

Discover

BOWLAND

Official guide to the Forest of Bowland National Landscape.

Featuring walks, short-break itineraries, events, family activities & more!



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This guide is produced by the
Forest of Bowland National Landscape

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Disclaimer: Inclusion in this brochure does not imply recommendation by the Forest of Bowland National Landscape. Although efforts are made to ensure accuracy of this publication at the time of going to press, changes can occur and it is advisable to confirm information with the relevant provider before you travel.



Uncover Bowland's Beauty

Make 2025 the year to connect,
or reconnect, with Bowland.

Give the car a break and explore this stunning area on foot or by bike with our Eco Escapes itineraries. These itineraries invite you to slow down, take your time and embrace the gentle rhythms of nature. Discover Bowland's hidden corners, enjoy the seasonal changes, enjoy delicious food, invigorating activities and outstanding accommodation.

Our Festival Bowland events get underway in February, starting with our dynamic Dark Skies Festival. With events running throughout the year, celebrating nature, landscape, culture and heritage, there's something for everyone to enjoy.

Discover fantastic projects that link the arts with health and wellbeing, read inspiring stories from women in farming and find out how the whole family can experience the wonders of Bowland year-round.

The National Landscape's Team has had a productive year, with many exciting projects developed and delivered! Discover our nature recovery plans, curlew awards, access for all developments and support for farmers and landowners through our Farming in Protected Landscapes Programme.

Make 2025 a year to connect with Bowland!

To see more details of our various holiday accommodation offerings, visit our website or give us a call.



BOWLAND ESCAPES

making memories

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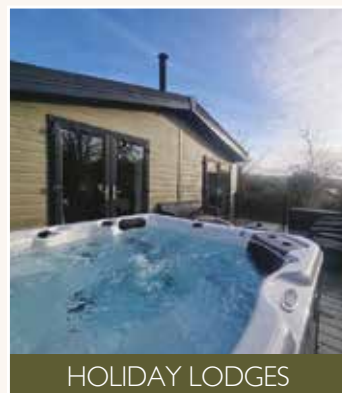
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LAND + SEA

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SCAN HERE TO FIND OUT MORE



Patty's Barn

ROUTES FOR ALL



CHECK OUT OVER 80 FREE DOWNLOAD ROUTES ON OUR WEBSITE!

Here in the Forest of Bowland there are so many things to discover: wild, remote fells and gentle, riverside rambles; fascinating wildlife and intriguing heritage; whether that's by foot, bike or all-terrain wheelchair.

Did you know we have over 80 routes for you to explore using the free Outdoor Active app? INCLUDES NEW 3D MAPPING AND PUBLIC TRANSPORT OPTIONS AT A GLANCE.



Visit our website here:
WWW.FORESTOFBOWLAND.COM/WALKING

View or print the route as a pdf, or download the route as a .gpx file to follow the route in your favourite App.



Visitors can "sign up now" for an Outdooractive account and have 4 week PRO+ automatically added to their account - no credit card and no auto renewal needed.

Discovery Map

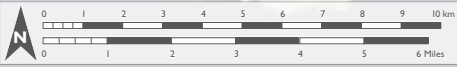
Why not stay a while and explore the area at your leisure?

The Forest of Bowland offers a wide range of quality accommodation, activities and experiences.

- 1 Bowland Escapes - Chipping
- 2 Bowland Wild Boar Park - Chipping
- 3 Cobden View Holiday Cottage - Sabden
- 4 Hartley's Huts - Newton-in-Bowland
- 5 Fell View Caravan Park - Scorton
- 6 Lakewood Cottages - Galgate
- 7 Laythams Holiday Lets Retreat - Slaidburn
- 8 Lower Gill Holiday Cottages - Tosside
- 9 Malkin Tower Farm Holiday Cottages - Blacko
- 10 Little Oakhurst Glamping - Stonyhurst
- 11 Orchard Glamping - Catterall
- 12 Peaks and Pods - Rathmell
- 13 Smelt Mill Residential Centre - Dunsop Bridge
- 14 The Fleece Inn - Dolphinholme
- 15 Land & Sea and Patty's Barn - Lancaster
- 16 The Traddock - Austwick
- 17 Wenningdale Escapes - Bentham
- 18 Wild Fox Distillery - Inglewhite
- 19 Wood End Alpacas - Dunsop Bridge

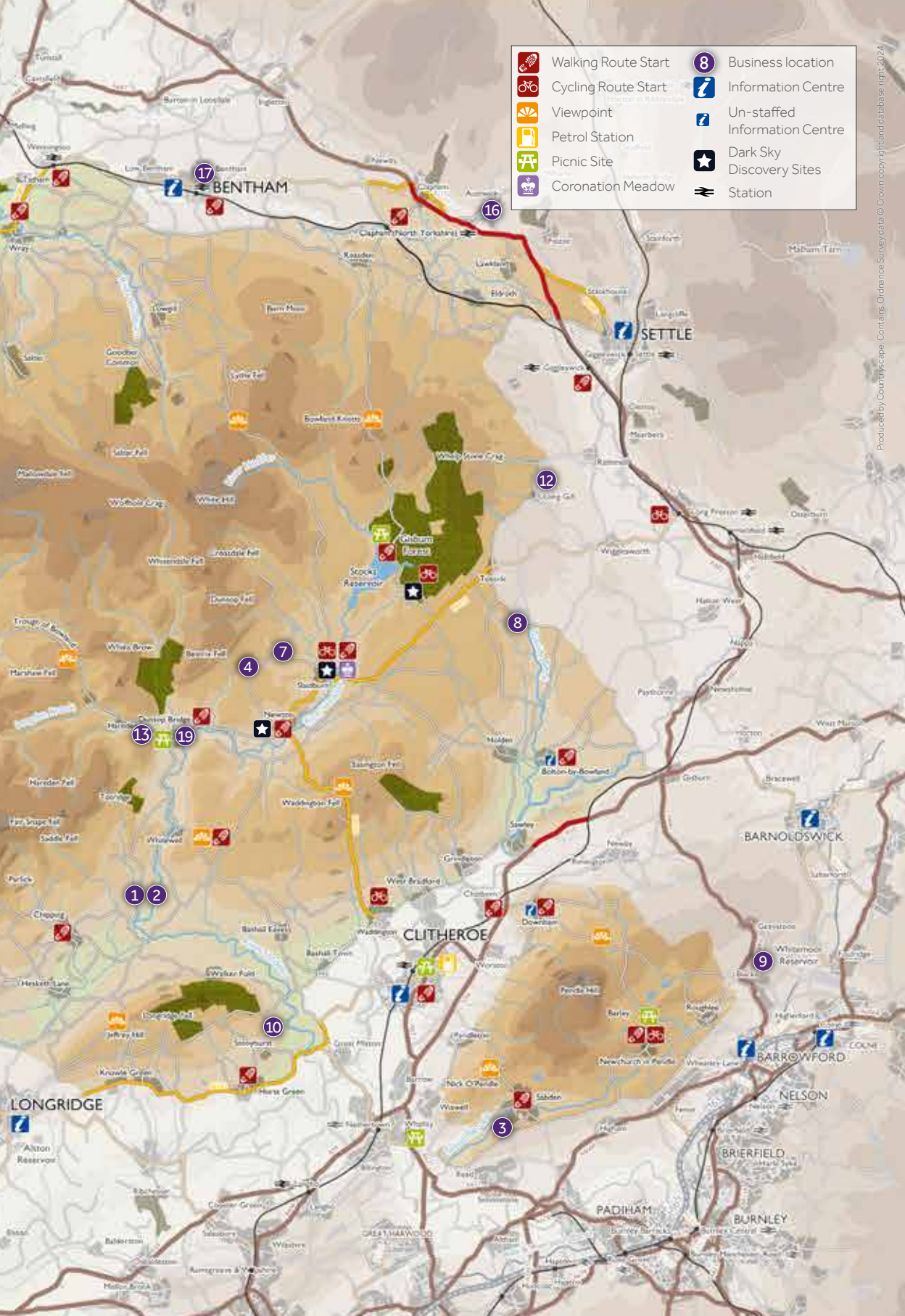
All the businesses listed above have supported the guide through paid advertisements.





To download walking routes visit :
www.forestofbowland.com/walking





- | | | | |
|--|---------------------|--|-------------------------------|
| | Walking Route Start | | Business location |
| | Cycling Route Start | | Information Centre |
| | Viewpoint | | Un-staffed Information Centre |
| | Petrol Station | | Dark Sky Discovery Sites |
| | Picnic Site | | Station |
| | Coronation Meadow | | |



Wood End Alpacas offer:

- alpaca walking
- alpaca meet & greets
- private group experiences
- corporate days
- alpaca wedding attendance
- hen parties
- birthday parties
- farm education (school visits)

We invite you to visit our family farm in the heart of the Forest of Bowland, made accessible for all with mobility scooters available (no extra charge).

We also have a cosy B&B, should you wish to stay with us! Perfect for dark skies and country walks.





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A Warm
Welcome
for All



The Forest of Bowland National Landscape is celebrating inclusivity with its Access for All initiatives.

These efforts aim to make the outdoors more accessible by offering all-terrain wheelchair walks, activities designed for people with dementia and their carers, and outdoor learning and well-being programmes. Furthermore, it is assisting local hospitality businesses in becoming more accessible, ensuring that everyone can enjoy the area's breathtaking natural beauty.



The Forest of Bowland team have partnered with Access the Dales to explore making the inaccessible accessible and to break down the barriers that prevent people living with disabilities enjoying the great outdoors either independently or with their friends and family. The “Access Bowland” project aims to make the countryside accessible to everyone, including those with wheelchairs, pushchairs, limited mobility, or other accessibility needs. The project offers all-terrain wheelchairs (ATWs),

known as Trampers and TerrainHoppers, which can be hired at various hub locations like Dunsop Bridge, Whitewell, and Sabden.

These ATWs allow users to explore designated trails that vary in distance and terrain, providing a range of experiences from simple rides to more challenging adventures. The initiative also includes training on how to use the equipment and ensures that the trails are safe and well-marked.

For further information visit:

www.forestofbowland.com/access-bowland

(or see the ATW Hub section later in this guide).

The “Days to Remember” programme aims to inspire older adults and those living with dementia, along with their families and carers, to explore and enjoy this beautiful area. Groups from around the National Landscape have enjoyed meeting friendly farm animals, winter bird watching, wildflower watercolour painting and, of course – delicious tea and scones! For those unable to visit in person, the project provides a host of online resources, including ideas for a Great Outdoors Memory Box, wildflower playing cards, bird song recordings, a Forest of Bowland photograph album and even a relaxing meadow meditation. All these activities are designed to trigger positive memories, encourage conversations and keep people connected to nature.



For further information visit:

www.forestofbowland.com/days-remember

The “Accessible Guides” project collaborates with the hospitality sector to create detailed access guides and films. These resources offer comprehensive information to help you decide if a place meets your accessibility needs, recognising that everyone’s requirements are unique. Start planning your next visit to Bowland with our excellent guides and videos!



Lizzie Billington, Wild Fox Gin © Salar Media

For further information visit:

www.forestofbowland.com/accessible-business-guides



Life Through a Lens

The 2024 Forest of Bowland photo competition – Life through a Lens – was a fantastic opportunity for photographers to showcase their skills in capturing the essence of this beautiful area.

© Tom Wilson

Nature 1st & People's Choice 2nd prize: Short-Eared Owl



With three categories to choose from - people, nature and place - participants highlighted the distinct beauty of the Forest of Bowland. Whether it's the warmth of community life, intriguing wildlife, or the unique character of local landscapes and places, each category offered a chance to tell a different story through the lens.

The 16 photos featured here were our shortlist and include our 8 prize winners.

A huge thank you to the businesses in our sustainable tourism business network who donated prizes and support our annual competition.

For details of this year's competition, which will run over the summer months, keep an eye on the website: www.forestofbowland.com



© Mark Harder

Bokeh Barnie



© Ste Adair

The Hidden Church



© Mark Harder

Nature 2nd & People's Choice 3rd prize: Fox catching sunrise



© Mike Coleran

Place 3rd prize: Biking The Trough



© Mark Harder

Little Owllet learning to fly



© Jon Brook

Curlew on a wall





© Andrew Nuttall

Nature 4th Prize & People's Choice Winner: Woodpecker



© Kevin Gannon

Sunset on Moody Day on Bowland Fells



© Andrew Cowell

Place 2nd prize: Morning Reflection - Pendle Hill



© John Eveson

Sheep in the frost



© Jonathan Hilton

Place 4th prize: Time for Heather



© Mike Coleran

Nicky Nook





We'd love to see more of your images during 2025, please share them at :
www.forestofbowland.com/upload-your-photos

Breaking Down Barriers:

*A New Era
of Accessibility*





The Forest of Bowland is now more accessible than ever thanks to a groundbreaking initiative working in partnership with Access the Dales.

This partnership aims to ensure that everyone, regardless of physical ability, can enjoy the breathtaking landscapes and diverse wildlife of this beautiful area.



Gisburn Forest © Mark Sutcliffe

The Forest of Bowland National Landscape Partnership and Access the Dales have collaborated with local farms and other organisations to establish five all-terrain wheelchair hubs within the Forest of Bowland. These hubs are equipped with a variety of specially designed mobility scooters.

The introduction of these hubs marks a significant step towards inclusivity in outdoor recreation. Visitors with disabilities can now explore the rolling hills, woodlands and valleys of the Forest of Bowland with greater ease and safety.

This initiative not only opens up new opportunities for adventure but also enables families to connect and re-connect with nature.

The collaboration between the Forest of Bowland, Access the Dales and the individual Hubs is a testament to the power of community and innovation. By providing these essential resources, the partnership is helping to break down barriers and promote a more inclusive approach to enjoying the countryside.

Read on to find out further information of how to access these hubs:



New Laund Farm Hub, Whitewell

New Laund Farm offers an exhilarating experience for outdoor enthusiasts. The guided walks take you through rolling farmland, featuring some steep sections, and provide stunning views.

Facilities: Parking and an accessible toilet are available.

What's Available? A Terrain Hopper is available to use on a guided walk by the farmer.

The guided walk enables guests to explore the farm and to learn more about its history, geography and wildlife.

Access for All route: Guided route

Location:

New Laund Farm, Little Bowland Road, Whitewell, BB7 3BN

w3w: ///dumpling.smirks.diamonds

Booking information:

www.access-the-dales.com/new-laund-farm-hub



Wood End Farm Hub, Dunsop Bridge

Whether you seek a peaceful walk or a fun adventure on the alpaca trail, the TerrainHopper ensures you can fully enjoy your visit to Wood End Farm.

Facilities: Parking and an accessible toilet are available at Wood End Farm.

There are also accessible toilets at Dunsop Bridge.

What's Available? A Terrain Hopper is available to borrow alongside a paid Alpaca experience.

You can also enjoy a self-guided peaceful stroll along the river or a more adventurous ramble to the 'Queen's View'.

Location:

Wood End Farm, Dunsop Bridge, BB7 3BE

w3w: ///contemplate.figure.
renovated

Booking information:

www.access-the-dales.com/wood-end-farm-hub

Whinney Hill Farm Hub, Halton

Whinney Hill Farm is home to the British Thoroughbred Retraining Centre (BTRC). This charitable organisation is dedicated to the welfare, retraining and rehoming of former racehorses. With 180 acres of rural green space, Whinney Hill is a safe space to explore the outdoors.

Facilities: Parking and an accessible toilet are available on-site.

Camping is also available at Whinney Hill Farm: <https://whinneyhillfarmcamping.org/>

Nearest changing place: Halton Mill, Mill Lane, Halton, Lancaster LA2 6ND

Dogs are welcome but must be kept on a lead.

What's Available? A Terrain Hopper is available to borrow with right hand control and carer's control. You will be able to take a beautiful walk around the surrounding countryside of Halton.

There is also the opportunity to visit the centre - to visit the stables and meet the horses. If you wish to look around the stables, do not hesitate to contact the centre to make arrangements for your visit. Email: office@whinneyhillfarm.org

Location:

Whinney Hill Farm, Aughton Road,
Halton, LA2 6PQ

w3w: [///overhead.chitchat.ventures](https://overhead.chitchat.ventures)

Booking information:

[www.access-the-dales.com/
whinney-hill-hub](http://www.access-the-dales.com/whinney-hill-hub)

Sabden Community

The Sabden Trampler, owned by the Forest of Bowland National Landscape Partnership and funded by the National Lottery Heritage Fund, is operated by local volunteers in Sabden village. It connects to an accessible trail that winds through fields and up to Churn Clough reservoir, offering spectacular views.

Facilities: Parking is available nearby or at the village car park where toilets are sited (disabled toilet with radar key).

What's Available? The Trampler is available to hire for free, although donations are gratefully accepted to help cover the running costs.

When you use a Trampler for the first time, a volunteer will provide you with an induction on how to operate the vehicle.

Access for All route:

Churn Clough Access for All route -
[www.forestofbowland.com/walking#
61981607](http://www.forestofbowland.com/walking#61981607)

Location:

Sabden

Booking information:

[www.forestofbowland.com/sabden-
trampler](http://www.forestofbowland.com/sabden-trampler)



Cobble Hey Farm (coming in 2025)

Tramper and Terrain Hopper

Cobble Hey is a family run farm and is in the southwest corner of the Forest of Bowland. It covers 250 acres and is sited at 200 metres above sea level, with views across Wyre to the coast.

