

BIRDING IN BOWLAND

Places to see birds and places to stay



Forest of Bowland 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 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. Visit www.forestofbowland.com for more information.

Much of the Access Land in the Forest of Bowland AONB is within a Special Protection Area (SPA). This European designation recognises the importance of the area's upland heather moorland and blanket bog as habitat for upland birds. Bowland's moors are home to many threatened species, including merlin, golden plover, curlew, ring ouzel and the rare hen harrier, symbol of the AONB.

Many people depend on the Access Land for their livelihoods, including upland farming and game management. These rural industries have shaped the landscape we see today and play an important role in the conservation of the AONB.

In Britain we have 75% of the world's upland heather moorland and 15% of the global resource of blanket bog. Accidental fires and erosion through trampling can easily damage these habitats irreversibly. Extra care must be taken during dry weather and on wet, boggy areas. You can help by keeping to tracks and waymarked routes wherever possible.



Featured Accommodation

The accommodation featured in this leaflet offers a range of accommodation types. All are family run, owner managed businesses who are sympathetic to bird watching. Some are landowners who work actively with the RSPB on wildlife conservation; some have dedicated facilities. All are conveniently located for a short birding break in the Forest of Bowland.



Trampers

Several of these locations can make arrangements for the use of a Trampler all-terrain electric wheelchair. This can be used on public bridleways and footpaths, particularly in the southwestern corner of the Forest of Bowland. Contact the **Bowland Visitor Centre at Beacon Fell Country Park** on **01772 534709** or the **Priory Inn** on **01524 791255**.


















This icon denotes that Trampler all-terrain electric wheelchairs are available.

www.bowlandwildlife.org.uk

A group of green tourism businesses and organisation in the Forest of Bowland AONB have teamed up to help visitors discover the wildlife hotspots of this beautiful area. The Bowland wildlife website highlights the best places to see the rich wildlife that inhabits the Forest of Bowland AONB and surrounding countryside.



Listings Key

- | | | |
|---|--|--|
|  Tramper all-terrain electric wheelchairs available |  AA Rosettes |  Pets Welcome Award |
|  ★★ Visit Britain Star Rating |  GOLD SILVER BRONZE Green Tourism Business Scheme Awards |  QA Taste Lancashire Quality Assured Award |
|  Gold Silver Visit Britain Gold & Silver Awards |  Farm Stay |  HQA Taste Lancashire Highest Quality Assured Award |
|  AA ★★ AA Star Rating |  Walkers Welcome Award |  National Accessible Scheme Mobility 1, 2 & 3 |
|  AA ▶▶ AA Pennant Rating |  Cyclists Welcome Award |  National Accessible Scheme Visual 1 & 2 |

1 Bleasdale Cottages



Spacious 4 star (Green Tourism Gold Award) Self-catering cottages sleeping 2 - 8 (14 persons max). Set in open countryside with stunning views over 200 acres of farmland and woodland managed for wildlife. Excellent bird watching, bird hide (with disabled access) and walking on site.



Bleasdale Cottages, Lower Fairsnape Farm, Bleasdale, PR3 1UY tel: 01995 61343
web: www.bleasdalecottages.co.uk email: info@bleasdalecottages.co.uk

2 Broadgate Farm



Broadgate Farm is set in open countryside with panoramic views of Beacon Fell and the surrounding area. Farmhouse B & B accommodation offers 2 upstairs en-suite bedrooms. The Caravan Club 5 van certified location site has electric hook-ups and hard standings. A dog walk and Tramper route give access to a bird hide overlooking scrapes for lapwings, curlews etc, which nest in the area. It also links onto the local public footpath network.



Broadgate Farm, Bleasdale PR3 1UY tel: 01995 602402
web: www.broadgatefarm.co.uk email: anneclark71@hotmail.com

3 Caldertop Cottage



Fully equipped self catering farm holiday accommodation sleeping up to 5 people on the edge of the Forest of Bowland AONB. Bird hide sited on the farm overlooking land densely populated with waders, including snipe, curlews, oystercatchers and lapwings. Family friendly, walkers and cyclists welcome, pets welcome by prior arrangement.



Caldertop Cottage, Higher Landskill Farm, Calder Vale, PR3 ISS tel: 01995 603246
web: www.caldertopcottage.co.uk email: info@caldertopcottage.co.uk

4 Dale House Camping Barn



Dale House Camping Barn offers simple accommodation for up to 16 people. The barn has been recently renovated and can cater for disabled individuals. We are located in the Forest of Bowland AONB close to Stocks Reservoir and Gisburn Forest, a true wildlife mecca for many birds including hen harriers.

