

The Bentham Heritage Trail

consists of three walks, A, B and C of 2, 5 and 9 miles. Look out for the information boards along the way telling you more about the area. The shorter walks are relatively easy and along the riverbanks, but the long walk across the moors includes ladder stiles and the route can be difficult to follow and becomes boggy in some parts. Use a map to help you navigate OL41 Ordnance Survey Explorer.

Riverside Cottages 5



Woodside & Parkside Holiday Cottages, Riverside, Bentham. LA2 7FJ
Tel: 015242 61272
Web: www.riversidecottages.co.uk
Visit Britain ★★★★★ Rating
High quality barn conversions set in beautiful countryside, yet within walking distance of the small market town of High Bentham. Can be booked separately to sleep 6 + 8 or together to sleep up to 14. Ground floor bedroom and bathroom. Fishing, walking and golf nearby.

Lane House Farm Caravan 6



Lane House Farm, Mewith Lane, Bentham. LA2 7DJ
Tel: 015242 61479
Visit Britain ★ Rating
Comfortable caravan with parking alongside. Enjoying beautiful views of the three peaks. Good base for waterfalls, caves, Dales, lakes, coast and Bowland.
Open from March to end of October.

Riverside Caravan Park 1



Bentham. LA2 7FJ
Tel: 015242 61272
Web: www.riversidecaravanpark.co.uk
Visit Britain ★★★★★ Rating
David Bellamy Gold Award ★★★★★
A secluded level park on the banks of the River Wenning in beautiful countryside, yet within walking distance of the town. Children's playground & indoor games room. Pitches for tourers & motorhomes. Fishing. Brochure.

Little Red Bus 2



Station Building, Station Road, Bentham.
Tel: 015242 62753
Web: www.littleredbus.co.uk
Dial a ride taxibus service around Bentham and Ingleton area.
Opening times:
Monday to Friday 10am to 4pm.
Car share scheme, instant membership available. Please call for more information or to book.

Sole to Soul 3



Grasmere Drive, Bentham. LA2 7JP
Tel: 015242 63067
Email: enquiries@sole-to-soul.net
Web: www.sole-to-soul.net
Marie Raynor, DipPodM, MchS, HMNFSH
Society of Chiropodists and Podiatrists Accredited Practice.

Coach House Inn 4



16 Main Street, Bentham. LA2 7HE
Tel: 015242 62305
Email: info@thecoachhousebentham.co.uk
Visit Britain ★★★★★ Rating
Four star Inn at the centre of Bentham. Our focus on quality local produce is evident from light snacks at lunch time to our daily specials at dinner. Four spacious en-suite rooms available year round.
Food served: Mon to Sat 12 to 2pm and 6pm to 9pm. Sunday opening 12 to 8pm.

Fowgill Park Farmhouse B&B 11



Bentham. LA2 7AH
Tel: 015242 61630
Web: www.fowgillpark.co.uk
Visit Britain ★★★★★ Rating
A Georgian farmhouse with magnificent panoramic views. Two tastefully decorated en-suite bedrooms. Comfortable lounge for guest use. Enjoy a hearty breakfast in the beamed dining room with views of Burnmoor. Stroll from the front door to the River Wenning and extend your walk by the riverside.
Open Easter to November.

The Fish Inn, Restaurant & Takeaway 7



The Fish Inn, 22 Main Street, Bentham. LA2 7HL
Tel: 015242 61317
Email: Thefishinn@hotmail.co.uk
Opening times:
Mon, Tue, Thu, Sat: 11.30am to 2pm and 4.30pm to 7.30pm.
Wed and Fri: 11.30am to 2pm and 4.30pm to 8pm.

River Cottage B&B 8



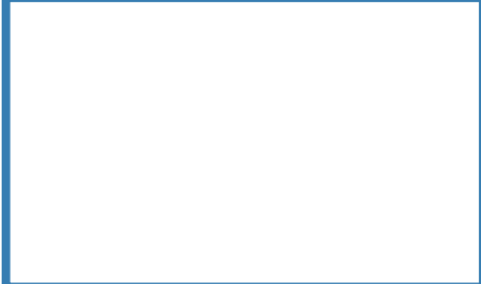
River Cottage, Brookland, Burton In Lonsdale
Tel: 015242 64988
Email: francati@btinternet.com
Web: <http://rivercottagebandb.tripod.com>
Visit Britain ★★★★★ Rating
5 miles from Kirkby Lonsdale, 2 miles from Ingleton & 3 miles from the Forest of Bowland. Relax & enjoy the historic pleasures of an unspoilt country village and its surroundings from our tranquil and relaxing riverside location.