Facilities: Parking and accessible toilet.

What's Available? A Tramper and Terrain Hopper are available to hire for free, although donations are gratefully accepted to help cover the running costs.

Access for All route:

Information to follow – please see website.



All-terrain wheelchair guided walk © Mark Sutcliffe

In early 2025, a new hub will be established at Keasden Head Farm in Clapham. Here, you can explore an elevated moorland fringe location along farm tracks, enjoying spectacular views. Additionally, the farm offers accessible group accommodation for those wishing to stay.

Location:

Cobble Hey Farm, Off Hobbs Lane, Cloughton-on-Brock, Garstang, PR3 0QN

w3w: ///thumb.blurred.sublime

Booking information:

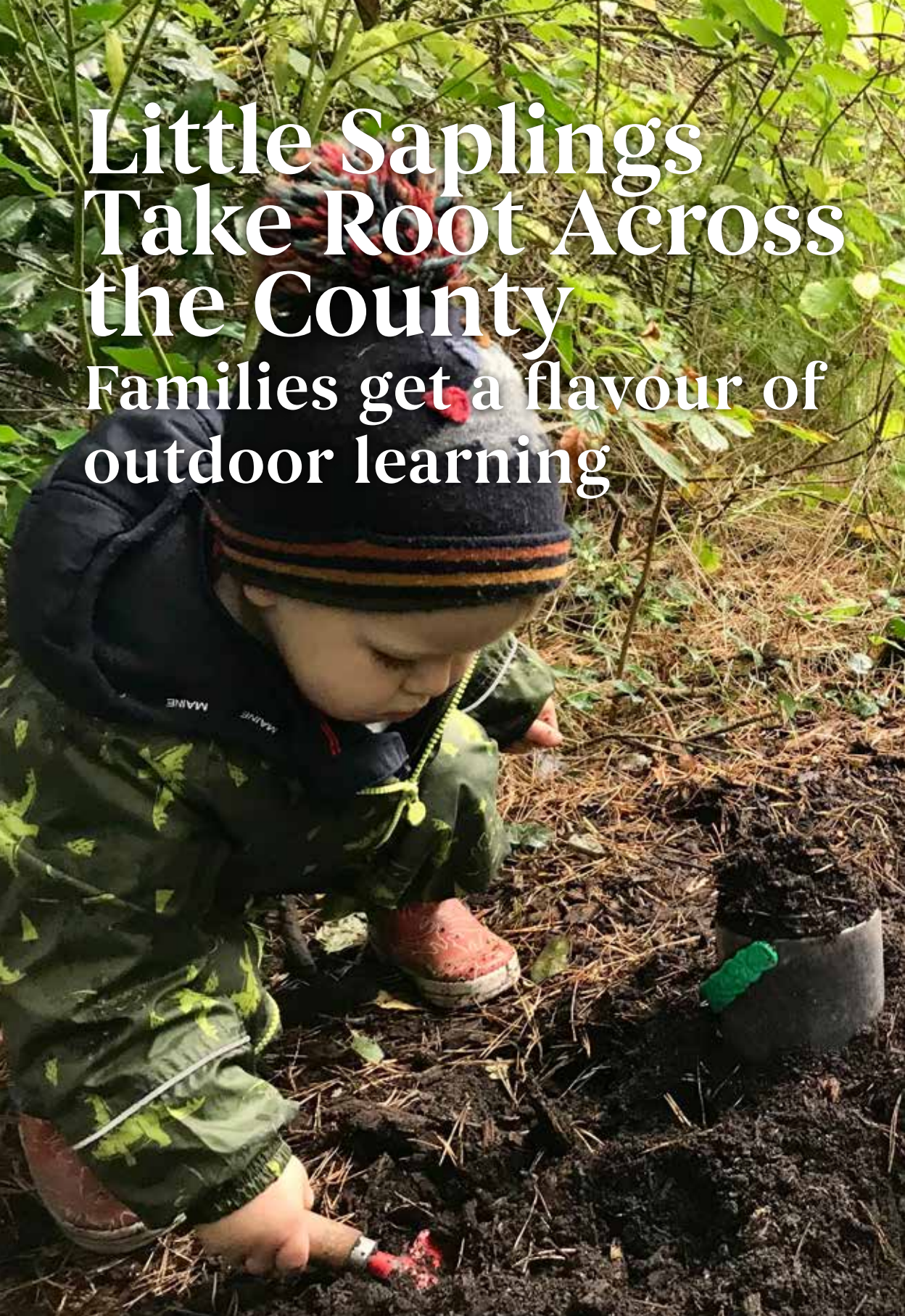
www.access-the-dales.com/forest-of-bowland-hubs

For all Hub information including links to induction films visit:

www.forestofbowland.com/access-bowland

Little Saplings Take Root Across the County

Families get a flavour of
outdoor learning







Schoolchildren and community groups from urban areas of Lancashire have been exploring the outdoors thanks to an initiative from the Forest of Bowland National Landscape and its partners.

The Connecting People and Nature (CPAN) project is a legacy of the Pendle Hill Landscape Partnership, which pioneered social prescribing for adults between 2018 and 2023. The initiative still offers social prescribing activities, but also works with schools to provide dozens of pupils with their first taste of outdoor learning.

To date, the CPAN scheme has delivered sessions for schools and community groups in Pendle, Burnley and Blackburn. In 2025, the focus shifts further north and west, with sessions taking place in Preston and Lancaster.

Funded by the National Lottery Heritage Fund, CPAN is a three-year collaboration between The Ernest Cook Trust, Lancashire and South Cumbria NHS Foundation Trust, and the Forest of Bowland National Landscape Partnership. Thanks to the additional funding from the National Lottery Heritage Fund, the CPAN team has been expanded to three: Alison Cross, Abbie Hampshire and trainee, Theonitsa Kindyni.

CPAN outdoor wellbeing sessions take place at locations across the National Landscape and are free to attend, with free transport offered. They are open to people experiencing social isolation, loneliness, or poor mental health, with sessions for children, families and young people.

The focus is to highlight that nature is for everyone, encouraging participants to feel happier and healthier while nurturing a lifelong connection with nature. For primary and pre-school children, the programme began with 'Little Saplings' – outdoor learning sessions for young children and their parents. Since its launch in 2023, CPAN activities have included:

- More than 660 people taking part in free Little Saplings sessions at Pendle's Victoria Park and Burnley's Scott Park.
- 28 HAF (Holiday Activity & Food sessions), with most of the young attendees coming from the Burnley, Pendle, Preston and Blackburn areas.
- More than 30 people from an Asian British Pakistani community group joining in activities at Gisburn Forest, where people took part in den-building, minibeast hunting and a nature trail.
- Mental health and wellbeing nature sessions, which saw over 400 participants learning about geology and fossils in the Langden Valley and taking part in the RSPB Big Garden Bird Watch on Beacon Fell.

"It's an amazing experience to see the transformation in children who start the programme anxious and unsure, yet after just a few sessions, they can't wait to dive into the great outdoors looking for adventures," said Outdoor Learning Officer for The Ernest Cook Trust, Alison Cross.

"We've worked with children who initially won't go near a muddy puddle but by the end of the programme they're getting up close with all manner of creepy-crawlies.



"We're really hoping some of our little saplings become firmly rooted in their communities and grow up helping others to enjoy and appreciate nature in their neighbourhoods and beyond."

One parent attending a recent outdoor learning session said: *"Everyone should come to these sessions; we feel so well supported. I like how there are a mixture of freestyle elements and activities allowing me and my little one to pick and choose to suit his mood."*

CPAN is set to continue for another year, with most of the 2025 sessions already oversubscribed, but perhaps the most enduring aspect of the CPAN initiative is an ambition to put down permanent roots in communities across the county.

Through an intensive multi-day training course, community organisers can develop the skills and confidence to empower local groups to plan and organise their own activities, creating more opportunities for people to get outdoors and connect with nature.



Community Leaders Course © Ernest Cook Trust

"We are really keen on creating a lasting legacy for the work we've delivered so that communities start to organise their own outdoor learning activities," said Alison. "We're looking for community leaders and organisers to take part in these courses to give them the skills and confidence to 'grow their own' outdoor learning groups."

There are still a few spaces for community leaders in the Preston and Lancaster areas to participate in the next upskilling courses, which will take place locally during autumn 2025. To express an interest, please contact: Alison Cross at The Ernest Cook Trust: Alison.Cross@ernestcooktrust.org.uk

For further information visit:

<https://ernestcooktrust.org.uk/>

For details about the Connecting People and Nature project visit:

[www.forestofbowland.com/
connecting-people-nature](http://www.forestofbowland.com/connecting-people-nature)

A Place for Every Season

Bowland is a year-round destination brimming with diverse sights, sounds, and scents.

Whether you are planning a short break or an annual holiday, you will witness the seasonal transformations in weather, nature, and the landscape—something we truly celebrate in Bowland.

In autumn and winter, bundle up to enjoy crisp, bright days and star-studded night skies. Spring brings the return of wonderful wildlife, from waders to hares, while summer invites you to spend long days wandering through flower-filled hay meadows.

Bowland is a sensory delight throughout the year, offering a rich tapestry of sights, sounds, and scents.



Spring

Sights:

- Witness the lively mad march hares.
- See meadow pipits journeying to their moorland breeding grounds.
- Watch bats emerge at dusk after their winter hibernation.
- Enjoy the carpets of bluebells.
- Observe the spring passage of dotterel.

Sounds:

- Hear the wheatears on the fells and chiffchaffs singing in the woodlands.
- Experience the tumbling display of lapwings and the bubbling call of curlews - some of the most evocative sounds of spring in Bowland.
- Listen to the croaking of male frogs as they attract females.

Smells/Tastes:

- Breathe in the heady scent of wild garlic.

Key Sites: Hares around Bleasdale in March, dotterel on Pendle in May, lapwing nesting on farmland around Chipping in April/May and bluebells and garlic in the Brock Valley and along the River Hodder in May.

Activities: Visit new chicks and lambs at Bowland Wild Boar Park.

Spring Walk: Wiswell Short Circular
www.forestofbowland.com/walking#53357015

Spring Cycle Ride: Ribble Valley Villages
www.forestofbowland.com/walking#64877512

Summer

Sights:

- Swifts, swallows and house martins in flight.
- Meadows bursting with wildflowers such as yellow rattle, bird's foot trefoil, oxeye daisy, ragged robin, pignut, and knapweed.
- Heather in bloom on the Bowland fells, painting the landscape a stunning shade of purple.
- Common cotton grass dotting the peat bogs and wide-open uplands.

Sounds:

- The calls of moorland birds like wheatears, ring ouzels and the elusive hen harrier.
- The distinctive sounds of oystercatchers, redshanks and buzzards.
- The whirring wings of dragonflies darting around ponds.
- The deep "cronk" of ravens.

Smells/Tastes:

- The delightful taste of wild bilberries.

Key Sites: Wildflower meadows at Crook O'Lune in late June, heather in the Trough in late August, bilberries on Longridge Fell.

Activities: Join National Meadow Day celebrations on the 1st Saturday in July.

Summer Walk: Linking the Meadows Walk www.forestofbowland.com/walking#47400846

Summer Cycle Ride: Clarion Climbing Challenge www.forestofbowland.com/walking#801766068





Autumn

Sights:

- Rowan, elder, and blackberry berries adorning trees and hedgerows.
- Roe deer roaming the woodlands.
- Short-eared owls gliding over rough grasslands.

Sounds:

- The gentle rustling of autumn leaves, creating a colourful, crunchy carpet in the woodlands.
- The distinctive 'go-back, go-back' call of red grouse on the moors.
- The high-pitched squeaks of bats as they flit around in search of insects.

Smells/Tastes:

- The juicy taste of blackberries and the earthy scent of damp soil.

Key Sites: Roe deer in Roeburndale woods and on Longridge Fell; autumnal trees in Spring Wood and Grizedale valley.

Activities: Celebrate the season of mist and mellow fruitfulness and join one of Festival Bowland's vibrant autumn events www.forestofbowland.com/festival-bowland

Autumn Walk: Grizedale Valley
www.forestofbowland.com/walking#47400851

Autumn Cycle Ride: Scorton Circular
www.forestofbowland.com/walking#64897457

Winter

Sights:

- Evergreens like hollies, pines and mistletoe.
- If you are lucky, you might spot stoats in their winter white (ermine) coats.
- Wintering waterfowl, including teal, wigeon and pintail are at their peak numbers.
- The first celandines and delicate snowdrops emerging through woodland floors and roadside verges.
- Bowland's night skies offer views of planets, constellations, nebulae and even shooting stars.

Sounds:

- Foxes making their intentions clear as their mating season begins.
- Robins singing throughout the chilly winter months, especially as they start looking for a mate at the end of December.

Smells/Tastes:

- The wonderful seasonal scents of holly and pine in hedgerows and coniferous plantations.

Key Sites: Wintering waterfowl at Stocks Reservoir; holly and pine in Gisburn Forest and on Beacon Fell.

Activities: Join Bowland's Dark Sky Festival www.forestofbowland.com

Winter Walk: Birch Hills Easy Access Trail www.forestofbowland.com/walking#47400842

Winter Cycle Ride: Rivers Lune and Wyre www.forestofbowland.com/walking#64879401



Exciting New Partner Initiatives for 2025



“outside it is beautiful”



Outside it is beautiful is a new community digital audio stories project about nature and local history set on the Bentham train line, which runs between Leeds and Morecambe.

Curated by verity healey, Sarah Hehir and Becky Cherriman, outside it is beautiful will connect rail passengers in 2025 with stories written by local people via an audio app accessible to travellers on the Bentham Train Line.

From October 1st to 7th, 2024, the team conducted a research and development week, engaging with communities along the line. Supported by Arts Council England through its National Lottery Project Grants programme, Northern Community Fund, and in-kind by Culturapedia: Spot On Lancashire, the project culminated in Sarah Hehir’s audio adventure “Ghost of the Sky.” This can be heard at Settle Stories Listening Gallery, on The Bentham Line website, and on the project’s website www.oiiib.org.uk.

Explore the John Weld collection at the Harris Museum, Art Gallery & Library



Early in 2024, artists Ruth Levene and Ian Nesbitt began researching for a new commission exploring the John Weld collection at the Harris. John Weld (1813–1888) was a Victorian landowner, antiquarian, naturalist, and amateur painter who lived at Leagram Hall near Chipping. Towards the end of his life, he compiled a ledger in which he recorded

bird species within a 5-mile radius of the hall. The artists’ work began by returning the book to the place it was written and inviting local farmers, birders, conservationists, enthusiasts & historians to view it 140 years later, and reflect on contemporary rural life, farming practices and bird life. Their findings will be showcased in a new exhibition when the Harris reopens in 2025.

The Harris and In Certain Places are working in partnership on this commission.

Harris Your Place is a £16 million project set to restore and reimagine the Harris for 21st-century audiences as a cultural learning space. The aim of this project is to protect the building and the architecture for future generations whilst enhancing accessibility options and positioning the Harris as a community hub for Preston and Lancashire.

In Certain Places is a public art research project based at the University of Central Lancashire, that creates



artworks that challenge how we understand and experience places and foster long-term change by connecting institutions and communities.

Find out more:

www.theharris.org.uk/press-news/exploring-the-john-weld-collection/

Local Village Shows, Festivals and Fairs in 2025

- Wray Scarecrow Festival, 26th April to 5th May www.wrayvillage.co.uk
 - Garstang Walking Festival, 3rd to 11th May - www.wyre.gov.uk/garstangwalkingfestival
 - Chipping Steam Fair, 24th to 26th May - www.chippingsteamfair.com
 - Slaidburn Steam Fair, 7th to 8th June - www.slaidburnsteam.co.uk
 - Waddington Scarecrow Festival, 21st to 22nd June www.facebook.com/waddyducks
 - Forest of Bowland National Meadows Day, - 5th July - www.forestofbowland.com
 - Goosnargh and Longridge Show, 5th July - www.glashow.org
 - Royal Lancashire Show, 18th to 20th July - www.royallancashireshow.co.uk
 - Seek Out Festival, 25th to 27th July - www.seekoutfestival.co.uk
 - Clitheroe Food Festival, 9th August - <http://clitheroefoodfestival.com>
 - Garstang Show, 2nd August - www.garstangshow.org
 - Chipping Show, 23rd August - www.chippingshow.co.uk
 - Bentham Show, 6th September - www.facebook.com/Bentham-Agricultural-Show
 - Hodder Valley Show, 13th September - www.hoddervalleyshow.co.uk
 - Lancashire Game & Country Festival, 6th to 7th September - www.lancashiregamefestival.co.uk
 - Ribble Valley Scooter Rally, 26th to 28th September - www.facebook.com/groups/7540893082619219/
- Also look out for Slaidburn Silver Band performances taking place throughout the year during 2025: slaidburnsilverband.org

Champion Species with Champion Bowland



From ancient oak woodlands to wildflower meadows, wetlands, and rivers, Bowland's diverse habitats urgently need restoration to support the iconic wildlife that calls this place home. It is a collective effort, and everyone has a role to play.

The Forest of Bowland National Landscape is one of England's finest landscapes and is internationally important for its peatland, heather moorland, meadows, Atlantic oak woodlands and rare birds. But in recent years, many of these important habitats have come under increasing pressure.

The National Landscape team has collaborated with landowners, farmers,

and conservation groups to create a roadmap for restoring these landscapes, enhancing wildlife habitats, and leveraging the area's natural assets to mitigate climate change, and late in 2023 produced its Nature Recovery Plan.

