



Dunsop Bridge – Tramper Trail



Start Point



Village car park

★ SD 6607 5010

Distance/Time



Short loop ●●
1.4 miles, 45 minutes



Dunsop Valley extension ■■
3.3 miles, 1 hour 45 minutes

Terrain

Suitable for trampers. Generally high quality tarmac all-weather surfaces along the route with occasional stretches of compacted aggregate, grass or compressed earth. The path is adequately wide, though 'pinch points' may occur, for example through gates; cross slopes are small. There are no hills and height climbed during the ramble does not exceed 30 metres **Disabled Ramblers category I – easy**

Key to Facilities

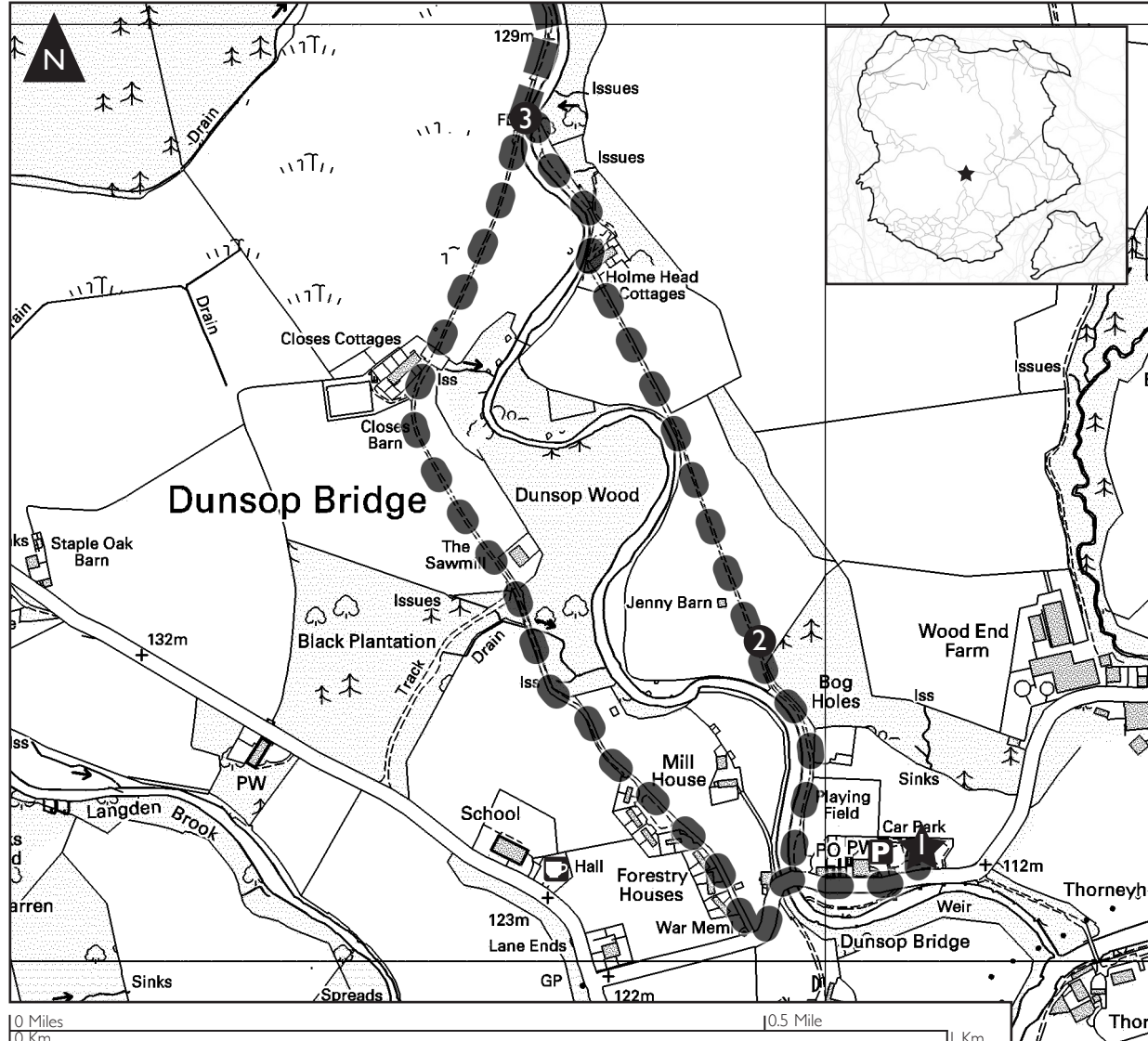
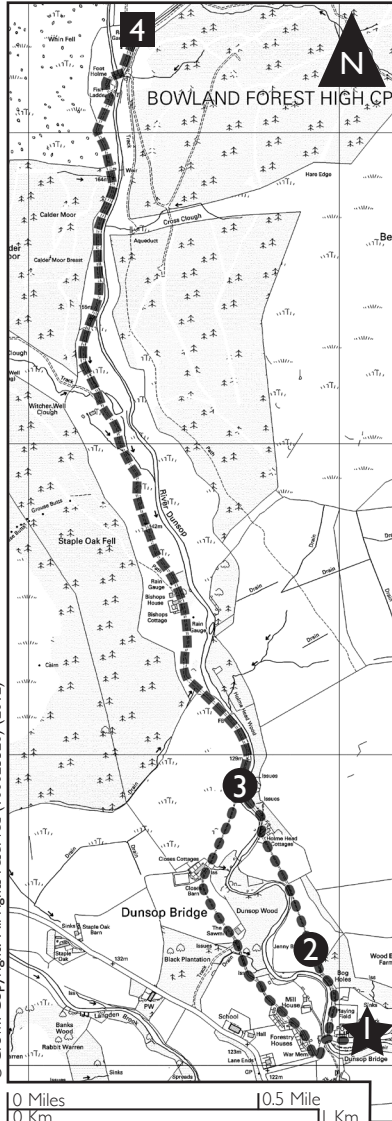
P Parking ☕ Café

