

Discover Bowland Itinerary – N°4

The Hidden Bowland Dales



Despite its proximity to the historic city of Lancaster, the north-western fringe of the Area of Outstanding Natural Beauty retains the wild and rugged nature that characterises the Forest of Bowland. Bounded by the rivers Wyre and Lune, the fells that dominate the skyline above Lancaster are amongst the highest in Bowland - Clougha Pike and Tarnbrook Fell – and offer exhilarating fell-walking opportunities, but it's the intimate valleys of Roeburndale and Hindburndale which reveal a gentler side to the elemental upland landscapes of Bowland.



You can access some land across England without having to use Public Rights of Way – this land is known as 'access land'. For info on what you can and can't do visit:
www.gov.uk/right-of-way-open-access-land/use-your-right-to-roam

Day 1 AM:

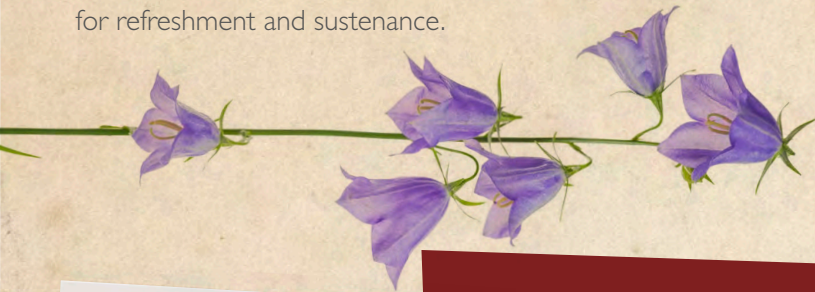
Roeburndale and Wray

Today is dedicated to exploring the valleys carved by the tributaries of the Lune- the twin rivers of the Hindburn and Roeburn.

Head for the picturesque village of Wray, where artisans and light industry have prospered for hundreds of years. It still has a rustic, slightly olde-worlde feel – as if it hasn't changed much for a century or so. The rivers Hindburn and Roeburn meet in the village – just below the new Kitten Bridge – the original arched stone footbridge was swept away, along with several cottages, in the great flood of 1967.

Park considerably in the village and explore via one of the circular walks featured below. The Roeburndale circular is a longer walk, but a wonderful chance to explore the beautiful woodlands that dominate this verdant valley. Look out for rare butterflies and woodland birds like the redstart and pied flycatcher.

The woodland floor is carpeted in dense drifts of bluebells in May and the autumn colours in September and October rival those of New England. Post-walk, Bridge House Farm Tearooms offers a warm welcome to walkers for refreshment and sustenance.



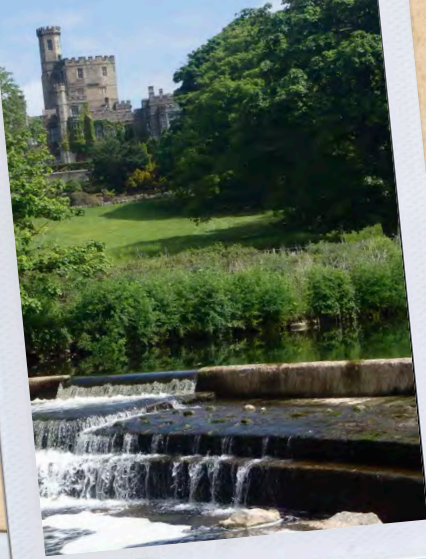
Route Options

- Bridges & Wray Flood – 0.5 mile circular
- Rivers & Villages Ramble – 1.2 mile circular
- Roeburndale Walk – 8 mile circular



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

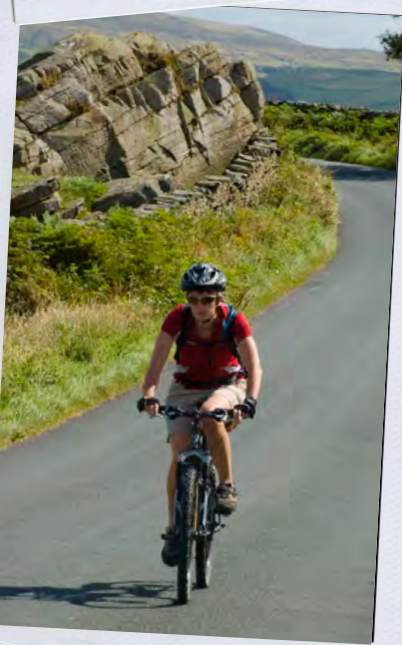
For more than 20 years during May, visitors have followed the arts trail in and around the Lune valley, seeking out the studios and work places of local artists. Please check website for any current Covid restrictions before visiting.
Visit: www.lunesdalearts.co.uk



Day 1: PM:

In spring and summer, the gardens at Hornby Castle are open on designated weekends (check in advance at www.hornbycastle.com) – the snowdrops reach their peak in February and are a sight to gladden the heart as winter slowly gives way to spring.

