

Discover

BOWLAND

Official guide to the Forest of Bowland Area of Outstanding Natural Beauty.
Featuring walks, short-break itineraries, events, family activities & more!



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This guide is produced by the Forest of Bowland Area of Outstanding Natural Beauty

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Disclaimer: Inclusion in this brochure does not imply recommendation by the Forest of Bowland AONB.

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.

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FOREST OF
BOWLAND
One of the
AONB Family



Discover Bowland in 2023

© Duncan Singleton

In 2023 give the car a break and take time to explore this beautiful area on foot or by bike with one of our new Eco Escapes itineraries. Eco Escapes are about slowing down, taking your time, and tuning into the slower rhythms of nature.

Our new Festival Bowland events programme gets underway in February, beginning with our Dark Skies Festival. Events run throughout the year; and with such a variety celebrating nature, landscape, culture, and heritage, there is something for everyone to enjoy.

Find out about some fantastic projects making connections between the arts and health and wellbeing and discover how the whole family can experience the wonders of Bowland year-round.

What a productive year it's been for the AONB Partnership, developing and delivering so many exciting projects! You can read about our continued habitat restoration work for peatlands and hay meadows and support to farmers and landowners through our Farming in Protected Landscapes Programme. Our Pendle Hill Landscape Partnership Scheme came to end in autumn 2022, but you can find out how we're looking ahead to build on this work in 2023 through our Connecting People and Nature project.

Make Bowland your discovery in 2023!



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Discovery Map

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

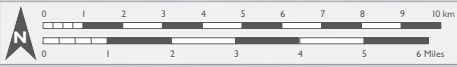
The Forest of Bowland offers a wide range of quality accommodation, activities and experiences.

- 1 Bammers Lodge – Bolton by Bowland
- 2 Bowland Escapes and Bowland Wild Boar Park - Chipping
- 3 Browsholme Hall - Cow Ark
- 4 Chestnut Cottage – Worston
- 5 Cobden View – Sabden
- 6 Dale House Barn B&B & Kitchen – Gisburn Forest
- 7 Fell View Caravan Park – Scorton
- 8 Goosnargh Gin
- 9 Hartley's Huts – Newton in Bowland
- 10 Height Top Farm – Higham
- 11 Higher Gills Farm – Rimington
- 12 Holgates Ribble Valley Holiday Park - Rimington
- 13 Lakewood Cottages – Galgate
- 14 Laythams Holiday Let Retreats – Slaidburn
- 15 Little Oakhurst Glamping – Stonyhurst
- 16 Peaks and Pods – Rathmell
- 17 Ribble Valley E-Bikes – Dunsop Bridge
- 18 Rosy Goat Ice Cream - Goosnargh
- 19 Smelt Mill Residential Centre - Dunsop Bridge
- 20 Spencers Granary – Bolton By Bowland
- 21 The Fleece Inn - Dolphinholme
- 22 The Re-wilding and Patty's Barn – Cockerham
- 23 The Spread Eagle Inn - Sawley
- 24 Wenningdale Escapes – Bentham
- 25 Wild Fox Distillery – Inglewhite
- 26 Wood End Alpacas – Dunsop Bridge

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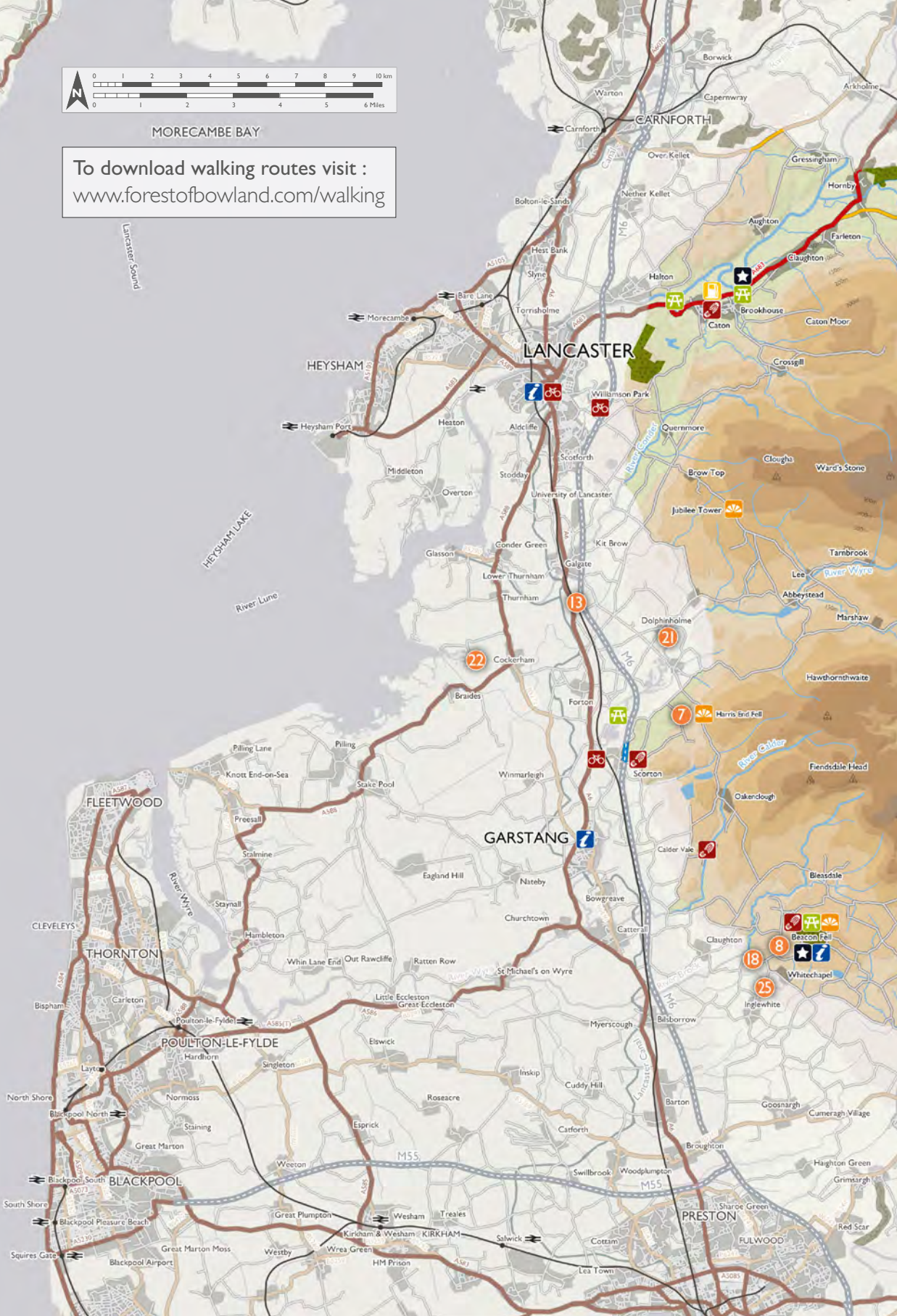