Oysterber Farm Holiday Cottages 9



Oysterber Farm, Burton Road, Low Bentham. LA2 7ET
Tel: 015242 61567
Web: www.oysterberfarm.co.uk
Visit Britain ★★★★★ Rating
Four stone built cottages sleeping from 2 to 7 people, set in six acres of beautiful countryside with superb panoramic views in all directions. We are situated between the villages of Low Bentham and Burton in Lonsdale. Ample parking. Pets by arrangement.
Open all year.

Greenhall Riding Centre 10

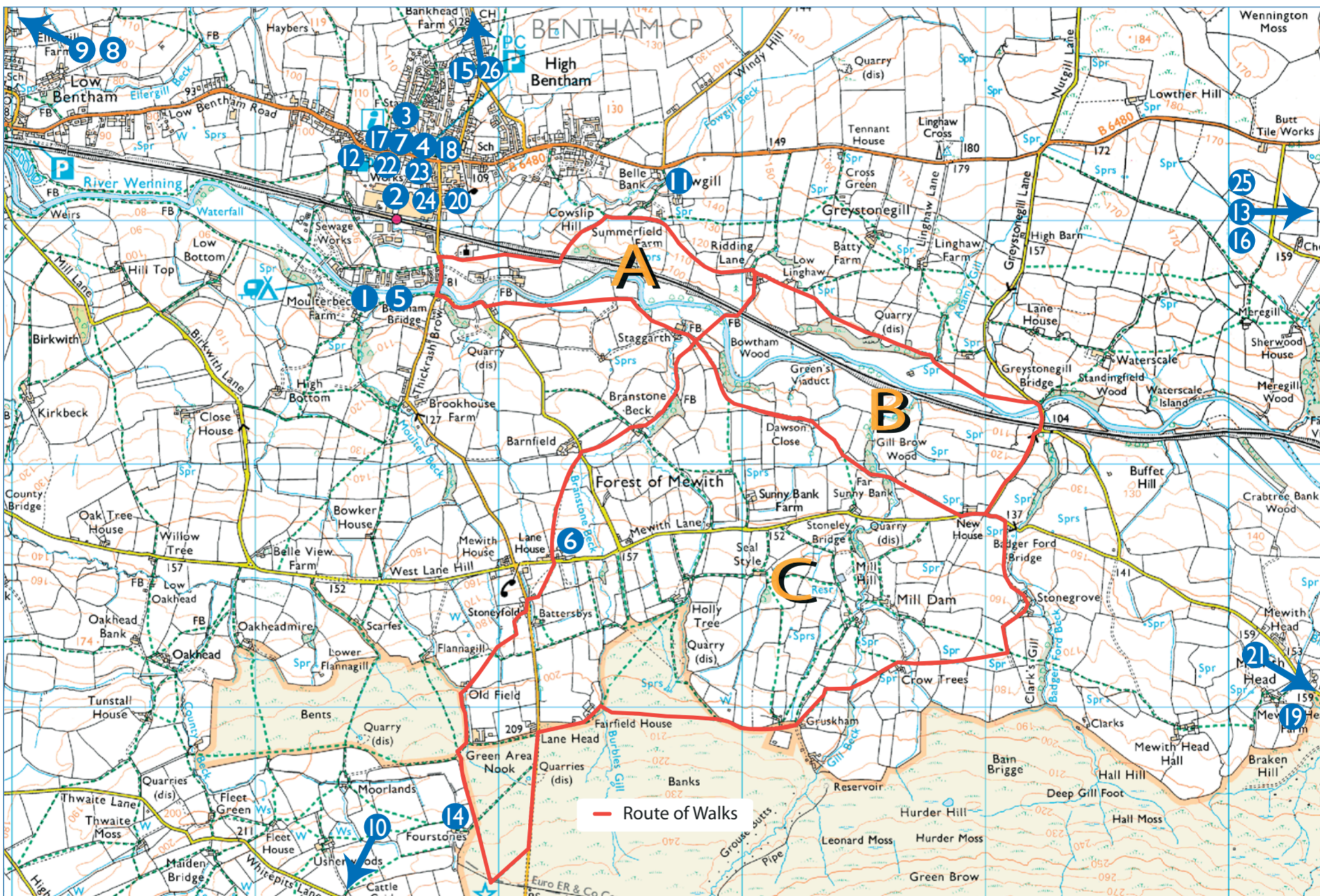


Greenhall Riding Centre, Greenhall, Tatham, Lancaster. LA2 8RB
Tel: 07817 918234
Email: info@greenhallridingcentre.com
Web: www.greenhallridingcentre.com
Visit Britain ★★★★★ Rating
Situated in the Forest of Bowland AONB, surrounded by heather, moorland, farmland & wildlife. We offer riding lessons for all abilities and ages, hacking, Children's farm rides and livery. BHSAI qualified instruction. Riding hats available.

Horse and Farrier 12



83 Main Street, Bentham. LA2 7HR
Tel: 015242 61381
Web: www.horseandfarrier.org.uk
Relaxing pub setting, serving home cooked food. Children and pets welcome. Large beer garden and smoking area. Ample car parking. Food served Mon to Fri: 12 noon to 2pm and 6pm to 9pm; Sat & Sun 12 noon to 9pm
Opening times:
Mon to Thu 12 noon to 2pm and 6pm to 11pm. Fri and Sat 12 noon to 12 midnight. Sun 12 noon to 11pm.



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New Butts Farm Guest House 13



New Butts Farm, Bentham. LA2 7AN
Tel: 015242 41238
Web: www.yorkshiredales.org
Visit Britain ★★★★★ Rating
Traditional Bed and Breakfast. A warm welcome with spacious comfortable rooms and excellent views. Guests lounge. Ideal for relaxing, walking, cycling and touring.
Open all year.

Fourstones 14



Bentham. LA2 7DL
Tel: 015242 64876
