



Take a tour around a great selection of tea shops and cafes

BOWLAND TEA SHOPS

Area of Outstanding Natural Beauty

The Forest of Bowland Area of Outstanding Natural Beauty (AONB) is a nationally protected landscape and is internationally important for its heather moorlands, blanket bog and rare birds. It was designated as a protected area in 1964. The objective of designation is not only to conserve and enhance the AONB's natural beauty but also to promote the social and economic well-being of those who live and work within it.

All those enjoying the Forest of Bowland AONB are asked to follow the Countryside Code (www.countrysideaccess.gov.uk) and observe signs, particularly at sensitive times, such as the lambing and bird nesting season in spring and summer.

For more information, go to the AONB official website www.forestofbowland.com where you can find a visitor guide, search for accommodation and events in the area and browse the local products directory as well as download walks and cycle and horse rides.

There are several local Visitor and Tourist Information offices within the area:

- Barnoldswick – Femea Avenue. Tel: 01282 666704
- Barrowford – Pendle Heritage Centre. Tel: 01282 677150
- Beacon Fell Country Park – Tel: 01995 649557
- Bentham – Town Hall, Station Road. Tel: 01524 262549
- Clitheroe – Ribbles Valley Borough Council Offices, Church Walk. Tel: 01200 425566
- Colne – Boundary Mills. Tel: 01282 856186
- Garstang – Booth's Supermarket, Park Hill Road. Tel: 01995 602125
- Kirkby Lonsdale – 24, Main Street. Tel: 01524 271437
- Morecambe – Old Station Buildings, Marine Road Central. Tel: 01524 528808
- Lancaster – Storey Creative Industries Centre, Meeting House Lane. Tel: 01524 582394
- Preston – Guild Hall. Tel: 01772 253731
- Settle – Town Hall. Tel: 01729 825192

For accommodation search and other information, also visit:
 Bowland Experience Limited www.bowlandexperience.com
 Lancashire and Blackpool Tourist Board www.visitlancashire.com
 Welcome to Yorkshire www.yorkshire.com

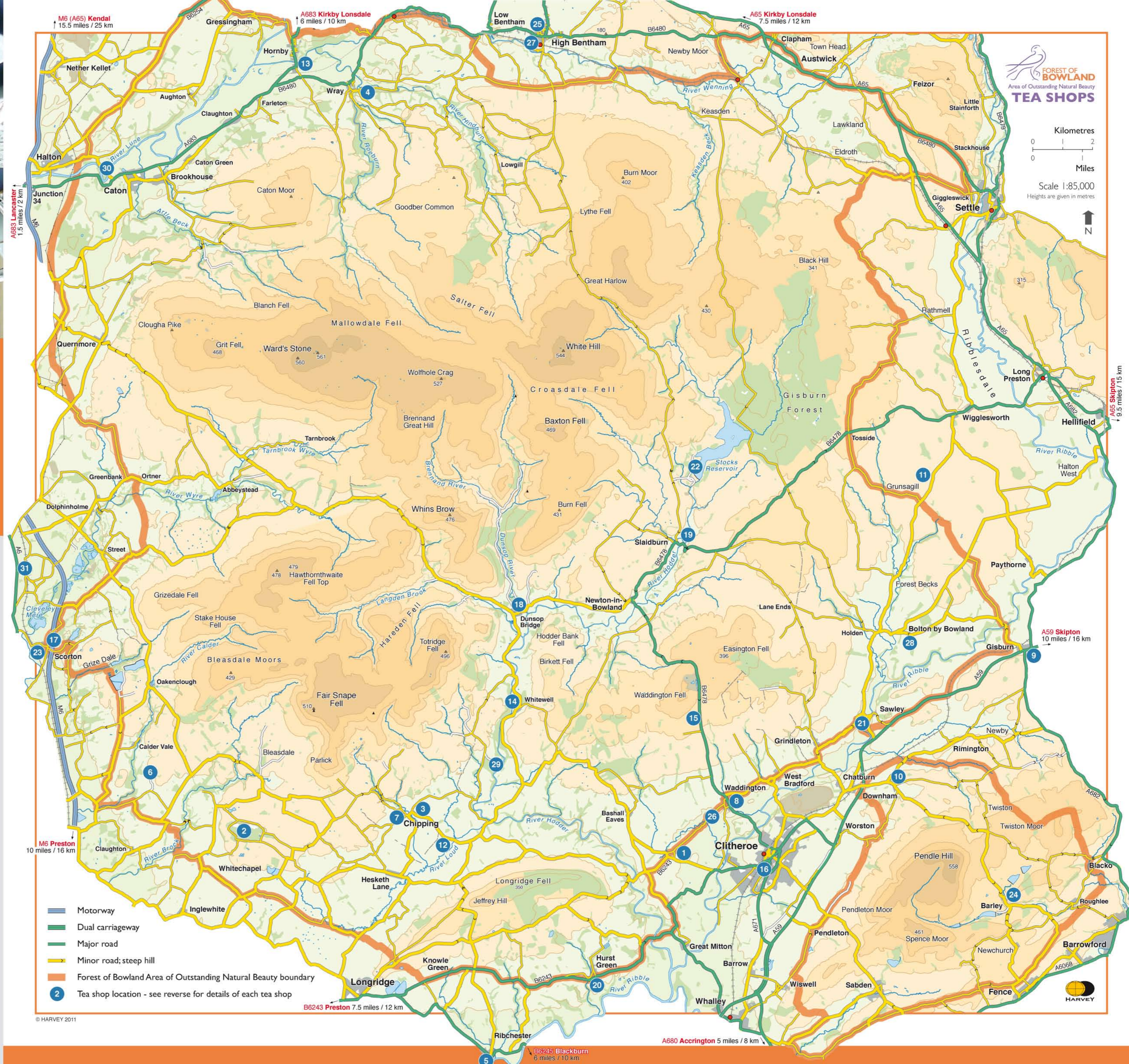
This map uses HARVEY data. A detailed map is available: *Forest of Bowland for walkers, cyclists and horseriders*. For more information on HARVEY maps please visit our web shop: www.harveymaps.co.uk or call our hotline: 01786 841202.

Ordnance Survey Explorer OL41 Forest of Bowland and Ribblesdale also covers the area.

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- Motorway
- Dual carriageway
- Major road
- Minor road; steep hill
- Forest of Bowland Area of Outstanding Natural Beauty boundary
- Tea shop location - see reverse for details of each tea shop

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