Dale House, Dale Head, Slaidburn BB7 4TS tel: 01200 446820
web: www.dalehousebarn.co.uk email: chris@onward-outward.co.uk

5 Dalesbridge



Dalesbridge will provide you with a comfortable base for any birding holiday. Ideally situated for both individuals and groups we have a campsite, self-catering bunkhouses and cosy B&B rooms. Alternatively you may wish to consider hiring the well-equipped Dalesbridge House (sleeping up to 15) on a self-catering basis.



Dalesbridge, Austwick, Nr. Settle LA2 8AZ tel: 015242 51021
web: www.dalesbridge.co.uk email: info@dalesbridge.co.uk

6 Halsteads Barn



No matter what the season, there is always an abundance of birds and wildlife on the moor upon which the house nestles.

To add to your enjoyment and relaxation, fine food, extensive wine list and hot tub await you, allowing you to make the most of your stay with us.



Halsteads Barn, Mewith, High Bentham LA2 7AR tel: 01524 262641
web: www.halsteadsbarn.co.uk email: info@halsteadsbarn.co.uk

7 Lakewood Cottages



Situated on the edge of the Forest of Bowland, our four star gold award cottages are set in a picturesque lakeside/woodland setting, enjoying the peace and tranquillity of the Lancashire countryside. The woods around the cottages have been designated a biological heritage site, because of the many species of birds found there. An ideal place for those who enjoy the countryside on their doorstep.



Lakewood Cottages, Cragg Hall Farm Galgate, Lancaster, LA2 0HN
web: www.lakewoodcottages.co.uk tel: 01524 751053

8 Red Pump Inn



Chill out, eat well, sleep well and take advantage of the natural beauty of the Bowland area where this 250-year-old traditional country inn happily nestles. Sumptuous guest rooms. Quirky and comforting menu with local meat, game and fish dishes of real flavour. Three miles from Clitheroe. A million miles from hectic.



The Red Pump Inn, Bashall Eaves, Clitheroe BB7 3DA tel: 01254 826227
web: www.theredpumpinn.co.uk email: info@theredpumpinn.co.uk

9 The Gibbon Bridge Hotel



Situated in the beautiful Forest of Bowland, this four-star privately owned hotel, offers superior accommodation, elegant surroundings, delicious food and award-winning beautiful gardens. Couple this with a warm welcome, personal service and value for money and you have an ideal hotel for a perfect break.



The Gibbon Bridge Hotel, Chipping, Preston, PR3 2TQ tel: 01995 61456
web: www.gibbon-bridge.co.uk email: reception@gibbon-bridge.co.uk

10 The Old Post House Hotel



Family-run hotel set in the centre of this historic market town. Some 200 yards from the train and bus interchange, ideally positioned for walking and cycling in the beautiful Ribble Valley. The Penny Black restaurant is open from 7am offering traditional and home cooked food.



The Old Post House Hotel, King Street, Clitheroe BB7 2EU tel: 01200 422025
web: www.posthousehotel.co.uk email: rooms@posthousehotel.co.uk

11 The Priory Inn



The Priory provides en suite accommodation, a restaurant and bar in a unique position at the centre of the village of Scorton at the western edge of the Forest of Bowland. The Priory is an ideal base for exploring Bowland, the Wyre and Lune valleys and the Fylde coast. Drying and storage facilities are available for boots and bikes. The restaurant serves a full and varied menu from breakfast until 9pm and Stout's Bar is fully licensed from 11am until 11pm.



The Priory, Scorton, Lancashire PR3 1AU tel: **01524 791255**
web: www.theprioryscorton.co.uk email: collinsonjulie@aol.com

12 Wyreside Lakes



This beautiful award-winning haven of lakes and nature trails is situated in over 120 acres of farmland.

Walkers and birdwatchers will find a variety of wildlife flora and fauna amid the stunning scenery.

A 4 star rated campsite is available.



Wyreside Lakes Fishery, Sunnyside Farmhouse, Bay Horse, LA2 9DG
web: www.wyresidelakes.co.uk tel: **01524 792093** email: wyreside2003@yahoo.co.uk

Hen harrier



Probably the most important bird species to regularly breed in the Forest of Bowland, this bird of prey is most often seen flying slowly over the ground, as it hunts for small birds and mammals. Males are pale grey in colour with black wing tips, whilst the female is mainly brown with a distinctive white rump.



Merlin



Our smallest bird of prey, and not much bigger than a mistle thrush, the merlin is an open country specialist, where it hunts small birds in a fast, often twisting, flight. Males are a bluish colour above with a pale chest and belly, often tinged with pink, whilst the female is brown in colour.

Peregrine falcon



Our largest breeding falcon, and fastest bird, is most likely to be seen circling high above, as it watches for prey to appear. With pointed wing tips and short tail it creates a characteristic silhouette.

Curlew



With its namesake call and long curving beak, the curlew is one of the most familiar of our upland birds. From early April it can be found from the highest tops down to the valley bottoms.