By improving the quality of the habitats and the connections between them, the plan outlines how Bowland's diverse landscapes can support thriving populations of 14 'champion' species.

Champion Species

At the core of the Nature Recovery Plan are 14 Champion Species. Most of these species are rare, threatened and of conservation concern. These charismatic species provide inspiration for people to care for nature and as indicator species, they can show that an ecosystem or habitat is healthy.

What better way to raise awareness of Bowland's Nature Recovery Plan than by collaborating with Champion Bowland to spotlight our Champion Species?

Champion Bowland is a charity that offers small grants to businesses, individuals and community groups in the Forest of Bowland National Landscape, focusing on conservation, heritage and the enhancement of the physical and natural environment.

In early 2025, the Forest of Bowland team launched a series of 14 beautifully illustrated pin badges created by Dr. Selina Ellis-Gray from Ellis-Gray Designs Ltd. These collectible and limited-edition badges provide a sustainable alternative to traditional enamel pins. Proudly supporting a UK company, the collection features eco-metal badges made from recycled metals.

Keep an eye on our social media for details of how to obtain these badges – funds raised will continue to support Champion Bowland's small grants fund.

For more information, visit: www.forestofbowland.com/champion-species



Curlew

The Forest of Bowland National Landscape is critically important for curlews and maintaining curlew populations remains a high priority for the National Landscape Partnership. In 2023, there were 114 nesting pairs in the Forest of Bowland with the population appearing to remain relatively stable.

FUN FACT!

Did you know that the curlew's distinctive call, "cur-lee", is what gives the bird its name!

Hen harrier

The Forest of Bowland National Landscape is one of the most important areas in England for breeding hen harriers. In 2023 around 22% of the breeding population nested in the area. For the population to thrive, more of the Bowland Fells need to provide suitable habitat and incidences of persecution must cease in the wider countryside.

FUN FACT!

Look out for male hen harriers as they perform a spectacular "sky dance" in the spring to attract females. This involves steep, twisting dives that can be mesmerising for both the birds.

Black grouse

Black grouse were once widespread in the Forest of Bowland and connected to a larger population in the Yorkshire Dales, but by the mid-1990s, they were considered locally extinct. In 2019, the Bowland Fells were identified as a key area for promoting the expansion of black grouse through the restoration of a mosaic of habitats to support species translocation.

FUN FACT!

How to spot a black grouse – they have lyre-shaped tails and white wing bars. Males are mainly black in colour whereas females tend to be a mottled brown colour which makes them more difficult to spot when in their natural habitat.





Swift

Swifts are summer visitors to Bowland and can be seen feeding over fields and rivers, displaying their scythe-like wings and short, forked tail. They prefer nesting in old buildings, squeezing through small gaps to nest in roofs. However, as these buildings are renovated, swift nesting sites are lost.

FUN FACT!

Did you know that swifts are known for being averse to landing and spend most of their lives in flight. They eat, drink, sleep and mate in mid-air, and only land to raise their young!

Pied flycatcher

Although nationally scarce, the pied flycatcher can be found in Bowland's ancient and Atlantic oak woodlands. To support population growth, increased connectivity between Atlantic oak woodlands and other mature woodlands is necessary.

FUN FACT!

Pied flycatchers are a loyal lot! They will help each other chase away predators, and those that don't will be left to fight on their own in the future.

Juniper

Juniper is a native moorland coniferous shrub. In Bowland, it is limited to a few sites in the northern fells and is in decline. Grazing management, along with new planting, could help support its regeneration.

FUN FACT!

Although we associate juniper berries for flavouring gin, they were once used to aid digestion, cure tapeworm and prevent flatulence!

Globeflower

The globeflower has been declining and is now found at just a few sites of species rich grassland within the National Landscape. The Bowland Hay Time Project is facilitating the propagation of globeflower seedlings from local sustainably sourced seed.

FUN FACT!

The globeflower's "globe" shape is made up of ten sepals, rather than petals. The true petals are narrow and contained within the globe.

Hard-fern

Hard-fern is a resilient evergreen fern found in Bowland's ancient and Atlantic oak woodlands. It serves as a good indicator of Atlantic oak woodlands.

FUN FACT!

Hard-fern or *Blechnum spicant* - the name *spicant* comes from the Latin word 'spico' which is translated as 'furnished with spikes'.

Ballerina waxcap

This pale pink fungus is rare and at risk of extinction due to the decline of ancient grasslands across Bowland. Preserving these ancient grasslands is essential for its conservation and expansion.

FUN FACT!

The ballerina waxcap gets its name from its pink cap that resembles a ballerina's tutu as it opens.

Brown long-eared bat

The brown long-eared bat is a medium-sized bat with ears nearly as long as its body. Although it is not currently under threat, changes in woodland management, barn conversions, and urban development can negatively impact its habitat.

FUN FACT!

The brown long-eared bat is called the "whispering bat" because it has a quiet voice. Its echolocation noises are almost silent!

Brown trout

Native wild brown trout have been in decline across the National Landscape since 2014 and are vulnerable to changes in water flows and drought. The Rivers Trusts are working with communities to enable rivers to re-naturalise to help support the recovery of brown trout.

FUN FACT!

Brown trout are very adaptable - they can live in both freshwater and saltwater, can see in almost every direction and can live to be 20 years old!

© Dr Selina-Ellis Gray

Brown Trout
Salmo trutta

overfishing, habitat loss
Climate Change

30-50cm in length

Reside in a variety of freshwater and
sea-water habitats. Colouration varies
from light silvery brown to a golden-
brown hues with darker spots

One of the most genetically diverse
vertebrates known. With 38 to 42 pairs



Yellow May dun

The Yellow May is sensitive to pollution and serves as an indicator of good water quality. These flies hatch from May to July and are an important food source for native brown trout.

FUN FACT!

The duns are an unmistakable sulphur yellow in colour. Their bodies are about 10mm long and the flies have two tails.

Bilberry bumblebee

The bilberry bumblebee is nationally scarce and in serious decline. It depends on peatland habitats, which are vulnerable to climate change, and it can also be affected by the loss of species-rich grassland along the moorland fringe.

FUN FACT!

Bilberry bumblebees nest amongst tussocky grass on the surface of the ground or just below the surface and have around 50 to 70 workers. They have a long tongue and feed on a range of flowers such as bilberry, heather and white clover.

Green hairstreak butterfly

This striking green butterfly inhabits and feeds on upland heath habitats, which are susceptible to changes in climate and land management. Restoring these habitats could help increase butterfly colonies across the area.

FUN FACT!

Did you know that the green hairstreak always rests with its wings closed, so its brown upper wing is rarely seen!

Illustrator, Dr Selina-Ellis Gray talks about the process of producing the badges:

The artist Frederick Franck once noted, "I have learned that what I have not drawn I have never really seen, a sentiment I deeply share. Adding each species to my sketchbook ensures that I truly understand the beauty, fragility, and resilience of these rare and endangered species.

Using pencil, watercolor, and gouache, I explore the textures, forms, and unique patterns of these animals and plants. Once completed, these illustrations have helped guide the project and serve as the foundation for our forthcoming badge designs."

Will you be the first to collect the whole series of 14? If so, there might be a prize up for grabs – keep an eye on our social media during 2025.

For details of the full plan visit:

www.forestofbowland.com/nature-recovery

Farming in Protected Landscapes Programme

Achievements 2021-2024



225 farmers participating in programme, of which **59** have never benefitted from agri-environment support before

454 educational farm visits days engaging with **103** schools

70

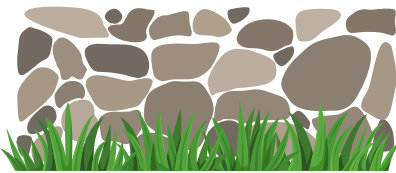
projects to reduce flood risk

Including new hedge planting, tree planting, herbal ley seed & meadow restoration



67

accessible gates and gaps created



Over **2km** dry-stone walling restored



The equivalent of

482

football pitches covered by projects to improve agricultural soil health

2 new farm clusters created involving

150 farmers



3190m

footpaths improved or better managed



10



accessible toilets and rest stops created

Farming in Protected Landscapes programme



Total
Projects
supported
151

Explore, Learn and Play on Bowland's Farms



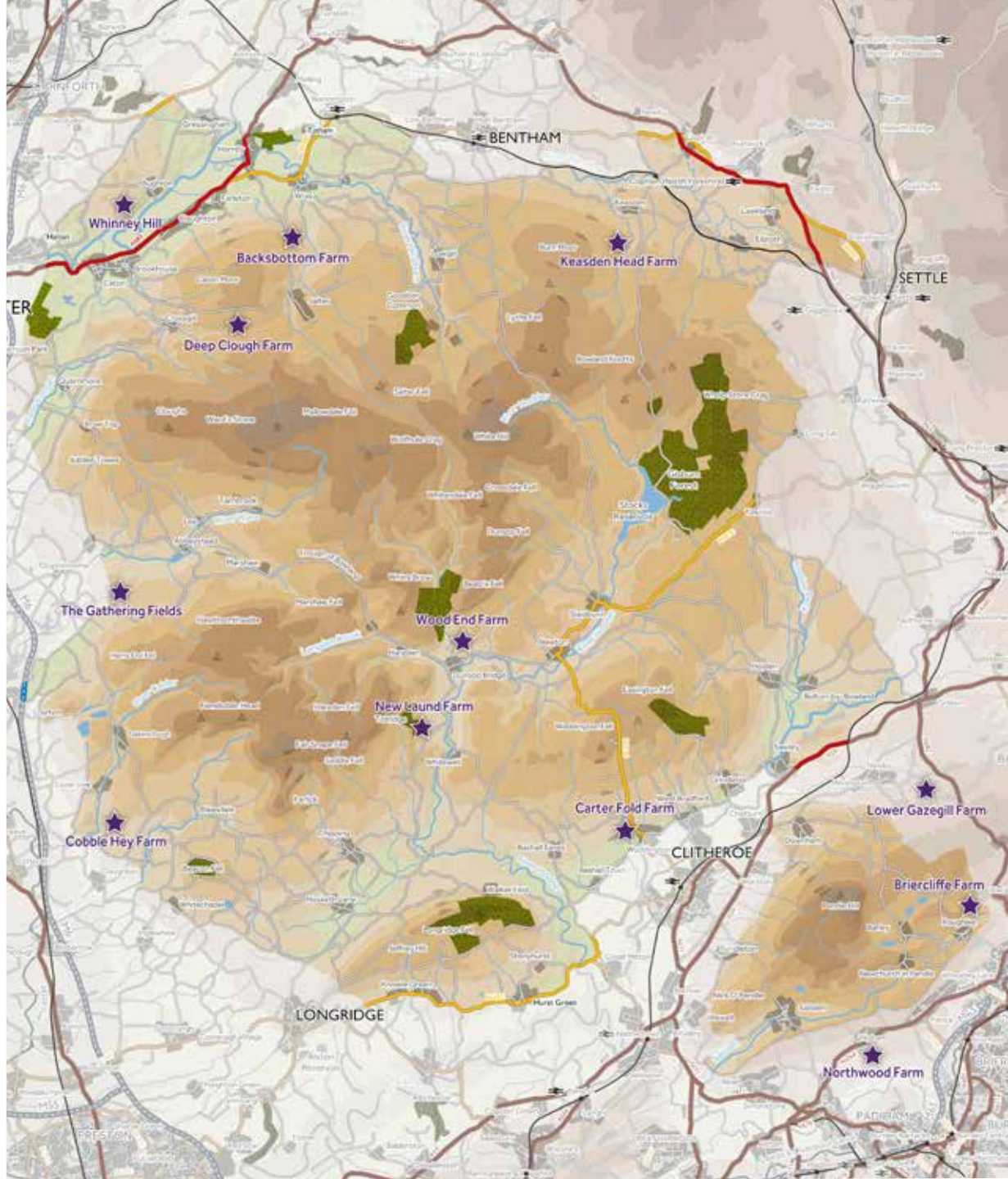
The Forest of Bowland offers a unique opportunity for educational farm access, enabling visitors to learn about agriculture, conservation and the natural environment in a hands-on setting.

Several farms in the area participate in educational programs, welcoming school groups, community organisations and visitors to explore and understand the workings of a farm.

These educational visits typically feature guided tours where participants can observe livestock, learn about food production, and understand the significance of sustainable farming practices. Many farms also highlight their conservation efforts, such

as habitat restoration and wildlife protection, offering a holistic view of how modern farming can harmonise with agri-environmental management.

In addition to farm tours, some farms offer interactive activities like planting seeds, feeding animals, and even participating in seasonal farm tasks. These experiences are designed to be educational and engaging, fostering a deeper connection to the land and an appreciation for the hard work that goes into producing food.



For further information and details of the farms listed visit:

www.forestofbowland.com/farm-profiles

Or if you would like to find out more about our **Outdoor Learning Transport Fund** visit:

www.forestofbowland.com/outdoor-learning-transport-fund



Wood End Farm

Dunsop Bridge, BB7 3BE

Contact Janet or Alison:

Tel: 01200 448 223

Email: vistwoodendfarm@gmail.com

Wood End Farm is a family run business located in Dunsop Bridge, and hosts a wide range of animals including cows, sheep, alpacas, pigs and a shetland pony. Discover how the farm is transforming by adopting regenerative farming and rotational grazing practices, aimed at conserving the environment and enhancing soil health.

What's on Offer?

- Meet the animals
- Regenerative farming
- Nature walk – focussed on soils, bugs & wildflowers
- Ponds
- Machinery – how it has changed over the years
- Model milking cow
- All-terrain wheelchairs available



Northwood Farm

Higham, BB12 9AY

Contact Philip & Alison:

Tel: 07890 714 330

Email: pmarginson@aol.com

Conveniently situated near the M65, Northwood boasts diverse habitats such as grasslands, rivers, streams and woodlands, offering a wealth of interactive classroom resources. Visits are guided by Alison, a former secondary school teacher. Northwood is dedicated to accessibility, it hosts a disabled access toilet and several wheelchair-accessible areas on the farm.

What's on Offer?

- Animal interaction
- Field to fork and food security – traceability, ear tags, commercial and rare breeds
- Farm wildlife walk – exploring bugs, hedges and habitats
- Milking and lambing simulators
- Sustainability – plastics and climate change
- Countryside code
- All-terrain wheelchairs available



Cobble Hey Farm

Cloughton on Brock, PR3 0QN

Contact Edwina & David:

Tel: 01995 602 643

Email: cobblehey@aol.com

Cobble Hey is a family-run farm located in the southwest corner of the Forest of Bowland. Edwina, a retired secondary school teacher, is passionate about educating both children and adults about the countryside and the origins of their food. The farm provides a variety of themes, all of which can be tailored to fit the curriculum.

What's on Offer?

- Meet the animals
- Pizza making - wheat grinding, links to the Romans
- Wetland bird reserve - habitats
- Planting plants and flowers - links to lifecycle, soils and functions
- Stone Age - dry stone walls, age of the farm and historic value
- All-terrain wheelchairs available

The Gathering Fields

Over-Wyresdale, LA2 9DN

Contact Helen:

Tel: 07791 254 101

Email: info@thegatheringfields.co.uk



Helen, who manages The Gathering Fields, has been a holistic therapist for over 20 years, with training in Ayurveda, yoga, and flower essence therapy. The Gathering Fields is a sanctuary for peace, wildness, space, and learning, reconnecting with the countryside's roots. The centre adopts a holistic approach to farming and land management, and has health and wellbeing at its core.

What's on Offer?

- Forest bathing
- Yoga and sound
- Nature based activities – arts, crafts and using natural materials
- Pottery
- Wildflower meadow conservation
- Alternative education
- Youth workshops

Whinney Hill Farm

Halton, LA2 6PQ

Contact Gillian:

Tel: 01524 748032

Email: office@whinneyhillfarm.org



Whinney Hill Farm, conveniently located near the M6, is also home to the British Thoroughbred Retraining Centre (BTRC). This charitable organisation is dedicated to the welfare, retraining and rehoming of former racehorses. With 180 acres of rural green space, Whinney Hill is a safe space to explore the outdoors, benefitting visitors physically, mentally and socially. Please email to book.

What's on Offer?

- Farm walk and talk
- Meet the horses
- What happens on the yard - farriery (shoeing), grooming, grazing and exercising
- Agricultural careers
- Agricultural diversification
- Rent the space for your own activities
- All terrain wheelchair

Keasden Head Farm

Keasden, LA2 8EZ

Contact Sheila:

Tel: 01524 251 336

Email: britishbluesheila@icloud.com



K easden Head, located in the northeast corner of the Forest of Bowland, features a variety of landscapes and habitats, including moorland, woodland, grassland, traditional hay meadows and streams. These habitats create a diverse range of sites for interactive educational visits. The upland sheep and beef farm is also home to around 15 peacocks, which are often seen during visits.

What's on Offer?

- Meet the animals
- Nature walks
- Wildlife watching – woodland and moorland birds
- Hedge and tree maintenance
- Art and crafts
- Butter making
- All-terrain wheelchairs available



New Laund Farm

Whitewell, BB7 3BN

Contact John:

Tel: 01200 448 246

Email: johnalpe@outlook.com

New Laund, situated in the heart of the Forest of Bowland, welcomes visitors of all ages and abilities to explore the farm. Adhering to organic standards, this beef, sheep and dairy farm is dedicated to preserving and enhancing its natural habitat. These conservation efforts highlight the farm's commitment to environmental sustainability and biodiversity, which is

reflected in their educational access visits.

