

FOREST OF BOWLAND

Area of Outstanding Natural Beauty

Walk centred on Bolton-by-Bowland

This circular walk should be followed using a suitable ordnance survey map for example OL41 Forest of Bowland & Ribblesdale. Robust footwear is recommended. The walk will take approximately 2 to 2½ hours.

The Coach and Horses 1



20, Main Street, Bolton-by-Bowland
BB7 4NW
Tel: 01200 447202

This hospitable inn overlooking the ancient village green with its stocks and whipping post offers bar meals, lunches and dinners (except Tuesdays). The intimate dining room, with an open fire, offers a varied selection of dishes and wines. Walkers and cyclists welcome.

The Coach House 2



Lane Ends, Bolton-by-Bowland,
Clitheroe BB7 4PH
Tel: 01200 447126
Web: www.acrehill.com

Stone-built, self-contained bed and breakfast accommodation located in beautiful countryside, 5 miles from Clitheroe near Bolton-by-Bowland. Log burning stove and beamed ceilings. A warm welcome awaits you at this traditional country bed and breakfast.

The Copy Nook Hotel 3



Bolton-by-Bowland, Clitheroe BB7 4NL
Tel: 01200 447205
Web: www.copynookhotel.co.uk

A family-run former Coaching Inn where you can enjoy traditional beer and fine wines, local home-cooked food, game, roasts, fresh fish, either in the cosy bar by the log fire or in our restaurant. There are many beautiful walks for the experienced or novice hiker nearby.

Crowtrees Park Country Retreat 4



Tosside, Skipton, North Yorkshire BD23 4SD
Tel: 01729 840278
Web: www.crowtreespark.co.uk

The traditional Crowtrees Inn was an original 17th century farmhouse. It is a favourite drinking and dining place for residents and holiday people alike. Bar snacks are available together with meals in the restaurant. We have 4 luxury apartments in a newly converted barn, timber lodges for hire and sale, and holiday homes.

Dalehead Church 5



Dalehead Road, Tosside BB7 4TS
Web: www.dalehead.org

Dalehead Church was built on a smaller scale from the fabric of the original St James, Stocks-in-Bowland, which was dismantled when the valley was flooded to create Stocks Reservoir in the 1930s. The graveyard is a Biological Heritage Site with over 130 different species of wildflowers and grasses. Energy for the church is supplied by a wind turbine. Changing displays record the heritage of the area. It also serves as a 'way-side' chapel.

Dog and Partridge Inn 6



Tosside, Skipton, North Yorkshire BD23 4SQ
Tel: 01729 840668

A warm welcome is given to all weary travellers who make it here to our ancient Inn on the border of Lancashire and Yorkshire. A superb location with fantastic walking and cycling through quiet lanes and nearby Gisburn Forest. Hearty home cooking and fine real ales. Seasonal opening hours – phone for details.

Farmhouse Antiques 7



23 Main Street, Bolton-by-Bowland,
Clitheroe BB7 4HD
Tel: 01200 447294 or 445585
Mobile: 07798 623315
Web: www.farmhousecollectables.co.uk

Right in the centre of the village you will find this small antiques shop with a big reputation, stocking a wide selection of small antiques, collectables and textiles.

Open Sat, Sun and BHs - Easter to the end of Sep 10.30am to 5pm, winter 12 noon to 4.30pm. Other hours by appointment.

Fooden Farm Cottages 8



Fooden Farm, Gisburn Road,
Bolton-by-Bowland BB7 4LS
Tel: 01200 447218

Awaiting inspection
Two newly converted cottages in an idyllic location on a working farm. Surrounded by open farmland and woods and close to the River Ribble. Curlews and wild deer can be seen from the lovely footpaths that crisscross the area. Perfect for a peaceful holiday close to nature.

Gisburn Forest 9



From Clitheroe follow B6478 north,
from Settle A65 south then B6478 west
Web: www.forestry.co.uk/forestry/infid-68yfc3

The largest forest in Lancashire still awaits discovery. Situated in the upper Hodder Valley, the numerous paths and tracks within the forest for cyclists, horse riders and walkers, provide fabulous views over Stocks Reservoir and the surrounding area. Two car parks with picnic areas are located close to the reservoir and provide easy access into the forest.

Harrop Fold Cottages 10



Harrop Fold, Bolton-by-Bowland,
Clitheroe, BB7 4PJ
Tel: 01200 447665
Email: robinsonharrop@aol.com
Visit Britain ★★ and ★★

Three period cottages, situated in the unspoilt hamlet of Harrop Fold. Self-catering accommodation for 2, 3 or 4 persons. All the cottages are well appointed with relaxing sitting rooms, exposed beams, colour TVs, and well-equipped kitchens. No smoking. Well-behaved pets by arrangement.

