



Cycling ▲ © Jon Brook

Bentham is an ideal place to enjoy the outdoors. The views of the Three Peaks are enticing, but why not try exploring from the town itself? The Bentham Heritage Trail is actually three trails in one (see map) which all start and finish at Bentham Railway Station. There are lots of other walks in the area, including the beautiful river walk from High Bentham to Low Bentham along the Wenning. Check with your Harveys or OS map, and explore for yourself, or meet up with the Bentham Footpath Group on one of their regular guided walks – ask at the Tourist Information Point for details.

Cycling round Bentham is another good way to enjoy the outdoors. Bring your own bike or hire from one of the nearby operators. Newly installed public cycle racks make it easy for cyclists to make use of the facilities.

The Lancashire Cycleway (regional route 90) and the Way of the Roses (from Morecambe to Bridlington www.wayoftheroses.info) both skirt the town.

The far less challenging " Passing Places" Bentham Bike Loop is a 4 mile circular ride taking in two counties, starting at the railway station or picked up by following the fat sheep on a bicycle signs, off the Way of the Roses.

For the really adventurous Bentham lies at the mid point of the Lands End – John O'Groats cycle route. Easier rides will take you west along the Wenning Valley to Mewith and Keasden or east to Wennington and the Lune Valley. Catch the train one way and cycle back down hill!

Sporty Bentham

Good mountain biking opportunities exist on the Salter Fell section of the North Lancashire bridleway, or across at Gisburn Forest – for more information pick up Bowland by Bike or Gisburn Forest Mountain Bike Trails leaflet or download from www.forestofbowland.com

Hot air balloon rides are available from Wray village not far from Bentham and they often drift over the Wenning valley on still days! Nearby there are also opportunities for caving, canoeing, and paragliding.

For the less adventurous it is possible to play badminton, tennis, football and cricket in Bentham – ask at the Tourist Information Point for details. There is an indoor swimming pool at Settle www.settleswimmingpool.co.uk and an outdoor pool at Ingleton open from Spring Bank Holiday www.ingletonpool.co.uk

Bentham boasts an eighteen-hole golf course where visitors are welcome to play. The views are magnificent and the club also hosts a PGA professional (see over for details).

Fishing is available on the river Wenning, and you can buy day tickets from the Riverside Caravan Park and the Punch Bowl in Low Bentham (see over for details). The river is good for brown trout and is an important salmon breeding area. You can also travel over the fells to Stocks Reservoir for a day of fly fishing.

Golfer ▼ © Jon Brook



Staying, Eating and Drinking



High Street ▲ © Jon Brook

Bentham hosts a variety of places to stay – ranging from comfortable pubs, to guesthouses and bed and breakfasts. There are also self catering cottages and award winning caravan parks.

There is a wide choice of places to eat and drink; choose from a fish & chip shop, Asian and Chinese takeaways, Indian restaurant, and a bistro café, together with several friendly pubs in both High and Low Bentham, most of which serve food on a daily basis.

The town has two excellent bakeries, Oakroyd makes everything on the premises including award winning gingerbread and sticky toffee pudding. Barwise is a traditional craft bakery which also stocks fine food and makes up hampers.

Shopping

One of Bentham's main attractions is the old fashioned feel of the main street, created by the large number of independent traders. You'll find a post office and chemist, butchers and bakers, green grocers, iron monger and hardware, grocers, news agents and various craft and gift shops. The traders' association, We are Bentham, works hard to keep the town vibrant and attractive, so please buy local when you come to Bentham – we need your support!

Cultural Bentham



Painting ▲ © artwork Gill Barron

Bentham is home to a surprising number of artists, attracted by the town's location and strong creative community. Alongside a stained glass studio, a pottery, an art gallery and a photographic studio, you will find paintings, photographs and sculpture on display in unusual settings. Look out for the Queens Bloomers, high in a tree in Low Bentham, and the painted bus shelter in High Bentham. Looking Well Studios in King Street provide opportunities for visitors to try out arts and crafts activities throughout the year. Pioneer Projects, the charity which runs Looking Well, is known nationally and internationally for their groundbreaking work using the arts and celebration to promote health and wellbeing. You will find a wide range of complementary therapies available in the town and a lively music scene.