The neighbouring valley of Hindburndale is accessed by a lane that follows the course of an old Roman Road that crossed the Bowland Fells to Ribchester. Follow this to the hamlet of Lowgill, then head northeast towards Bentham to find the Great Stone of Fourstones – a huge glacial erratic which once marked the boundary between Lancashire and Yorkshire.



Day 2 AM:

Mountains & Coastline

The 'Way of the Roses' 170-mile cycle route goes coast to coast from the Irish Sea to the North Sea via the Red and White Rose counties of Lancashire and Yorkshire, but this route covers a more modest 35 miles between Morecambe and Settle – traversing some glorious Bowland countryside without too many hills. www.wayoftheroses.info

The route starts on the Prom at Morecambe and heads along traffic-free cycle routes before following the River Lune upstream to its confluence with the Wenning and contouring around the Bowland Fells to the Yorkshire border at Clapham, and then south through limestone country to Settle.

Be sure to take a slight de-tour into Bentham for a lunch stop, it's a bustling little town with plenty of cafes and pubs.

And after a hard day in the saddle, don't worry if the legs fail you upon reaching Settle – simply hop on the Bentham Line to let the train take the strain on the return journey!



Visit Clearbeck House Gardens - it's a hidden gem! Open days at certain times of the year (part of the National Garden Scheme)

www.clearbeck.wordpress.com

Day 3:

Abbeystead and Tarnbrook

Cafes and pubs are thin on the ground in this exquisitely remote corner of Bowland, so we would recommend picking up a picnic prior to heading into the hills above Abbeystead. If the weather proves less than amendable for a picnic, a visit to The Fleece Inn may be in order.

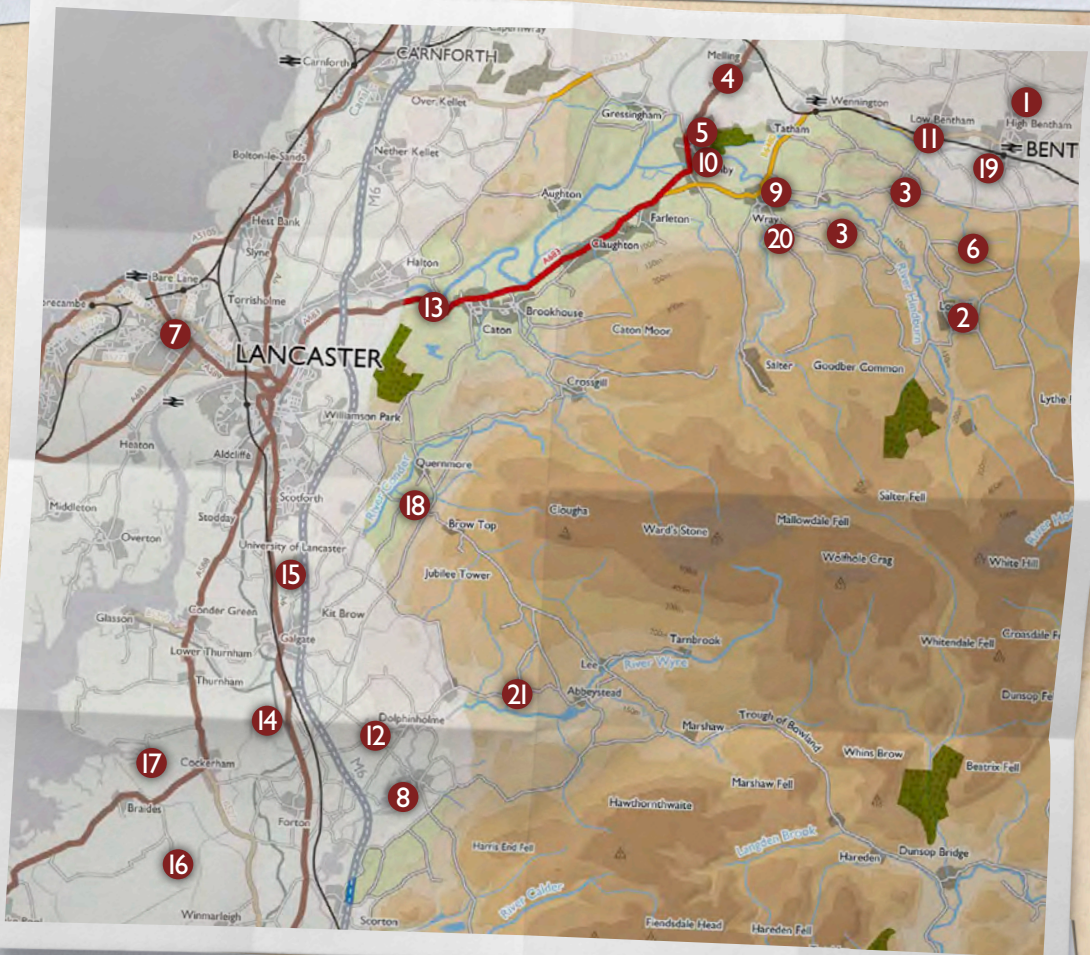
If visibility is good, a drive up to Jubilee Tower is a must. The views from here are breath-taking, encompassing Lancaster and the Lune estuary, the Lake District fells, the Great Orme on the North Welsh Coast and maybe a glimpse of Snaefell on the Isle of Man.

