



KEY WORDS PHRASES FOR SOCIAL MEDIA

- Area of Outstanding Natural Beauty
- Outstanding Landscapes
- Forest of Bowland AONB & Arnside & Silverdale AONB
- Hidden rural gems
- Arrive by train and explore on foot, bike or e-bike
- Discover fantastic rural retreats
- Enjoy wonderful local food
- Slow down and tune into the rhythms of nature
- Find respite from the digital noise and clutter of the 21st century in tranquil destinations
- Wide open spaces and fresh air
- Connect with nature at a deeper level
- Paradises for wildlife lovers
- Pretty rural villages and bustling market towns
- Welcoming country inns with outstanding local produce
- Explore the rugged upland terrain of Bowland criss-crossed with hundreds of footpaths
- Tread quietly through Silverdale's shady glades on the trail of rare orchids or butterflies, or climb to a lofty viewpoint atop a rugged limestone crag
- The RSPB's Leighton Moss Reserve is one of the largest areas of wetland in the northwest and is just a short walk from Silverdale station

- Whether you decide to explore the Forest of Bowland or Arnside and Silverdale on foot or by bike, the Eco Escapes website is packed with ideas to make your visit more sustainable.

Why not linger a little longer and make use of our short-break itineraries– perhaps staying for a couple of nights in some of the area's many independently owned inns, B&Bs, hotels or campsites... where you'll find a friendly welcome.

Visit: www.ecoescapes.org.uk