In February the town stages a spectacular community pantomime, and over the spring bank holiday week, everyone comes together to prepare for Carnival Bentham, a fun filled day of processions, music and street entertainment.

From May 2014, the "Passing Places" project will be launched. Developed by Sustrans in partnership with Pioneer Projects, it is part of a national arts project happening in the towns and villages along the Way of the Roses cycle route.

In June you can visit local artists in their studios as part of North Yorkshire and Lunesdale Studio Trails. You will soon discover the wealth of original talent in this small but vibrant town.

Printed March 2014

This project is supported by:

www.aboutbentham.org.uk
tip@benthamtowncouncil.co.uk for information or visit
 happy to help you! Telephone 015242 62549 or email

Bentham Tourist Information Point is housed in the Town Hall on Station Road. It is usually open from 10am to 3pm, April to October, and is manned by volunteers. Here you can find a place to stay, or pick up information about events and activities in the area – the staff will be happy to help you! Telephone 015242 62549 or email tip@benthamtowncouncil.co.uk for information or visit www.aboutbentham.org.uk

The town's oldest and most curious attraction is the Great Stone of Fourstones, or the Big Stone, to be found up on Burnmoor to the south of the town. Legend has it that there were once three more of these massive boulders, thrown or dropped by a giant. In reality it is a glacial erratic, brought here in the Ice Age and left when the ice melted and retreated. The views from up here are impressive and not to be missed.

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Big Stone ▼ © Jon Brook

FOREST OF BOWLAND

Area of Outstanding Natural Beauty

The Forest of Bowland Area of Outstanding Natural Beauty (AONB) is a nationally protected landscape and internationally important for its heather moorland, blanket bog and rare birds. It is the first protected area in England to be awarded the European Charter for Sustainable Tourism in Protected Areas. The Charter approach ensures that organisations, local people and businesses are working together to protect the area, whilst at the same time increasing opportunities for visitors to discover and enjoy its special qualities. Sustainable tourism aims to make a low impact on the environment and local culture, while encouraging better income, employment and conservation of the very landscape upon which our tourism is based. For more information about the Forest of Bowland AONB, visit the website at www.forestofbowland.com The businesses featured here are part of the local economy which supports this special landscape - please support them with your custom and enjoy your stay!



Waterfalls ▼ © Jon Brook



Church ▲ © Jon Brook

Low Bentham

The church at Low Bentham is a 'Domesday Church' and was founded during the Saxon period, the remains of a Saxon cross is on display. The tower was built in the fourteenth century but the bulk of the building dates from the nineteenth century having been designed by the famous architect Richard Norman Shaw.

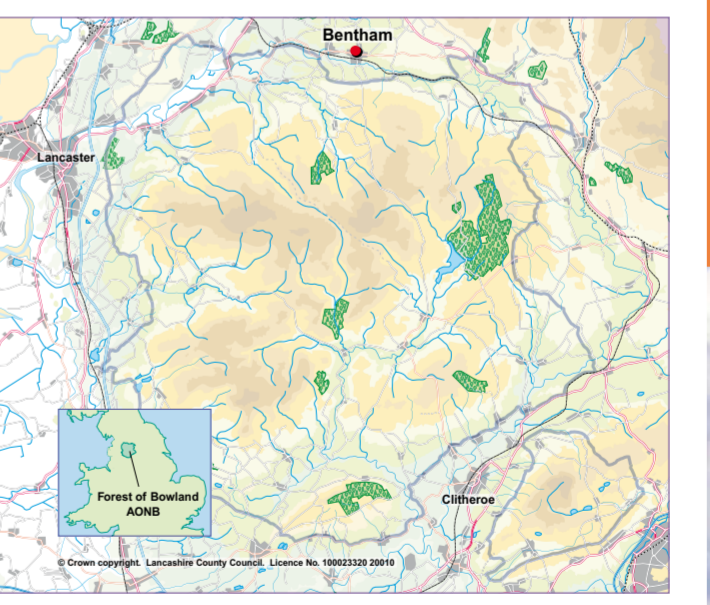
In 1306 King Edward I granted a market charter to the Parish of Bentham. Markets and fairs could sometimes see up to 3000 sheep crammed into Main Street and a June Fair included a duck hunt.