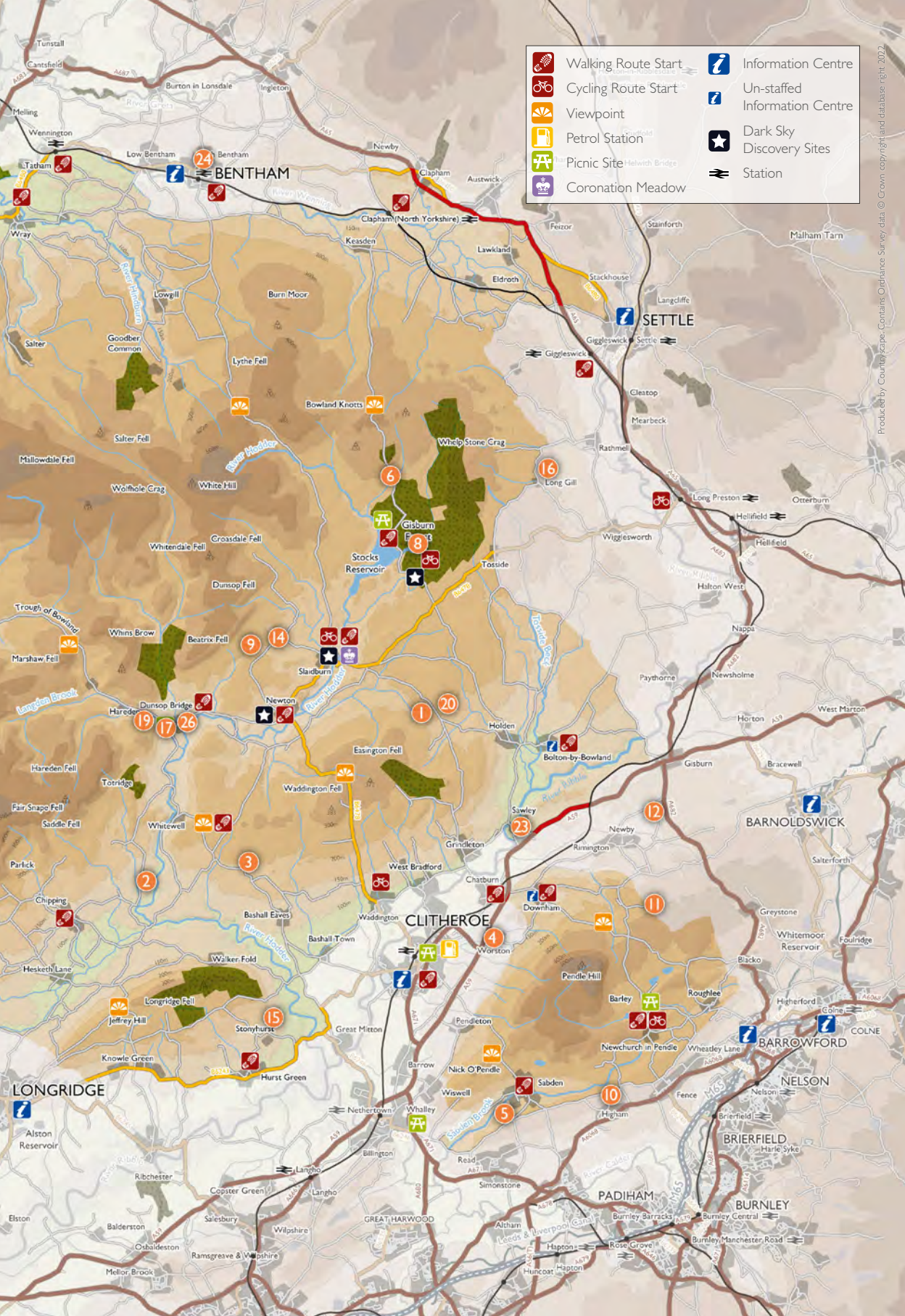
Guests at Patty's Barn













MORECAMBE BAY

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





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

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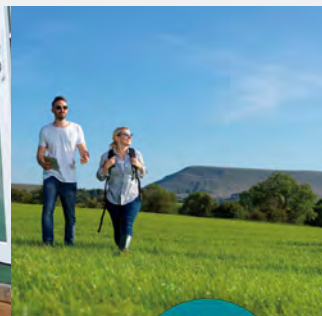
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BOWLAND

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Festival Bowland

Events 2023

Celebrating the nature, landscape, culture and heritage
of the AONB



The Forest of Bowland is a fascinating place; steeped in history, bursting with beauty and alive with wildlife.

Welcome to the journey of discovery that is
Festival Bowland!

Our annual Dark Skies week during February half-term is a sparkling start to the festival.

From stargazing to storytelling, it's great fun, with lots of encouragement to gaze upwards as well as outwards.

Heading further into the year there are plenty of opportunities to step back, take a breath and reconnect with your surroundings. Whether that's through the gentle practice of forest bathing, a rediscovery of how to move naturally, or a combination of yoga and Nordic walking, there will be supportive leaders on hand to guide you along.

History hounds can enjoy a series of three walks focusing on famous Bowland visitors. So, if you want to find out more about Wainwright, Cromwell or Gandhi – and explore some beautiful places at the same time – check out the dates in the programme.

Speaking of history.... We'll be taking a virtual trip to the lovely Craven corner of the AONB to discover the fascinating story of The Folly, an historic, Grade I

listed building in the centre of Settle – now home to the Museum of North Craven Life.

The popular Lord of Bowland Lecture will be making its twelfth appearance - this time with a distinct emphasis on the prehistoric. These annual autumn lectures are made even more special thanks to the lovely setting of Browsholme Hall's Tithe Barn.

“ Festival Bowland is all about exploring new places (or re-discovering old ones), meeting new people and perhaps even finding a talent you didn't know you had! ”

For people who are less mobile or have difficulty walking, this year's programme has six Tramper Treks to help you explore routes around the AONB. Trampers are specially designed, all-terrain electric buggies, which can be used even on rough ground, mud and grass. The shorter guided sessions are a great way to try a Trampler out before joining in with one of the longer treks. But

you'll need to book early as Trampler numbers are limited!

If you like to get out and about but don't want to walk too far, there are regular short walks from Garstang and Scorton, which don't need booking in advance – so you can make your mind up on the day.

If you're over in Wyre, don't miss the Garstang Walking Festival in May – a packed programme full of everything from wellbeing walks and evening strolls to strenuous all-day hikes, including the Wyre Way. This long-distance route follows the River Wyre from its estuary at Morecambe Bay to the fells above Abbeystead and is split over three days. A real journey from sea to source!

This well-established spring-time walking festival is a great way to thoroughly explore the western reaches of the Forest of Bowland and beyond and, like many events, owes so much to the generous support of volunteers.



Wildlife enthusiasts can discover the underwater world of invertebrates and fish, seek out waders (and fingers crossed some chicks!) and get up to date with Bowland's upland birds. And how about joining in with a BioBlitz? These fun events bring lots of people together to find and record as many living things as possible in a given time in one place. The data is then shared with local records, helping to improve our understanding of the Bowland environment.

National Meadows Day in July will be a special BioBlitz in Abbeystead, with the Northern Scythe Fair heading for Slaidburn the following day. This annual weekend is a wonderful way to find out about the importance of our rare, upland meadows, what species they're home to and how they are managed. Traditional scything is also fascinating to watch!

Alongside herb-rich meadows, peatlands are one of the key habitats in Bowland - quietly storing carbon, improving water quality, increasing biodiversity and helping to reduce flood risk. These out-of-the-way heroes are well worth understanding, and the Pendle Peat and Pie Challenge offers a great (if muscle-testing) opportunity.

Bowland's reputation for great food has grown steadily and we'll be celebrating everything from foraging to local producers during our foodie foray in September. It promises to be another very tasty exploration....



[www.forestofbowland.com/
Festival-Bowland-Events](http://www.forestofbowland.com/Festival-Bowland-Events)





Full details of all the Festival Bowland events – including how to book - are available on our website at [www.forestofbowland.com /Festival-Bowland-Events](http://www.forestofbowland.com/Festival-Bowland-Events) We'll be adding events throughout the year so do make sure to keep popping back to see what's new – and for any event updates.

You'll see that a number of our free events include an option to donate to Champion Bowland. Champion Bowland provides easily accessible small grants for local projects which benefit the environment, local communities and visitors within and around the Forest of Bowland AONB. By donating, you'll be helping to keep Bowland special – thank you!

Of course, 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 the AONB to the full. And if there is something you'd particularly like to see in the programme, why not let us know? If it's about the nature, landscape, culture or heritage of the AONB, we might be able to include it in the future! Just email bowland@lancashire.gov.uk

Big Bowland Skies and Wonderful Wildlife

© Steve Bradley

Just waiting for tea



We received some fantastic submissions to the Forest of Bowland 2022 photo competition. The images really captured the beauty of Bowland year-round with its big skies and wonderful wildlife. The following images were our final 12 shortlist, but there were many to choose from and you can view the full collection here: www.forestofbowland.com/visitor-photogallery

Look out for the online photo competition that will run again later this year!



