


Discover Bowland Itinerary – N°3

Fields, Fells and Fabulous Local Food



Stretching from the high fells of the Bleasdale Horseshoe to the sharply edged ridge of Longridge Fell, the southwestern fringe of the Forest of Bowland combines amazing, striking scenery with rich farmland and superb local produce.

This largely rural area is a walkers' and cyclists' paradise, criss-crossed with some outstanding circular walks and quiet country lanes to cruise along on two wheels. And there's plenty of scope for enthusiastic foodies to embark on a gastronomic tour of this productive corner of Bowland where local cheeses are a speciality.



Look out for the rare whimbrel roosting at Barnacre Reservoir near Oakenclough. These elegant waders fly in to roost during the breeding season in April and May. Good views from the public footpath to the south of the reservoir.

Day 1: Big Views on Foot

The rolling hills that rise behind the Lancashire Plain - Parlick, Fair Snape and Wolf Fell - offer splendid views over Morecambe Bay and beyond to the Lakeland fells. On a really clear day it is possible to see the Isle of Man and the Great Orme on the North Wales coast. Birds such as meadow pipits and skylarks are common on the fell, while the more fortunate may catch a glimpse of tree pipits or yellowhammers.

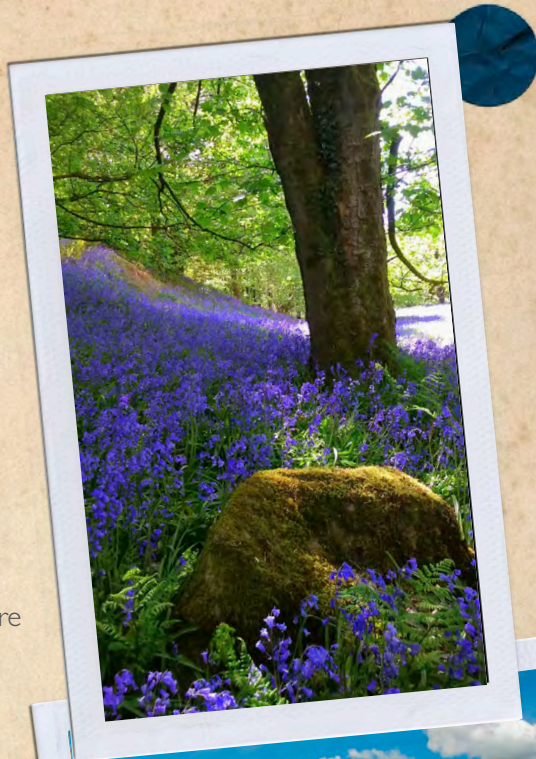
Be sure to visit Beacon Fell Country Park which features 75 hectares of woodland, grassland and moorland. There are several woodland trails which are great for families and four-legged friends. The visitor centre and cafe are also open daily.

Route Options

- **Bluebells and Woodland Delights** – 3 mile circular starting at Cobble Hey Farm & Gardens. Parking is available free of charge for those using the tea room, please ring to check opening times **01995 602643**
- **Delph Quarry** – 7 mile circular offering wonderful views of the Bleasdale Fells
- **Grizedale Valley & Nicky Nook** – 5.5 and 3.5 mile route options - Nicky Nook, though modest in height, offers splendid views over Lancashire's coastal plain.
- **Scorton Picnic Site** – a local nature reserve with flat, easy walking, suitable for wheelchairs, pushchairs & Trampers.



To download the above routes go to
www.forestofbowland.com/walking



Day 2 AM: Explore on Two Wheels



The quiet roads make this part of Bowland a paradise for cyclists. Both on and off-road routes all feature undulating terrain with some extended steep climbs. We have two recommended routes for road cyclists, both of which start at the pretty village of Scorton - a hub for cyclists, with some fantastic eateries.

Scorton Circular is a lovely 16 mile tour of the quiet lanes and hamlets along the southern fringe of the Bowland Fells or, for an extended 27 mile route, enjoy the unspoilt beauty of **Grizedale and Bleasdale**.