Web: www.fourstoneshouse.co.uk
Visit Britain ★★★★★ Rating
Three recently converted farmhouse cottages (sleeping 2 to 8) with beautiful panoramic views. Comfortable and well equipped to highest modern standards. Close to local amenities and good transport links. Perfect rural location for exploring. Non smoking. One small, well behaved pet by arrangement.
Open all year.

Bentham Golf Club 15



Robin Lane, Bentham. LA2 7AG
Tel: 015242 62455
Web: www.benthamgolfclub.co.uk
Superb 18 hole golf course with excellent views, catering facilities and a PGA professional. Visitors welcome. Excellent packages for visiting parties.
Opening times:
April to Oct. 8.30am to 11pm. Nov to March please telephone.

Off The Rails 16



The Cycling Centre, Station Yard, Settle. BD24 9RP
Tel: 01729 824419
Web: www.cyclebowland.com
Hire a bike for the day, or stay a little longer and discover the real Forest of Bowland on one of our relaxing cycle tours. Enjoy a unique bike/rail trip on the Settle-Carlisle railway or join us mountain biking in Gisburn Forest.
Opening times: 9.30am to 5.30pm daily.

Bentham Post Office 17



28 Main Street, Bentham. LA2 7HL
Tel: 015242 61650
Post Office counter services (including motor vehicle licensing and Euros and US\$ on demand). Royal Mail delivery office, greetings cards, stationery, local maps, guides and books.
Opening times:
Mon to Fri 9am to 12.45pm and 1.30pm to 5.30pm. Sat 9am to 12.45pm.

Bentham Imaging Studio & Gallery 18



Main Street, Bentham. LA2 7LF
Tel: 015242 63405
Web: www.benthamimaging.co.uk
Visit our gallery to see stunning images of local landscapes, available as framed prints or on canvas. Portrait and wedding photography.
Opening times:
Wednesday & Friday 10am to 5.30pm. Saturday 10am to 4pm. Or by appointment.

