@parkersarms.co.uk

Potters Barn

Potters Barn is in the heart of the pretty village of Ribchester. Set on the banks of the River Ribble, well known as a significant Roman site. At Potters Barn we offer a varied menu with great choices for all the family. Organic and free-range products are used to make delicious cakes, breads and sandwiches and we offer fair-trade teas and coffees. Most of the ingredients we use are locally sourced to support the community, and to try and reduce our carbon footprint. At Potters Barn you can also come and paint pottery, whether it is a mug or plate, you can put your own creative design on it.

Church Street, Ribchester, PR3 3YE

web: www.potters-barn.com
tel: 01254 878431 email: info@potters-barn.com



Beacon Fell Country Park

Whether you are visiting the fell for a bracing walk and want a bowl of hot homemade soup or you are treating the family to a cream tea you will always receive good honest food at a reasonable price and a very warm welcome from our friendly team.

Open every day – April to September, 9.30am to 5pm – October-March 9.30am to 4.00pm

Bowland Visitor Centre, Goosnargh, Preston, PR3 2ES

tel: 01995 641160 email: countrysideservices@lancashire.gov.uk

Bolton-by-Bowland Tea Rooms and Shop

Homemade cakes and scones, light lunches and take-away sandwiches. Sunday lunch in the winter and dinner parties by arrangement.

Open throughout the year - Monday to Saturday 8am to 5pm Sundays 10.30 to 5pm.

2 Main Street, Bolton-by-Bowland, BB7 4NW

tel: 01200 447201



Bowland Wild Boar Park

In the scenic Ribble Valley near Chipping, relax in our cafe overlooking pond and bird feeders. We serve a selection of homemade meals, snacks and cakes. Entrance fees apply to wander round the park, no charge if just using the cafe.

Easter to October open daily 10.30-4.30pm
November to Easter: Friday to Monday 11-3pm

Chipping, Preston, PR3 2QT

web: www.wildboarpark.co.uk
tel: 01995 61554 email: wildboar6@o2.co.uk



Brabin's Shop, Gallery & Tea Garden

The oldest continuously trading shop in Britain, established 1668. Art Gallery with exhibitions of work by local artists, bookshop, plants and garden giftware. Tea Garden next to Chipping Brook serving tea, coffee, home-made cakes and Bond's ice-cream. Shop selling a wide range of gifts, as well as biscuits, jams and cheese from Leagram Organic Dairy.

Open every day of the week until 5.30pm

20-22 Talbot Street, Chipping, PR3 2QE

web: www.brabins-chipping.co.uk
tel: 01995 61221



Puddleducks

Puddleducks Tearoom is at the heart of Dunsop Bridge – the village at the centre of Great Britain! We are a family-run business where we make all our own cakes and bread, served in a cosy country tea room with flagged floor and log burning stove. We also provide an excellent take-out service of hot and cold food and drinks.

Open every day of the week from 9.00am to 4.30pm

Dunsop Bridge, Clitheroe, BB7 3BB

tel: 01200 448241 email: [puddeluckstearoom@hotmail.co.uk](mailto:puddleduckstearoom@hotmail.co.uk)

Riverbank Tearooms

Riverbank Tearooms is a traditional country cafe in the beautiful, historic village of Slaidburn. Family run with local help, all our food is homemade, using the finest local produce wherever possible. The tearoom is licensed and serves a wide variety of homemade meals, snacks and home baking. Cyclists welcome – close to Gisburn Forest.

Open Tues to Sun 10am to 5pm (Winter – Tue to Fri 10am to 4pm)

Closed Mondays except Bank Holidays.

The Green, Slaidburn, BB7 3ES

web: www.riverbanktearooms.co.uk
tel: 01200 446398 email: joandmarueen@riverbanktearooms.co.uk



Spread Eagle Inn

There's more than Cake on the Plate...

Silence, calm, stunning views and a meandering river—there's much more on offer than just a sumptuous afternoon tea at The Spread Eagle.