What's on Offer?

- Meet the animals
- Tractor trailer ride
- Nature walks
- Habitats
- Guided all-terrain wheelchair walks available



Briercliffe Farm

Blacko, BB9 6PB

Contact Paul:

Tel: 07939 848 132

Email: paulbarnes1690@gmail.com

Paul is deeply passionate about care farming and brings 20 years of expertise in learning disabilities, enabling him to host diverse groups with varying needs. The farm hosts Pennine Lancashire Community Farm groups, holiday club sessions and collaborates with the King's Trust, making it a hub for learning, agricultural experience and exposure.

What's on Offer?

- Sheep focus - regenerative grazing, conservation and soils
- Traditional boundaries – hedges and dry stone walls
- Foraging (at suitable times of the year)
- Botany - species ID, traditional wildflower meadow restoration and scything
- Access for all – all-terrain wheelchairs available



Lower Gazegill Farm

Rimington, BB7 4EE

Contact Ian:

Tel: 01200 445 519

Email: gazegilleducationproject@hotmail.com

Gazegill is an organic dairy, beef, and sheep farm that features a variety of rare and traditional breeds. In addition to their farming operations, they run a farm shop and restaurant, offering their own and other locally sourced, sustainable produce directly to consumers. Their passion for the environment is in abundance and they champion their wildflower

meadows as their primary source of feed to their stock.

What's on Offer?

- Meet the animals
- Farm walk and talk
- Heritage
- Habitats
- Wildflower meadows
- Organic food production

Backsbottom Farm

Roeburndale, LA2 9LL

Contact Rod:

Tel: 01524 222 214

Email: backsbottom@phonecoop.coop



Backsbottom Farm, situated in the northern part of the Forest of Bowland, features wildflower-rich hay meadows, ancient semi-natural woodlands, fell land and pasture fields adorned with wildflowers and intriguing old pasture trees. The farm prioritises nature, wildlife and biodiversity wherever possible and is certified organic by the Soil Association. Rod utilises the extensive

ancient semi-natural woodland as the focus for his educational access visits.

What's on Offer?

- Woodland management
- Natural flood management
- Bio-fertiliser and organic compost
- Woodland crafts
- Orchards
- History of woodlands in Lancashire

Carter Fold Farm

Waddington, BB7 3JQ

Contact Sarah:

Tel: 07892 711 321

Email: carterfold@outlook.com



Carter Fold is a beef and sheep family run farm located in Waddington. Farm visits, delivered by Sarah, show how animals are reared for food production as well as showing how they manage their land sustainably to encourage wildlife and protect the environment. While student visits often follow curriculum guidelines, the physical and mental wellbeing benefits of being

in the countryside and experiencing something different are also highlighted.

What's on Offer?

- Native breeds
- Farming with nature
- Soils and worms
- Ancient semi-natural woodland
- Trees and orchards
- Traditional boundary management

Deep Clough Farm

Littledale, LA2 9HB

Contact Eden:

Tel: 07805 937 252

Email: eandjfarming21@gmail.com



Deep Clough, a hill farm located in the northwest of the Forest of Bowland, welcomes a diverse range of audiences for educational access visits. The unique landscape lends itself to a range of topics for visits in a working farm setting. Additionally, the farm operates a meat supply business called 'Lancashire Lamb Boxes,' selling directly to the public.

What's on Offer?

- Meet the animals and farm walk
- Local wildlife – bugs, beetles, moles and birds
- Wading birds – scrapes and habitats
- Farm tools and machinery
- Animal licences and passports

Curlew Guardians:

*Awards for Outstanding
Conservation Efforts*



The North of England Curlew Conservation Awards celebrate the efforts of farmers, volunteers and upland managers.

Organised by Nidderdale National Landscape and supported by National Landscapes and National Parks from across the north, the 2024 event was held at Masham

Town Hall. It was heartening to see numerous Bowland farmers, landowners, and projects acknowledged for their contributions across various categories.



The Farmland Curlew Award celebrates the exceptional efforts of nature-friendly farmers who prioritise curlew conservation within their enterprises. These farmers work diligently to identify and protect nest sites, often partnering with local wader projects. They restore species-rich meadows, allocate land for cover and wetland features, and sometimes even sacrifice crops for the cause. These dedicated individuals also advocate for curlew conservation by engaging with communities, schools, colleges, organizations, and government bodies. They are the innovators and problem solvers who find practical solutions to support curlews in our landscape, demonstrating that regardless of the size of the holding, there is always something that can be done to help curlews.

Awarded to:

- Northern England Farmland Curlew Award – overall winner - Grosvenor's Abbeystead Estate (special mention for Rob Foster, Moorland Technician, Grosvenor's Abbeystead Estate.)
- North Yorkshire Farmland Curlew Award – winners - Pete and Rona Webster, Lawkland Hall Farm
- North Yorkshire Farmland Curlew Award – runner up - Colin and Alan Price, Long Bank Farm
- Lancashire Farmland Curlew Award – runner up - Robinson family, Catlow Farm

The Upland Curlew Award acknowledges the dedication of upland land managers who have a particular interest in curlew conservation. The uplands are often cited as the last stronghold for breeding curlew – a status we should not take for granted.

Awarded to:

- Northern England Upland Curlew Award – runners up - Taylor Family, Botton Head Farm (winner Lancashire)

While there are remarkable individual contributions to curlew conservation,

numerous thriving curlew projects are also making significant strides across the North of England. These projects depend on a network of partnerships and collaborations, creating interconnected corridors and mosaics of curlew habitat across a wider landscape. Beyond habitat creation and practical actions, these groups enhance our understanding of curlew behaviour and trial innovative conservation practices.

Awarded to:

- North Yorkshire Group Curlew Award - runner up - The Clapham Curlew Project



The Overall Winner of the Farmland Curlew Award 2024

Warmest congratulations to Grosvenor's Abbeystead Estate, a conservation and sporting estate located in the Forest of Bowland National Landscape. Like all parts of Grosvenor, the Abbeystead Estate shares a common purpose to deliver a lasting economic, social and environmental benefit in the communities where it operates.

Here are some of the positive actions they have implemented at Wellbrook Farm and across the wider estate, which contributed to their winning this prestigious award:

- No field scale operations are conducted between mid-March and mid-July on the farm.
- Habitat restoration and creation has been undertaken to create a mosaic of rush pasture, wet grassland and

lowland mire, all of which support nesting curlew, lapwing, redshank, snipe, common sandpiper and oystercatcher.

- Golden plover nest on the high moorland part of the farm which has undergone peat restoration since 2012.
- Approximately twenty-five acres of silage fields have been restored into wildflower-rich hay meadows through green hay, plug planting, and brush-harvested seed application. The late cutting of these hay meadows, typically in September, has created foraging opportunities for curlew chicks.
- Management changes have increased the number of nesting curlews on the farm from 4 to 10 pairs in 2023 within the 47-hectare wader count area, resulting in one of the highest densities of nesting curlews in the uplands.
- Since 2022, in collaboration with the Game and Wildlife Conservation Trust, satellite tags have been fitted to 8 adult curlews to monitor their habitat use, wintering, and breeding locations. Local primary schools have adopted the tagged curlews and receive regular updates on their movements, supporting educational efforts to improve understanding of the countryside.
- In 2019, in partnership with the Forest of Bowland Moorland Group, the farm hosted a Curlew Festival where children from four local primary schools participated in activities such as watching, drawing, writing poetry, and creating sculptures of curlews.

The judges were eager to emphasise the contributions of Rob Foster, Moorland Technician at the Abbeystead Estate. They remarked:

"Rob has worked to monitor and conserve the red listed wader populations for 15 years. Pairs of curlews are surveyed over 6000ac of farmland, nest locations identified and carefully monitored (via weekly surveys and camera monitoring) through to hatching. Chicks are surveyed and fledging success recorded for each pair, providing the estate with long term data and trends.

Overall, Rob's monitoring, educational work and community engagement have been vital in understanding and protecting the curlew populations across the estate.

Overall, an excellent example of curlew conservation in practice. Congratulations to the Abbeystead Estate."

A special mention to Matthew Trevelyan, Nidderdale National Landscape who organises the awards and event.



Empowering Women: Champions of upland farming

*Exhibition will spotlight
the crucial role of women
in upland farming*

A home-grown exhibition will tour Bowland later this year, celebrating the pivotal role women play in the success of family farms in the remote uplands of the Forest of Bowland.

Dedicated to women in farming globally, the exhibition is curated by Tarja Wilson of the Forest of Bowland National Landscape Team, who has worked with farming communities for over 30 years.

Tarja was inspired to create the exhibition after meeting dozens of strong independent women who play an essential role in the family farms they work on. The exhibition will feature portraits, interviews and recordings from the Forest of Bowland National Landscape Archive.

The exhibition will focus on women like Christine Scott and her daughter Liz, who farm 2,220 acres on a family-run mixed cattle and sheep farm standing at more than 1,000ft above sea level in the uplands above Slaidburn.

Christine used to run the farm with her late husband Alan. After his untimely passing, she continued running the business for another 15 years with her daughter Liz. Before joining the farm, Liz spent seven months working on a large sheep farm in New Zealand and wrapping wool across Northwest England. Christine is now in the process of handing over the farm business to Liz and her husband Rob.

"We had to overcome a lot of challenges down the years," said Christine. "From sheep rustling in the early years to digging lambs and ewes out of snowdrifts and persuading livestock to return to the fields after they'd strayed into the farmhouse".

"Alan was my best mate, and we ran the farm together. He didn't say a lot, but when he did, it was worth listening. Once when I returned from Guide camp, I asked him if he missed me; he replied "ey lass I thought I'd gone deaf".

"When Ben came along, it didn't change much, I just put him in the pram and wheeled him onto the fell. The only rule we had was whoever got into the farmhouse first put the dinner on".

"The first winter after Alan died was tough. There was a big freeze during lambing, and we were having to pull ewes out of snowdrifts. We lost so many lambs, but we had to keep going. I remember telling Liz, if we can get through this lambing, we'll have cracked it... and we did."



Elsewhere in the National Landscape, Sarah Whitwell runs a 182-acre mixed sheep and beef farm with husband Graham on the edge of the picture postcard village of Waddington. And despite working in an utterly idyllic location, Sarah doesn't sugar-coat the reality of life of a family farm.

"When it's pitch-black and hailing sideways at 4:30am on a March morning, you've got to go and find a ewe who's struggling to deliver and then, you need to make sure you're back to get the kids up and give them breakfast before taking them

to school. Maybe you grab a bite to eat, and then your day job starts. At times like these, you do sometimes ask yourself why you put yourself through it."

Sarah is just as content checking the sheep on her quad bike as she is scraping out the cows during winter. In addition to caring for her two young children, she also works part-time as a farm adviser.

Her work income supplements the earnings from the farm, but it means Sarah works seven days and averages around 70 hours most weeks.

Sarah and Graham





"This year, as well as the sheep and the milk round, we're establishing our own beef herd to mix the grazing up a bit. We've got some rough land up on the fell which we think the new herd will thrive on. They're pedigree beef shorthorns – a specialist north country breed which are pretty hardy and will thrive on the rougher grazing.

"But it's not just about the farming, it's about the environment and the landscape, too. Our sheep will graze everything down to a lawn, but cattle like shorthorns are more selective and leave a better sward structure after grazing. This creates a much better habitat for farmland birds like the curlew and snipe."

The Women in Farming Exhibition will launch in spring and will tour village halls and events across the Forest of Bowland.

Check:

www.forestofbowland.com

for details.

Nature Calling

*A Conversation
with Rob St John*



The Forest of Bowland National Landscape is one of six major hubs across England taking part in Nature Calling: a ground-breaking art project. Rapper OneDa and artist Rob St John are leading a number of collaborations with local communities to create art in the landscapes of Bowland and inspire a sense of belonging in these special places.



Rob St John grew up in Sabden and went to school in Clitheroe before studying in Edinburgh, Oxford and Glasgow. Despite a peripatetic existence throughout his twenties, Rob retained his love of the hills and moorland of the Forest of Bowland and returned a few years ago to be closer to his family.

Rob has developed his creative practice over the last 15 years, presenting work in Tate Modern, The British Museum, The Victoria & Albert Museum and The Barbican, amongst others. Now resident in Lancaster, Rob is one of the artists leading the Nature Calling project in the Forest of Bowland.

"Growing up around here shaped my love of walking, running, climbing and fishing," said Rob. "But when I left home, I ended up playing in bands and had a good time touring all over the world. Being in that world of recording studios and making videos, I began to make sense of my environment and landscape through art, photography and film."

"I started making more experimental and artistic work and sound installations and trying to understand how creative practices can tease out some of the more abstract history and ecology of these landscapes."

Rob is also involved in environmental writing, which leads him to various captivating natural environments. Nevertheless, his main interest has now transitioned to more creative and abstract endeavors.

"What I have come to realise is that being rooted in place is essential to properly understanding the deeper influences that flow through a landscape: how we experience it and the stories we tell about it. I also really appreciate the power of

community in terms of understanding and retelling those stories. Listening to people in communities like Nelson, Colne or Burnley made me realise that this socially engaged model of making art is more powerful than anything I, as a solo artist, could offer.

"You start to ask people what a place sounds like; what does it feel like? And people become more attuned to those subtle signals from the landscape, and what they tell us about shifts in ecology, climate and society. So then it's about whether you're open to them, and whether you're really prepared to listen. Art has a language that trades in this complexity and nuance and slipperiness, so it's good for getting under the skin of these places.

"Art can really open up those more subtle, fleeting, complex notions of place: how we ground ourselves, how we think about the communities that we're in, and where they're going."

The title of Rob's project in Bowland is "Are You Lost?" It explores what access means to different groups of people. Although the Access Land designation established by the Countryside and Rights of Way Act in 2000 opened large parts of the Forest of Bowland to public access, Rob's project will examine how truly accessible it is to everyone.

"As a white man who grew up here, I realise I have the privilege to be confident enough to have a chat with anybody who might stop me and ask: are you lost? But not everybody is. So, this project is thinking about how you listen to more diverse voices and perspectives about what Bowland is, and crucially, what it might be. Implicit in this is the idea of environmental loss: the creeping changes in climate and biodiversity that are being felt across the landscape.

"As I run or cycle around Bowland, I notice many unused or derelict structures, such as Langden Castle, scattered across the landscape. This made me wonder if I could create a series of installations in these rural and remote buildings to bring different voices and perspectives into the landscape through sound and film. Something to be found.

"Making art in these situations can help enlarge the range of possibilities about what a place could be, and how people might interact with it, and I want to explore that in Are You Lost? The idea is that there will be three or four locations where we will create installations which serve as

focal points, and then there will be a whole series of workshops - walks, talks, music and food - linked to these locations. So, when people come to the installation, it's just the beginning - the spark that ignites their curiosity and invites them to dive deeper into a world of exploration and discovery.

"We've been developing these ideas over the winter of 2024 through workshops with young people across Burnley and Pendle through Blaze Arts. Hopefully these will form the basis to attract lots of different kinds of people to engage with the project - and help give voice to a range of new perspectives on this landscape."

Nature Calling is a £2M ground-breaking national art programme, funded by Arts Council England (as part of the Lottery funded National Significant Project stream), the Department for Environment, Farming and Rural Affairs (Defra) (as part of the Protected Landscapes Partnership) and National Landscapes in England.

Collaborating with writers, musicians, visual artists and theatre-makers, Nature Calling aims to inspire new communities across England to connect with National Landscapes, increasing people's access

to nature, improving their wellbeing and inspiring a sense of belonging in these special places.

The programme will bring together the 34 National Landscapes in England, local arts organisations and community groups from within a 30-minute journey time of their nearby National Landscape. They will work together to co-create artworks inspired by these iconic places and the results will then be shared with the public in a Season of Art from May – October 2025, reaching an audience of tens of thousands.

Keep an eye on these websites during 2025:

www.forestofbowland.com/nature-calling

and:

www.naturecalling.org.uk/



Farming Stronger 4 Longer

Bringing sustainability to farming through physical and mental health.

Farming Stronger 4 Longer is a collaboration of partners, including Together an Active Future (TaAF), The Field Nurse Trust, Matt Donnelly from Bowland Fitness and the Active Ribble Valley Team. It fosters a network that welcomes and shares ideas and knowledge.

The goal was to create a leaflet that promotes health and fitness within the farming community. They merged Matt's Active Village vision and his passion for holistic health and fitness with Kathryn's farming knowledge and background in health and medicine. This collaboration aims to prevent and aid recovery from injuries, encourage healthier choices to boost energy and sustain efforts throughout the year, and provide advice on maintaining mental wellness. Over the past two years, the leaflet has evolved based on feedback from farmers. Initially distributed during conversations between field nurses and farmers at auctions it has since been utilised at agricultural shows and

has attracted interest from several key societies within the farming community.

This year, at the Yorkshire Show, Matt joined the field nurses and featured on social media pages of farming influencers.

With the increasing interest in this initiative, the partnership is now set to create follow-along and instructional exercise videos, as well as develop four seasonal booklets.

When asked about the inspiration behind Farming Stronger 4 Longer Kathryn Phillips, Field Nurse Trustee, set the scene:

"Farming is a challenging role at the best of times, finding time to look after themselves is difficult for our farmers, and yet physical illness or injury can have a huge impact on their family and their farming business as well as their own mental health.