© Jo Sebborn

Hummingbird moth



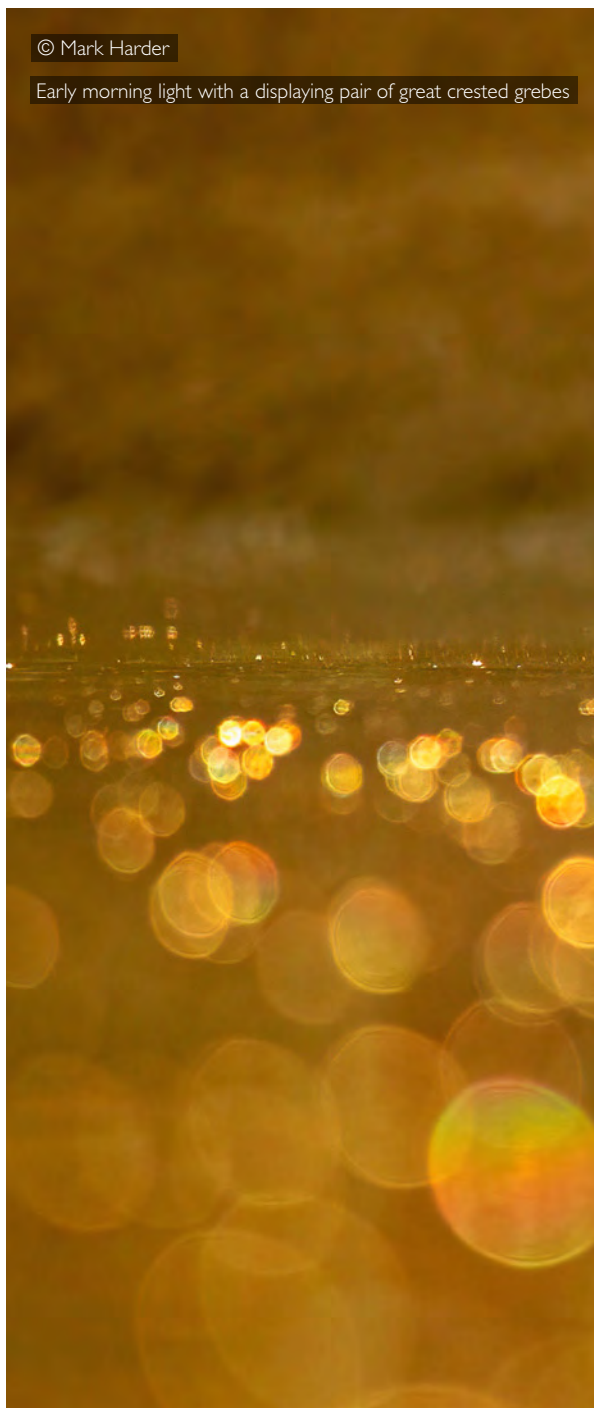
© Nigel Cowking

Grindleton fell



© Mark Harder

Early morning light with a displaying pair of great crested grebes



© David Shaw

Stocks Reservoir at dusk



© Phil Slade

Redshank



© Alan Kilduff

Ingleborough and Penyghent from Bowland Knotts



© Steve Bradley

Catching some rays



© Andrew Ward

Taken from the Bentham Big Stone looking North



© Nigel Cowking

Looking down the valley towards Slaidburn from Knots Hill





We'd love to see more of your images during 2023, please share them at :

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BH Mondays 29th May & 28th August

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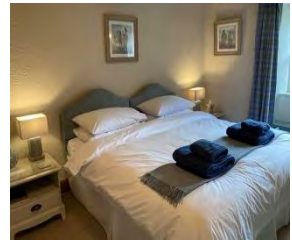
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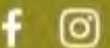
Dunsop Bridge offers spectacular walking countryside for all abilities.



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Landmarks in the Landscape

Bowland's impressive old trees have been standing tall for hundreds of years, are steeped in history, and provide invaluable homes for wildlife.

Sadly, some of Bowland's beautiful old trees are nearing the end of their lives, and to safeguard the unique character of the Bowland landscape, Champion Bowland and the Forest of Bowland AONB Partnership are acting now to ensure successor trees are ready.

These 'Landmark Trees' might be found in hedgerows, parkland, farmland, or on a village green, and may be native and non-native species. Wherever they are, they are important to people as well as to the landscape and provide a living link to the 'forest' of Bowland in the AONB's name.

Champion Bowland is looking for help from the public to identify suitable trees and plan for replacements to be established before their predecessors succumb to old age.

A Forest of Bowland AONB spokesperson said: "Veteran trees are an essential element of the ancient Forest of Bowland. Often centuries old, these venerable old oaks, beeches, sycamores and ashes are as rooted

in the landscape as the fells and the rivers that flow between them.

"But these local landmarks won't last forever. We've already lost dozens of these distinctive trees to damaging storms and some of our native species are threatened by diseases such as ash dieback (chalara). The Landmark Trees scheme is our way of ensuring the next generation of mature trees are already established before their forbears are lost through old age, disease, or storm damage."

For multi-award-winning local distiller, Goosnargh Gin, the Landmark Trees project offers the perfect way of giving something back to the landscape from which it takes inspiration. Richard Trenchard from Goosnargh Gin said: 'We get so much inspiration from our surroundings that we wanted to do something in return. We will donate from each bottle sale of Dappled Light – which utilises vibrant, young spruce tips among its blend of botanicals – to help with the cost of planting and maintaining these important landmarks'.

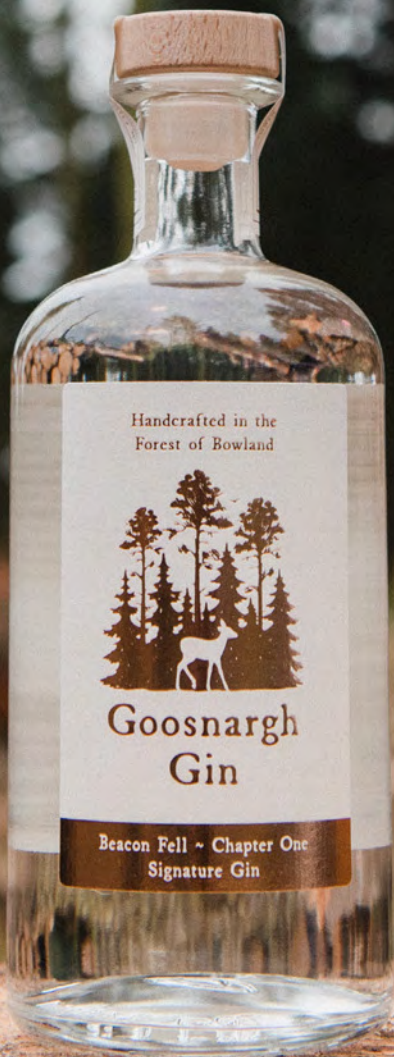
If you would like to nominate a prominent tree for the Landmark Trees initiative, please email sandra.silk@lancashire.gov.uk. All suggestions will be judged against a set of criteria and, whilst nominated trees don't necessarily need to be centuries old, they do need to be visible from a publicly accessible vantage point.



As seen on
BBC's 'The
Hairy Bikers
Go North'



Multi-award winning gins celebrating the Forest of Bowland



Nestled at the base of Beacon Fell, each of our Chapters of gin are designed to celebrate, promote, or give back to the beautiful Forest of Bowland.

Multi award-winning and with a passion for connecting people to the beautiful landscape which surrounds our artisan distillery, we offer free tastings for those visiting the shop, or our second site at Wyresdale Park.

Our boutique experiences, including immersive gin schools catering for a maximum of six, as well as foraging and distilling days, have been recognised as the best in the county at the Lancashire Tourism Awards.

Other prestigious awards include...



www.goosnarghgin.co.uk - hello@goosnarghgin.co.uk

A vibrant meadow of wildflowers under a blue sky with white clouds. The foreground is filled with green grasses and various wildflowers, including yellow and white blooms. The background shows a clear blue sky with scattered white clouds. The overall scene is bright and summery.

Blooming Marvellous: Summer in Bowland's Wildflower Meadows

Meadows on the upland farms of Bowland are being restored to their natural glory thanks to an expanding army of volunteers and enthusiastic involvement from the community

Hundreds of people attended a series of events celebrating the Forest of Bowland's beautiful upland wildflower meadows last year. From foraging and herbal medicine to meadow art and wildlife walks, a packed programme of field-based activities attracted more than 300 participants throughout the spring and summer months.

Many of England's natural wildflower meadows have suffered due to the intensification of farming in recent decades. Meadows are now harvested more frequently than in years gone by, with the first cut happening as early as May – before most species of wildflower have had the chance to set seed. These fields are often cut two or three times a year to provide hay or silage to feed cattle and sheep through the winter.

But we're fortunate in the Forest of Bowland to have a growing number of pristine meadows where wildflowers continue to flourish thanks to the survival of more sympathetic farming methods. These fields are left to their own devices, creating a riot of colour through the peak flowering months of June and July, when a succession of northern upland flora like meadow crane's-bill, globe flower and native orchids burst into bloom.



This is when the Bowland Hay Time project welcomes visitors to the fields to learn more about these delicate ecosystems by trying their hand at a range of traditional rural crafts.

