

The Forest of Bowland AONB

The Forest of Bowland Area of Outstanding Natural Beauty (AONB) is a nationally protected landscape and is internationally important for its heather moorland, blanket bog and rare birds. The AONB is managed by a partnership of landowners, farmers, voluntary organisations, wildlife groups, recreation groups, local councils and government agencies, who work to protect, conserve and enhance the natural and cultural heritage of this special area.

Much of the Access Land in the Forest of Bowland AONB is within a Special Protection Area (SPA). This European designation recognises the importance of the area's upland heather moorland and blanket bog as habitat for upland birds. Bowland's moors are home to many threatened species, including merlin, golden plover, curlew, ring ouzel and the rare hen harrier; symbol of the AONB.

Many people depend on the Access Land for their livelihoods, including upland farming and game management. These rural industries have shaped the landscape we see today and play an important role in the conservation of the AONB.

What to do and where to go?

It is your right to walk freely across Access Land but with that right comes responsibilities and walkers must be mindful that much of Bowland's Access Land is privately owned, grazed by sheep and cattle and is of international importance for its wildlife.

Even in areas where open access does apply, local restrictions may restrict access. Plan Ahead - For the most up to date information and what local restrictions may be in place, visit www.countrysideaccess.gov.uk or call the open access helpline on 0845 100 3298

Once out and about, always follow local signs and advice.

Once on Access Land some areas are waymarked with white-topped posts, this is to help you across difficult terrain and to help you avoid the area's most sensitive habitats and protected ground nesting birds.

Access land may be closed during exceptional weather or ground conditions to prevent fires or to avoid danger to the public.

Remember:

- Wear suitable footwear and clothing
- Take a map and compass, spare food, drink and clothing
- Notify someone about where you are going and when you expect to return.
- Do not walk alone if you are inexperienced or uncertain of your ability.

Livestock, wildlife and dogs

In order to protect the interests of the wildlife that relies on Bowland's Access Land, local restrictions are in place.

- Dogs are not permitted on many of the moors in Bowland.
- In other areas, from 1st March to 11th December, dogs must be kept on a fixed lead of no more than 2m in length. At all other times dogs must be kept under close control.
- Dog restrictions do not apply to trained guide/hearing dogs and dogs on the land with the landowner's permission.
- Your rights to take dogs on public rights of way are unaffected by access land restrictions, but dogs must be kept under close control, preferably on a fixed, short lead.
- Signs at access points will show any restrictions on dogs - please observe them.
- Please refer to the advice given in our 'Treading Carefully Leaflet'.

When exploring Access Land in Bowland you are likely to encounter sheep and cows that are unused to walkers. Cows in particular may be curious and approach you, especially if you have a dog. Remember, by law, farmers are entitled to destroy a dog that worries or injures their animals.

For your safety please observe the following rules and guidelines when encountering livestock:

- Keep your dog on a short lead
- Plan how you will get around a herd, never cut through a herd or get between a cow and her calf.
- If you have a dog and you feel threatened by cattle, let the dog go and retreat.

A place to enjoy and keep special

ACCESS LAND



What is access land?

Open access only applies to areas of open country and registered common land and is shown on Ordnance Survey maps (post September 2004) as yellow areas.

Access Land will be identified by the Access Land Symbol at access points. Some access points will have signage and interpretation to guide you. Never climb over walls or fences.

- indicates access land that may be open to the public for access on foot.

- indicates no public access rights beyond the point where this symbol is displayed.

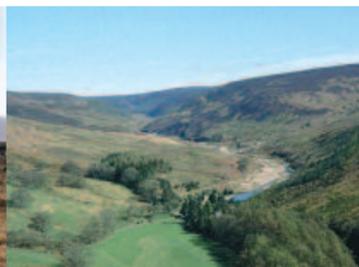
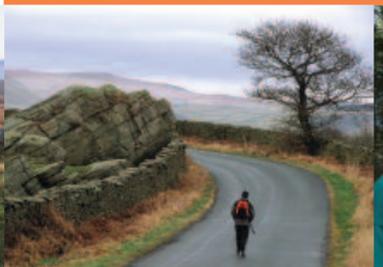
Access & Information Points

Access Points are the entry and exit points on Access Land. In most cases these will be kissing gates, which will be marked with the Access Land symbol. Once on Access Land, there are kissing gates and stiles to enable you to cross internal boundaries, which should be used wherever possible.