Hartley's Farm 11



Hartley's Farm, Tosside, Skipton BD23 4SQ
Tel: 01729 840662

Caravan and camping club certified site for 5 vans with beautiful views. Ideal location for walking and cycling holidays. Rally field available. Water disposal point, toilets and showers. Drying room available. Easy walking distance from the village of Tosside. Please ring to book.



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Lower Gill Farm 13



Lower Gill, Tosside, Skipton, BD23 4SJ
Tel: 01756 700510
Web: www.holidaycotts.co.uk

5 cottages including a 17th century listed farmhouse, surrounded by 90 acres of farmland. Linen, towels, electricity & central heating by newly installed woodchip boiler included. Heated indoor swimming pool, games room with snooker & outdoor tennis court. Cottages sleep 4 - 12 people.

Holden Clough Nursery 12



Holden, Bolton-by-Bowland,
Clitheroe BB7 4PF
Tel: 01200 447615
Web: www.holdencloughnursery.com

A plantsman's paradise established in 1927, a traditional working nursery with a wonderful atmosphere. Specialities include Alpines, hardy perennial and Crocosmia (145 varieties), hardy ferns & ornamental grasses, shrubs & climbing plants, heathers & dwarf conifers. Featured on BBC 'Gardeners' World' and in RHS 'The Garden'. Open Sat all year and Mon to Fri, Mar to Oct - other times by appointment.

Marl Barn Caravan and Camping Site 14



Marl Barn, Tosside, Skipton, BD23 4SX
Tel: 01282 844229
Mobile: 07917 157522
Email: rp.101@btinternet.com

Caravan and camping club certified site for 5 vans with panoramic views. An ideal location for walking and cycling holidays, within walking distance of the village of Tosside. There is a waste disposal point and water. Please ring to book.

Middle Flass Lodge Guest House 15



Forest Becks Brow, Settle Road,
Bolton-by-Bowland, Clitheroe BB7 4NY
Tel: 01200 447259
Web: www.middleflasslodge.co.uk

Formerly a barn and cow byre, the lodge is situated in the peaceful Ribble Valley, surrounded by beautiful open countryside, abundant with many species of birds and wildlife. This is a perfect place for anyone to stay, dine, relax and unwind.

Oaktrees Nurseries 16



Settle Road, Bolton-by-Bowland,
Clitheroe BB7 4NT
Tel: 01200 447431
Web: www.oaktreesnurseries.co.uk

Oaktrees Nurseries is a family run business established in 1989. We have specialised for many years in the growing of high quality bedding plants in the Ribble Valley. In addition, we are well-known for the quality of our hanging baskets.

Open daily 10am to 5pm

Parish Church of St Peter and St Paul 17



Gisburn Road, Bolton-by-Bowland,
Clitheroe BB7 4NP

The present church dates from the mid - 15th Century when Sir Ralph Pudsay embarked on a major rebuilding programme. The importance of the Pudsay family in the area is evident inside the church. The Pudsay tomb is a memorial to Sir Ralph shown with his 3 wives and 25 children!

Open: Summer 12 noon to 8 pm everyday.
Winter 12 noon to 5 pm everyday (if closed, key available)

Saetr Cottage 18



Harrop Fold, Bolton-by-Bowland,
Clitheroe BB7 4PJ
Tel: 01200 447600
Visit Britain ★★

The Saetr Cottage is set in a lovely farmhouse garden with stream running through. The perfect retreat for two. Cosy, comfortable and equipped to a high standard. Linen, towels, heating inclusive. Ideal for cycling and birdwatching and there are delightful walks around our 300 acre farm.

Sawley Abbey (English Heritage site) 19



Sawley, Clitheroe BB7 4LE
Web: www.english-heritage.org.uk

The remains of a Cistercian abbey founded in 1148, set on the banks of the Ribble against a backdrop of dramatic hills. After its dissolution in 1536, the monks were briefly returned to the abbey during the pilgrimage of grace. They remained in possession until the insurrection's collapse and the execution of their abbot.

Open 1st Apr to 30th Sept 10am to 6pm daily.
1st Oct to 20th Mar 10am to 4pm. Closed 24th to 26th Dec and 1st Jan

Smithy Garage 20



Tosside, Skipton, North Yorkshire BD23 4SQ
Tel: 01728 840339
Mobile: 078666 29694

8, 13 and 16 seater minibus hire with driver for groups. Trailer for bikes and extra luggage. Transport to and from accommodation, youth hostels, pubs and railway stations or tours – just ask! Extensive local knowledge to navigate you safely around this beautiful area.

