

Welcome to Gisburn Forest and Stocks in the Forest of Bowland AONB

You'll encounter beautiful broadleaved and mixed conifer woods, magnificent hay meadows, amazing views and invigorating activities for all.



Stocks Reservoir

Designated in 1964 and covering 803 square km of rural Lancashire and North Yorkshire, the AONB provides some of the most peaceful and remote walking and cycling in the country. For further information, including a year-round calendar of events visit www.forestofbowland.com

There are two main destinations to head for in this area, depending on your interests, both with pay and display car parks. The Hub also has a café and toilet facilities:

Gisburn Forest Hub – if mountain biking is your thing, all trails start from Gisburn Forest Hub. As well as the

marked trails there is a skills loop at the Hub to test out the grades before you set off on your venture. There is also an easy access walking trail that links to further walks from Stocks Reservoir and a family-friendly themed short walking trail starting from the café.

Stocks Reservoir Car Park – this is the perfect spot to start your walk – from an easy access trail to a longer reservoir circular walk, and if you have a passion for wildlife there are fantastic bird watching opportunities from the two hides, a short walk from the car park. There is also a lovely picnic area close to the car park with great views across the reservoir.

Explore

Get closer to nature and explore restored, traditional wildflower meadows - Bell Sykes - the county's designated Coronation Meadow.

Heritage Highlights - at Stocks Reservoir car park you can see the foundations of the original St. James' Church, which was part of the village of Stocks-in-Bowland in the parish of Dale Head. Five hundred people were living in the parish when it was established in 1872. The village and church were demolished during the construction of Stocks Reservoir in the early part of the 20th century and the church re-built in 1938 further along the road. You can find out more about the work to uncover the church footprint on the information panels in the car park.

Bell Sykes Hay Meadow © Graham Cooper



Wildlife for all Seasons – Stocks Reservoir is a haven for wildlife - there are a range of woodland and upland birds, wildfowl and waders. In winter watch the spectacular starling displays or perhaps encounter a passing osprey or the massed toad spawning in spring. In the summer months head to the Hub and check the pools near the centre for dragonflies and damselflies.

For young wildlife spotters, download the seasonal quizzes from our website www.forestofbowland.com/Family-Fun



St James Church, Gisburn Forest

Bowland by Night - The landscapes of the Forest of Bowland are captivating by day but after the sun sets there's a whole new world to discover in the dark skies over Bowland, and there's no better place to admire the Milky Way than from the Hub. Gisburn Forest Hub is a designated Dark Sky Discovery Site, so the perfect spot for star gazing. For details of star gazing events from the Hub and other parts of the AONB visit www.forestofbowland.com/stargazing

Fishing - Stocks Reservoir Fly Fishery offers the perfect location for a peaceful day fishing – hire a boat and fish for trout. For further information visit www.stocksreservoir.com

Wild brown trout are also available at Bottoms Beck in an angling passport scheme operated by the Ribble Rivers Trust. For further information visit <http://ribbletrust.org.uk/go-fishing/>

Horse riding - Horse riders are welcome to explore the network of forest roads, and for those wanting to test their navigation skills around the forest, there is an easy, permanent orienteering course located in Birch Hills that starts from School Lane car park. For further info visit: www.forestryengland.uk/gisburn-forest-and-stocks



Fantastic cycling & walking in the Forest of Bowland AONB
EXPLORE
GISBURN FOREST & STOCKS



Cycle

Silently travelling around this area of outstanding natural beauty under your own power coming across hidden gems around every corner, this truly is a spectacular area for biking enthusiasts of all types and levels.



© Forestry Commission

For road cycling **The Roses Border Ride** - a majestic circuit on quiet lanes either side of the Lancashire and North Yorkshire border. It includes the challenging yet beautiful climb over Keasden Moor, offering some of the best views in either county. Or try the 49km challenging **Salter Fell & Cross O'Greet Circular** - this route offers a wonderful way to experience the grandeur of the moorland of northern Bowland, topped and tailed by two quintessential Bowland villages -

Slaidburn and Wray. For other road routes visit www.forestofbowland.com/cycling

Gisburn Forest Mountain Bike Trails – Gisburn Forest offers fantastic mountain biking opportunities along a variety of colour graded trails, suitable for more experienced riders with trails ranging from moderate to extreme. For further information see map or visit: www.forestryengland.uk/gisburn-forest-and-stocks