Low Bentham was badly affected by the Black Death in 1598 and 1665, and was put into isolation to halt the spread of the disease. Plague stones can still be seen at Burton Road and also on Low Bentham Road – this is where food and provisions would be left for the quarantined villagers to collect, and where coins would be left in return.

Bentham began to develop in the late 18th century and mills powered by the River Wenning were built to manufacture silk, sailcloth and flax. The invention of the circular loom by Bentham's George Phillipson led to the manufacture of hospipes and this led to the setting up of the Angus Fire factory.

How to find us

Public transport: Trains run through Bentham from Leeds and Skipton to Lancaster and Morecambe. Buses run regularly to High Bentham and Low Bentham from Lancaster and Ingleton (number 80, the Lune villager service) from Monday to Saturday. For details check with Travelline **0871 200 22 33** or visit www.yorkshiretravel.net



By Road: Bentham lies on the B6480 approximately 5 miles from the A65 between Ingleton and Clapham, or 8 miles off the A683 between Hornby and Caton, via Wray. You can also reach Bentham from the south via Slaidburn using the beautiful quiet lane past the Big Stone and Cross of Greet.

Food and Farming



Sheep ▲ © Jon Brook

Bentham is at the heart of an agricultural community, the market having existed for just over 700 years. A network of small villages and hamlets rely on Bentham as a market, and today's Auction Mart is one of the biggest sheep markets in the north of England, with several thousand animals going through the ring at the big sales in the autumn. Why not visit the Auction Mart and watch the stock sales for yourself. The annual sheep dog sales are also interesting for those who like to see the dogs at work.

Nearby producers include Growing with Grace, an organic market garden near Clapham which grows and delivers a fantastic selection of vegetables. They also have a farm shop. Also in the area are Bowland Outdoor Reared Pork at Lowgill, which produces pork, lamb and beef direct to customers and farmers markets as well as organising their own hog roasts. Close to the river in Low Bentham there is a Trout Farm.

Bowland is a living landscape and it is the farmers and land managers who create this beautiful landscape. Many repair the dry stone walls and lay the hedges in the traditional fashion, so please respect this when you are out walking, and keep to the Countryside Code!

Wildlife

Bowland is a special place for wildlife, particularly bird life, and around Bentham you can catch a glimpse of a variety of birds: from kingfisher, sandpipers, grey wagtails and dippers on the river, to lapwing and curlew across the fields. If you go up onto the moors you may be lucky enough to see the iconic hen harrier and hear the red grouse in the heather.

Along the riverbanks you may see signs of otter and if you are lucky you may spot brown hares in the springtime. In the spring several of the woods are carpeted with bluebells and wildflowers can be seen in many meadows.

Cultural Bentham

Bentham is well known for its annual community bonfire held at the Auction Mart, with its spectacular lantern procession, samba band, and fireworks. Don't miss it at the end of October each year!

Bentham also hosts a traditional agricultural show on the first Saturday of September with livestock and dog obedience classes. Closely contested prizes are awarded for a host of handicraft and produce classes as well as poultry, guinea pigs, rare breeds etc. There is a wide range of trade stalls and a grand parade of the competitors.

Fish Lantern ▼ © Gayesart.com Dragon ▼ © Looking Well



Bentham can trace its history back to Roman times - a section of ancient road has been found near Low Bentham - although the town derives its name from Anglo Saxon roots: bent meaning rough grass, and heim meaning home. In the Domesday Book it is recorded as the manor of 'Bentain' and in Tudor times it appeared as 'Bentum'.

Bentham is a small but lively market town, well-known for its auction mart. It offers a wide range of independent shops, a friendly welcome and a fantastic location!

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Bentham and Low Bentham, lies cradled between the Yorkshire Dales and the Forest of Bowland, and within striking distance of the Lake District, too. Bentham is accessible by rail via the Leeds to Morecambe line and is an ideal centre for exploring these areas, by bike, on foot, by horse or car.

The Great Stone of Fourstones ▼ © Natural England / Charlie Hedley



Welcome to Bentham, a gateway to the Forest of Bowland Area of Outstanding Natural Beauty (AONB).