The majority of access points are where public rights of way or roads cross the Access Land boundary. All of the access points within the Forest of Bowland AONB are marked upon a map held at the Bowland Visitor Centre, Beacon Fell Country Park.

The Moorland Visitor's Code

- Be safe - plan ahead and follow any signs
- Leave gates and property as you find them
- Prevent uncontrolled moorland fires
- Protect plants and animals, and take your litter home
- Keep dogs under close control
- Consider other people



Access Land does not include right to access:

- Lower lying farmland and buildings
- Livestock pens
- Areas within 20m of a dwelling or building or within the curtilage of a building, i.e. a garden.
- Access Land only applies to recreation on foot, such as walking, bird watching, picnicking, running and climbing.

There is no right to:

- Ride a bicycle or horse (except on bridleways that cross Access Land)
- Camp
- Hanglide
- Use a metal detector
- Collects stones, plants or wood
- Light or cause fires
- Swim in any non-tidal waters
- Fly model aircraft
- Drive vehicles
- Paraglide
- Use boats
- Use non-tidal waters

You must observe general and local restrictions. You must not cause any damage, leave litter, disrupt work on the land, feed livestock or deliberately disturb livestock, wildlife or habitats. You will be classed as a trespasser if you fail to comply with access land restrictions or damage any walls, gates or stiles.

Information points are available on the ground at key locations.

Access information points are in prominent locations such as car parks and picnic sites and are shown on Ordnance Survey maps using this symbol. (these are also indicated on the map overleaf). These contain general information about Access Land and the locality as well as showing a more detailed map.

In addition, there are information points at key access points that have detailed local maps as well as up to date information about any restrictions that may be in place.

The breeding season, between 1st March and 31st July, is a particularly vulnerable time for ground nesting birds. It is a criminal offence to disturb rare breeding birds, including hen harriers, peregrines and merlins, intentionally or not. Please follow local signage and advice from Rangers.

In Britain we have 75% of the world's upland heather moorland and 15% of the global resource of blanket bog. Accidental fires and erosion through trampling can easily damage these habitats irreversibly. Extra care must be taken during dry weather and on wet, boggy areas. You can help by keeping to tracks and waymarked routes wherever possible.

For more information on open access: visit www.countrysideaccess.gov.uk or ring 0845 1003298

For more information about the Forest of Bowland AONB Visit www.forestofbowland.com, e-mail: bowland@env.lancsc.gov.uk or ring 01772 531473

For local Countryside/Ranger Services call:
Lancashire on 01772 534709
Wyre on 01995 606654
United Utilities on 01200 454400

For accommodation, places to visit and things to see and do contact Tourist Information

Bowland Visitor Centre, Beacon Fell Country Park, 01995 640557
Barnoldswick TIC, Station Road, 01282 666704
Bentham TIC, Main Street, 015242 62549/61030
Clitheroe TIC, 12-14 Main Street, 01200 442226
Garstang TIC, High Street, 01995 602125
Kirkby Lonsdale TIC, 24 Main Street, 015242 71437
Lancaster TIC, 29 Castle Hill, 01524 32878
Pendle Heritage Centre, Barrowford, 01282 661704
Preston TIC, The Guild Hall, 01772 253731
Settle TIC, Town Hall, 01729 825192
Lancashire Brochure Line, 01772 533369, www.lancshiretourism.com
Yorkshire Tourist Board, 01904 70796



Ordnance Survey Map Explorer OL41, Forest of Bowland & Ribblesdale
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Leaflet available in large text format on request. Due to OS legislation the map is not available in larger format.



FOREST OF BOWLAND

Area of Outstanding Natural Beauty



FOB AONB Access Land Map and Walks

Access land in the Forest of Bowland AONB offers some of the roughest and most remote walking in the North West and linked with the network of public rights of way gives plenty of scope for enjoyable and challenging walks.