Walk

Lace up your boots and head to Stocks Reservoir Car Park to start a variety of walks. The first four routes are all waymarked from the car park:

- **Birch Hills Trail (White)** – 2.1km easy access trail with access to the bird hides and the picnic area. This trail has been adapted to be Trampler friendly.
- **Eggberry Trail (Green)** – 3.5km moderate walk following in part, an old farmstead track with views over the ancient woodland of Park Wood.
- **Dale Head Ramble (Orange)** – 5.3km strenuous route, up and over Swin Shaw Top, then along the banks of Bottoms Beck.
- **Stocks Reservoir Circular (Blue)** – 13km circular route which climbs above the reservoir, providing expansive views of the wider Bowland landscape before descending to complete a circuit of the reservoir.
- **Linking the Meadows Walk** – 5.8km circular route from Gisburn Forest Hub car park to St James Church and the meadows at Black House Farm. Identify yellow rattle, meadow buttercup, red clover, eye bright, crested dog's tail and sweet vernal grass in these species rich meadows.
- **Bell Sykes Hay Meadow Walk** – 3.3km route starting from Slaidburn village car park. The flower rich meadows at Bell Sykes are designated as Sites of Special Scientific Interest (SSSI) because of the wide variety of meadow species that they contain. This set of meadows is one of the most important in Lancashire, due to the large number of fields all in one place.

To download both of the above meadow walks visit www.forestofbowland.com/walking



Explorer Top Tips



© Jon Sparks

- Equip yourself with OS Explorer Map 41 – Forest of Bowland & Ribblesdale – to navigate your way around the area
- While the remoteness and peacefulness of the Forest of Bowland is one of its assets, it does mean that it is not always well served by public transport. There is a bus network that links certain towns and villages but as these services are liable to change, it is advisable to look at Lancashire County Council's website for further information www.lancashire.gov.uk
- Bike and Trampler hire are available at the Gisburn Forest Hub Café
- Champion Bowland is a charity which provides easily accessible small grants for local projects which benefit the environment, local communities and visitors within the Forest of Bowland AONB. Champion Bowland raises funds from visitor donations, charitable activities and other sources. Look out for donation boxes in local businesses, or text CBOW15 followed by the amount you wish to donate (eg £1 or £5) to 70070 or for further information visit: www.championbowland.org
- Have a look at the Festival Bowland Programme with events that run throughout the year. There are numerous guided walks, star gazing and hay meadow events in the Gisburn Forest area www.forestofbowland.com/Festival-Bowland-Events



Further Information

Gisburn Forest is a working and dynamic forest created and managed by Forestry England. Please follow the Country Code and Forest Code:

- Guard against all risks of fire
- Protect and respect wildlife, plants & trees
- Keep dogs under control and tidy after them
- Take your litter home
- Make no unnecessary noise
- Take only memories away

For further information visit: www.forestryengland.uk/gisburn-forest-and-stocks

Stocks Reservoir is part of United Utilities Bowland Estate and much of the land around the reservoir forms part of a valuable water catchment area. The reservoir supplies drinking water and it is important to safeguard this supply.

For more information about the Forest of Bowland AONB visit www.forestofbowland.com or stay in touch via twitter.com/forestofbowland or facebook.com/bowlandaonb

Tel: 01200 448000 Email: bowland@lancashire.gov.uk

For further information about places to explore in the area visit www.discoverbowland.co.uk or contact local Visitor Information Centres:

- **Bentham** – Town Hall, Station Road, LA2 7LH Tel: 01524 262549
- **Clitheroe** – Platform Gallery & Visitor Information Centre, Station Road, BB7 2JT Tel: 01200 425566
- **Settle** – Town Hall, Cheapside, BD24 9EJ Tel: 01729 825192

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Road Directions

From Clitheroe take the B6478 through Waddington, Newton and Slaidburn. Continue on the road out of Slaidburn for approx 3 miles, take a left turn to Gisburn Forest and Stephen Park (Dugdale Lane). Gisburn Forest Hub and parking is the first right turn after Cocklet Hill Car Park.

From Long Preston take the B6478 through Wigglesworth and Tosside (approx 5 miles). Continue on the road through Tosside for approx 1.5 miles, take a right turn to Gisburn Forest and Stephen Park (Dugdale Lane). Gisburn Forest Hub and parking is the first right turn after Cocklet Hill Car Park.