Open all day every day. Afternoon Tea 2.30pm—5.30pm

Sawley, Clitheroe, BB7 4NH

web: www.spreadeaglesawley.co.uk
tel: 01200 441202

Stocks Reservoir Fishery Cafe

Hot and cold food, tea, coffee, cold drinks and sandwiches. Inside and outside seating with views of Stocks reservoir and Gisburn Forest. Muddy boots welcome! Halfway point on the reservoir walk. Parking and toilets. Large parties catered for by prior arrangement. Tackle hire available.

Open 8am till dusk every day from March to November

Catlow Rd, Slaidburn, BB7 3AQ

web: www.stocksreservoir.com
tel: 01200 446602 email: info@stocksreservoir.com



Bridge House Farm

Bridge House Farm is a tearoom / bistro with a difference. The stunningly converted natural stone barn features solid oak floors and real wood burning stoves. Everything on offer is locally sourced. Whether it's a coffee and a slice of our tempting selection of cakes or something more substantial, you'll always be guaranteed a warm friendly welcome and beautiful surroundings.

Open hours Tues-Sun 10-5pm summer hours 10-4pm winter.

Bistro evening first and last Saturday of every month 7-9pm.

Wray, LA2 8QP

web: www.bridgehousefarm.co.uk
tel: 015242 22496 email: info@bridgehousefarm.co.uk

Cobble Hey Farm and Gardens

Get closer to nature in the Forest of Bowland and visit Cobble Hey and get a taste of excellent home cooking. We source all our produce locally, and we prepare it all freshly on site. From home baked scones with jam and cream to Goosnargh chicken or turkey served on sandwiches or jacket potatoes just to name a few.

We open from Thursday to Monday from 10.30-4.30, with something for the whole family.

Off Hobbs Lane, Cloughton on Brock, Garstang, Preston, PR3 0QN

web: www.cobblehey.co.uk
tel: 01995 602643 email: cobblehey@aol.com



Cobbled Corner Cafe

The Cobbled Corner is set in the heart of the village of Chipping. Its picturesque surroundings allow customers to relax and enjoy the scenery. The Cobbled Corner caters for all, from small functions in its private dining room to takeaway meals. All the dishes served at the Cobbled Corner are homemade and use produce from local suppliers in the Forest of Bowland. Why not try our home-made jams, chutneys and cakes?

Open seven days a week from 10am to 5pm (see website for winter opening hours)

2 Club Lane, Chipping, Lancashire, PR3 2QH

web: www.cobbledcorner.co.uk tel: 01995 61551

Country Kitchen

Set in the picturesque village of Waddington, Country Kitchen serves everything from cooked breakfasts or a light snack to a three course meal or tea and cakes. Proprietor Tim Slater serves fresh homemade food using local suppliers. The cafe also sells a variety of local crafts and goodies such as preserves, old fashioned sweets and fudge. The cafe welcomes walkers, is dog friendly and has bike locks provided for cyclists.

Open Wednesday to Friday 9am -4.30pm and Saturday and Sundays 9am-5.00pm.

Clitheroe Rd, Waddington, Nr Clitheroe, BB7 3HP

tel: 01200 429364 email: timsatering@hotmail.co.uk



The Barn

At the gateway to the Forest of Bowland AONB is The Barn at Scorton, a gift shop, plant centre, restaurant and coffee shop housed in 19th century stone barns. The coffee shop in the heart of The Barn serves cappuccinos, fine teas and light snacks and scones are made fresh on the premises every day!

The coffee shop is open Monday to Saturday 9-5pm and Sunday 10-5pm.

The Square, Scorton, Preston, PR3 1AU

web: www.plantsandgifts.co.uk
tel: 01524 793533 email: sales@plantsandgifts.co.uk

The Cabin

A welcoming log cabin set at the foot of Pendle Hill, serving good old-fashioned, locally sourced food. The homemade cakes and scones are the perfect start for a walk in the beautiful surrounding countryside. Tourist information on walks and trails also available.

Open every day March to October from 9.30am to 4.30pm and November to February 9.45am to 3.15pm (4.00pm Saturday and Sunday) – closed Christmas Day.