WELCOME TO BENTHAM

A gateway to the Forest of Bowland AONB



FOREST OF BOWLAND

Area of Outstanding Natural Beauty

Riverside Caravan Park 1



Bentham, LA2 7FJ
Tel: 015242 61272
Web: www.riversidecaravanpark.co.uk
Visit Britain ★★★★★ Rating
David Bellamy Gold Award ★★★★★

A secluded level park on the banks of the River Wenning in beautiful countryside, yet within walking distance of the town. Children's playground & indoor games room. Pitches for touring & motorhomes. Fishing, golf, walking & cycling.

Black Bull Hotel 2



Black Bull, 13 Main Street, Bentham LA2 7HF
Tel: 015242 61213
Web: www.theblackbullbentham.co.uk

A family friendly pub serving great cask ales and fantastic value food, showing Sky Sports, monthly entertainment, pool and darts. We also have 3 recently refurbished ensuite rooms and a recently refurbished function room. Open all day, from 11am Mon – Fri and 10am Sat & Sun

Sole to Soul 3

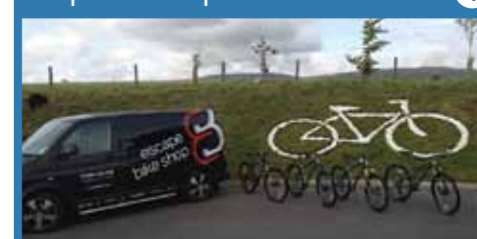


Grasmere Drive, Bentham, LA2 7JP
Tel: 015242 63067 Mobile: 07973 461481
Email: enquiries@sole-to-soul.net
Web: www.sole-to-soul.net

Holistic podiatry/chiropody & therapy centre. Offering a wide range of therapies & treatments, seminars, courses and workshops to promote health & wellbeing.

Marie Rayner, DipPodM, MChS, HMNFSH

Escape Bike Shop 4



Kirksteds, Westhouse, Ingletton LA6 3NJ
Tel: 015242 41226
Email: sales@escapebikeshop.com
Web: www.escapebikeshop.com

A family run bike shop ideally situated just outside Ingletton. Hire and demo bikes, full workshop for repairs and servicing, and bikes from Cube, Whyte, Yeti, Santa Cruz and Wilier. Everything from kids bikes to hybrids, road and MTB all under one roof.

Open 7 days, 8.30am-5.30pm Mon-Sat, 10am-4pm Sun

Riverside Cottages 5



Woodside & Parkside Holiday Cottages, Riverside, Bentham, LA2 7FJ
Tel: 015242 61272
Web: www.riversidecottages.co.uk
Visit Britain ★★★★★ Rating

High quality barn conversions set in beautiful countryside, yet within walking distance of the small market town of High Bentham. Can be booked separately to sleep 6 + 8 or together to sleep up to 14. Ground floor bedroom and bathroom. Fishing, walking and golf nearby.

Lane House and Cottage 6



Lane House & Cottage, Fowgill, High Bentham, Via Lancaster LA2 7AH
Tel: 015242 61998
Email: pamzahler@hotmail.com
Facebook: Lane House & Cottage

The accommodation comprises a charming historical self catering farmhouse sleeping 6 together with stylish contemporary eco-build B&B with 2 luxurious ensuite double bedrooms. Tucked away down a country lane but 10 minutes walk into the town. Fabulous panoramic views. Locally sourced food. Evening meals on request.

Three Peaks Fish & Chip Cafe & Takeaway 7



Three Peaks Fish & Chip Cafe & Takeaway 22 Main Street, Bentham LA2 7HL
Tel: 015242 61317

Opening Times:
Monday – Saturday
Breakfast – 9am until 11:30am

Takeaway & Cafe
11:30am until 1:30pm, 4:30pm until 8pm
Traditional fish and chip cafe and take-away. Call in for breakfast, lunch or dinner to eat in or take-away. Tea & coffee.

Bentham Gallery 8



Bentham Gallery, 2 Station Road High Bentham, LA2 7LF
Tel: Gallery 015242 63366
Mobile 07790649828

For all your Bespoke Framing Needs
Oils – Watercolours – Pastels – Drawings
X Stitch – Canvas – Photographs and much more.