National Bike Trail Grading

Blue: Moderate

Suitable for: Riders in good health, basic off road skills. Basic mountain bikes.

Trail: Some single track, root & rock obstacles.

Red: Difficult

Suitable for: Proficient mountain bikers with good off road riding skills and fitness. Good mountain bikes.

Trail: Challenging climbs, tricky descents & technical features such as drop-offs & large rocks

Black: Severe

Suitable for: Expert mountain bikers with high levels of fitness. Quality off-road mountain bikes

Trail: Greater challenge & difficulty. Expect large and unavoidable features.

Orange: Bike Park, Extreme

Suitable for: Extreme level riders with expert technical skills & good fitness. Technical bike skills important. Jumping ability obligatory.

Forest road & similar

Suitable for: Cyclists in good health. Map reading useful (routes not always marked). Most bikes.

Trail: Gradients can vary. Surfaces may be uneven or potholed in places. Look out for vehicles & other users.

In Case of Emergency

Mobile Phone: Network coverage in the forest is poor. See map to left for areas of best reception.

Locator Posts: When out on the trail, use our locator posts to help identify your location.

Name & Grid Ref: Gisburn Forest Hub, grid ref SD 7458 5602

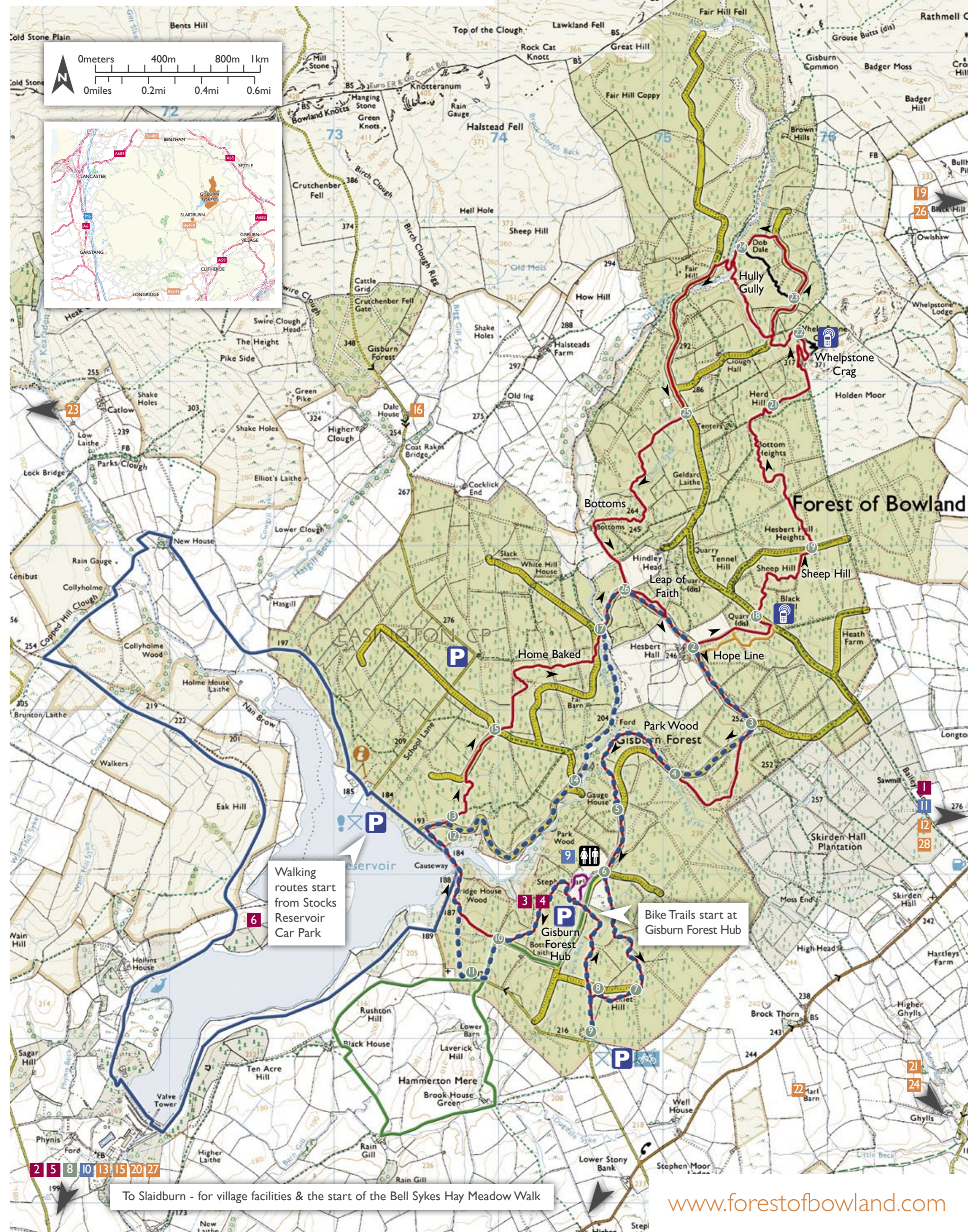
Nearest A&E Hospital: Royal Blackburn Hospital tel: 01254 263555