Our Field Nurses provide support and advice for farmers and those living in rural communities and will signpost people to

other services as and when needed. We hope that by teaming up with Matt and the Together an Active Future team we can support people to reduce their risk of ill health, injury and mobility problems, particularly later in life, and to support future generations of farmers to be as healthy and as resilient as possible".

Matt continues: "My early research into rural activities showed one of the key demographics experiencing isolation and missing the opportunity to join activities were farmers. I'd had one case study of how some general strength and flexibility exercises helped a farmer overcome back pain so that he could shear sheep pain free."

Providing a brief background on the Active Village initiative, Matt adds: "The core idea of our TaAF workstream is to connect the entire village. We quickly realised that linking the village's environments, education and health is essential for creating a sustainably healthy community."



Matt believes that maintaining an open and flexible approach is crucial for achieving sustainable health: "I'm not an expert in farming so we need to acknowledge the input we have had from the community. I often gain valuable insights from one-on-one conversations;

it's a significant advantage of the close-knit communities we have here in Bowland.

It's exciting! The dream would be to have a community of farmers, inspiring others. Already we are seeing this move out of Bowland and the Ribble Valley and extend into Cumbria and Yorkshire. It would be amazing for people to pick it up around the country".

Kathryn agrees:

"Farming is like no other job. It really is a way of life, and often a hard one too. By listening to what farmers and others have to say we hope that we can provide useful and relevant ways of supporting people to look after their own and their family's health and well-being.

To find out more, visit:

Instagram @FarmingStronger4Longer

Youtube @BowlandFitness -

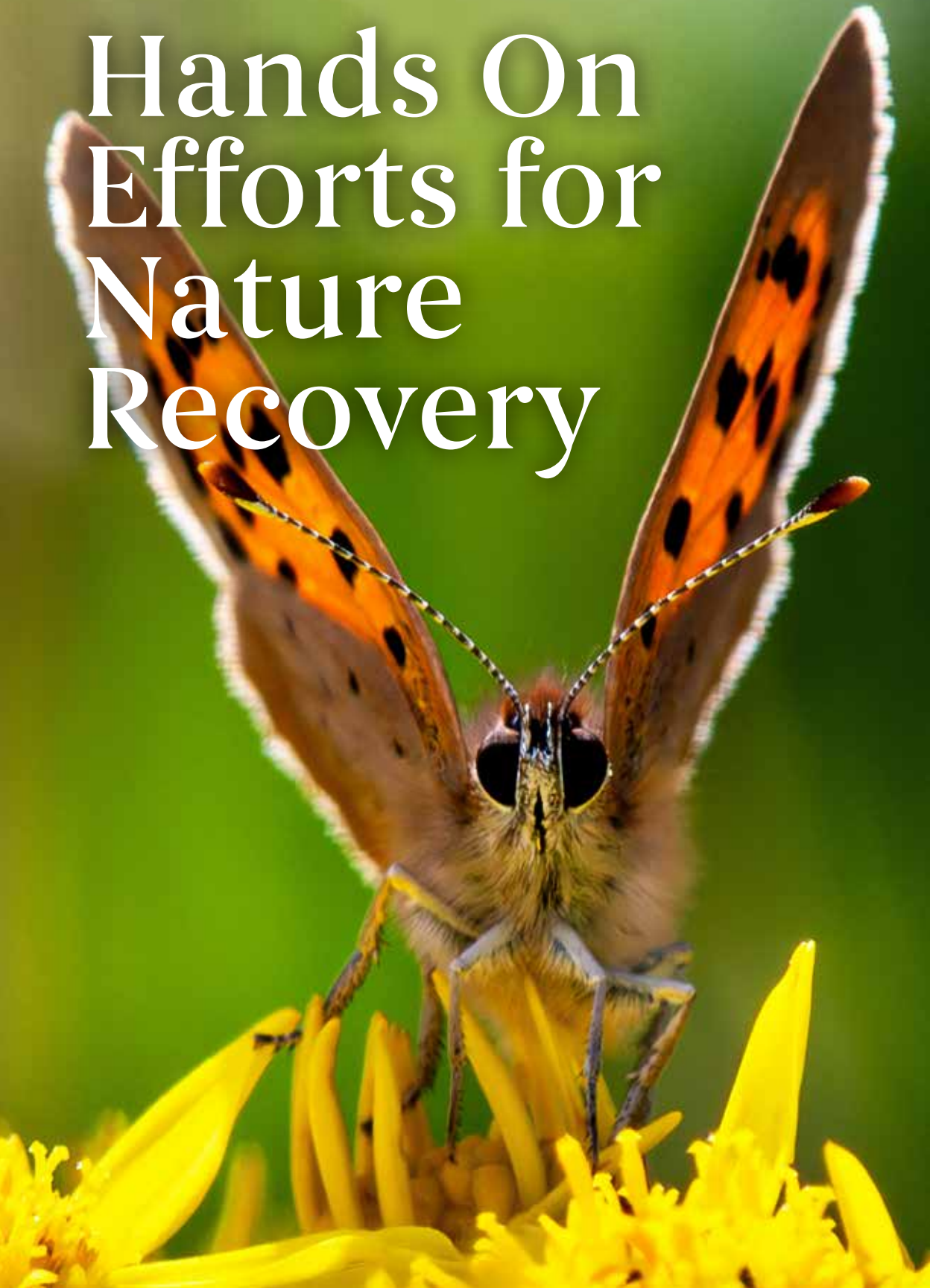
Farming Stronger 4 Longer Playlist

Facebook @fieldnursecare

Web www.bowlandfitness.com/activevillage/farmingstrongerforlonger

The Field Nurses are currently at the following auctions:
Brock, Bentham, Skipton, Gisburn and Clitheroe

Hands On Efforts for Nature Recovery



Grassroots nature recovery charity transforms five acres of neglected pasture into a wildflower-rich oasis for pollinators

On the northern banks of the River Lune, above the sharp bend of the 'Crook' near Caton, a group of volunteers has steadily transformed a scrubby, degraded pasture into a stunning summer meadow. This vibrant grassland bursts into life with the hum of pollinators and the riotous colours of thousands of wildflowers.

Originally part of the Halton Park estate, Hermitage Meadow once supplied fresh produce to the nearby Hermitage Hotel. After the hotel's closure, local farmers used the meadow for grazing, but over time, it fell into neglect.

The meadow's seemingly inevitable decline into a scrubby tangle was halted when a group of volunteers, experienced

in managing nearby fields on the Lune floodplain, convinced Lancaster City Council to lease the meadow to them for management as a nature-friendly wildflower meadow.

The field had not been mowed for over a decade and was overrun with dense tangles of brash, which were crowding out the remaining elements of biodiversity.

Work started in earnest in winter 2021, when the Hermitage Field Community Meadow charity took over management of the seven-acre site. Collaborating with another charity, Life for a Life, which plants trees in memory of loved ones, contractors harrowed and cross-hatched the meadow to break up the soil, allowing fresh new growth to take root.



Volunteers at Hermitage Meadow



Pollinator



With advice and input from the Forest of Bowland's Haytime Project Officers, Sarah Robinson and Carol Edmondson, the charity volunteers began seeding the meadow with wildflower seeds brush harvested from the Coronation Meadows at Bell Sykes Farm and other local meadows.

Again, Lancaster City Council stepped in and agreed to let the charity use a greenhouse and polytunnel in which to raise plug plants from locally harvested seed. Since starting to grow their own plants – as well as sharing these with the city council to plant up other projects – volunteers have planted some 18,000 plug plants in Hermitage Meadow.

Head of Trustees, Erica Sarney, said: *"Getting the polytunnel and greenhouse was an absolute gamechanger, because after we took on the field, we realised there was no local seed bank. The greenhouses allowed us to work on raising locally proven plug plants throughout the year cost-effectively."*

The project is supported by a loyal group of funders, which includes the Forest of Bowland National Landscape Partnership, Yorkshire Dales Millennium Trust, the Areti Charitable Trust, Plantlife and the Halton Lune Trust. Guided by a committed board of trustees, a group of 50 volunteers look after the meadow, with sessions taking place on an ad hoc basis as and when work needs carrying out.

Within just three years of starting work, the meadow is almost unrecognisable, supporting a much more diverse mix of wildflowers and attracting a host of pollinators like butterflies, moths, bumblebees and hoverflies.

Given the chance to bloom and set seed naturally without early mowing, traditional meadow species like yellow rattle, hawksbeard, red clover,



meadowsweet and eyebright have re-established themselves. Highlights from 2024 included the emergence of common spotted orchids and a rare purple hairstreak butterfly.

"We couldn't have accomplished any of this without our wonderful team of trustees and volunteers and support from the local community and our supportive funders.

"It's all very relaxed, but it's clear our wonderful volunteers get a lot out of the work they put in. We've also hosted parties from local community groups and social

prescribing sessions with groups from the Forest of Bowland, Morecambe Bay Partnership and NHS Trusts.

"In July, we will be welcoming many visitors on National Meadows Day, when we will celebrate the beauty and diversity of our meadow with a day of festivities including workshops and demonstrations.

"It's wonderful to see nature re-establishing itself at Hermitage Meadow, but seeing the impact it has had on so many people's wellbeing is – if anything – even more rewarding," said Erica.

For more information, or to get involved in volunteering at Hermitage Meadow, visit the website:

www.hermitagefieldcommunitymeadow.com

or email:

info@hermitagefieldcommunitymeadow.com

SLAIDBURN ARCHIVE



Since opening in 2005, the Slaidburn Archive has gone from strength to strength, not only as a place for people to deposit local information and photos for safe keeping or to be copied, but also as an essential resource for people to research their families and the surrounding areas.

Winner of the Forest of Bowland AONB 'Vibrant Community Award' in 2014, the Slaidburn Archive is housed in one of Slaidburn's oldest buildings and is a treasure trove of documents, photographs and information relating to the history of the upper Hodder Valley and its inhabitants.

The new display room tells about the history of the area and is free to visit during opening hours. Donations are welcomed.

The Archive has also produced a range of local history books based on research done by staff and volunteers, please check out the website for more information.

Open Wednesday and Friday
11.00-3.00 Please contact prior to
your visit to confirm availability.



Slaidburn Archive
25 Church Street
Slaidburn
Clitheroe
BB7 3ER

Tel 01200 446161
enquiries@slaidburnarchive.org
www.slaidburnarchive.org

Since 2009 Champion Bowland Has Provided



£29,160

benefiting & supporting:

5 parish councils

17 school projects

4 churches

15 community organisations

5 community events
from theatre to a photographic exhibition.

An archaeological dig for Roman remains

42 groups

81 farm visits involving 2,500 people

2 grants to the RSPB to support education.

a heritage trail, a shelter and a bird hide.

6 projects creating hay meadows.

stone walling training

a bee keeping group

the Bowland Scrapbook

For further information about small grants or to support Champion Bowland visit:
www.championbowland.org.uk





CRL
Community Rail Lancashire

DISCOVER THE RIBBLE VALLEY BY TRAIN AND BUS

The Clitheroe Line connects Greater Manchester to Clitheroe Interchange via Bolton and Blackburn, offering access to the West Pennine Moors, Ribble Valley, Forest of Bowland, and Pendleside. On Saturdays, the Yorkshire Dales Explorer (YDE) provides links to Hellifield and the Settle Carlisle Line.

Traveling by train is an excellent way to enjoy car-free days out.

To help plan your day, Community Rail Lancashire (CRL) has created a series of films showcasing walks from the line, and there is also a guided walk programme, perfect for exploring the area with a knowledgeable guide.

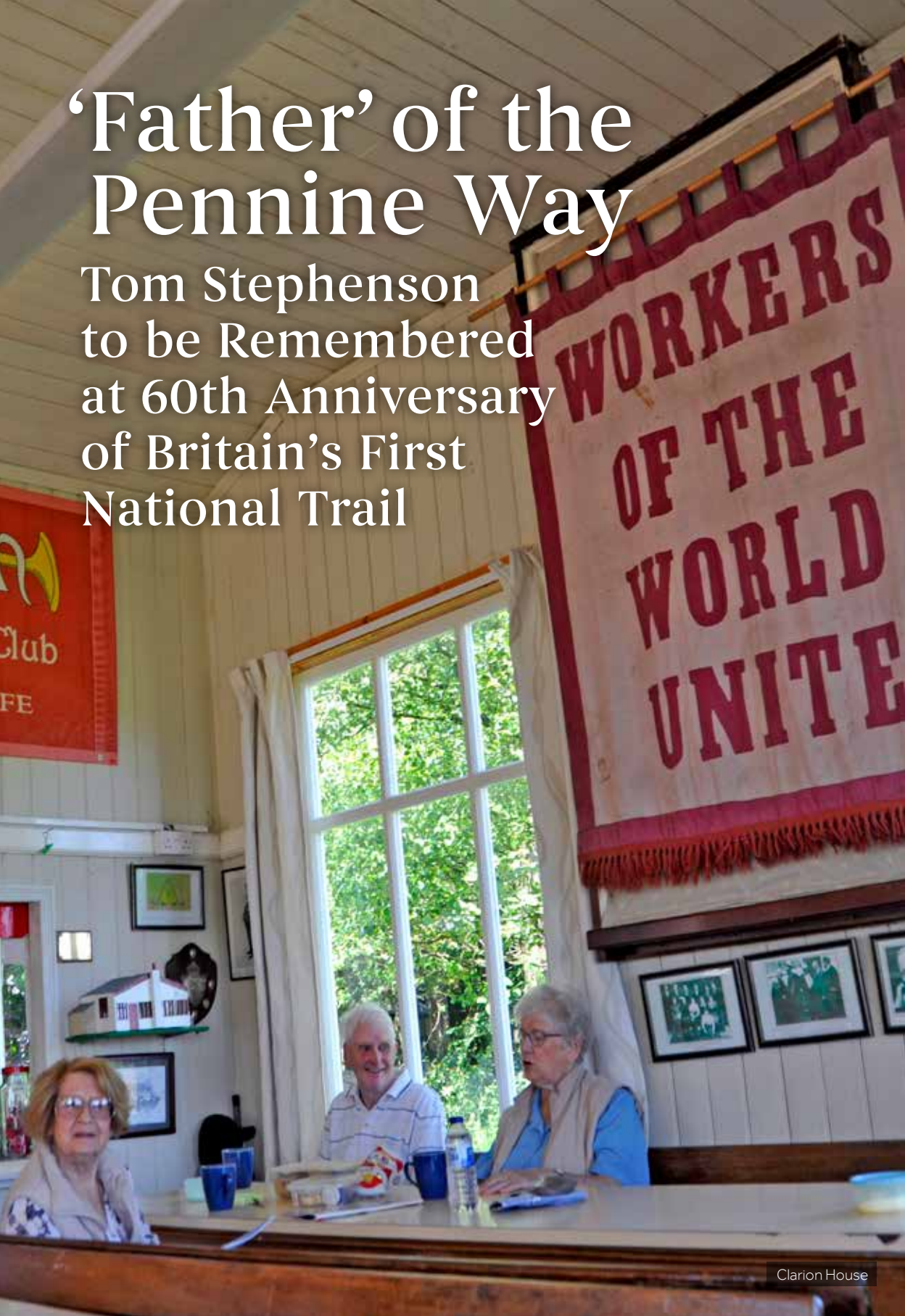
There is lots of information and ideas on the CRL website see:

COMMUNITYRAILLANCASHIRE.CO.UK



‘Father’ of the Pennine Way

Tom Stephenson to be Remembered at 60th Anniversary of Britain’s First National Trail



On the 60th anniversary of its opening, guidebook writer Nick Burton recalls the pivotal role a duo of Pendle Radicals played in the establishment of the Pennine Way.



Clarion House



Nick Burton leading a Pendle Radicals walk

A Lancashire Lad whose hikes to the top of Pendle Hill inspired him to create Britain's first National Trail will be remembered at the official celebrations to mark the 60th anniversary of the Pennine Way.

Tom Stephenson, who grew up in Whalley, campaigned for greater access to the countryside and envisioned a 'long green trail' across the uplands of the north – a vision that became the Pennine Way.

He is one of the 'Two Toms' who were instrumental in campaigning for greater access to the countryside and persuading the post-war Government to create both the National Trails and National Parks. The other Tom is Thomas Leonard, a founder member and President of the Ramblers Association, who was also instrumental in setting up the Youth Hostel Association.

The moors above the Lancashire mill towns inspired Tom Leonard and Tom Stephenson to campaign for everyone to have the right to enjoy our great outdoors. Both are now celebrated in the "Two Toms Trail" – a 25-mile hike connecting Whalley, Pendle and Colne with the Pennine Way near Earby – which was one of the 'Pendle Radicals' projects funded by the Pendle Hill Landscape Partnership managed by the Forest of Bowland National Landscape Partnership (2018-22).

Thomas Arthur Leonard (1864-1948), better known as T.A. Leonard, was a pastor in Colne in the early 1890's, and set up a church rambling club which evolved to provide cheap, outdoor holidays for mill workers - the first one being to Ambleside in 1891. This led

to the formation of the Co-operative Holidays Association (CHA) in 1893, managed from T.A. Leonard's house in Keighley Road. He went on to found the Holiday Fellowship (HF), providing walking holidays from residential centres throughout the UK and Europe.