Now in its 11th year, Hay Time has restored some 200 hectares of wildflower meadows across the AONB. Working with schools, guides, scouts, landowners, farmers and community groups, successive programs have taught people how to collect seed, grow plugs, scythe, manage meadows for pollinators and create mini meadows.

Last year's Hay Time events included using eco printing techniques to decorate calico tote bags with natural pigments from wildflowers gathered in the fields, and making beautiful ceramic tiles inspired by the flora of the meadows.

As the meadows hit their peak in early July, nearly 200 people attended the Forest of Bowland's annual celebration of National Meadows Day at The Gathering Fields, near Dolphinholme, where Helen Leece has lovingly restored a large meadow at her family farm on the western edge of the Forest of Bowland. A packed programme of events and demonstrations included mindful meadow walks, wool spinning, scything, willow weaving and butterfly and bee identification sessions.



Finally, as summer gave way to autumn, Helen led a group on a foraging and herbal medicine workshop where participants harvested elderberry, rose hips, blackberries and hawthorn from the hedgerows bordering the hay meadows. This autumnal bounty was then combined with spices, brandy and glycerol to create a herbal elixir packed with natural goodness to help keep winter ailments at bay.

Helen Leece, from the Gathering Fields, said: *"I think people have been genuinely inspired by the events this year, certainly a wide range of ages have visited. The youngest meadow enthusiast is just four years old, and he can't wait to get here for another meadow visit. It's been a joy to host artists,*

writers and health specialists. I feel very lucky to be able to work with our native wildflowers in such a creative way."

Bowland HayTime officer Carol Edmondson said: *"I think this year's events really helped people immerse themselves in the wonderful wildflower meadows we are lucky to have in the Forest of Bowland.*

"Walking through a hay meadow in early summer is a wonderful experience but showing people how to engage more deeply with the ecosystem takes things to a different dimension.

"That's when people really start to feel a deeper connection with nature and develop a real passion for nurturing and protecting it."

Easy Access in Bowland



Getting access to nature and the outdoors is important for our health and well-being, and here in Bowland we are committed to providing a wider range of opportunities for more people: access for people with wheelchairs, pushchairs, limited mobility, or simply for those whose legs aren't as young as they used to be. We want the whole family to experience the unspoiled beauty of the area along trails with fantastic views, wildlife-rich hedgerows and through tranquil woodlands and parklands.

We have developed a series of Easy Access Trails via the free Outdoor Active App which can be accessed here: www.forestofbowland.com/walking (filter by 'accessibility').

The Easy Access Trails have been graded using the Disabled Ramblers 1 to 5 categories. These vary in distance and terrain and provide a range of experiences.

The Trampler is an all-terrain electric buggy, which can be used off-road, and due to their size and stability, offer a range of opportunities to get into the great outdoors. What's more, they are comfortable, robust, and easy to use.



Our aim is to reduce the barriers that some people face when looking to access the outdoors, therefore we don't have a fixed hire price for our Trampers - we simply ask for a donation to help us continue to provide this service across the Forest of Bowland AONB. Follow the QR code to donate via Champion Bowland:

Find out more at:
www.peoplesfundraising.com/donation/donate-to-champion-bowland



Hire Locations

- Gisburn Forest Hub Café: one Trampler available which can be booked in advance by contacting the Hub café on **01200 446387** or by emailing gisburncafe@outlook.com – from here you can follow the Birch Hills Easy Access Trail
- St Nicholas Church, Sabden: one Trampler available which can be booked in advance (see link below) - from here you can follow the Churn Clough Easy Access Trail

For further information and details of other Trampers available for private hire in the Forest of Bowland visit:

www.forestofbowland.com/easy-access-trails

Bowland's Dark Skies

The night skies over the Forest of Bowland Area of Outstanding Natural Beauty have been recognised as some of the darkest in England – with several locations being designated as Dark Sky Discovery Sites.

This is thanks to the relative lack of light pollution in the AONB, allowing the majesty of our celestial panoramas to be enjoyed as much as our daytime vistas. For a number of years now, the AONB Partnership has been building awareness of the value of dark skies by encouraging residents and visitors alike to “look up” once the sun has gone down.

Tourism businesses have been supported to become Dark Sky Friendly; attending training by a local astronomer; proactively reducing light pollution at their business and offering flexibility to guests looking to stargaze. Over twenty Dark Sky Friendly businesses are currently listed on the Forest of Bowland AONB website.

Why not take a look?

Alongside this sustainable tourism work has been the establishment of an annual Dark Skies Festival during February half-term. 2023 marks the fifth year of this calendar of events, complimenting the existing Festival Bowland programme and getting the year off to a magical start. Last year, the AONB team partnered with Lancashire County Council's museums service to showcase a brand new dark skies photography exhibition held in Clitheroe Castle. You can see some of the fantastic images over the pages.

Further information:

www.forestofbowland.com/star-gazing

“On a clear night it can feel like a curtain has been dramatically raised, revealing a star-filled, sparkling, shimmering world. One of the reasons why Bowland is so special.”

© Jane Openshaw



© Lee Hunt



© Chris Jones



© Graham McLoughlin



© Jon Hickling



© Steven Kidd



© Brenda Hempton





Leaving a



Lasting Legacy



Thousands of people were touched by the Pendle Hill Landscape Partnership Scheme, but two projects in particular have produced a lasting legacy which will enable people to continue to benefit from a deeper connection to nature.

One of the over-riding aims of the four-year Pendle Hill Landscape Partnership was to encourage local people to make closer connections with nature by exploring and engaging with the landscapes around them on a deeper level.

One of the projects: People Enjoying Nature (PEN) had been established in 2016 and already attracted a healthy following of regular attendees who participated in a range of outdoor-based activities including nature treks, dry stone walling, drawing and foraging for wild foods.

Working with the NHS, the PEN project was open to anyone, but specifically targeted individuals who sometimes struggled with mental health and social isolation issues. The scheme aimed to create a safe and inclusive space for people from a variety of backgrounds to connect with nature and each other.

Over time, the project evolved as new leaders stepped up to run sessions and explored different aspects of how

participants connected with nature. Some of the sessions became less structured and more free-form as participants sought a deeper immersion in their surroundings.

PEN had an especially profound impact upon people who had previously struggled with mental health challenges – giving

some the confidence to revisit the locations they had explored and share their new-found knowledge with family and friends.

Another element of the PHLP had just launched when the country entered the first pandemic lockdown in Spring 2020. The '72 Seasons' scheme adapted a traditional Japanese concept of mindful seasonal observation which split the year into 72 'micro-seasons' each lasting just a few days.

The 72 Seasons project highlighted subtle shifts in nature associated with each of the micro-seasons and encouraged participants to look out for these harbingers of the changes – inspired by original illustrations by local artist Cath Ford.

“We see such wonderful nature, so colourful and flavourful. Peaceful moments surrounded by beautiful beings; we feel grounded when outdoors. Letting ourselves feel at one with nature reveals our sense of meaning.”



When the lockdown came into effect, the number of participants soared as – unable to connect with family, friends and colleagues in person – many people sought a deeper connection with nature.

“We’d designed the programme to be as inclusive as possible, so that people could take part by observing natural changes through their windows without even leaving the house,” said program manager Kirsty Rose Parker.

“So, when the entire country was subject to lockdown in March, we quickly set up a Facebook Group for participants to share their observations and chat. Participation increased in March and April, when volunteers looked out for swallows arriving, spring lambs, bluebells and listened to birdsong.”

“For lots of people, the project turned into a real highlight of their day and the online chat was amazing to watch. People seemed to engage with the natural world on a deeper level because they had the time to really look at the seasons unfolding.”



Hibernating Creatures Open Their Doors



The First Cherry Blossoms

The 72 Seasons programme returned in 2022 with a series of 12-week courses, designed to target a wider demographic – including sections of the local Pakistani-heritage community and young people. Without Covid restrictions in place, the programme included a range of workshops, walks and activities to improve wellbeing within nature.

At the beginning of each course, three quarters of the 2022 participants' wellbeing scores were below the UK average, with a third probably suffering from clinical depression. Some of the participants initially came together as a bereavement support group after they lost loved ones through Covid.



Lavender Feeds The Bees

© Cath Ford



The Curlew Calls

By the end of their courses, 69 per cent of participants reported an increase in their wellbeing, with 25 per cent moving from a poor state of wellbeing to a healthier state.