From Jubilee Tower, for the energetically minded, Ward's Stone – the highest point in the Bowland Fells - is a short, but boggy walk east across the moors from where a track continues to the atmospheric gritstone outcrop of Wolfhole Crag. This is demanding walking across some of the most remote parts of Bowland – strictly for hardcore hikers. For a more rewarding circular walk, head north to the crags and outcrops of Clougha Pike, returning via Rowton Brook and Hare Appletree.

Just a short drive from Jubilee Tower is the pretty hamlet of Abbeystead – named after a short-lived Cistercian Abbey which briefly flourished in the upper Wyre Valley in the 12th Century.

The Tarnbrook loop follows the Wyre Way round the headwaters of the River Wyre, crossing its two main feeder streams – the Marshaw Wyre and the Tarnbrook Wyre.





Discover

- 1** **Bentham Golf Club**
015242 62455
benthamgolfclub.co.uk
- 2** **Bowland Outdoor Reared Pork, Beef & Lamb**
015242 62827
bowlandpork.co.uk
- 3** **Clearbeck Garden**
015242 61029
clearbeckgarden.org
- 4** **Green Close Studios**
015242 21233
greenclose.org
- 5** **Hornby Village Institute**
015242 22227
hornbyvillage.org.uk/institute
- 6** **Maiden Bridge Gallery**
01524261463
maidenbridge.co.uk
- 7** **Open Road Open Skies**
07421 095 838
openroadopenskies.co.uk
- 8** **Wyreside Lakes Fishery**
01524 792093
wyresidelakes.co.uk

Eat

- 9** **Bridge House Farm Tearooms**
015242 37775
facebook.com/BridgeHouseFarmWray
- 10** **Hornby Tearooms**
015242 21237
facebook.com/HornbyTeaRooms
- 11** **Punch Bowl**
015242 61344
thepunchbowlhotel.co.uk

Eat & Stay

- 12** **Fleece Inn**
01524 791233
fleeceinn.co.uk

Stay

- 13** **Crook O'Lune Holiday Park**
01524 917312
pure-leisure.co.uk/parks/lancashire/crook-o-lune
- 14** **Lakewood Cottages**
01524 751053
lakewoodcottages.co.uk
- 15** **Lancaster House Hotel**
0333 220 3107
englishlakes.co.uk/lancaster-house
- 16** **Moss Wood Caravan Park**
01524 791041
mosswood.co.uk
- 17** **Pattys Farm Barn**
079578 88048
pattysbarn.co.uk
- 18** **Quernmore Valley Cottages**
01524 36873
quernmorevalleycottages.com
- 19** **Riverside Caravan Park**
015242 61272
riversidecaravanpark.co.uk
- 20** **Roeburnscar Holiday Cottage**
015242 22214
roeburnscarholidaycottage.co.uk
- 21** **The Gathering Fields Retreat**
077912 54101
northernapproach.co.uk