Oysterber Farm Holiday Cottages 9



Oysterber Farm, Burton Road, Low Bentham, LA2 7ET
Tel: 015242 61567 Mobile: 07540 050133
Web: www.oysterbercottages.co.uk
Visit Britain ★★★★★ Rating

Four (three star rating) stone built cottages sleeping from 2 to 7 people with a total capacity of 20 people, set in 6 acres of beautiful countryside with superb panoramic views in all directions. Situated close to the Three Peaks between the villages of Low Bentham & Burton in Lonsdale. Ample private off road parking. Pets by arrangement.

Greenhall Riding Centre 10



Greenhall Riding Centre, Greenhall, Tatham, Lancaster, LA2 8RB
Tel: 07817 918234
Email: info@greenhallridingcentre.com
Web: www.greenhallridingcentre.com

Situated in the Forest of Bowland AONB, surrounded by heather, moorland, farmland & wildlife. We offer riding lessons for all abilities and ages, hacking, Children's farm rides and livery. BHSIA qualified instruction. Riding hats available.

Stonegate Glass Studio & Gallery 11



Main Street, Low Bentham, LA2 7BX
Tel: 015242 62266
Web: www.stonegategallery.co.uk

Enjoy England: Place of Interest awarded
In the studio Annette and Gary McMillan design and make glass artworks, mirrors, stained glass windows, kitchen splashbacks and many other glass gifts. In the gallery you can buy paintings, ceramics, jewellery and glass by leading national artists and crafts people. Open Tues – Sat 9.00am – 5.00pm, Sun / Mon by appointment



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Bentham Heritage Trail

This consists of 3 walks shown on the map: A (2miles) B (5 miles) and C (9 miles). Each walk starts and finishes at the railway station. Look out for information boards along the way telling you more about the area. The shorter walks are relatively easy along the riverbanks, but the longer walk across the moors includes ladder stiles, can be difficult to follow and becomes boggy in some parts after wet weather. Use a map (Ordnance Survey Explorer OL41) to help you to navigate.

Cycle Routes

The Way of the Roses long distance route from Morecambe to Bridlington is about 2 miles to the south – visit www.wayoftheroses.info for full details.
The Bentham Bike Loop is about 4 miles using part of the Way of the Roses and the Passing Places loop, taking in Low Bentham and the ancient Forest of Mewith.
National Cycle Route 90 joins the Way of the Roses to the south west of Low Bentham. This route goes over the hills to Slaidburn.

Key

-  Walking Routes
-  Bentham Bike Loop
-  Way of the Roses
-  NCR 90

0 Miles 0 Km 10 Miles 10 Km

Horse and Farrier 12



83 Main Street, Bentham, LA2 7HR
Tel: 015242 61381
Web: www.horseandfarrierinn.co.uk
Facebook: Horse and Farrier

Traditional beamed pub serving good quality food and award winning beers. Large beer garden & car park. Families & dogs, cyclists & walkers welcome. Quiz every Wednesday. Live music every Saturday. Opening times 12-2 Mon-Fri (except Tues). Every evening from 6pm and all day Sat / Sun. Food served everyday. 2014 CAMRA Good Beer guide.

Pennine Outdoor Ltd 13



First Floor, Central Buildings, Main Street, Bentham
Tel: 015242 63377
Web: www.pennineoutdoor.co.uk
Email: sales@pennineoutdoor.co.uk

Large range of outdoor fabrics. Water resistant fabrics. Technical fleece and thermal fabrics. Canvas etc for covers, bags etc. Large range of zips, patterns, webbing and buckles. (Closed weekends)

Fourstones 14



Bentham, LA2 7DL
Tel: 015242 64876
Web: www.fourstoneshouse.co.uk
Visit Britain ★★★★★ Rating

Three luxury converted farmhouse cottages (sleeping 2 - 8) with beautiful panoramic views. Comfortable and well equipped to highest modern standards. Close to local amenities and good transport links. Perfect rural location for exploring. Non smoking. One small, well behaved pet by arrangement.
Open all year.

Bentham Golf Club 15



Robin Lane, Bentham, LA2 7AG
Tel: 015242 62455
Web: www.benthamgolfclub.co.uk

Superb 18 hole golf course with excellent views, catering facilities and a PGA professional. Visitors welcome every day. Excellent packages for visiting parties.