Pendle Hill Landscape Partnership manager Cathy Hopley said: *“During the lockdowns, many people had more opportunities to spend time in nature, and they began to recognise just how important a connection with nature was to their sense of wellbeing. After the lockdowns, we realised that this idea that being outdoors and connecting to nature was good for you, was once again a readily accepted concept in society.*

“For some participants, the PEN sessions gave them the confidence to immerse themselves in nature and even share their experiences with friends and family. But we also knew that many participants really needed the safe spaces and supportive community PEN created to feel comfortable.”

The Pendle Hill Landscape Partnership formally drew to a close last autumn, but the good news is that the projects designed to forge deeper connections between people and nature have secured additional National Lottery Heritage Funding for a further three-year programme.

The Connecting People and Nature scheme will continue the work pioneered by 72 Seasons and PEN, supporting individuals from communities within the Pendle Hill landscape and the wider AONB area, to connect with nature to improve their wellbeing.

The new scheme will focus on equipping teachers and community leaders to inspire more than 5,000 new participants to foster a lifelong connection with nature. It will connect people to each other, their local natural spaces and to high value natural spaces in the AONB.

Cathy added: *“Projects like PEN and 72 Seasons demonstrated the positive impact that spending time in nature has on mental health, and we knew that being able to continue our work in this area would be a lifeline for the communities and individuals who continue to engage with the programme and enable us to reach further into more communities who could benefit. Providing free transport is an essential part of our project.*

“The data we have gathered points to a net benefit for participants’ wellbeing, but when you see the transformational impact it has had on an individual level, it’s very moving and incredibly powerful.”

- Want to get involved? Follow the link to find out more about Connecting People and Nature here:

www.pendlehillproject.com/connecting-people-and-nature

- Read more about the Pendle Hill Landscape Scheme and its impact here:

www.pendlehillproject.com



The Story Behind the Map

Artist and designer Dr Selina Ellis-Gray relocated to the Forest of Bowland with her husband Martin, son Xander and dog Willow to immerse herself in the natural landscapes that inspire her work.

It's almost impossible to pigeon-hole Dr Selina Ellis-Gray, the creative powerhouse behind an exquisitely detailed story map that captures the rich tapestry of nature, history and culture woven into the fabric of the Pendle Hill landscape.

This beautiful work of original art is a two-dimensional rendering of a four-dimensional story, reflecting the people, wildlife and stories of Pendle across the thousands of years it has stood as a touchstone for the communities that grew up around it.

Originally a city girl who was born and raised in Manchester, Selina completed her BA at Salford University and went on to gain a PhD from Lancaster while pursuing a career as a freelance designer, illustrator and artist.

Selina has always worked freelance as a commercial designer, illustrator and latterly, a toymaker, but also focuses on more creative, free-form artwork reflecting the natural world in her spare time.

From her studio just outside Waddington on the edge of the Forest of Bowland, Selina draws, paints, illustrates, creates and makes. Working with locally sourced or reclaimed materials, she employs sustainable design methods and techniques to try to make a positive impact on the local environment and community.

Selina works in mixed media, switching between hand drawing and sketching on paper and digital design platforms on her tablet or touchscreen digital easel.

She was originally commissioned to create artworks for some interpretation boards at Spring Wood, near Whalley and was then asked if she could create a story map to bring together the multiple strands of the Pendle Hill Landscape Project.

This rapidly became something of an obsession as Selina immersed herself in the landscapes, wildlife, folklore and people of Pendle. She started by superimposing the various layers of her story map on a standard Ordnance Survey 1:25 000 scale map of Pendle Hill and building this into a four-dimensional chronicle of the hill through millennia of history.





"Once we'd got the basic reference piece mapped out, that's when the fun started," said Selina. "There was an awful lot of reading and research, but during this phase I also started making sketches of people, places and wildlife which were then integrated within the map as it began to take shape."

"We spent a lot of time building up layers of shape, colour, patterns, textures and form which we then built up into early versions of the actual map."

"I can see Pendle from our house, where I spent a lot of time just sketching the hill throughout the project. Its colours, textures and

moods are constantly changing, and I tried to embody those qualities within the map.

"I feel like I developed an almost spiritual sense of connection to the hill, and this gave me a deep-time view of Pendle Hill and the stories that are enmeshed within the fabric of this landscape."

"It really brought home the radical nature of where we live and the kind of people attracted to this landscape. The suffragette stories really affected me – particularly my namesake Selina Cooper. The struggles of these working class women really resonated with me, and I felt a responsibility to tell those stories as a way to honour their work."

The finished story map takes a deep dive into the rich history of Pendle Hill, combining words and pictures within an immersive interpretation of the famous landmark. The map weaves together vivid descriptions of the landscape with intricate illustrations linking people to places with poetry that captures the essence of place and its impact on the people who live and work on and around the hill.



- Watch a video of Selina discussing her creative approach to making the Pendle Hill Story map here:

<https://youtu.be/BNDTzhaEiP8>

- Link to online Story Map:

www.pendlehillproject.com/explore-story-map



Pendle Grammar

Pendle Grammar is a specially commissioned poem by Seán Hewitt, who won the Laurel Prize for poetry in 2021 for his collection *Tongues of Fire*. The prize dovetails and partners with The Ginkgo Prize which rewards the best single poem. This poem was commissioned by the National Association for AONBs where each winning author wrote a new poem celebrating their chosen Area of Outstanding Natural Beauty. We were delighted that Seán chose Pendle Hill in the Forest of Bowland AONB. The poem also features in the Pendle Hill Story Map.

To watch a reading of the poem by Seán Hewitt visit:

www.youtube.com/watch?v=qdNVhw6i9Ck





© G Cooper

*This is a place where language
could be made anew. In the damp field –
mist, a cow lowing with the cold,
the red house with the golden clarion*

*on the weathervane turning slowly,
turning again, seeking its direction,
its steady thrilling sureness. Place
of visions and clear water, fresh*

*with weather; place of gatherings
where the loose lines of talk have weaved
over years into plots, and we walk up
into it, knees quaking from the climb,*

*the peat regrowing, knitted back
like a blanket over the hill. A clear day
above the clouds, so there's a light
you don't know is there until you walk up*

*into it, into the big collective dream
over the towns where the sun and cloud
and weather all unite then rebel, revolt
and tumble down, shaking themselves*

*out through a new grammar spoken
here by suffragists and socialists
and preachers; not his, or hers, or theirs
but something else: the hill's hill, the water's*

*water, the path-making shift
up Pendle tells us how to call it:
the land, the history of it, no longer
his, or hers, or theirs, but ours.*

Seán Hewitt



**Share Your Vision
For Nature Recovery
in The Forest of
Bowland**

Residents, businesses and community groups across the Forest of Bowland are being invited to contribute to a bold long-term vision that nurtures and enhances the wildlife and habitats of the Area of Outstanding Natural Beauty

The Forest of Bowland Area of Outstanding Natural Beauty (AONB) is one of England's finest landscapes and is internationally important for its expansive heather moorland, blanket bog, and rare upland birds.

The AONB is rich in Natural Capital – natural assets within the landscape that provide value or benefits for people – often referred to as ecosystem 'services'. These include space for recreation, carbon storage, water flow management and water quality, food, and timber production.

Almost a third (32.5 per cent) of the area of the Forest of Bowland AONB is designated for nature conservation but despite the widespread adoption of more nature-friendly farming practices within the AONB, nature is still at risk here, and some species continue to decline, including the enigmatic curlew.

An exploratory nature recovery workshop held late last year attracted 40 delegates from a wide range of stakeholders in the land-owning, farming and conservation communities and further evidence-gathering work will continue through the spring.

A draft plan will be shared widely in late spring/early summer. This will outline a list of nature recovery priorities in the Forest of Bowland, which could include improving or creating some of the following habitats:

Priority habitats

Moorland

Woodlands, trees and hedgerows

Rivers and ponds

Grassland

Wetlands

Key indicator species

Curlew

Hen harrier

Black grouse

Otter

Juniper

Globeflower



A key priority will be to improve connectivity between habitats by creating wildlife corridors and stepping stones between existing nature rich areas.

Practical interventions to improve these habitats might include creating wet areas in marginal farmland to improve nesting habitat for upland waders, restoring hay meadows to support more pollinators and re-wetting peatland to store carbon and mitigate downstream flooding.

In a nutshell, a successful Nature Recovery Plan will encourage people to increase the

area of nature-friendly landscapes, improve the quality of these habitats, and create more resilient links between them.