Tom Stephenson (1893-1987) was brought up on the other side of the hill, in the village of Whalley. At the age of 13, after his very first day of work at the Barrow Printworks, he climbed Pendle Hill and was transformed by the view. It began a lifetime of campaigning for the outdoors, during which he was secretary of the Ramblers, and helped establish our National Parks and 'Areas of Outstanding National Beauty' (including the Forest of Bowland) after 1949. Tom Stephenson had even proposed that the Forest of Bowland be considered as a possible National Park. He also came up with the idea of a national trail for walkers along the upland backbone of England. This became the Pennine Way – officially opened in April 1965 – although Tom had originally suggested it thirty years earlier!

The story of the 'Two Toms' was researched by volunteers involved in the Pendle Radicals - a history project managed by Burnley-based Mid Pennine Arts. It was clear from the outset that the best way to bring the life and legacy of the 'Two Toms' to a new audience was through a walk and so, the Two Toms Trail was born.

The walking trail uses existing rights of way and moorland access land to explore the southern fringe of the Forest of Bowland National Landscape and the South Pennines. It runs from Whalley to Earby, linking Tom Leonard's Colne along the way, and connects the village where Tom Stephenson lived, with both Pendle Hill and his famous creation: the Pennine Way.

One of the highlights of the 'Two Toms Trail' is the Clarion House, hidden in the 'Happy Valley' between Newchurch and Roughlee. The tearoom (open every Sunday) was established by the Nelson Independent Labour Party and was often a meeting place for the Pennine Paths Preservation Society. Between the wars they held an annual rally in Downham which was supported by Tom Stephenson.

In April 2025, Pendle Radicals will host a celebration weekend at the Clarion House following a walk along the Two Toms Trail. Starting out from Whalley, where Tom Stephenson grew up, the group will skirt Pendle Hill, heading to Colne, where Tom Leonard lived and preached, before finishing in Earby. Along the route the group will visit Clarion House, historic Earby Youth Hostel and HF Holidays' Newfield Hall.

Members of the Radicals will also be walking to Malham to join the celebrations marking the 60th anniversary of the official opening of the Pennine Way, which take place on April 24th.

Find out more about the Two Tom's Trail
on the Mid Pennine Arts website:
www.pendleradicals.org.uk

Little North Western Line Celebrates a Big Birthday





One of the nation's most scenic railways – which opened up access to some of England's most striking natural wonders – celebrates its 175th anniversary this year.

The Bentham Line runs between Leeds and Heysham Port, connecting the towns and cities of West and North Yorkshire with Lancashire via the Aire, Ribble, Wenning and Lune valleys, offering a gateway to some of the most stunning landscapes in Britain.

This iconic 75-mile route meanders through the Yorkshire Dales passing the Yorkshire Three Peaks and the Forest of Bowland en route for Morecambe Bay and its stunning seascapes.

The Bentham Line's 175th anniversary coincides with a nationwide programme of events to mark the 200th anniversary of the first passenger journey on the Stockton & Darlington railway. Rail quickly

spread across the globe and **Railway 200** will showcase how the railway shaped, and continues to shape, national life.

Ahead of a series of events to mark the anniversary along the Bentham Line on Sunday, June 1st, the Leeds-Morecambe Community Rail Partnership are appealing for old photos of the railway and any other memorabilia and artefacts that could take centre stage in the celebrations.

Originally known as the 'Little' North Western, to distinguish it from the much grander London and North Western Railway, the Bentham Line was conceived to connect the rapidly industrialising towns of the West Riding of Yorkshire with Scotland, but was scaled back during a period of recession.

The line opened in June 1850, paving the way for the development of a northern rival to Blackpool as the advent of mass tourism ushered in the golden age of

Victorian seaside resorts – initially as day trip destinations then later as holiday locations.

In the mid 19th century, Morecambe was then the name of the bay where a new harbour was to be built near the fishing village of Poulton. It was not until 1889 that the new port and growing resort created by the coming of the railway officially took the bay's name for its own.

The line connected the rural communities along the route to new customers in the rapidly expanding cities of Leeds and Bradford, with cattle, milk and even racing pigeons all transported by train. The commercial middle classes also began to use the line as a 'commuter' railway, travelling between their seaside residences on the Lancashire coast and the mill towns of Yorkshire.

In its heyday, the Bentham Line opened up onwards connections to Barrow and over the Irish Sea via the deep-water port

at Heysham. It was also used for early experiment trials of rail electrification in the early and mid 20th century.

In recent years, in an echo of its early origins, the Bentham Line has established a growing reputation as a tourist gateway to the Yorkshire Dales National Park and the Forest of Bowland National Landscape via the stations at Giggleswick, Clapham, Bentham and Wennington.

Reflecting the growing demand for more sustainable car-free day trips, the Leeds-Morecambe Community Rail Partnership commissioned a series of 'Rail to Trail' walks direct from stations along the line. More recently, the Partnership worked with students on placement with Northern Trains to develop Destination Wellbeing: a series of itineraries that feature some of the cultural, heritage and recreational highlights along the line, and with the Forest of Bowland National Landscape on the award-winning Eco Escapes initiative.

Services meet at Bentham Station © Gerald Townson





The Partnership has also strived to enhance accessibility on the Bentham Line by becoming a dementia-friendly railway with a commitment to inclusivity, ensuring that everyone feels confident and comfortable using its stations and trains.

Chairman of the Leeds-Morecambe Community Rail Partnership, Gerald Townson, said: "We want to celebrate these important milestones with events at stations up and down the line – including heritage and photographic exhibitions and

photographic competitions to capture the spirit of the line, its communities and its attractions today. We really want local residents to join in with the celebrations alongside our many visitors."

"We're hoping the line will receive a visit from the anniversary Railway 200 train which will be touring the UK throughout the year and we are keen to host local events too. We're very open to additional ideas to mark this special occasion and we would ask that anyone who wants to get involved gets in touch with us."

Want to get involved? Call Gerald Townson and the LMCRP team on: 01524 298940 or Email: the.bentham.line@gmail.com

For further information visit: thebenthamline.co.uk

eco escapes

Travel Light | Shop Local | Stay Longer

Sustainable short breaks on foot or by bike in the Forest of Bowland National Landscape



ecoescapes.org.uk



**Forest of
Bowland
National
Landscape**

ABOUT ECO ESCAPES

Eco Escapes connects the Forest of Bowland National Landscape to the rest of the county in a more sustainable way, enabling eco-conscious visitors to refresh, recharge and revive with a sustainable short break in the area's beautiful green spaces.

Eco Escapes are about making connections: between town and country; between visitors and residents and between people and nature.

- This article provides an overview of the Eco Escapes offer – why not visit the website to download more detailed itineraries?
- The website is packed with information, including walking and cycling routes and ideas of where to discover, eat and stay.
- The itineraries are themed around walking, cycling, food and drink and family-friendly, so there is something for everyone!



ecoescapes.org.uk

The Eco Escapes initiative is managed by the Forest of Bowland National Landscape (www.forestofbowland.com) with initial funds provided by Lancashire County Council's Rural Recovery Fund (2022). Businesses featured in this leaflet are members of the Forest of Bowland sustainable tourism network. Although efforts are made to ensure accuracy of the information in this leaflet at the time of print (January 2025), changes can occur, and it is advisable to confirm information with the relevant providers before you travel.



Eco Escapes includes over 12, themed itineraries for walking, cycling, food & drink and family-friendly activities. Six of them are featured here:



3 LANCASTER AND THE LUNE VALLEY

This itinerary explores the under-the-radar loveliness of the Lune Valley on the northern edge of the Forest of Bowland National Landscape. A short bus or train ride from Lancaster transports you to a landscape of characterful stone villages, verdant riverside paths, shady lanes through ancient woodland and sweeping views of higher, wilder country in the distance.

DAY 1:

Arrive by train at Lancaster station.

Morning: Depending on your mood or fitness level, take a train to Wennington or a bus to Caton, Hornby or Wray. There are dozens of worthy walks around the Lune Valley, but here are a couple to whet your appetite.

- Crook of Lune 7.5miles / 12km / 3 hours
- Wray, Hornby and Gressingham Circular 8 miles / 13km / 3 hrs 30 mins

Afternoon: Explore the charming village of Wray and meander through the densely wooded valley of Roeburndale: a secluded natural oasis on the northern edge of the Forest of Bowland.

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.

DAY 2:

Morning: Hop on the train for the short ride to Carnforth on the Furness Line and walk through the stunning coastal limestone scenery of Arnsdale and Silverdale National Landscape to catch the train back to Lancaster from Silverdale.

Walk: Warton Crag, Silverdale 9km/2hrs 30m – this linear walk along lanes, woodland paths and limestone outcrops takes in sweeping views over Morecambe Bay from the top of Warton Crag.

Eat at the Old School Brewery in Warton or save yourselves for some great cakes near the end of the walk at Wolf & Us in Silverdale.

Afternoon: Return by train from Silverdale to Lancaster.

Explore more...

For more detailed information, including links to walks and Lancaster's heritage, view the full itinerary here: www.discoverbowland.uk/itinerary/lancaster-and-the-lune-valley



4

COAST AND COUNTRYSIDE



This varied itinerary criss-crosses the scenic Bentham Line railway, which hugs the Lancashire border across the northern boundary of the Forest of Bowland National Landscape. The line links the iconic Lancashire seaside resort of Morecambe with the West Yorkshire city of Leeds, connecting villages and towns along the Wenning Valley between Wennington and the edge of the Yorkshire Dales at Giggleswick.

DAY 1: 2 to 9 miles

Arrive at Bentham by train. Regular train connections from the East and West Coast mainlines, at Leeds and Lancaster.

Morning: Take in a livestock sale at Bentham Market – one of the most important agricultural auction markets in the north of England. Sheep, cattle, agricultural machinery and even sheepdogs are sold at this bustling auction, with sales happening regularly each week. Schedule a visit in late summer and you can enjoy the Bentham Agricultural Show, which takes place in the first week of September each year.

Afternoon: Follow the Bentham Heritage Trail – a choice of three self-guided walks that chart the town's history from a rural farming hub through industrialisation. Bentham developed a speciality in weaving flax and silk at several mills that were initially powered by the flow of the River Wenning.

DAY 2: 24 miles

Morning: Follow the Way of the Roses coast-to-coast cycle route to Morecambe. At 170 miles, the whole ride is usually spread across several days, but the 20-mile western section to Morecambe is easily achievable in a morning and more than half of the route is on purpose-built traffic-free cycleways.

Afternoon: Ride back up the Lune and Wenning valleys to Bentham or save your legs and catch the train. Then slow things down a bit with a trip to the Bentham Pottery at Low Bentham, where you can browse hand-crafted pottery and even have a go at throwing a pot yourself (booking essential). Return by train at Bentham station.

Explore more...

For more detailed information, including further walking opportunities and the Bentham Line Rail to Trail routes, view the full itinerary here: www.discoverbowland.uk/itinerary/northern-bowland-and-the-wenning-valley



5 CLIMB PENDLE HILL FROM CLITHEROE



Base yourself in the bustling market town of Clitheroe for an active weekend of picturesque rides and scenic walks – including a challenging hike to the top of iconic Pendle Hill. And once you've burned a few hundred calories on foot or in the saddle, you'll find plenty of places to replace them in the most enjoyable way!

DAY 1:

Arrive by train at Clitheroe Station.

This is the perfect base for exploring the picturesque villages of the Ribble Valley and the southern fringe of the Forest of Bowland.

Morning: Grab some pies and picnic fodder from the open-air market or one of Clitheroe's many independent shops and head for the hills! This challenging route takes you to the top of Pendle and gets you back into town in time for tea. You'll need decent footwear, waterproofs and extra layers, as it could get chilly on top. The whole 9-mile route should take about four to five hours. A stop-off for refreshments at the award-winning Swan with Two Necks in the pretty village of Pendleton is highly recommended.



DAY 2:

Morning: Contact Ribble Valley e-bikes to arrange hire of cycles (book in advance). Collect a picnic from Bowland Food Hall, then head out of town onto quiet rural lanes to explore the picturesque villages of the southern edge of the Forest of Bowland National Landscape.

Enjoy a leisurely Ribble Valley Villages ride taking in all the prettiest villages, including Waddington, Downham, Whalley and Ribchester, where you'll usually find a pub or a café at which to stop for refreshments. Confident cyclists will complete the entire loop in around two hours, but most people stick to the eastern or western sections and allow plenty of time for frequent stops.

Return to Clitheroe to drop off your hire bikes and catch your train home from the station.

Explore more...

For more detailed information, including detailed walking and cycling routes, view the full itinerary here:

www.discoverbowland.uk/itinerary/summit-else-explore-pendle-hill-from-clitheroe





7 CLASSIC BOWLAND HILLCLIMBS



The quiet rural roads of the Forest of Bowland have been a magnet for serious road cyclists for decades. Sir Bradley Wiggins used the tough hill climbs of the Bowland Fells to prepare for his Tour de France campaign and the area is a popular destination for sportive riders seeking to challenge themselves on some of the most demanding road routes in England.

DAY 1:

Start: Bentham Station or Slaidburn
(will need to cycle or drive)

Starting from Bentham or Slaidburn, this wild ride tackles the twin passes of Cross of Greet and Bowland Knotts – the only roads to cross the quiet uplands of the eastern side of the Forest of Bowland. Both fell roads are effectively single track for much of the length, crossing lonely moorland offering outstanding views of the Forest of Bowland and Yorkshire Three Peaks with the Lakeland Fells also often visible on the north-western horizon.

Cross of Greet is a classic Bowland climb up one of the many steep-sided valleys or cloughs that perforate the edges of the Bowland plateau, passing the base of the cross (after which the pass is named) before a long and sometimes sinuous descent across the moors to Bentham.

DAY 2:

Start: Lancaster or Dunsop Bridge

This ride incorporates the classic ride through the Trough of Bowland after exploring the western boundary of the Forest of Bowland. Start from Lancaster (for an exhilarating car-free day ride) or Dunsop Bridge if you're basing yourself locally to explore the Forest of Bowland over a few days. In the latter case, this route can be shortened by following the minor roads from Abbeystead to Street or Lee to Dolphinholme.

DAY 3:

Start: Clitheroe

This testing 33-mile circular explores both flanks of the picturesque Ribble Valley and visits the last remaining Clarion House in Britain before taking on Pendle Hill in a challenging finale.

Return by train from Clitheroe.

Explore more...

For a car-free, three-day cycling break, riding all three routes, base yourself in Slaidburn at either the Hark to Bounty or Dale House Barn near Gisburn Forest.

For more detailed information, including the cycle routes, view the full itinerary here:

www.discoverbowland.uk/itinerary/classic-bowland-hillclimbs





9 FIND THE CENTRE OF GREAT BRITAIN



According to Ordnance Survey, the geographical centre of Great Britain is located on a remote hillside above Dunsop Bridge in the heart of the Forest of Bowland. This itinerary takes you to the centre of Great Britain and explores the beautiful landscapes and pretty villages of the Forest of Bowland on foot and by bike.

DAY 1:

If you're bringing your own bikes, consider catching the train to Clitheroe and riding direct from the station.

If you're coming by car, there is a pay and display parking in Dunsop Bridge.

Plan your expedition to the geographical heart of Great Britain – located on a remote hill farm at Whitendale Hanging Stones near Dunsop Bridge. Fortify yourself with coffee and home-made cakes or scones at Puddleducks Café. This is quite a demanding 10-mile fell-walk, which requires sturdy walking boots and reliable wet weather gear, but it's well worth the effort for the views alone. Look out for rare hen harriers and ring ouzels along the way.

You'll likely be hungry and thirsty after your long day in the hills. Book ahead at the award-winning Parkers Arms, Newton in Bowland and enjoy fantastic local produce in a beautiful setting.

DAY 2:

Saddle up for the Ribble Valley village ride – an easy-going 29-mile route following the valley floor with some gentle climbs to explore the prettiest villages in the Clitheroe area.

This picturesque route passes some of the best pubs and cafes in the area – many of which welcome thirsty cyclists. The route also passes through the bustling little town of Whalley with its 14th Century Cistercian Abbey and Ribchester where you can explore the Roman Museum.

There are plenty of pitstops along the route, with excellent pubs in most of the villages.

Explore more...

For more detailed information, including route descriptions and a sustainable travel map, view the full itinerary here:

www.discoverbowland.uk/itinerary/journey-to-the-centre-of-the-kingdom





12 FIELD, FELS AND FABULOUS FOOD

Stretching from the high fells of the Bleasdale Horseshoe to the sharply etched ridge of Longridge Fell, the southwestern fringe of the Forest of Bowland combines 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. Why not combine an active day exploring the gorgeous little villages by bike with regular pitstops at the welcoming country cafes in this mouth-watering corner of Bowland.



DAY 1:

A car or bike is needed due to lack of public transport in the heart of Bowland.

Morning: The most expansive views are to be had from the main ridge of the Bleasdale Fells which keen fell walkers can climb via Parlick Pike above the pretty village of Chipping, but for a less demanding walk, we recommend heading to Scorton and heading up the popular local summit of Nicky Nook.

Afternoon: The verdant pastureland along the western boundary of the Forest of Bowland is dairy country, where hundreds of happy cows happily munch their way through tonnes of fresh grass. Much of the high-quality milk they produce is turned into cheese by a handful of local artisan cheesemakers. Mrs Kirkham's, near Goosnargh, and Dewlay, on the edge of Garstang, are two of the biggest producers of this subtle local cheese. Both Mrs Kirkham's and Dewlay have farm shops which are open to the public.