Barley Picnic Site, Barley, BB12 9JX

tel: 01282 696937



The Fleece Inn

Located on the edge of the Trough of Bowland, an 18th Century Inn boasting open fires, oak beams and a warm welcome. Ideal for walking, cycling, celebrating with a party, meeting old friends, making new friends or just simply relaxing in comfy leather seating in a cosy bar.

Open Tuesday to Saturday 12 to 11pm, Sunday & Bank Holiday Mondays 12 to 10.30pm serving coffees, teas, lunches, afternoon teas, evening meals, take away and cask ales.

Abbeystead Road, Bayhorse, Lancaster, LA2 9AQ

web: www.thefleeceindolphinholme.co.uk
tel: 01524 791233

The Old Post House Hotel

We are situated in the historic and charming town of Clitheroe in the Ribble Valley. We take pride in promoting traditional Lancashire fare, where all our produce is locally sourced. We are a 3 star Hotel with 11 beautiful en-suite bed rooms.

Open daily from 10am to 6pm (closed Thursdays between 11.30am-2.30pm) for Tea, Coffee and biscuits. Lunch 12pm until 2pm, Evening 7pm-9pm Sunday menu 12pm-2pm and 5pm-6.45pm

44-48 King Street, Clitheroe, BB7 2EU

web: www.posthousehotel.co.uk
tel: 01200 422025 email: rooms@posthousehotel.co.uk



Delicious Deli & Cafe

Located in the heart of Gisburn, providing wholesome food and your shopping essentials. A delightful licensed cafe offering home cooked breakfasts, lunches and afternoon teas. We specialise in local produce. Child friendly. Walkers welcome. Wifi.

Open 8 am to 7 pm Monday to Saturday and 10 am to 4 pm on Sundays.

11 Park View, Main Street, Gisburn, BB7 4HA

web: www.deliciousdeliandcafe.co.uk
tel: 01200 445213

Downham Post Office Tearooms

Located in the picturesque village of Downham with remarkable views of Pendle Hill. We offer a selection of home cooked lunches to suit all tastes and appetites, homemade cakes and scones, prepared using the freshest local ingredients. Dogs welcome. Open fires in winter.

Open every day all year 10am to 4.30pm - except Mondays in the winter.

Downham, BB7 4BJ

tel: 01200 441242 email: margaret_loveridge@yahoo.com



Forest Den Cafe

Nesting in the heart of Gisburn Forest and just a gentle stroll from Stocks Reservoir you will discover the Forest Den Café. We serve a selection of home-made cakes, freshly prepared sandwiches, a variety of soups and rolls together with snacks and ice cream and "probably the best bacon butties in the area" using fresh local produce.

We are open throughout the year: Summer – Thurs to Sun 10am-4.30, Winter - Thurs to Sun 10am-4.30. Open Bank Holiday Mondays

Stephen Park, Gisburn Forest, BB7 4TS

web: www.toinspire.org.uk
tel: 01200 446533

Gardenmakers

Fresh homemade food in relaxing surroundings just 3 miles from Gisburn Forest. Complementing our full menu is a brunch and afternoon/high tea menu offering a tasty start or finish to your day out. We don't just cook it we grow much of it too!

Open 9 - 5.30 every day except Christmas and Boxing Days

Coar's Farm, Wigglesworth, BD23 4SN

web: www.gardenmakers.co.uk
tel: 01729 840848



The Old Vicarage Tea Room, Cafe/Bistro

Dine in the Old Vicarage in the heart of the village of Tosside. On the North Yorkshire - Lancashire border with panoramic views from Pen-y-ghent to Pendle Hill. We are a family run business serving traditional homemade, locally sourced food. From freshly baked Scones to Panini to Slow cooked Lamb Shanks.

Open every day of the week until 5.30pm

The Old Vicarage, Tosside, BD23 4SQ

web: emmydrach@hotmail.com
tel: 07809489282

The Priory

Set in the picturesque village of Scorton, The Priory is the ideal place to refresh you on your visit. We cater for all, with homemade dishes made from local produce and we even have our own bakery with fresh bread made daily. Local ales and fine wines are available in Stouts bar with real log fires for the winter and outdoor dining areas for the summer. A warm and friendly welcome awaits at The Priory.