Open all year - please telephone for details.

Emma's Hair & Beauty 16



Emma's Hair & Beauty, 1st Floor Kings Arms Building, Main Street, High Bentham
Tel: 015242 61671
Web: www.emmas.uk.com
Facebook: www.facebook.com/emmas.hairandbeauty

All your hair and beauty needs under one roof! Using only the very best professional products and a wealth of knowledge, the friendly professional team work together seamlessly to ensure you leave the salon looking and feeling a million dollars.

Oakroyd Bakery 17



Oakroyd Bakery, 17 Station Road, High Bentham, Lancaster LA2 7LH
Tel: 015242 61219

Traditional craft bakery serving Bentham with a delicious range of bread, cakes, puddings and pies. Now part of the Country Harvest (Ingletton) retail family, Oakroyd Bakery also offers a popular take-out service.

Halsteads Barn Luxury B&B 18



Mewith, Bentham, LA2 7AR
Tel: 015242 62641
Web: www.halsteadsbarn.co.uk
Visit Britain ★★★★★ Rating

This luxury bed and breakfast nestles on the side of Burn Moor and has stunning views over the 3 Peaks and surrounding moorland. All bedrooms are en-suite featuring power showers and modern facilities. The guest lounge, snug and dining room provide a relaxing and informal atmosphere. Evening meals alcohol license and outdoor hot tub make this the premiere guest accommodation in the area.

Temptations Craft Boutique 19



31 Main Street, Bentham LA2 7HQ
Tel: 015242 61868
Email: temptationsbentham@yahoo.co.uk
Web: www.temptationsbentham.co.uk
Facebook: Temptations Craft Boutique

Over 400 cotton patchwork fabrics, Knitting wool, patterns and accessories, Haberdashery and books, Brother sewing machines, Classes and workshops. Shop in store or safely online.

Thirty Seven Main Street 20



37 Main Street, Bentham, LA2 7HQ
Tel: 015242 63150

Brunch, lunch or snacks available to eat in or takeaway. We have a range of speciality coffees and a selection of teas and cold drinks, plus wines, beers & spirits. All food cooked to order. Please ring for details of our Bistro. Evenings. Parties and outside events catered for.
Opening times:
Mon to Sat 9.30am to 4pm.

B&CE Armstrong 21



B&CE Armstrong, 17 Main Street, Bentham, LA2 7HQ
Tel: 015242 64871
Web: www.bcearmstrong.co.uk

Gifts and gardening, hardware, housewares, Crocs footwear & wellingtons, Calor Gas, BBQ's & charcoal, wide variety of pet foods and products. Free local delivery.

Dalesbred Butchers 22



Dalesbred Butchers, 4 Station Road, High Bentham, LA2 7LF
Tel: 015242 63458
Email: dalesbredbutchers@gmail.com
Facebook: Dalesbred Butchers

A traditional butchers specialising in free-range and rare breed beef, lamb & pork reared on our farm in the Forest of Bowland.
Opening times:
Tues & Wed 8am – 4.30pm, Thurs 8am – noon, Fri 8am – 4.30pm, Sat 8am – 1pm, Sun & Mon Closed

Parkfoot Holiday and Park Homes 23



Bentham Road, Ingletton, LA6 3HR
Tel: 015242 61833
Web: www.parkfoot.co.uk
Visit Britain ★★★★★ Rating,
David Bellamy Gold Award. Silver GTBS

New and used holiday homes available on our peaceful riverside park. Wonderful wildlife, river and woodland walks and beautiful views towards Ingletton. Holiday homes have metered electricity and LPG (no gas bottles). Local fishing. Sorry, no touring or tents.
Open 1st February to 30th November.

Bentham Tourist Information Point 24



Town Hall, Station Rd, High Bentham, LA2 7LF
Tel: 015242 62549
email: tip@benthamtowncouncil.co.uk
web: www.aboutbentham.org.uk

Open 10am – 2pm Monday to Friday & 10am – noon Saturday
April – October

For a wealth of information, leaflets & friendly advice about Bentham & the surrounding area