Golden plover



In its spangled black and gold breeding plumage, this shy wading bird is more often heard than seen - a plaintive whistle often the only sign of its presence. A relatively rare bird in the Forest of Bowland, this moorland specialist is most common on the northern fells.

Red grouse



One of the few bird species to be found all year round on the fells, the red grouse is a popular game bird, with much of the moorland management targeted at benefiting this species. Most easily recognised by its "go back, go back" alarm call.

Short-eared owl



One of the few owl species that can be seen during daylight hours, the short-eared owl is a specialist hunter of voles, with numbers fluctuating dramatically from year to year in relation to vole numbers.

Oystercatcher



With its black and white plumage, orange beak and legs, and blood red eye, the oystercatcher makes a striking picture. Its favourite habitat is along gravel bedded streams, but it can also be found feeding in fields.

Snipe



A highly secretive bird, the snipe is most often seen when it is flushed from tall, wet vegetation, zig-zagging away into the distance. However, it can be seen and heard in the early morning as it displays over its territory, 'drumming' with its tail feathers and diving towards the ground.

Ring ouzel



Arriving from its wintering ground in north Africa in late March, the male ring ouzel perches on top of a tree or rock and gives his simple three whistle song. Another rare bird in the Forest of Bowland, it is most common around the southern fells.

Disturbance is a major problem for ground-nesting birds

The breeding season, between 1st March and 31st July, is a particularly vulnerable time for ground-nesting birds. Disturbed birds may be prevented from settling, or if already nesting they will fly away from their nests, neglecting their eggs or chicks.

Disturbance may result in:

- birds failing to nest
- eggs failing to hatch
- chicks dying from cold or lack of food
- nests becoming vulnerable to predators

It is a criminal offence to disturb rare breeding birds, including hen harriers, peregrines and merlins, intentionally or not. Fines of up to £20,000 and imprisonment are possible.

Nesting areas are being monitored by Natural England, RSPB and Lancashire Countryside Service.

How to recognise a distressed or disturbed bird

- They will make a loud repeated alarm call – they don't sound very happy and they're not.
- They will approach people much closer than would normally be the case – some birds may even dive bomb you. This is a clear message that the bird feels threatened by your presence and that you should retreat.
- They will feign injury in an attempt to distract you from the nest.
- Subtle behaviour such as circling high above.

What you can do to help

- Wherever possible stick to tracks or paths, particularly when going through dense heather.
- Keep dogs and birds apart. Birds see dogs as a threat.
- Give a wide berth to young birds and to adults that appear distressed. Move away quickly and quietly – this may mean going back the way you have come.
- Do not stop for prolonged periods away from paths. Move on if a bird shows signs of disturbance or distress.
- Avoid steep narrow valleys (known as “cloughs”).






- As part of monitoring work by Natural England and RSPB many hen harriers are tagged. You can help by reporting sightings and tag codes to RSPB Bowland Officer on **01200 446425** or Natural England on **07973 911594**.
- Follow the Birdwatchers Code of Conduct – visit www.rspb.org.uk for further details.
- Follow any instructions or advice given by rangers or wardens.

The Moorland Visitor's Code

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Prevent uncontrolled moorland fires
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people














Birding locations to visit...

-  **A** **Roeburndale Woods** in the north of Bowland offer good opportunities for seeing oak woodland specialities such as redstart and pied flycatcher.
-  **B** The circular walk around **Stocks Reservoir** to the northeast offers a range of woodland and upland birds. The reservoir itself attracts wildfowl and waders and many passage migrants including the occasional osprey.
-  **C** **Abbeystead** in the west is one of the best areas for breeding waders on the upland pastures. Lapwing, curlew, redshank, snipe and oystercatcher are all numerous here and golden plover flocks can often be seen.
-  **D** **Pendle Hill** in the southeast is the place to see migrant dotterel in early May. The open stony ground by the trig point on the eastern summit is the best place to look for these delightful waders on their way to nest in the mountains of Scotland.
-  **E** In the southwest, **Barnacre Reservoir** (which is not open to the public) is an important staging post for hundreds of migrant whimbrel. The public footpaths on the south side offer opportunities for seeing these birds as they fly in to roost in late April and early May evenings giving their loud piping calls.