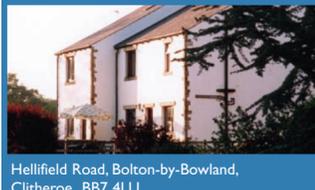
The Spread Eagle 21



Sawley, Clitheroe BB7 4NH
Tel: 01200 441202
Web: www.the-spreadeagle.co.uk

Originally a 17th Century Coaching Inn and set in an idyllic riverside location, the Spread Eagle is one of Lancashire's top restaurants, serving 'modern English' cuisine with a Mediterranean twist, along with fine wines and a connoisseurs' whisky list. Lunches, dinners, weddings and functions. 'Taste Lancashire' Highest Quality Assured and Lancashire Life's Casual Dining 2006/07 award.

Springhead Farm Holiday Cottages 22



Hellfield Road, Bolton-by-Bowland,
Clitheroe BB7 4LU
Tel: 01200 447245
Web: www.springheadcottages.co.uk

Three character farm cottages sleeping 4, 6 and 8. Tastefully decorated and fully equipped. Children's play area. Each cottage has central heating and two have open fires. Disabled access to one cottage.

Stephen Park Leisure and Training Complex 23



Dalehead, Slaidburn, Clitheroe, BB7 4TS
Tel: 01200 446533 Web: www.stephenpark.org

A residential complex set in the heart of Gisburn Forest, providing facilities for educational, corporate and registered groups. Accommodation for up to 50 individuals, fully catered. Optional adventure training activities include rock climbing and abseiling, mountain biking, shelter building, survival nights, archery, nature trails and hill walking, all supervised by fully qualified instructors.

Tosside Church 24



Tosside, Skipton, BD23 4SD

The history of St Bartholomew's Church goes back to 1650, though it took 220 years before it became the parish church of Tosside. It thus has a chequered history as seen by the different styles of some of the furnishings in the church. The parish straddles the Yorkshire/Lancashire border.

Open daily.

Gardenmakers 25



Coar's Farm, Wigglesworth BD23 4SN
Tel: 01729 840848
Web: www.gardenmakers.co.uk

Gardenmakers is the creation of Andrew Shaw, one of the North's leading garden designers, and a formative centre of gardening excellence. An unrivalled nursery, helpful staff and a reference library to boot! Gift shop and simple, delicious, home made food. Breads, scones, soups and hand made cakes.

Open daily 9.00am to 5.30pm except Christmas day and Boxing day

The Village Shop, Post Office and Tea Room 26



Main Street, Bolton-by-Bowland, Clitheroe BB7 4NW
Tel: 01200 447201

A traditional village shop and Post Office with the addition of a tearoom serving quality home cooked lunches, afternoon teas, dinner and daytime parties (bookings only).

Open 7 days during summer, half day Tues, restricted hours in winter.

Local produce

Local produce is important to the Forest of Bowland because it:

- supports farmers who seek to manage this precious landscape and protect the environment
- improves the freshness of your food and causes less stress for livestock
- improves the link between consumers and farmers and improves our understanding of how and where food is produced (traceability)
- supports the local economy by supporting farmers, distributors and processors – often providing the



employment and income to enable them to carry on living and working in the local area.

- reduces food miles and therefore reduces congestion and pollution on our roads.

The Forest of Bowland AONB is gaining a reputation for fine food and local produce, so why not seek out some local producers and try our delicious local food and drink! Local produce is also distinctive to the area and contributes to our sense of place. For example, creamy Lancashire Cheese was traditionally made from three days curd - this is because the original farm workers had little milk to spare on a daily basis, so they stored the curd for up to three days until they had enough to make a large cheese.

Bowland's wild open spaces

Over one third of the AONB is moorland, making up the wild open spaces that are so characteristic of the Forest of Bowland. This is a truly unique quality of the area. The central upland of the AONB is typical millstone grit country: hard rocks lie beneath the gentle fells - the rounded shapes are the result of repeated glaciation during the Ice Age. The fells are covered with peat, blanket bog, acid grassland and heather moor, and occasionally broken through by rocky outcrops. The highest point is at Wards Stone (560m), with Pendle Hill reaching 557m, almost a mountain! These fells were once cloaked in trees, but a combination of changes in climate



and woodland clearances by Bronze Age farmers has left them largely treeless today. The resulting open views and fells give the impression that this is a wilderness, an untouched natural landscape, but it is in fact the result of human influences. There has been long term management of the land for grazing sheep and cattle, and for game shooting (primarily red grouse). The fells are criss-crossed with dry stone walls and, on the lower slopes, you will see the isolated field barns, which traditionally housed cattle and hay in the winter.