Nature Recovery Development Officer Jenny Wain said: *"AONBs have a key role in supporting nature recovery across England. The AONB's Nature Recovery Plan will help do this. But it's really important that it reflects the aspirations of the people that live, work and visit the area."*

"That's why we are really keen to give communities, businesses and residents within the AONB the chance to shape the priorities for nature recovery in Bowland."

Get Involved:

For more information, or to register your interest in the consultation, contact:

jenny.wain@lancashire.gov.uk



Call of the Curlew Inspires Young Nature Ambassadors

Pupils from Thorneyholme RC Primary School have deepened their understanding of nature by forging a direct connection with this iconic upland bird

Children at this Dunsop Bridge primary school are awaiting the return of an iconic spring visitor to the Forest of Bowland with eager anticipation.

The village school has been working with Grosvenor's Abbeystead Estate and a national conservation organisation to chart the fortunes of the curlews which return to the uplands of Bowland every spring, filling the skies with their distinctive calls.



Bowland is one of the last strongholds of the curlew, whose numbers have plummeted due to changes in farming practices. This large wader, whose bubbling calls are one of the first signs of spring, spends winter at the coast before returning inland to nest.

Curlews need plenty of damp, marshy pastureland near watercourses to thrive, but modern drainage and more intensive farming practices have rendered swathes of English farmland unsuitable for curlews over the last 40 years. Curlews need soft ground into which they can use their long curved bill to forage for grubs, bugs and worms.

The range of this beautiful and highly intelligent bird has shrunk to a small number of upland areas where less intensive farming practices, and predator control carried out by gamekeepers, leave

room for nesting pairs of curlew to raise their chicks successfully.

The pupils' curlew journey started in 2019 when they joined Rob and Helen Foster from the neighbouring Grosvenor Estate, to hold a Curlew Festival in Abbeystead. Lots of local schools were invited and spent the day watching curlew in their natural breeding habitat on the fell.

The pupils also walked their local area to try and record the birds in their nesting habitat using handheld sound recorders – and used the sound recordings to make mini slideshows highlighting their plight.

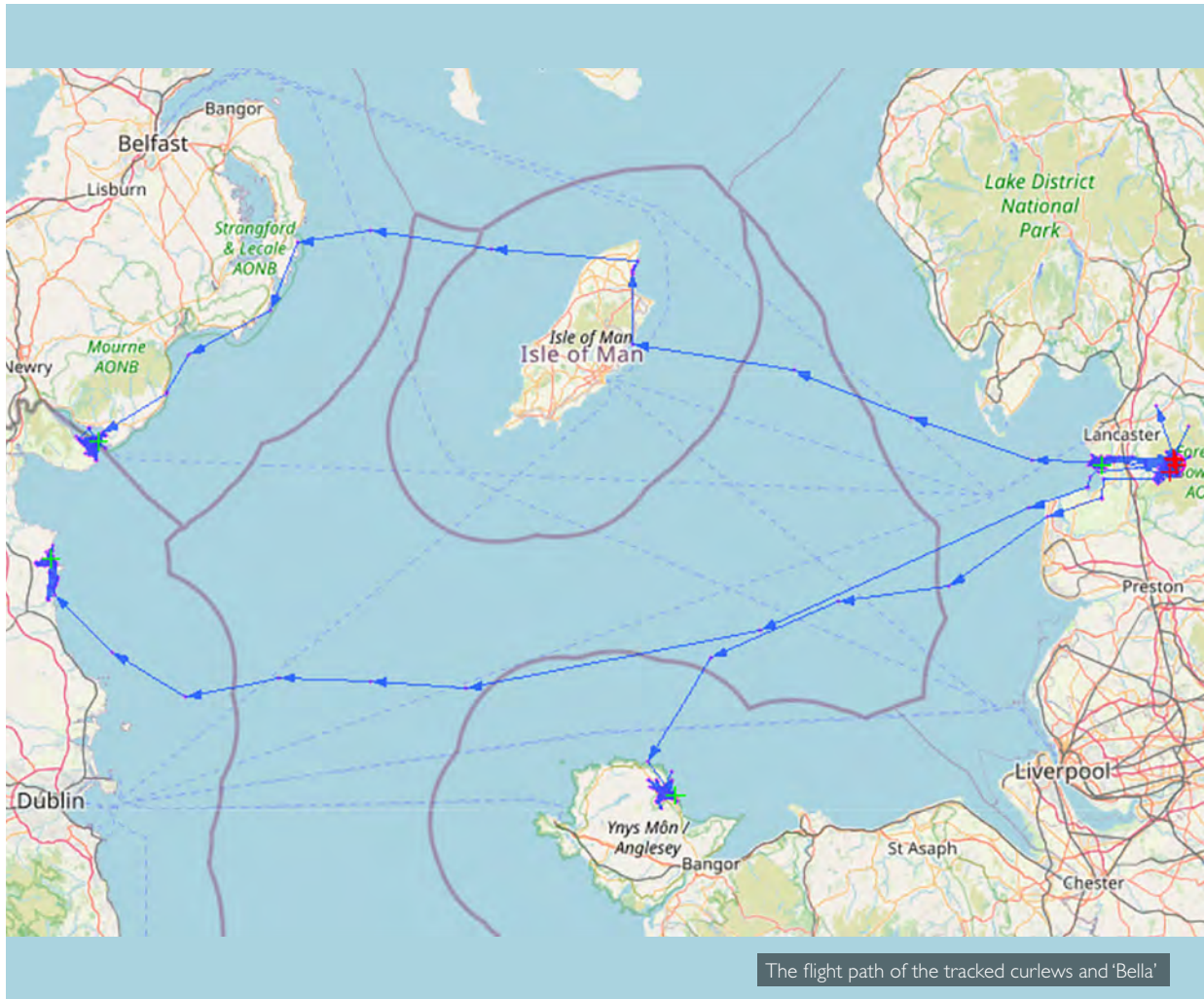
Last year, as part of their ongoing duties as ambassadors for the Curlew Action charity, the pupils at Thorneyholme tracked the progress of a curlew which nested in the Greenside Hill area of the Forest of Bowland.

The Grosvenor Estate arranged to have four curlews nesting on its Abbeystead Estate fitted with tracking devices under licence by Game and Wildlife Conservation Trust scientists, allowing their progress to be monitored in real time.

Affectionately christened 'Bella', Thorneyholme's adopted bird successfully nested in the area and then, in late summer, left the Bowland Fells to head west over the Irish Sea to take up winter residence in the Republic of Ireland.

Class teacher Jackie Entwistle said: "We became curlew ambassadors because we want to do something to help save the curlew from decline. We have filled a box in reception with facts, figures, pictures, stories, poems, and love for this wonderful wader. We call it the 'Curlew's Case'.

"The Curlew's case must be handled with care; it can be passed on to those who want to know more, with more artefacts added to it year-after-year; continuing our work so that the haunting cry of the curlew can be heard on our moors for hundreds of years to come."





Abbeystead Estate moorland technician Rob Foster said: "It's been a great pleasure introducing the children from Thorneyholme school to the iconic curlew and the problems they are facing both here and globally. We visited Curlew Action's School Seminar at Sunderland Point in April, and carried out a survey in the fields near the school and found curlew, lapwing, and oystercatcher. We weren't sure where our curlew went outside the breeding season, so it was amazing to see Thorneyholme's adopted curlew Bella, crossing the Irish Sea to spend the Autumn near Drogheda in Ireland."

The children are now eagerly awaiting Bella's return to the Forest of Bowland. As long as the habitat up on Greenside Fell remains conducive to successful nesting, Bella and her partner should be preparing to nest by World Curlew Day on April 21st, when the pupils will be celebrating this iconic upland bird with a special day of events at the school."



Get Involved:

Want to do your bit to monitor and protect Bowland's curlew population? Find out how to get involved here:

www.rspb.org.uk/our-work/conservation/projects/bowland-wader-project/

Ambitious Peat Restoration Project Gets Underway

Land managers and conservationists in the Bowland Fells are preparing to restore 168 hectares of upland peat to lock in carbon and reduce the risks of flooding in the lowlands

While the Forest of Bowland is renowned for its peace, solitude and tranquillity, regular visitors to the more remote regions may have noticed some rather unusual aerial activity in recent years.