Halsteads Barn Luxury B&B 19



Halsteads Barn Luxury B&B, Mewith, Bentham. LA2 7AR
Tel: 015242 62641
Web: www.halsteadsbarn.co.uk
Visit Britain ★★★★★ Rating
This luxury bed and breakfast nestles on the side of Burn Moor and has stunning views over the 3 Peaks and surrounding moorland. All bedrooms are en-suite featuring power showers and modern facilities. The guest lounge, snug and dining room provide a relaxing and informal atmosphere. Evening meals, alcohol license and outdoor hot tub make this the premiere guest accommodation in the area.
Open all year.

Farmers Market 20



Bentham Farmers Market, Town Hall, Station Road, Bentham. LA2 7LH
Tel: 01524 62587
For all your local produce: eggs, chicken, duck, pork, beef, lamb, bacon, sausage, homemade cakes and biscuits, jams, chutneys and much more! Full traceability, known welfare standards and minimum food miles.
First Saturday every month except January - 9.30am until early afternoon.

Turnerford Fold Luxury B&B 21



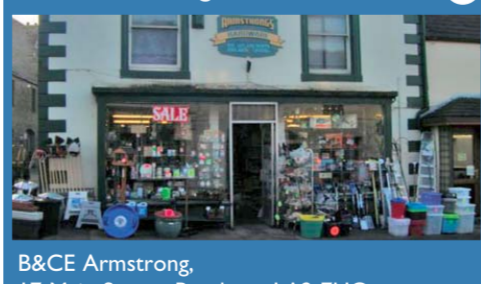
Turnerford Fold, Keasden, Clapham. LA2 8EX
Tel: 015242 51731
Web: www.turnerfold.com
Visit Britain ★★★★★ Gold Rating, AA Dining Award
Award winning B&B accommodation with optional evening meal, home reared and local produce. Barn conversion, situated within 8 acre smallholding in an AONB and offering two luxurious ensuite double/twin rooms. Guest lounge area with woodburning stove, peaceful garden areas and outstanding views.
Open all year.

Thirty Seven Main Street 22



37 Main Street, Bentham. LA2 7HQ
Tel: 015242 63150
Brunch, lunch or snacks available to eat in or takeaway. We have a range of speciality coffees (all fairtrade) and a selection of teas and cold drinks, plus wines, beers & spirits. All food cooked to order. Please ring for details of our Bistro Evenings.
Opening times:
Mon to Sat 9am to 4pm.

B&C Armstrongs 23



B&C Armstrong, 17 Main Street, Bentham. LA2 7HQ
Tel: 015242 64871
Gifts and gardening, hardware, housewares, Croc footwear & wellingtons, Color Gas, BBQ's & charcoal, wide variety of pet products. Free local delivery.

Dalesbred Butchers 24



Dalesbred Butchers, 4 Station Road, High Bentham. LA2 7LF
Tel: 015242 63458
Email: dalesbredbutchers@gmail.com
Serving traditional breeds of lamb, beef and pork reared on our local farm in the Forest of Bowland.
Opening times:
Tues & Wed 8am to 5pm. Thurs 8am to 1pm. Fri 8am to 5pm. Sat 8am to 1pm. Sunday & Monday closed.

Brookhouse Guest House 25



Station Road, Clapham. LA2 8ER
Tel: 015242 51580
Web: www.brookhouse-clapham.co.uk
AA ★★★★★ Rating
Clapham's little secret, Brookhouse prides itself on the quality of its food and is pleased to offer dinner, B&B. Also open to private parties and Saturday's steak night is not to be missed. Situated by Clapham Beck, in a sleepy area which offers plenty to see and do, including walking, mountain biking & caving - plus plenty of great pubs for the less adventurous.

Parkfoot Holiday and Park Homes 26



Bentham Road, Ingleton. LA6 3HR
Tel: 015242 61833
Web: www.parkfoot.co.uk
Visit Britain ★★★★★ Rating
David Bellamy Gold Award. Silver GTBS
New and used holiday homes available on our peaceful riverside park. Wonderful wildlife, river and woodland walks and beautiful views towards Ingleborough. Holiday homes have metered electricity and LPG (no gas bottles). Local fishing. Sorry, no tourers or tents
Open 1st February to 30th November.