DAY 2:

Morning: The quiet roads and mountain trails make this part of Bowland a paradise for cyclists. Both on and off-road routes all feature undulating terrain and some challenging climbs. Scorton is the start point for our recommended route – an undulating 27-mile ride through the foothills of the Bleasdale Fells.

Afternoon: Bowland Wild Boar Park is one of the most popular visitor attractions in the area – hosting thousands of visitors every year. This out of the way farm and wildlife park is especially popular with families and schoolchildren, who love getting so close to the farm animals and exploring nature on one of the Park's wildlife walks.

Explore more...

For more detailed information, including local produce, view the full itinerary here:

www.discoverbowland.uk/itinerary/fields-fells-and-food



DISCOVER

- 1 Alternative Adventure & Outdoor Activities Service**
altadv.co.uk | 01254 704 898
- 2 Bentham Golf Course & Wenningdale Escapes**
benthamgolfclub.co.uk | 01524 262 455
- 3 Bowland and Bay Artisan Foodie Adventures**
bowlandandbay.co.uk | 07476 001 539
- 4 Bowland Wild Boar Park**
www.wildboarpark.co.uk | 01995 61075
- 5 Browsholme**
browsholme.com | 01254 827 160
- 6 Carla Gebhard Design** (watercolour artist)
carlagebhard.com | 07872 567 824
- 7 Farm on the Fell**
facebook.com/cowwithcalfdairy | 07720 290 045
- 8 Goosnargh Gin**
goosnarghgin.co.uk | 01995 641001
- 9 The Rewilding and Patty's Barn**
pattysbarn.co.uk | 01524 751 285
- 10 Wild Bowland Walks**
https://shorturl.at/xDxFA | 01200 407093
- 11 Wood End Alpaca Experience and B&B**
visitwoodendfarm.co.uk | 01200 448 223

STAY

- 22 Brickhouse Touring Caravan Site**
www.brickhouseccs.co.uk | 01995 61747
- 23 Cobden View Self Catering Cottage**
cobdenview.co.uk | 01282 776 285
- 24 Hartley's Huts**
stuarthartley47.wixsite.com/hartleyshuts | 07908 614 736
- 25 Height Top Farm Holiday Cottages**
heighttopfarm.co.uk | 01282 772 009
- 26 Lakewood Cottages**
lakewoodcottages.co.uk | 01524 751 053
- 27 Laythams Holiday Lets Retreat**
laythams.co.uk | 01200 446 677
- 28 Little Oakhurst Boutique Glamping**
www.littleoakhurst.com | 07908 614736
- 29 Moss Wood Caravan Park**
mosswood.co.uk | 01524 791 041

EAT

- 12 Bowland Food Hall**
holmesmill.co.uk/food-hall | 01200 407130
- 13 Bowland Beer Hall**
holmesmill.co.uk | 01200 401 035
- 14 Emporium**
theemporiumclitheroe.co.uk | 01200 444 174

EAT & STAY

- 15 Coach and Horses**
coachandhorsesribblevalley.co.uk | 01200 447 331
- 16 Falcon Manor**
falconmanor.co.uk | 01729 823 814
- 17 Shireburn Arms**
shireburnarmshotel.co.uk | 01254 826678
- 18 The Assheton Arms**
jamesplaces.com/assheton-arms | 01200 439699
- 19 The Fleece Inn**
fleeceinn.co.uk | 01524 791233
- 20 The Traddock**
thetraddock.co.uk | 01524 251 224
- 21 Waddington Arms**
waddingtonarms.co.uk | 01200 423 262

- 30 Orchard Glamping**
orchardglamping.com | 07725 185 366
- 31 Peaks and Pods**
peaksandpods.co.uk | 07724 940 709
- 32 Ribble Valley Holiday Homes**
ribblevalleyholidayhomes.co.uk | 01254 820 444
- 33 Riverside Caravan Park**
riversidecaravanpark.co.uk | 01524 261 272
- 34 Shireburne Park**
shireburnepark.co.uk | 01200 423 422
- 35 Slaidburn Youth Hostel**
www.yha.org.uk/hostel/yha-slaidburn
0345 371 9343
- 36 Smelt Mill Residential Centre**
smeltmill.org.uk

FIND YOUR ESCAPE



Find out more about sustainable ways to travel at:
discoverbowland.uk/map

DISCOVER BOWLAND

National Landscape

Relax, reset and reconnect with
nature in the beautiful
Forest of Bowland National
Landscape

WHERE TO STAY | WALKS AND RIDES | FOOD & DRINK
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www.discoverbowland.uk

Search for accommodation with small independent businesses and plan your break with a custom itinerary



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BOWLAND**

Festival Bowland Events 2025

Celebrating the nature, landscape, culture and heritage
of the Forest of Bowland National Landscape



Bowland has treasures to be explored throughout the year and our Festival Bowland events programme is here to help you uncover them.

From special wildlife encounters, fascinating heritage and mouth-watering produce, to lowland rambles and challenging fell-top adventures, our 2025 calendar of events is packed with opportunities to enjoy the fantastic Forest of Bowland National Landscape.

February sees the return of Bowland's Dark Skies Festival, now in its seventh year. Discover the Jeremiah Horrocks Observatory, get creative with family crafts, join us after-dark in the forest, or find out all about that very recognisable nocturnal mammal – the badger.

Journey along what must be one of the area's most scenic bus routes in March when our Bowland Bus Walks make the most of service number 11 between Clitheroe and Settle – a wonderful way to get out and about in Bowland whilst leaving the car behind.

As the daylight lengthens and temperatures creep upwards in April, delight in seasonal walks, forest bathing and an evening watching for whimbrel. Discover the story behind local links with the birth of the Pennine Way – 60 this year! – and sign up for a no-experience-required nature blitz.

Spring is as busy as ever, thanks in no small part to the Garstang Walking

Festival. Running from Saturday 3rd to Sunday 11th May, this year's events include old favourites and new experiences for all ages and abilities. Geology, history, archaeology, wildlife and navigation skills are all on the menu, making this a nine-day festival not to be missed!



Fungi Gisburn Forest

And May wouldn't be the same without the chance to take in some of Bowland's fantastic bluebell woods, so do check out the walks on offer this month. You'll be able to indulge in post-walk afternoon tea if you head over to Calder Vale, and if you step out from Caton, you can explore magical Aughton Woods by the side of the River Lune.

Roll your sleeves up for some conservation work during June and help to pull riverside Himalayan balsam, enjoy an easy-grade evening walk from Catterall, a walk from Nelson into Pendle Forest, or a meander along the River Brock near Garstang. And that's all before the summer solstice!

As the year evolves, experience the colours, scents and sounds of high summer in Bowland, when the Crook of Lune near Lancaster once again provides the location for our National Meadows Day celebrations on the first Saturday in July. A rare and valuable habitat, traditional farming practices and a ten-year plus

programme of restoration mean that upland hay meadows continue to survive in the National Landscape.

Looking for something to entertain the family during the school holidays? Why not explore the secret world of river wildlife, enjoy library-led nature activities, create an artistic masterpiece to mark the Perseid meteor shower, or grab your head torch and head out for a late summer bat walk?

All-terrain wheelchairs make the outdoors accessible for nature-lovers who may be less mobile, and Festival Bowland offers plenty of opportunities to adventure alongside family and friends. Try an all-terrain wheelchair out for size on a taster day – you'll find them in May and October - or join a longer guided trek from Claughton-on-Brock, Bleasdale or Dunsop Bridge.

In September, discover the Fairtrade history of Bowland gateway town, Garstang, or join in the Big River Watch

on the River Wyre. Later this month, give your tastebuds a treat with Feast Bowland; an annual celebration of the fantastic food and talented producers found in and around the Forest of Bowland.

Take your seat for the annual Bowland Lecture on the first Tuesday in October, where the area's past and present have been brought to life over the years, thanks to inspiring speakers. Reconnect with nature on a relaxing woodland walk and keep your eyes fixed firmly floorward on a seasonal fungi-focused discovery walk.

Throughout the year, regular easy access walks from Garstang offer the chance to stretch your legs, breathe in the benefits of being in the outdoors and enjoy the company of fellow walkers. And even better, these weekly wanders don't need booking in advance.

So, whether you find yourself in Bowland in March, July or December, there'll be a Festival Bowland event where you will be very welcome.

We've included a handy month by month Festival Bowland listing on the following pages so that you can make a note of any events which catch your eye.

Full details of all this year's events – including costs and how to book - are available on our website at www.forestofbowland.com/festival-bowland, where you'll also find any new events added during the year.

Festival Bowland wouldn't be possible without all the fantastic organisers, volunteers, land managers and local businesses who make it happen. We hope the events help you enjoy your time in this beautiful part of Lancashire and North Yorkshire to the full, and if there is something you'd particularly like to see, why not let us know? If it's about the nature, landscape, culture or heritage of the National Landscape, we might be able to include it in a future programme. Just email bowland@lancashire.gov.uk

At a Glance Events Listings

February

Monday 17th February

- **Frank Holden: Observing Under Southern Skies;** 7pm – 8pm; Online

Tuesday 18th February

- **Jeremiah Horrocks Observatory Evening;** 7.30pm – 9.30pm; Preston

Wednesday 19th February

- **Night Sky Family Crafts;** 2pm – 3pm; Downham

Thursday 20th February

- **After Dark Forest Discovery;** 5.30pm – 7.30pm; Gisburn Forest

Friday 21st February

- **Badger Bimble;** 10.30am – 12 noon; Ribchester

Saturday 22nd February

- **Dark Skies @ Dunsop Bridge;** 1.30pm – 3pm; Dunsop Bridge

March

Monday 3rd March

- **Garstang Short Walk;** 11am – 12 noon; Garstang (recurring)

Thursday 13th March

- **Bowland Bus Walk – Dunsop;** 11am – 3pm; Dunsop Bridge

Saturday 29th March

- **Bowland Bus Walk – Stocks Reservoir;** 11am – 3.30pm; Slaidburn

April

Friday 4th April

- **Abbeystead Spring Walk;** 9am – 11.30am; Abbeystead
- **Scorton Short Walk;** 2pm – 3pm; Scorton

Monday 7th April

- **Garstang Short Walk;** 11am – 12 noon; Garstang (recurring)

Thursday 10th April

- **Spring Nature Blitz;** 9.30am – 12.30pm; Scorton

Friday 25th April

- **RSPB Moorland Safari;** 9.30am – 2pm; Slaidburn

- **Grizedale Bridge Legstretcher;** 10.30am – 12.30pm; Scorton

- **Forest Bathing Evening;** 6.30pm – 8.30pm; Gisburn Forest

Saturday 26th and Sunday 27th April

- **A Celebration: The Two Toms – Pennine Way at 60;** 11:00am – 3pm; Roughlee

Sunday 27th April

- **Whimbrel Walk;** 6.30pm – 8.30pm; Barnacre

May

Saturday 3rd May

- **Dawn Chorus;** 5am – 6am; Garstang
- **Garstang to the Fells and Back;** 9am – 5.30pm; Garstang

- **Library Family Nature Discovery Activities;** 10am – 11am; Garstang

- **Garstang Now and Then;** 10am – 2pm; Garstang

- **Garstang Short Walk;** 11am – 12 noon; Garstang

Sunday 4th May

- **Bluebell Walk;** 12 noon – 1.30pm; Calder Vale

- **Grizedale Circular;** 1.30pm – 4pm; Scorton

Monday 5th May

- **Hare Appletree Lowlands;** 9am – 1.30pm; Dolphinholme

- **RSPB Moorland Safari;** 9.30am – 2pm; Slaidburn

- **Springtime Around Nicky Nook;** 10am – 1pm; Scorton

- **Coronation Anniversary Walk;** 2pm – 3pm; Garstang

Wednesday 7th May

- **Navigation for Walkers – Day 1;** 9am – 5pm; Bleasdale

- **Bilsborrow & Brockside Bluebell Walk;** 10am – 4pm; Bilsborrow

- **Sykes Geology Walk;** 10.30am – 12.30pm; Trough of Bowland

- **Catterall & Calder Meander;** 1pm – 3pm; Catterall

- **Garstang Bloomers Walk;** 6pm – 7pm; Garstang

Thursday 8th May

- **Navigation for Walkers – Day 2;** 9am – 5pm; Bleasdale

Friday 9th May

- **Brock Bottom History and Archaeology;**
10am – 12 noon;
Claughton-on-Brock
- **Lapwings & Hares
Tramper Trek;**
1pm – 3.30pm;
Claughton-on-Brock

Saturday 10th May

- **Langden and
Hareden Valleys Walk;**
9.30am – 2.30pm;
Trough of Bowland
- **Claughton Estate Walk;**
10am – 12 noon;
Claughton-on-Brock
- **Scorton to Dolphinholme
Circular;**
10am – 1pm; Scorton
- **Pendle Hill Chartists' Walk -
Pendle Radicals;**
10:15am – 2pm; Sabden

Sunday 11th May

- **Bleasdale Skyline;**
9am – 3.30pm; Bleasdale
- **Wildlife of the
Upper River Brock;**
10.30am – 1pm; Claughton-
on-Brock
- **Bluebell Walk;**
12 noon – 1.30pm; Calder Vale
- **Bleasdale –
From Past To Present;**
1.30pm – 4pm; Bleasdale

Monday 12th May

- **Garstang Short Walk;**
11am – 12 noon; Garstang
(recurring)

Wednesday 14th May

- **Discover Aughton Woods;**
10am – 1pm; Caton

Friday 16th May

- **All-Terrain Wheelchair
Taster Day;**
10.30am – 2pm;
Gisburn Forest

Saturday 17th and Sunday 18th May

- **Bleasdale Tower Gardens
Open Weekend;**
12 noon – 4.30pm; Bleasdale

Wednesday 21st May

- **Evening Short Walk;**
6.30pm – 7.30pm; Bilsborrow

Thursday 22nd May

- **Outdoor Journalling;**
10am – 4pm; Gisburn Forest

Monday 26th May

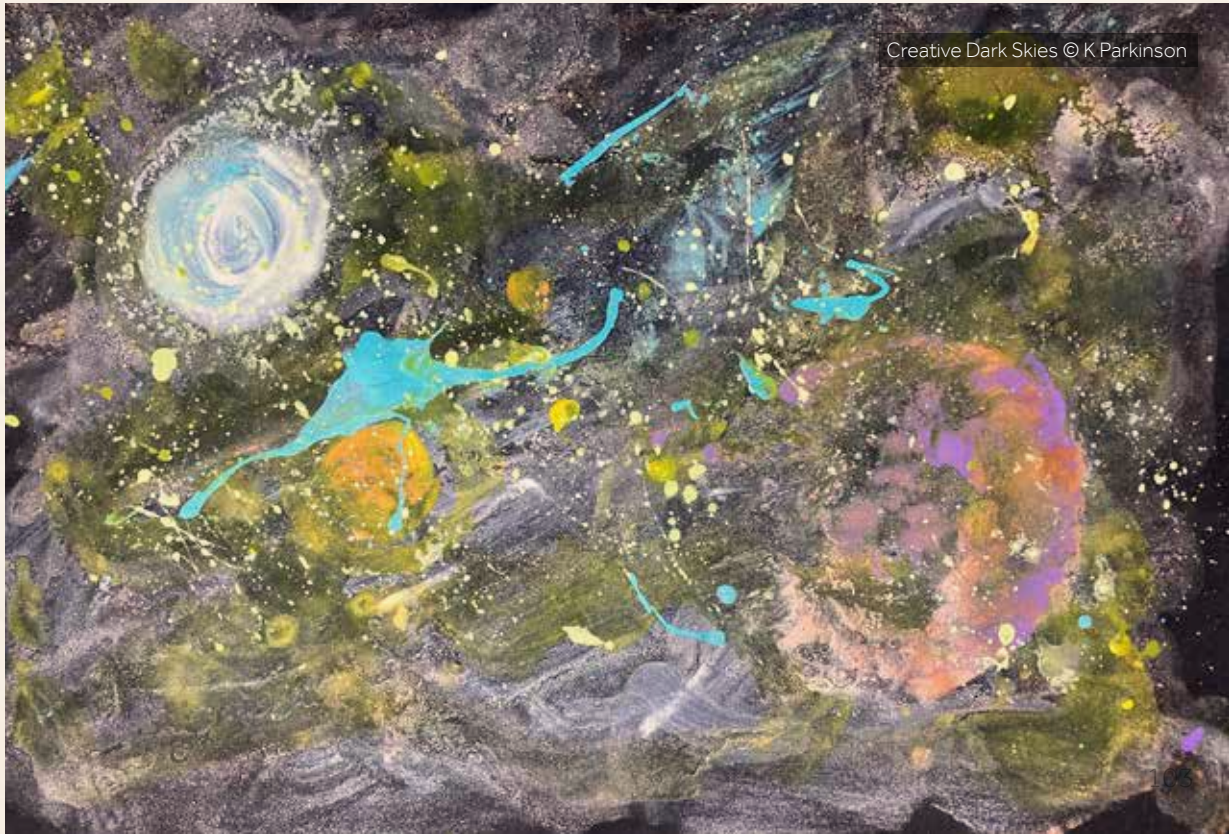
- **Scorton Amble;**
10.30am – 1.30pm; Scorton