These walks take you to some of the best of the area's fells and offer a flavour of Bowland's open country at its best.

By using these routes you can be sure that you are enjoying the new rights without risking disturbance to some of Britain's most important habitats.

This map is for reference purposes only and Ordnance Survey Explorer OL41, Forest of Bowland & Ribblesdale should be used to navigate each route, maps post September 2004 will illustrate Access Land with yellow shading.

Walk 1: Chipping Circular

Start & Finish: Chipping Village Car Park SD, 6218 4330

Approximate distance: 15 km

Brief route description: From Chipping Village car park follow road northwest to just beyond Clark House Farm Camping Barn - take public footpaths heading northwestwards to the road junction near Windy Harbour - up the road to Fell Foot - up to Parlick Summit - along ridge northwards over Blindhurst Fell and along Fairsnape Fell to the fence junction and Cairn - turn eastwards to pick up the unsurfaced track along the top of Wolf Fell - over the fence onto Saddle Fell - southwards along unsurfaced tracks down Saddle Fell to Saddle End Farm - northeastwards along unsurfaced track to Burnsack - south down surfaced track to meet up with the tarmac road end - take public footpath past Birchen Lee to pick up the public bridleway past Chipping Laund Farm - continue down the tarmac track to the cattle grid at the road - westwards back into Chipping Village.

Walk 2: Dunsop Valley & Croasdale Fell

Start & Finish: Dunsop Bridge Car Park, SD 6610 5010

Approximate distance: 20 km

Brief route description: From Dunsop Bridge - follow the public bridleway northwards alongside the River Dunsop until the river divides - cross the footbridge to follow the Whitendale River through Whitendale to Hard Hill Top to meet the Hornby track - follow the track southeast down over Low Fell till you reach the tarmac road - continue down this road to Higher Wood House - take the public footpath south to Gold Hill - westwards along tarmac road to Laythams - public footpath to Burn House - continue westwards along surfaced track past Oxenhurst - public footpaths westwards past Beatrix - continue diagonally along public footpath across a large field - over wall and down steps to meet up with public bridleway back into Dunsop Bridge.

Walk 3: Langden Castle (Family walk)

Start & Finish: Langden Intake, Dunsop Bridge, SD 6328 5116

Approximate distance: 6 km

Brief route description: Ideal family ramble (surfaced rough tracks). From Langden Intake follow the surfaced track westwards past the Water Works - follow Langden Brook to Langden Castle. Return along the same track with a slight change along the higher track past Holdron Castle.

Walk 4: Claughton & Whit Moors

Start & Finish: Claughton Quarries (disused), SD 5698 6440

Approximate distance: 9km

Brief route description: From Claughton Quarries - through the bridlegate at the end of the road - turn immediately south east following a track across Claughton Moor alongside the windfarm until you come to a cattle grid on the Roeburndale Road - go east, follow public footpath via Winder and Thornbush to Moor Lane - follow Moor Lane north to the entrance to Back Farm - turn west across Whit Moor to the summit - pick up track back to Claughton Quarry.

Walk 5: Bowland Knots and Catlow Fell

Start & Finish: Cross of Greet Bridge, SD 7025 5900

Approximate distance: 9km

Brief route description: From Cross of Greet Bridge - follow the road north west to a cattle grid then north east over Catlow Hill to Ravens Castle - via Cold Stone and Copy Nook to the road at Bowland Knots - follow public footpath south across Old Moss - then west back to Cross of Greet.

Walk 6: Ward's Stone, Mallowdale & Salter Fell

Start & Finish: Little Crag Car Park, SD 5462 6178

Approximate distance: 22km

Brief route description: From the Car Park at Little Crag follow public footpath south east via Skelbow Barn then over Black Fell to the top at Grit Fell - follow ridge eastwards via Ward's Stone to Brown Syke - turn north east over Mallowdale Fell to the Hornby Road Track - follow the track north to High Salter - take public footpath west via Mallowdale, Deep Clough, Littledale Hall and Bellhill Farm back to Little Crag.