To download these routes visit:
www.forestofbowland.com/cycle-routes

Day 2 PM: The Big Cheese



Lancashire Cheese is famous throughout Britain for its astringent tang and characteristic crumbliness and **Leagram Organic Dairy** on the edge of Chipping is one of the finest producers of this subtle local cheese. Leagram have been producing quality cheeses for the last 15 years. As well as their famous Creamy, Crumbly and Tasty Lancashire cheeses, they also produce an award-winning sheep's cheese - Ramshackle. Call **01995 61532** to check opening times.

There are several other cheese producers in the area including Dewlay (Garstang), Proctors (Chipping), Butlers (Inglewhite) and Singletons (Longridge).



To keep the whole family entertained, why not download some seasonal quizzes, colouring and i-spy sheets to engage your youngsters? Visit

www.forestofbowland.com/Family-Fun

Day 2 Evening: Enjoy an Epicurean Adventure

As well as producing some superb cheese and meat, this side of Bowland has some excellent eateries in which to sample local produce. Fantastic pubs include the Shireburn Arms, Hurst Green or, for more formal dining, try the restaurant at the Gibbon Bridge Hotel and sample some mouth-watering Lancastrian delicacies.

Day 3 AM: Down On The Farm

Get up close with some friendly farm animals at **Cobble Hey Farm and Gardens**. This working farm in the foothills of the Bleasdale Fells welcomes visitors during spring and summer and feeding the lambs in March and April is extremely popular. There's also an on-site café serving wonderful home produce. Call Cobble Hey **01995 602643** to check opening times, which vary according to the farming calendar.

Or visit **Bowland Wild Boar Park** - one of the most popular visitor attractions in the area. This out of the way farm and wildlife park is especially popular with families and schoolchildren, who love getting close to the farm animals and exploring nature on one of the park's wildlife walks. You can even extend your stay by hiring one of the park's camping pods. Call **01995 61075** to book your visit.

Day 3 PM: Time For Tea?

After a ride or walk, you have every excuse to indulge in a few sweet or savoury treats at one of the locale's noted cafes or farm shops. **The Barn** at Scorton is an extremely popular destination with local cyclists in search of a good coffee and something sticky and sweet, while **The Apple Store** at Wyresdale Park is a must-visit destination for any fan of traditional English Afternoon Tea.





Discover

- 1 Bowland Wild Boar Park**
01995 61075
wildboarpark.co.uk
- 2 Chipping Farm Shop**
01995 699444
chippingfarmshop.co.uk
- 3 Cobble Hey Farm & Gardens**
01995 602643
cobblehey.com
- 4 Goosnargh Gin Ltd**
01995 641001
goosnarghgin.co.uk
- 5 The Bowland Clothing Company**
01254 820 129
thebowlandclothingcompany.com

Eat

- 6 Applestore Café**
01524 792296
wyresdalepark.co.uk/applestore-cafe-scorton
- 7 The Barn**
01524 793533
plantsandgifts.co.uk

Eat & Stay

- 8 Gibbon Bridge Hotel**
01995 61456
gibbon-bridge.co.uk
- 9 Shireburn Arms**
01254 826678
shireburnarmshotel.co.uk
- 10 The Priory**
01524791255
theprioryscorton.co.uk
- 11 Northcote**
01254 240555
northcote.com

Stay

- 12 Barnacre Cottages**
01995 600918
barnacre-cottages.co.uk/holiday-cottages
- 13 Brickhouse Touring Caravan Site**
01995-61747
brickhouseccs.co.uk
- 14 Dale View Caravan Site**
01995 61060
daleviewcaravans.co.uk
- 15 Fell View Park Camping and Caravan Site**
01524791283
fellviewparkandfishing.co.uk
- 16 Lanterns & Larks**
01638 563478
barnacre-cottages.co.uk/holiday-cottages
- 17 Little Oakhurst**
07908 614736
littleoakhurst.com
- 18 Orchard Glamping**
07725 185366
orchardglamping.co.uk
- 19 The Garden Cottage**
07989 212901
thegarden-cottage.com
- 20 The Old WoodShed**
01995 641290
- 21 The Shippon Luxury Holiday Let**
07850 221034
theshipponluxuryholidaylet.co.uk
- 22 Wigwam Holidays Ribble Valley**
07894 337077
wigwamholidays.com/ribble-valley
- 23 Wolfen Mill Country Retreats**
01253 675633
wolfenmill.co.uk