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

Map Key

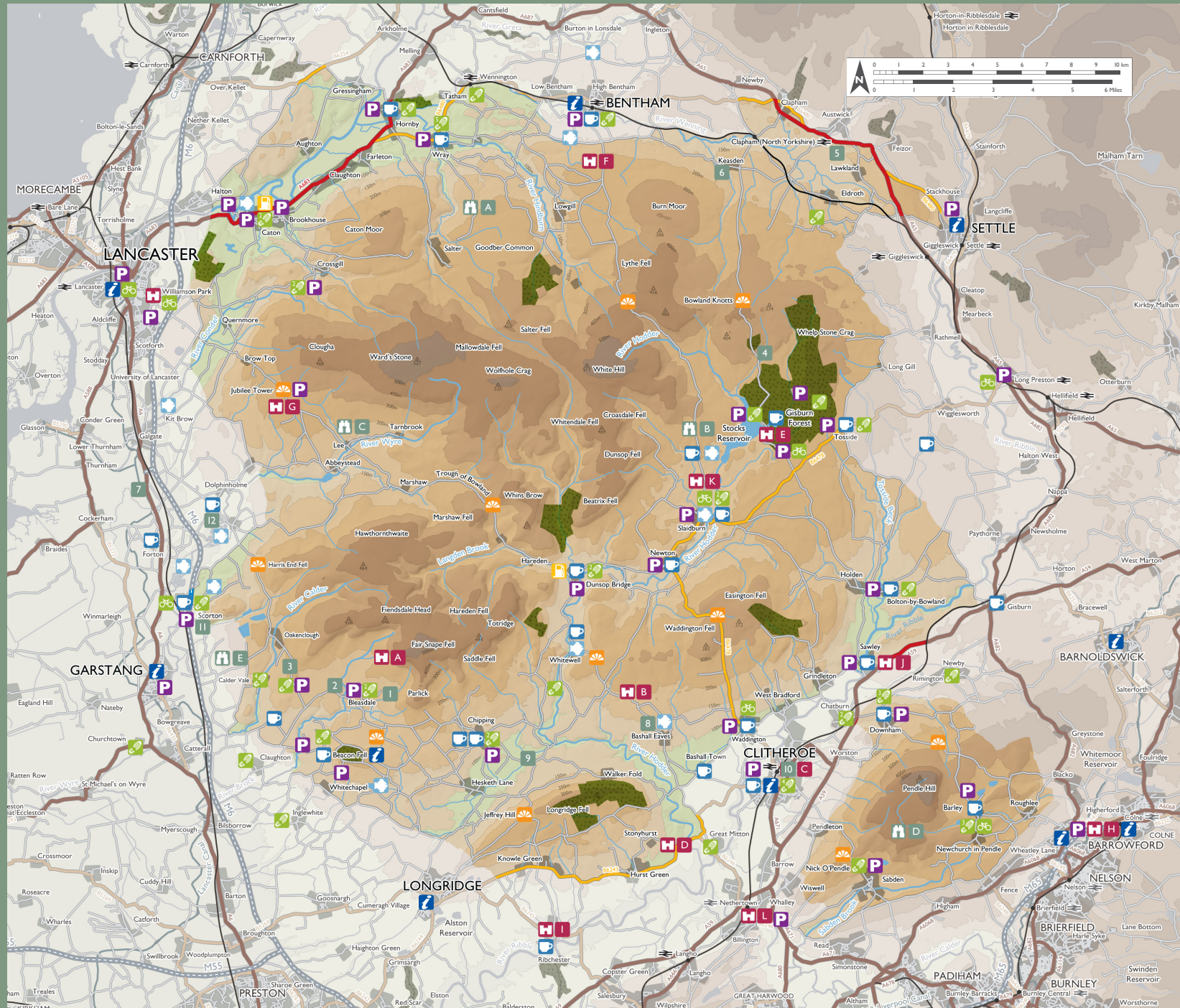
-  Fishing Locations
-  Tea Shops
-  Information Centres
-  Parking
-  Historical Interest Sites
-  Viewpoints
-  Petrol Stations
-  Walking Route Start Points
-  Cycling Route Start Points
-  Elevation Height Above Sea Level
-  Station

Accommodation

- | | |
|---------------------------|-----------------------------|
| 1 Bleasdale Cottages | 8 Red Pump Inn |
| 2 Broadgate Farm | 9 The Gibbon Bridge Hotel |
| 3 Caldertop Cottage | 10 The Old Post House Hotel |
| 4 Dale House Camping Barn | 11 The Priory Inn |
| 5 Dalesbridge | 12 Wyreside Lakes |
| 6 Halsteads Barn | |
| 7 Lakewood Cottages | |

Birding Locations

-  A Roeburndale Woods
-  B Stocks Reservoir
-  C Abbeystead
-  D Pendle Hill
-  E Barnacre Reservoir



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

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Lancashire County Council acts as the lead authority for the Forest of Bowland AONB Advisory Committee a partnership comprising: Lancashire County Council, North Yorkshire County Council, Craven District Council, Lancaster City Council, Pendle Borough Council, Preston City Council, Ribblesdale Valley Borough Council, Wyre Borough Council, Lancashire Association of Parish and Town Councils, Yorkshire Local Councils Association, NWDA, DEFRA, Natural England, United Utilities plc, Environment Agency, Royal Society for the Protection of Birds (RSPB), Forest of Bowland Landowning and Farmers Advisory Group and the Ramblers Association.

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.

www.forestofbowland.com