Nearest Public Phone: Approx 800 metres south of Cocklet Hill car park on B6478 and in the centre of Tosside village.

If rescue services are Required phone 999

Bike Trails & Walking Map

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www.forestofbowland.com

Discover

1 Be A Garden Maker
Tel: 01729840848
Web: beagardenmaker.co.uk

2 Bowland Chocolate at Vanilla Angel
Tel: 07824 485 557
Web: bowlandchocolatecompany.co.uk

3 Outdoors 4 All Together
Tel: 07814 464872
Web: outdoors4alltogether.co.uk

4 Ribble Valley E-Bikes
Tel: 07483 295238
Web: ribblevalley-e-bikes.co.uk

5 Slaidburn Village Hall
Tel: 01200 446555
Web: slaidburnvillagehall.com

6 Stocks Reservoir Fishery
Tel: 01200 446602
Web: stocksreservoir.com

7 The Courtyard Dairy
Tel: 01729 823 291
Web: thecourtyrddairy.co.uk

Stay

15 Clerk Laithe Lodge
Tel: 01200 446989
Web: clerklaithe.co.uk

16 Dalehouse Barn & B&B
Tel: 01200 411095 | 07714 092089
Web: dalehousebarn.co.uk

17 Dalesbridge
Tel: 015242 51021
Web: dalesbridge.co.uk

18 Eldroth House Cottages
Tel: 07590252725
Web: eldrothcottages.uk

19 Layhead Farm Cottages
Tel: 01729 840234
Web: layhead.co.uk

20 Laythams Holiday Lets Retreat
Tel: 07414 734170
Web: laythams.co.uk

21 Lower Gill Holidays Ltd
Tel: 01200 447009
Web: lowergill.co.uk

22 Marl Barn Campsite
Tel: 07917157522
Web: marlbarn.co.uk

23 Merrybent Hill Luxury B&B
Tel: 07733 010915
Web: merrybent-hill.com

24 Middle Flass Lodge
Tel: 01200 447259
Web: middleflasslodge.co.uk

25 Orcaber Farm Camping & Caravan site
Tel: 07800 624994
Web: caravancampingyorkshiredales.co.uk

26 Peaks and Pods
Tel: 07724 940709
Web: peaksandpods.co.uk

27 Slaidburn Youth Hostel
Tel: 0345 371 9343
Web: yha.org.uk

28 Wigglesworth House & Cottages
Tel: 01729 840168
Web: wigglesworthhouseandcottages.co.uk

Shop

8 Slaidburn Central Stores & Post Office
Tel: 01200 446268

Eat

9 Gisburn Forest Café
Tel: 01200 446387
Web: facebook.com/gisburnforesthub

10 Riverbank Tearooms
Tel: 01200 446398
Web: riverbanktearooms.co.uk

11 Old Vicarage Tearooms
Tel: 07809 489282
Web: facebook.com/TheOldVicarageTeaRoom

Eat & Stay

12 Bowland Fell Park, Tosside
Tel: 01729 840278
Web: bowlandfell.com

13 Parkers Arms
Tel: 01200 446236
Web: parkersarms.co.uk

14 The Traddock
Tel: 015242 51224
Web: thetraddock.co.uk

Disclaimer: Inclusion in this leaflet does not imply recommendation by the Forest of Bowland AONB. Although efforts are made to ensure accuracy of the information in this leaflet at the time of going to print (April 2021), changes can occur and it is advisable to confirm information with the relevant provider before you travel.