Thursday 29th May

- **Landscape Recovery -
The Secret World of Rivers;**
10.30am – 1pm;
Claughton-on-Brock

Saturday 31st May

- **RSPB Moorland Safari;**
9.30am – 2pm; Slaidburn



Creative Dark Skies © K Parkinson



June

Monday 2nd June

- **Garstang Short Walk;**
11am – 12 noon; Garstang (recurring)

Friday 6th June

- **Brock Valley Amble;**
9.30am – 11.30am;
Claughton-on-Brock

Sunday 8th June

- **Landscape Recovery - Bleasdale Wildlife Safari;**
10am – 1pm; Bleasdale
- **Nelson to Clarion House Whit Walk;**
10.30am – 2.30pm; Nelson

Friday 13th June

- **RSPB Moorland Safari;**
9.30am – 2pm; Slaidburn
- **Scorton Short Walk;**
2pm – 3pm; Scorton

Saturday 14th June

- **Library Family Nature Discovery Activities;**
10am – 11am; Garstang

Sunday 15th June

- **Clarion Sunday 2025;**
10.30am – 4.30pm;
Clarion House, Roughlee

Wednesday 18th June

- **Conservation Day – Balsam Bashing;**
9.30am – 2.30pm; Scorton
- **Evening Short Walk;**
6.30pm – 7.30pm; Catterall

Friday 20th June

- **Conservation Day – Balsam Bashing;**
9.30am – 2.30pm; Scorton
- **Garstang Legstretcher;**
10.30am – 12.30pm; Garstang

Wednesday 25th June

- **Conservation Day – Balsam Bashing;**
9.30am – 2.30pm; Scorton

Friday 27th June

- **Conservation Day – Balsam Bashing;**
9.30am – 2.30pm; Scorton

July

Wednesday 2nd July

- **Conservation Day – Balsam Bashing;**
9.30am – 2.30pm;
Scorton (recurring)

Saturday 5th July

- **National Meadows Day;**
Time TBC; Crook o' Lune

Monday 7th July

- **Garstang Short Walk;**
11am – 12 noon;
Garstang (recurring)

Wednesday 9th July

- **Dunsop Valley Tramper Trek and Ramble;**
11am – 2pm; Dunsop Bridge

Thursday 24th July

- **The Secret World of Rivers;**
10am – 12 noon or 1pm – 3pm; Scorton

Friday 25th July

- **Calder Vale Legstretcher;**
10.30am – 12.30pm;
Calder Vale

August

Friday 1st August

- **Abbeystead Summer Walk;**
9am – 11am; Abbeystead

Monday 4th August

- **Garstang Short Walk;**
11am – 12 noon;
Garstang (recurring)

Friday 8th August

- **Scorton Amble;**
10.30am – 1.30pm; Scorton

Saturday 9th August

- **Library Family Nature Discovery Activities;**
10am – 11am; Garstang

Tuesday 12th August

- **Light up the Dark;**
1.15pm – 2.45pm; Downham

Wednesday 13th August

- **Garstang and the Lancaster Canal Tramper Trek and Ramble;**
10.30am – 2.30pm; Garstang

Friday 15th August

- **Scorton Short Walk;**
2pm – 3pm; Scorton

Wednesday 20th August

- **Geology Walk;**
10am – 12 noon;
Trough of Bowland

Thursday 21st August

- **The Secret World of Rivers;**
10am – 12 noon or 1pm – 3pm; Scorton

Friday 22nd August

- **Summer Bat Walk;**
7.30pm – 9.30pm;
Gisburn Forest

Wednesday 27th August

- **Catterall Short Walk;**
2pm – 3pm; Catterall

Thursday 28th August

- **Bat Walk;**
8pm – 9.30pm; Scorton

September

Monday 1st September

- **Garstang Short Walk;**
11am – 12 noon;
Garstang (recurring)

Thursday 4th September

- **Landscape Recovery -
Seed Collecting Amble;**
10.30am – 12.30pm;
Claughton-on-Brock
- **Bat Walk;**
8pm – 9.30pm; Garstang

Saturday 6th September

- **Bleasdale Tramper Trek
and Ramble;**
10.30am – 1pm, Bleasdale

Friday 12th September

- **Bleasdale – From the Past
to the Present;**
1.30pm – 4pm; Bleasdale

Saturday 13th September

- **The Big River Watch;**
11am – 2pm, Scorton
- **Garstang Fairtrade
Heritage Walk;**
1.30pm – 4pm; Garstang

Monday 15th to Saturday 21st September

- **Feast Bowland;**
various times and venues

Saturday 20th September

- **Brock Valley Ramble;**
9.30am – 11.30am;
Claughton-on-Brock

Friday 26th September

- **Scorton Legstretcher;**
10.30am – 12.30pm; Scorton

October

Monday 6th October

- **Garstang Short Walk;**
11am – 12 noon;
Garstang (recurring)

Tuesday 7th October

- **Bowland Lecture;**
7.30pm – 9pm; Cow Ark

Saturday 11th October

- **Library Family Nature
Discovery Activities;**
10am – 11am; Garstang

● All-Terrain Wheelchair

- Taster Day;**
9.30am – 3.30pm; Sabden

Friday 17th October

- **Scorton Short Walk;**
2pm – 3pm; Scorton

Saturday 18th October

- **Nature Connection Walk;**
9.30am – 11.30am;
Beacon Fell

Friday 24th October

- **Catterall Legstretcher;**
10.30am – 12.30pm; Catterall

November

Monday 3rd November

- **Garstang Short Walk;**
11am – 12 noon;
Garstang (recurring)

December

Monday 1st December

- **Garstang Short Walk;**
11am – 12 noon;
Garstang (recurring)



Baby Robin

create HODDER

The Hodder Valley is not only rich in beauty and character, but also in creative talent. Local artist Karin Pinder established a collective of artisans to highlight and support local businesses that create handmade and bespoke goods.

Lorikeet Studios - Karin Pinder Artist

Karin captures the charm of rural Bowland through oil paintings, lino prints and pastel drawings. Alongside selling original pieces, she produces fine art prints, cards and gifts featuring her work. These are displayed and available to purchase from her website and Slaidburn Central Stores & Post Office.

Visit: www.lorikeetstudios.com

Bowland Pottery

Bowland Pottery offers high-quality, unique ceramics for your home and garden. Justine's creations are inspired by her love of the sea, sailing, and nature. Each piece is hand-painted with glazes chosen to reflect the natural environment.

Visit: www.facebook.com/p/Bowland-Pottery-100063976758177/



Cottage Crafts - Laura Coupland

Laura creates hand-crafted soy candles and reed diffusers. Her soy candles are eco-friendly and pet-safe, as they don't emit harmful chemicals and last longer than paraffin candles. The reed diffusers are sustainably produced and offer refill options.

Visit: [Slaidburn Central Stores](#) to purchase or email: lauracoupland1@gmail.com



Hodder Valley Soap

Fiona crafts beautiful soaps from scratch in small batches, using only natural, sustainably sourced ingredients. Each soap is naturally fragranced with pure essential oils. Fiona sells her soaps and handmade gifts at local fairs.

Visit: <https://createhodder.wixsite.com/createhodder/hoddervalleysoap>



Julie Harrison Artist

Julie's artwork is inspired by the animals and wildlife on her farm. She offers a variety of greeting cards and prints, all derived from her coloured pencil drawings. These items can be purchased directly.

Visit: <https://createhodder.wixsite.com/createhodder/julieharrisonart>



Mission Room Furniture Resurrection

Mission Room Furniture Resurrection saves both cherished and neglected furniture, giving them a new lease on life. This can involve respectful restoration that honours the piece's history, or a bold reimagining with paint and other finishes to create statement pieces suitable for various settings.

Visit: www.etsy.com/uk/shop/MissionRoomFurniture



Margaret Robinson Artist

Margaret started painting with watercolours nearly 40 years ago. Her love of animals, combined with life on the family farm, provides the perfect inspiration to capture their essence. She now also creates beautiful animal portraits using pastels, acrylics, and pencils.

Visit: <https://createhodder.wixsite.com/createhodder/margaretrobinson>



Nichola Claire Paints

Nichola, who lives on a farm near Tosside, balances raising two active boys and her primary school teaching duties with adding her unique painting style to various beautiful items, including boxes, baubles, planters, and pen pots.

Visit: <https://createhodder.wixsite.com/createhodder/nicholaclairepaints>



Cassandra Batterby Fine Artist

Cassandra's passion lies in country sports and landscapes. Since 2016, she has been a contemporary sporting and landscape artist, creating a variety of original drawings and paintings for sale, as well as unique, bespoke commissions. Visitors are welcome by appointment.

Visit: www.cassandrabatterby.co.uk



Hodder Woodcraft

Paul is a craftsman specialising in wooden products. Whether you need a repair, a polish, an alteration, or a unique gift for a loved one or yourself, Paul can help. Contact him for any wooden item you need.

Visit: www.hodderwoodcraft.co.uk



High Ginger

Sarah, an artist residing in the picturesque Forest of Bowland, draws inspiration from the local wildlife and landscapes. She creates high-quality cards for any occasion, with her hand-drawn designs meticulously reproduced on folding cards by specialist fine art printers.

Visit: www.etsy.com/uk/shop/HighGingerUK



For further information about all the Create Hodder artists, creators and makers visit:
<https://createhodder.wixsite.com/createhodder>

Further Information

Getting to the Forest of Bowland

There are several train lines which surround the Forest of Bowland and which act as perfect gateways into the National Landscape. Stations often display information about walking and cycling and other opportunities in the area.

The Clitheroe Line terminates at Clitheroe Interchange and is the most central train station for Bowland. Other stations on this line from Manchester and Blackburn include Whalley and Langho. To the north there are several smaller stations along the Bentham Line, which runs from Leeds to Lancaster and Morecambe: Long Preston, Giggleswick, Clapham, Bentham and Wennington. The west coast mainline skirts Bowland, stopping at Lancaster and Preston.

For further information visit www.nationalrail.co.uk

Getting around the Forest of Bowland

The main bus service through the Forest of Bowland National Landscape is **bus service 11**, linking Clitheroe (connecting with Clitheroe Line trains from/to Manchester), Bashall Eaves, Dunsop Bridge, Newton-in-Bowland, Slaidburn, Tosside and Settle on Monday to Saturday.

Bus 5 runs between Clitheroe, Whalley, Ribchester, Longridge and Chipping, with buses every hour on Monday to Saturday and every two hours on Sundays.

Buses 66, 66S and 67 together provide a daily service skirting Pendle Hill, running between Clitheroe, Waddington, Grindleton, Chatburn, Barley, Barrowford and Nelson.

In the Lune Valley, **bus 81** runs daily between Lancaster, Caton, Hornby, Wray, Wennington, Melling and Kirkby Lonsdale.

For further information visit: www.lancashire.gov.uk

Visitor Information Centres

- **Bentham Tourist Information Point**
Town Hall, Station Road, Bentham, LA2 7LF
Tel: **015242 62549**
- **Bowland Visitor Centre**
Beacon Fell Country Park, PR3 2NL
Tel: **01995 640557**
- **Clitheroe Visitor Information Centre**
Platform Gallery & Visitor Information Centre, Station Rd, Clitheroe, BB7 2JT
Tel: **01200 425566**
- **Garstang Tourism Information Point**
Library, Windsor Road, Garstang, PR3 1EX
Tel: **01995 602125**
- **Longridge Heritage and Visitor Centre**
Old Station Buildings, Berry Lane, Longridge, PR33JP
Tel: **01772 437958**
- **Pendle Heritage Centre**
Colne Rd, Barrowford, Burnley BB9 6JQ
Tel: **01282 677150**
- **Preston Visitor Information Point**
Town Hall, Preston, PR1 2RL
Tel: **01772 906900**
- **Settle Tourist Information Centre**
Town Hall, Cheapside, Settle, BD24 9EJ
Tel: **01729 825192**

Gisburn Forest and Stocks



Photo Credit: Jerry Tatton



Explore


Immerse yourself in dramatic scenery on our award winning cycling and walking trails, go on an adventure with the Gruffalo or visit after dusk to soak up starlight in an accredited Dark Sky Discovery Site.

Event Hire

Our 15th century built farmhouse, Stephen Park, is available for hire (including overnight stays), as well as our 24ft Mongolian yurt.

For event hire and permit enquiries email: enquiries.northengland@forestryengland.uk

forestryengland.uk/gisburn

 Gisburn Forest



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hello@malkintowerfarm.co.uk
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www.littleoakhurst.com

07908614736

overhackingfarm@googlemail.com

Overhacking Farm, Stonyhurst, Nr Clitheroe, BB7 9PY

Lower Gill Holiday Cottages

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www.lowergill.co.uk

Mob Lesley Wilson: 07920 815727

info@lowergill.co.uk

Lower Gill Farm, Tosside, Skipton, BD23 4SJ

Cobden View

Walk from Cobden View's door onto footpaths that criss-cross Sabden Valley's farm fields. Or set off on a drive to discover glorious, unspoilt Bowland. Return and relax in the 4-star cottage with panoramic views of Pendle Hill and the spectacular Forest of Bowland at Sabden.

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www.cobdenview.co.uk/

01282 776285/07989 401595

enquiries@cobdenview.co.uk

Cobden View, Cobden Farm, Sabden, BB7 9ED



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www.orchardglamping.com

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Sturzaker House Farm, Catterall, Preston, PR3 1QB

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www.lakewoodcottages.co.uk
01524 751053

info@lakewoodcottages.co.uk
Cragg Hall Farm, Galgate, Lancaster, LA2 0HN

Fell View Park



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www.fellviewparkandfishing.co.uk
07981204943

susan_atkinson@btconnect.com
Sykes Farm, Scorton, PR3 1DA

Smelt Mill Residential Centre

Smelt Mill provides accommodation for groups in the Trough of Bowland. It is ideally located for outdoor activities such as walking, mountain biking and bird watching. Offering:

- Comfortable lounge with log fire
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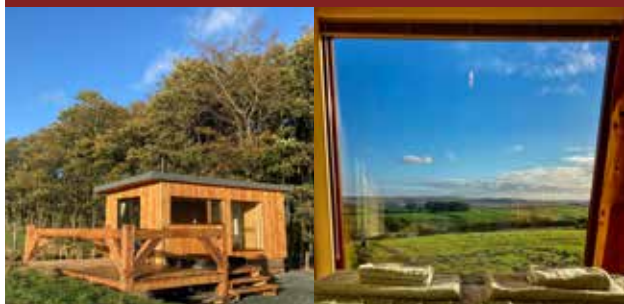


www.smeltmill.org.uk
07966719904

smeltmillbookings@bpmrt.org.uk
Trough Road, Dunsop Bridge, BB7 3BH

Hartley's Huts

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www.airbnb.com/h/harrierlodge
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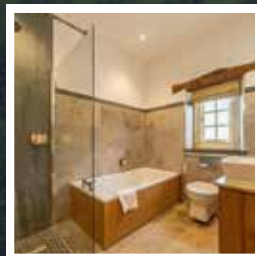
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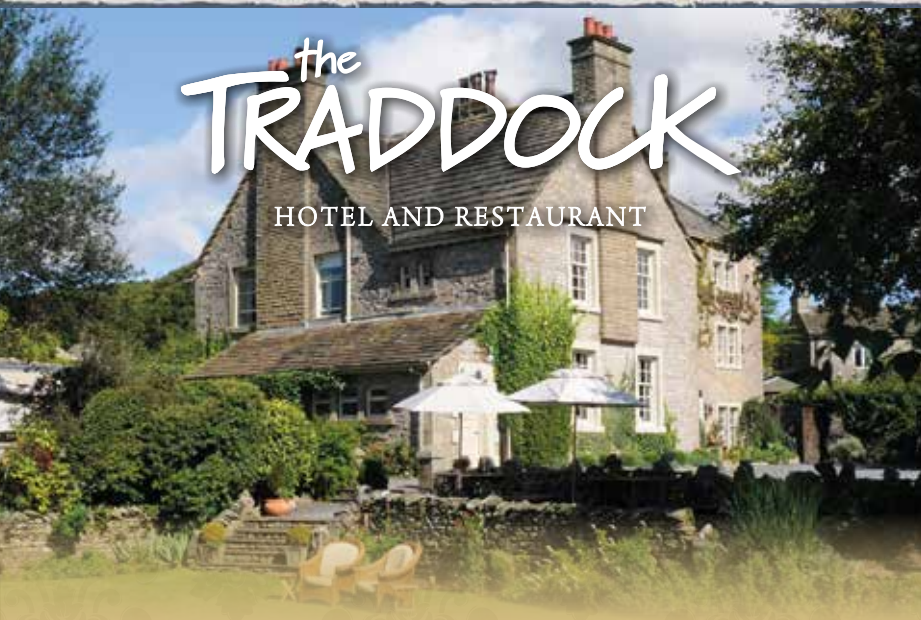
Website: www.peaksandpods.co.uk

Email: hello@peaksandpods.co.uk

Peaks and Pods, Boustagill Farm, Rathmell, Settle, North Yorkshire, BD24 0LS

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Cover painting:

© Ellis Gray Designs - In 2023, illustrator and designer Dr. Selina Ellis Gray from Ellis Gray Designs Ltd was commissioned to create digital illustrations for the Forest of Bowland National Landscape's Nature Recovery Plan. The cover image has been adapted from one of these original illustrations. This plan, which outlines conservation priorities until 2040, aims to expand, enhance, and connect Bowland's valuable habitats.