Dunsop Bridge village
café/shop/post office, garage, village hall
(serving Sunday teas in summer months)

To book a tramper please telephone
01200 448000

GPS Waypoints (OS grid refs)

- ★ SD 6609 5010
- ② SD 6593 5032
- ③ SD 6567 5090
- ④ SD 6535 5333



FOREST OF
BOWLAND
Area of Outstanding Natural Beauty

Dunsop Bridge – Tramper Trail

Walk Description

★ **GPS:** SD 6609 5010

Start at the village car park, use the ramped and paved access to the road and bear right. Between the Post Office and bridge turn right onto a tarmac track (alternative parking is available here). Continue along this tree lined route with the River Dunsop to your left, pass a children's play area through a gate alongside a cattle grid and onto grazing pasture with scattered farm buildings.

2 **GPS:** SD 6593 5032

Views now begin to increase including: Staple Oak Fell and Whin Fell to the left and Beatrix Fell on the right. Below Beatrix Fell lies the farm hamlet of Beatrix, once a thriving market community from the 1200s. However, Dunsop Bridge gradually outgrew Beatrix situated in a more valuable position on the route between York and Lancaster. Beyond the pasture the river again re-joins the path side as the route passes through a gate and around a terrace of stone cottages. Follow the path from the rear of the cottages through a gate and up to a bridge crossing.

3 **GPS:** SD 6567 5090

On crossing the bridge you have the choice of completing the short loop and returning to the start point or turning right to head up and then back down Dunsop valley;

Short Route - Return

Turn left off the bridge **(3)** and continue on the tarmac surface uphill through a gate and past a farm compound with a backdrop of Mellor Knoll and Totridge Fell. The route passes by mixed broadleaf and coniferous woodlands offering a range of wildlife habitats and good cover for game birds, particularly pheasant. Descend gradually past a small hamlet of properties to your right and onto the road junction by the village war memorial. Turn left over the bridge (**take care with traffic**), back into the village to rejoin the start of the route.

Dunsop Valley Route

Turn right off the bridge **(3)** and head along the tarmac track. The adjacent River Dunsop hosts a number of spectacular knarled and

twisted veteran alder trees. Notice the ever changing lower slopes of the valley, swathed in pine to stabilise steep inclines in this important water catchment area. Sections are felled and replanted or allowed to naturalise with heather and dwarf shrubs, fitting with good land management and water catchment policies. Pass through a wooded farm compound and continue past numerous industrial type structures associated with the water industry. Here the valley widens and the river basin affords room for pools and wetland areas supporting a range of plant and fish life.

Approaching the valley head there is a gradual change to wilderness and a sense of being in the heart of the Bowland fells.

4 **GPS:** SD 6535 5333

This is the furthest point of the route and the start of Open Access land with the opportunity to ramble freely across some of the most remote parts of Lancashire. After taking in the scenery, retrace your steps back to the bridge **(3)** then follow the `Short Route` description back to the village.

About This Walk

Dunsop Bridge is the gateway to the Trough of Bowland and derives its name from the hump back bridge over the River Dunsop. It is calculated to be the nearest village to the centre of the British Isles. To mark this achievement there is a unique telephone box sited on the village green. A farming community at heart, most of the properties in and around the village are owned by two major landowners; the Duchy of Lancaster and United Utilities both of whom manage their land in a variety of ways including; mixed stock farming, water catchment and sporting pursuits including the shooting pheasant on lower valley sites and grouse on the moors. In addition, the Forestry Commission has its own area office in the village and manages large forestry plantations in Bowland.

The Dunsop Valley is a well-known hotspot for wildlife with spring and summer the best time to view curlew, lapwing, reed bunting, oystercatcher, redshank and dipper with the possibility of hen harrier and peregrine falcon on higher slopes.