The sight of helicopters swooping through the valleys and hovering over the fell tops may seem at odds with the steady work of conservation and restoration on the ground, but these choppers are the most efficient way to ferry tonnes of materials and kit to aid the restoration of damaged peatlands in the more inaccessible parts of the Bowland Fells.

Historic government-incentivised drainage schemes and land management practices have left many of the peatlands in the Forest of Bowland and beyond in a damaged state. In places they are desiccated, crumbling, eroded and easily scoured by wind, water and frost during increasingly common severe weather events. Some of these sites are not only unable to act as carbon sinks but in a condition where they actively contribute to carbon emissions.

The more extreme weather associated with climate change risks making matters worse, but thanks to greater recognition of the critical importance of peatlands more widely, in managing flood risk and absorbing carbon, decades of degradation are now being reversed.

Peat locks in up to eight times more carbon per hectare than woodland, so our peatbogs are central to achieving Net Zero by 2050. They are also pivotal when it comes to flood management; holding water higher up the catchment and releasing it more slowly during storm events mitigates sudden spikes in river levels further downstream, as well as allowing for more water infiltration on the fells. This in turn helps to keep the bogs waterlogged, a condition within which bog flora can thrive.

To put it another way, functioning peatbogs are carbon sinks which soak up both carbon and water; degraded peatbogs are sources of carbon and other greenhouse gas emissions which also increase flood risk downstream.



The Forest of Bowland AONB has joined forces with National Trust, Cumbria Wildlife Trust, local landowners United Utilities and the Abbeystead Estate to successfully bid for £1.4 million of Government funding to pay for a major restoration programme, which will kickstart restoration on an area of the Bowland Fells equivalent to around 200 football pitches.

The project will also incorporate some surveys in which archaeological consultants will employ the latest survey methods to ensure that anything of historic environment importance buried within the peat layer isn't damaged by the restoration works.

The successful bid follows an initial research phase undertaken by the same project partners in which the extent and condition of peatland in the AONB was surveyed and suitable sites for restoration identified and approaches scoped out. It is part of wider project to restore peatlands across the north of England through the Great North Bog - a landscape-scale approach to upland peatland restoration and conservation across nearly 7,000 square kilometres of peatland soils.

Work started at two sites in the North and East of Bowland this winter, where contractors employed a mixture of proven restoration techniques which reduce bare areas of eroding peat, slow the flow of water and re-wet the site providing the conditions for healthy blanket bog to flourish, re-booting the natural processes that built up the deep layers of peat that cover the Bowland Fells. This includes reprofiling the eroding edges and hags, damming scoured channels and revegetating with sphagnum moss and other key moorland plant species such as cotton-grasses and dwarf shrubs.

It's labour-intensive and painstaking work and the payback period can be uncertain, but the impact of the work can often be seen quite quickly as the water levels rise and the bare peat is revegetated, moving this natural ecosystem towards the point when it will be able to absorb carbon and slow the flow of water off the moors for centuries to come.

While carbon capture is the over-riding long-term priority, flood mitigation and improved water quality is also of significant concern for many of the

project partners. All the peat restoration projects happening in Bowland under this round of funding are directly upstream of communities considered at risk of flooding in the Hodder and Wyre catchments.

Forest of Bowland AONB Peatlands Officer, Dominic Hartley, said: *“The carbon emissions avoided from restoring areas of bare peat are very quick to realise. However, for peat formation it’s a much longer game. We think that at best, when the restoration work goes exactly to plan, you can accumulate around 2cm of peat a year. Bearing in mind we can stand in an eroded gully that is three metres deep, it’s going to take around 150 years to repair damage on that scale.”*

The funding has enabled the recruitment of two additional members of staff for the Lancashire Peat Partnership – a consortium of landowners, statutory bodies and conservation groups working together to restore both upland and lowland peatlands across the county.



Funded by the Esmee Fairburn Trust these new members of the LPP team will gain vital hands-on experience shadowing Bowland-based projects which they will then be able to apply to future funding bids for restoration work in other parts of Lancashire such as the West Pennine Moors.

The current project will run until 2025 and the team is preparing another bid of a similar scale to build on the work delivered to date.

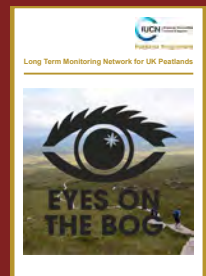
For further information on peat restoration in the Forest of Bowland, visit:

www.forestofbowland.com/peatland-restoration

Get involved:

Eyes on the Bog is a citizen science project coordinated by the International Union for the Conservation of Nature (IUCN) which allows members of the public to take part in peatland monitoring. There are a number of survey sites on Pendle Hill which are readily accessible to citizen scientists. For further information, visit:

www.iucn-uk-peatlandprogramme.org/get-involved/eyes-bog



Farming in Harmony With Nature





Farmers in Bowland have enthusiastically embraced the Government's new Farming in Protected Landscapes (FiPL) programme, with dozens of new projects receiving grants to farm in more nature-friendly ways

Through the programme, farmers and land managers are supported to carry out projects that boost nature recovery, mitigate the impacts of climate change, provide opportunities for people to discover, enjoy and understand the landscape and cultural heritage, or support nature-friendly, sustainable farm businesses.

Significant changes to farming support payments are due to come into effect over the next few years, when measures to protect the environment will increasingly determine how much tax-payer's money farmers receive.

The FiPL programme is part of a package of incentives designed to ease this transition and deliver positive outcomes for climate, for nature, for people and for place. Unlike traditional agri-environment schemes, FiPL is administered by locally based teams in National Parks and Areas of Outstanding Natural Beauty with farmers directly involved with the decision-making via a Local Assessment Panel.

In Bowland, the FiPL programme is supporting projects as diverse as

improving the biodiversity of grasslands, restoring traditional orchards, supporting the transition to regenerative farming techniques, helping with the capital cost of equipment to enable habitat management, as well as ambitious schemes to expand access to wild places for young people

with mental and physical health challenges. Applicants have been supported by a local team of advisers to develop projects and submit funding bids, with ongoing support during the delivery phase.

The Forest of Bowland AONB was allocated £2.1 million of funding under the FiPL programme and in its first two years, more than 90 projects worth around £1.4 million have been funded.

The FiPL programme, which launched in 2021 runs until March 2024 and lead officer Sarah Robinson,

Tarja Wilson (Development Officer) and Emily Brazington (Programme Assistant) continue to provide support to prospective applicants and ongoing advice to farmers and project partners.

Here is a flavour of the successful projects which are now underway within the Forest of Bowland AONB.

FIPL Lead Officer Sarah Robinson said:

“FiPL has successfully engaged farmers who haven't previously taken part in agri-environment schemes and has established strong relationships by working collaboratively with the farming community at a local level.”

Education

Wood End Farm

Dunsop Bridge

Grant value: £30,441



Janet Smalley is on a mission to farm more sustainably and spread the message about the benefits of this approach to a wider audience. Janet's FiPL agreement covers a switch to regenerative farming systems which will improve the soil health of the land her family has farmed for decades.

Moving to a system of rotational grazing with herbal leys should reduce the farm's fertilizer requirements which will – over a number of years – lock more carbon into the soil as well as potentially mitigate local flood risk.

The second aspect of Janet's grant has funded the conversion of an outbuilding at the farm to host educational visits from school and other community groups to broaden access to the countryside and increase knowledge of farming among under-represented groups.

Janet said: "Applying for the FiPL agreement has transformed the farm's opportunities both in terms of how we farm – and how we engage with visitors – which is a growing part of our business.

"Securing FiPL funding started us on a journey to understanding the importance of healthy soils and the role of regenerative farming in reducing carbon emissions from farming on the sector's journey to Net Zero."

"Converting the outbuilding into a comfortable space to welcome visitors and improving disabled access with access to an all-terrain wheelchair will allow us to increase the number of visitors we welcome to Wood End and pave the way for further investment in regenerative farming in the future."



Education room



Nature Recovery and Access Pendle Valley Farm Roughlee

Grant value: £56,865

Mark Hartley received two FiPL grants to carry out extensive footpath improvements along the popular walking route from Barley to the summit of Pendle Hill and to improve the soil quality of the farmland over which the footpath passes.

More than 300,000 people climb Pendle Hill every year; with many using the path from Barley across Mark's land. More than 300 metres of path have been improved thanks to the grant, aiding drainage, and making the route safer for walkers, whilst protecting the rest of the field from erosion.

The second grant was used to plant 70 metres of new hedgerow and purchase seed and a tine seeding machine to improve the diversity of the grass meadows on the farm.