Opening Times - 7.30am until 7.30pm Monday-Thursday, 7.30am until 8pm Friday, Saturday and Sunday (9pm in summer). The Bar is open until 11pm.

The Square, Scorton, nr Preston, PR3 1AU

web: www.theprioryscorton.co.uk tel: 01524 791255



Thirty Seven Main Street

Brunch, lunch or snacks available to eat in or takeaway. We have a range of speciality fair-trade coffees and a selection of teas and cold drinks, plus wines, beers and spirits. All food cooked to order. Please ring for details of our Bistro Evenings

Open Monday to Saturday from 9.30am

High Bentham, LA2 7HQ

tel: 01524 263150

Zumo Cafe

Licensed Teashop and Cafe, offering good home cooked foods and cakes including traditional afternoon tea. Becoming established as an outlet for local artists and craftspeople. 18 hole crazy golf course suitable for all the family. Easy access and plenty of parking (on A6 exactly 2 miles south of junction 33 of the M6). Cyclists Welcome. Disabled Access.

Open every day 9.30am to 5pm except closed Mondays from October to April.

Whinney Brow Lane, Forton, Preston, PR3 0AE

web: www.zumocafe.com
tel: 01524 792526 email: karrie@zumocafe.com





Discover a great selection of tea shops, cafes & inns

TEA SHOPS IN BOWLAND

Landscapes for life
One of the Forest of Bowland AONB family

Area of Outstanding Natural Beauty
FOREST OF BOWLAND



Bowland Experience Limited (BEX) has been formed as a commercial subsidiary of the charity The Bowland Tourism Environment Fund www.bowlandexperience.com/bowland-tourism-environment-fund
BEX provides a long term framework for supporting and promoting the tourism businesses of the Forest of Bowland AONB area. Visit www.bowlandexperience.com for details of member organisations and their activities and services.

For more information about the Forest of Bowland AONB visit www.forestofbowland.com or stay in touch via twitter.com/forestofbowland

Forest of Bowland AONB, The Stables, 4 Root Hill Estate Yard, Whitewell Road, Dunsop Bridge, Lancashire, BB7 3AY

Tel: 01200 448000 email: Bowland@lancashire.gov.uk

All those enjoying the Forest of Bowland AONB are asked to follow the Countryside Code at www.countrysideaccess.gov.uk and adhere to signs, particularly at sensitive times such as the lambing and birding nesting seasons during spring and summer.

For other information about places to visit and things to see and do in the area, contact Visitor Information Centres:

Bowland Visitor Centre – Beacon Fell Country Park, 01995 640557

Barnoldswick – Fernlea Avenue, 01282 666704

Bentham – Town Hall, Station Road, 01524 262549

Clitheroe – Platform Gallery & Visitor Information Centre, Station Rd, 01200 425566