Bowland Tourism & Environment Fund

The Bowland Tourism & Environment Fund enables visitors to contribute directly towards the funding of environmental projects within the AONB. The initiative enables tourism businesses, visitors and local communities to work together to benefit and protect the AONB.

You can make a donation to the Bowland Tourism Environment Fund at participating visitor attractions, look out for our orange Forest of Bowland donation boxes.



Stocks reservoir and its construction

Stocks, bordering on Gisburn Forest, was opened by HRH The Prince George KG, on July 5th 1932. Annual rainfall there is about 1500mm (5 feet) and when full the reservoir covers an area equivalent to roughly 500 football pitches. After treatment, the water from Stocks goes mainly to the Fylde area of Lancashire. Before work could start on the dam, a village to house 300 - 400 men and their families had to be built, which when complete had its own water supply, sewerage scheme, electricity supply, canteen, cinema and a recreation hall. The construction village is now long gone and all that remains to be seen is the dam and the causeway.

Blanket bog - a Bowland speciality

Blanket bog is confined to cool, wet climates, and the UK is one of the best places in the world to find this type of habitat. The formation of peat is a response to the very slow rate at which plant material (mostly Sphagnum mosses) decomposes under conditions of water logging. However, it can form on quite steep slopes and effectively cloak whole landscapes. The Forest of Bowland lays claim to some of the best blanket bog in England and this supports a range of scarce and unusual plant and animal species. Perhaps one of the rarest is bog rosemary, which can be found in abundance in some areas of the Bowland fells.



Farming in Bowland and stewardship

The Forest of Bowland's blanket bogs, traditional hay meadows and wet grasslands are nationally important habitats. Many of the farms in the Forest of Bowland are managed under stewardship schemes. Natural England runs these schemes to pay farmers to manage their land in a way that reflects both the local and national priorities for wildlife, landscape, access and the historic environment. Farming practices include cultivation of the land without fertiliser and with fewer livestock or management of the grassland, rush and wet features to encourage wading birds, such as lapwing, curlew and redshank.

Landscape

Shooting butts and huts also mark out the activities of humans on this environment. As do the conifer woods and forests amongst the fells. The fells are crossed by a few minor, unfenced roads. The Trough of Bowland is perhaps the most famous, following a narrow valley that once carried melting ice from the glaciers covering the fell tops. Routes from Slaidburn to Bentham, Stocks to Keasden, and the Salter Fell track (now part of the North Lancashire Bridleway) will also take you on a journey through this wild open space.



Access Land

There are fewer Public Rights of Way on the fells than in the valleys, and until recently, only limited access on foot. However, much of the moorland is now mapped as Access Land and you can experience this wild open space for yourself. Access Land means that you are able to walk across these designated areas, within certain restrictions. As these change regularly, please check the website www.countrysideaccess.gov.uk



Birds and wildlife The RSPB in Bowland

Bowland is particularly special for a number of upland bird species. The RSPB works closely with organisations like Natural England and United Utilities to help protect the rare hen harrier, merlins and ring ouzels, and also advises landowners and farmers to help them protect the nationally important populations of wading birds such as lapwings, snipe, curlews and redshanks that nest on the in-bye grazing pasture each spring.

The RSPB is the UK charity working to secure a healthy environment for birds and other wildlife, helping to



create a better world for us all. The RSPB's work ranges from campaigning to halt the effects of climate change to investigating the decline in familiar garden birds such as house sparrows and song thrushes and organising 'the Big Garden Birdwatch'. You may even have been one of the 460,000 people that took part in 2006!

For further information on the RSPB, its work in Bowland or how to offer your support by becoming a member go to www.rspb.org.uk or call on 01484 861148.

Images © LCC, Margaret O'Kane, Lancashire Rural Futures and Richard Saunders, Natural England.

This project is funded by the Forest of Bowland Area of Natural Outstanding Beauty (AONB) and received funding from the following organisations

Sustainable tourism aims to make a low impact on the environment and local culture, while encouraging better income, employment and the conservation of the very landscape upon which our tourism is based. Within Bowland we have many sensitive and valuable environments. We therefore need to ensure a balance that allows these areas to be carefully managed and protected from the pressures of visitors and inappropriate development. By thinking and acting sustainably, we can help to address these challenges and ensure the Forest of Bowland AONB is enjoyed by everyone, long into the future.

Sustainable tourism



Tosside's origins go back to the dark ages when Britain was invaded by the Vikings. It's name comes from two old Scandinavian words - 'Tof' meaning fox and 'setr' meaning high summer pasture. The name gradually changed to Toddsett, then Tosssett and, later Tosside 'possibly the smallest place in the world' according to the local community. The boundary between Yorkshire and Lancashire is right in the middle of the tiny village. Gisburn Forest to the north and west is the largest wooded area in Lancashire. The forest is an important source of sustainably grown timber for industry, plus a haven for wildlife, and a fantastic resource for walkers and cyclists.

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 regarding the Forest of Bowland AONB, visit the website at www.forestofbowland.com or ring 01772 531473 for an information leaflet. 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!



By an important north-south road and had to provide more accommodation for travellers thus incurring greater expense. In 1381 the Abbey receipts amounted to £347 14s 7d, and their expenditure was £355 13s 7d, and the inventories make mention of 'Belles, lead, ornaments carvings and a font dating from 1500, which bears the arms of the Pudsay, Percy, Tempest, Hamerton and other families. The famous Pudsay tomb has an engraved figure of Sir Ralph Pudsay in full armour (who also owned Fountains). The tower walls of the church and conventual buildings survive extensively.

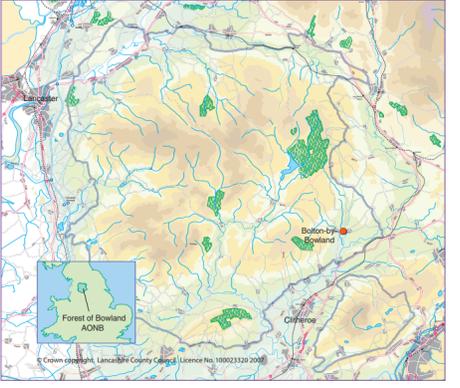
Sawley Abbey



Sawley is on the banks of the River Ribble and is renowned for the ruins of Sawley Abbey. Sawley Abbey was founded by William Percy II, the son of Alan Percy 'the Great' on 6th Jan 1147-8. The first Abbot, Benedict, Newminster, Northumberland, a daughter house of Fountains. The site was not the most favourable for the foundation of a monastery, and by the 180s it was babbling brook Bolton-by-Bowland a charm of its own. The smaller green contains the remains of a 13th Century stone cross and old stocks and is bordered by a beautiful memorial garden. The war memorial clearly illustrates the impact of the First World War for there are foundations, was not in a secluded situation. It was sited failed and food was short. Sawley, unlike most Cistercian because the climate was so bad that crops continually

How to find us

Public transport: the nearest train stations are Clitheroe, for Bolton-by-Bowland and Sawley and Settle for Tosside. Buses run regularly from Clitheroe to Sawley (Service C2) and from Clitheroe to Settle via Tosside (Service B10). For details check Traveline 0870 608 2 608 in Lancashire and 0871 200 22 33 in Yorkshire.



By Road: Sawley is approximately 4 miles from Clitheroe just off the A59 travelling towards Skipton. Bolton-by-Bowland is a further 2 miles from Sawley and Tosside can be reached either by minor roads from Bolton-by-Bowland (approx 6 miles) or from the A65 taking the B6478 at Long Preston (approx 5 miles).



26 names of men from the village who fought and died, including two sets of brothers and two cousins. The village was recorded as Bodeton in the Domesday Book, meaning bow in the river. Near to the village are the attractive hamlets of Holden and Forest Becks, as well as the picturesque Anna Lane. The church has many ornamental carvings and a font dating from 1500, which bears the arms of the Pudsay, Percy, Tempest, Hamerton and other families. The famous Pudsay tomb has an engraved figure of Sir Ralph Pudsay in full armour (who also owned Fountains). The tower walls of the church and conventual buildings survive extensively.

Bolton-by-Bowland



The parishes of Sawley, Bolton-by-Bowland and Gisburn Forest stretch for several miles from south of the River Ribble near Pendle Hill to the Yorkshire border west of Settle. Bolton-by-Bowland is certainly worth a visit for walkers, cyclists and photography enthusiasts. It is a tranquil and charming village, with two greens around the church in the middle of the village. The cottages, inn and foundation of a monastery, and by the 180s it was Lancashire is right in the middle of the tiny village. Gisburn Forest to the north and west is the largest wooded area in Lancashire. The forest is an important source of sustainably grown timber for industry, plus a haven for wildlife, and a fantastic resource for walkers and cyclists.

WELCOME TO BOLTON-by-BOWLAND, SAWLEY & TOSSIDE
Local Information, Attractions and Activities and Accommodation