Colne – Boundary Mill Stores, 01282 856186

Garstang – Cherestanc Square, Off Park Hill Road, 01995 602125

Lancaster – The Storey, Meeting House Lane, 01524 582394

Pendle Heritage Centre – Park Hill, Barrowford, 01282 661701

Preston – The Guild Hall, 01772 253731

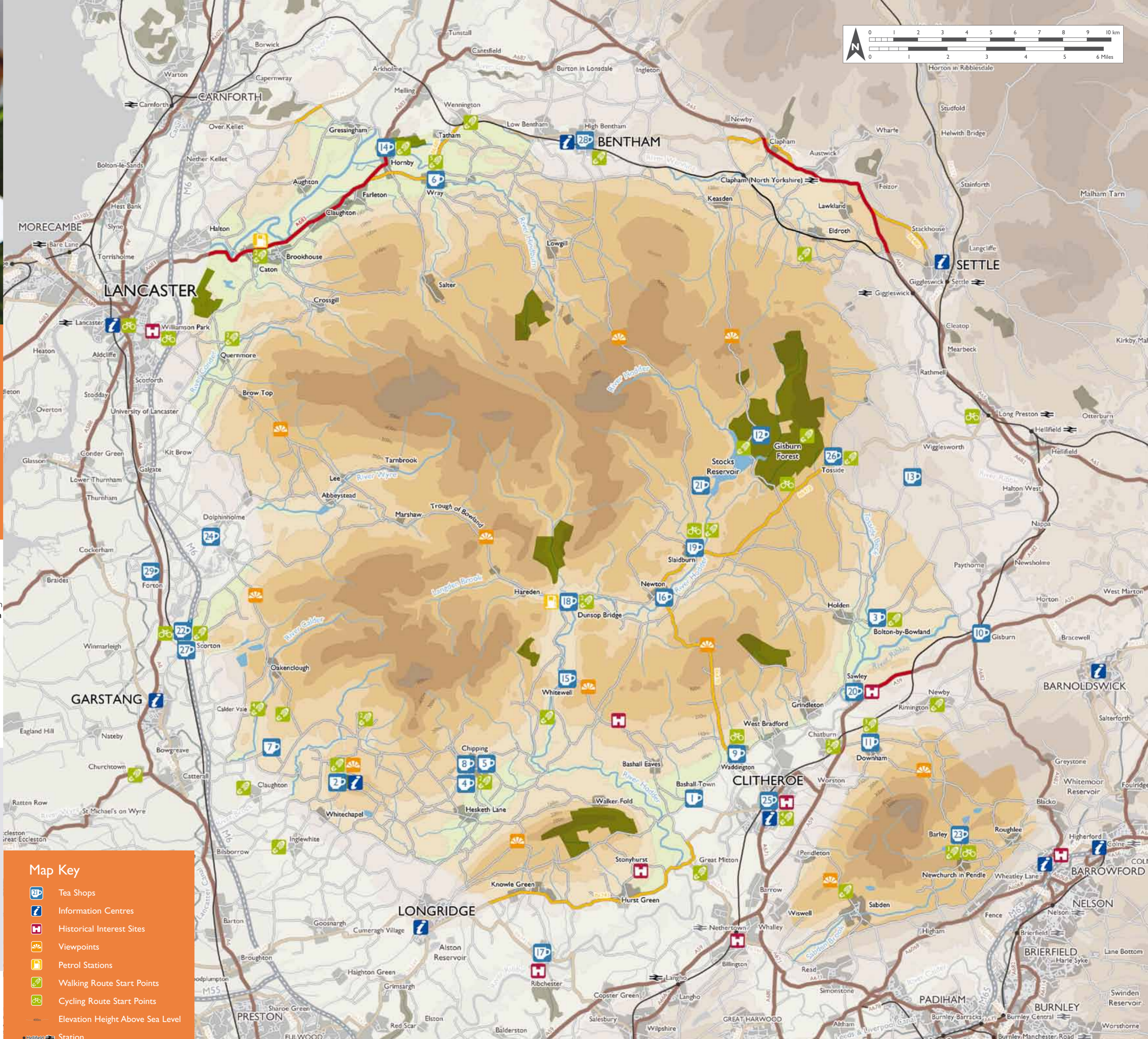
Settle – Town Hall, 07129 825192

Also visit:
Marketing Lancashire www.visitlancashire.com
Welcome to Yorkshire www.yorkshire.com

Ordnance Survey Map Explorer OL41, Forest of Bowland & Ribblesdale covers this area as well as a Harvey Map: Forest of Bowland for walkers, cyclists and horserider.

Leaflet available in large text format on request.

Front cover photograph - Afternoon tea at the Parkers Arms



Map Key

- Tea Shops
- Information Centres
- Historical Interest Sites
- Viewpoints
- Petrol Stations
- Walking Route Start Points
- Cycling Route Start Points
- Elevation Height Above Sea Level
- Station

For full information about facilities view an Interactive Map of the Forest of Bowland AONB at www.forestofbowland.com/interactivemap

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