"My son Thomas has really been driving the farm's transition to a more regenerative approach to farming which involves fewer inputs and more emphasis on improving soil health," said Mark. "We started on this journey around three years ago with the aim of safeguarding the future viability of the farm and these grants will move us in the right direction."

"One of the positive aspects of the FiPL programme is that it's run by people who are on the ground locally – not people sat behind desks in offices. This means we've been able to discuss the proposed projects in more depth and explain what we're trying to achieve on site."

"FiPL will allow us to reseed our meadows with a multi-species mix of seed that includes plants like clover, plantain, and a variety of grasses to improve the biodiversity of the grassland. These species open up the soil structure and provide better nutrition for the grazing cattle and sheep while also absorbing and holding more water in the ground to mitigate flood risk."

"The tine seeder enables us to sow these seeds without the need for ploughing, which protects the soil structure and keeps carbon locked in the ground".



Pendle footpath improvement

Nature recovery Meadow Restoration Cockshotts Farm, Sabden

Grant value: £30,720



The Gill family at Cockshotts Farm, on the lower slopes of Pendle Hill, have secured funding for an ambitious project to nurture nature recovery, increase carbon storage and reduce local flood risk on their farm.

The new FiPL agreement builds on an extensive project to restore around ten acres of traditional hay meadow and includes a 40 per cent contribution towards the cost of a new hay baler. This will allow the Gills to make field-dried hay in small bales, which are easier and safer to transport to where they are needed to feed stock on higher ground.

Their agreement will also fund 600 metres of new hedgerow planting and 20 metres of traditional drystone wall restoration – both of which will improve connectivity between habitats as well as encouraging biodiversity through new habitat creation.

It will also promote a return to a traditional rotational grazing system which allows pastures to naturally regenerate while stock are moved to graze other areas of the farm.

Nichola Gill said: “*The FiPL funding has enabled us to continue on our journey to becoming a more sustainable and nature-friendly farm. Since restoring our first wildflower meadow back in 2018, we have seen a huge increase in the number of birds, butterflies,*

bees, and bugs and with the FiPL funding, we are able to continue to restore this meadow. We have also introduced a further 4 acres of land for meadow restoration, something we wouldn't have been able to fund ourselves. Planting new hedgerows and restoring a stretch of fallen dry stone wall has meant we are able to create wildlife corridors, whilst providing strong nature-friendly stock-proof boundaries.

We hope to further improve our rotational grazing system this year, after seeing improvements to our animal health and land last year.”



Find out more:

For more details on FiPL projects in Bowland, visit the dedicated FiPL page on the AONB website: www.forestofbowland.com/farming-protected-landscapes

Arts and Wellbeing



Making and experiencing arts can transform the quality of life for individuals and communities.

The benefits of arts activities are being seen beyond traditional settings.

Meet some of the organisations and individuals who are leading the way.





Pioneer Projects

Pioneer Projects have helped Craven's people and communities to be creative and well through inclusive arts and collaborative projects.

They run creative arts sessions across north and south Craven in Bentham, Settle, Skipton and Glusburn, with a focus on mental health and wellbeing, dementia, community and partnerships. Each of their sessions is open to all and fully inclusive and has an element of progression and skill development involved.

Grace Knill, Creative & Wellbeing Project Manager at Pioneer Projects said: *'This way of working ensures that our participants feel safe, supported and an integral part of our community. We support and encourage engagement in new things, challenge exploration and creativity to enhance participants to develop a deeper understanding of themselves, and their community and to also support their wellbeing in a fun, creative, friendly and safe space.'*

Alongside their creative arts activities, Pioneer Projects provide a 1-1 Keyworker for participants in the groups who feel they need additional support and contact. Grace continues: *'Our Keyworkers work with participants to support their engagement within Pioneer Projects and to develop their*

own goals and targets in their wider life and overall wellbeing. This is a unique support service tailored to the individuals' needs. One participant fed back that: 'Pioneer is lifesaving, they got me out of the house, engaging and believing I had something to offer'.

At the start of 2023, their groups are working towards an exciting theme of 'Metamorphosis'. They are exploring this theme in a multitude of mediums, including textiles, clay, masks, written word and more! The work will be shared at exhibitions across Bentham, Settle, and Skipton between the 17-21 April. There will also be an Art Trail PDF downloadable from their Facebook page: **@pioneerprojects**.

As part of their second theme of the year 'Place', they will be exploring the Forest of Bowland with a range of exciting open sessions for people to participate in to explore and engage in this beautiful area. They will be connecting with their surroundings through creative writing, musical soundscapes and interactive art and more information is available via the Festival Bowland programme.

To find out more or to get involved visit **www.pioneerprojects.org.uk**



Community Arts by Zk

Community Arts by ZK (CAZK) uses art as a driving force to bring communities together from different age ranges, walks of life, and socio-cultural backgrounds with a strong emphasis on community cohesion, integration, and well-being through social connection. CAZK, founded in 2016, is an award-winning community interest company based in Pendle. Founder and CEO Zaneb Khatun is an experienced community artist and university lecturer, who returned to the life and community of her roots in Pendle, having studied at Central Saint Martin's College of Art and Design London.

The organisation designs and delivers art projects, activities, and workshops that value, encourage, and engage people in the community, allowing them to express themselves more effectively and communicate their ideas in a creative way. These workshops and projects cover a broad range of techniques, and they work with creative practitioners and artists from across the world and from a variety of creative disciplines. Examples include fine art, mixed media, photography, textiles, environmental art, installations, and sculpture.

Zaneb said: *'We have worked with 1,500 women, refugees, children, and families in the last year alone, giving people opportunities*

to express their creativity and feel part of an inclusive and welcoming community in Pendle and across Lancashire.' Zaneb adds: *'For many people, creative arts are not considered a viable career. This is particularly true within the South Asian community with a lack of opportunities for women. Hopefully, as a British Muslim woman of South Asian heritage, I can be a role model and an inspiration to many women in this community.'*

Their recent project 'Colour is Ours' was a huge success as it connected people across the South Asian community - refugees and asylum seekers - in rural Pendle and urban Manchester in collaboration with the Whitworth Art Gallery and Manchester City of Sanctuary.

Renowned artist Ibukun Baldwin worked with women to provide a creative response to each other's cultures, interests and creativity. Through textile and ceramic workshops and wonderful outings, participants developed friendships, connections, and artistic skills.

Finally, to see their work displayed in a high-quality exhibition at such a prestigious gallery as the Whitworth was an incredibly empowering experience for the women. This is on show until April 2023.

For further information about CAZK visit: www.communityartsbyzk.co.uk



Keith Parkinson

Keith Parkinson is a freelance artist and educator. Following a 24-year career as a teacher and headteacher, he studied for a BA in Fine Art and has worked as a freelance artist ever since, focussing on delivering workshops and residencies in the community.

The recent Pendle Hill Landscape Partnership Scheme integrated the Arts through its 'Gathering' strand and provided opportunities to join an art class led by an experienced teacher outdoors in the local Pendle Hill landscape. Keith was one of these teachers and has worked as a consultant for the Pendle Hill Landscape Partnership since 2014, initially through a Fields on Prescription project - working with participants with mental and physical health diagnoses participating in arts in the outdoors as a group - and more recently through the People Enjoying Nature project (PEN). PEN ran from 2018 to 2022 and worked in partnership with NHS Lancashire Care Foundation Trust and East Lancashire Community Restart to offer supported activity sessions in the Pendle Hill landscape to individuals and groups dealing with mental health and social isolation issues and these included art sessions in the outdoors.

Keith said: 'We would go for a walk, observe nature, sketch, be creative, and use a whole variety of techniques. Participants are given the freedom and flexibility to express themselves and to produce a piece of art that has been inspired by the landscape and outdoors. We approach it in a way that is not too prescriptive but is participant-led, enabling participants to feel part of the process. There is space for reflection and there are no expectations.' He continues: 'Being in a small group outdoors provides people with a supported open space to share and talk and encourage each other, it can really help to develop their confidence.'

Anecdotal evidence gathered after these events highlighted the therapeutic benefits of being outside as opposed to indoors. Conversations revolved around: nature, feeling inspired, the landscape's peacefulness, feeling calm, enjoying silence and quietness, and how being in nature cleared their mind and helped them to feel tranquil and 'detoxed'. Feedback sessions also revealed people slept better and felt less stressed.

For further information visit:
www.thekpgallery.com



Environmental Conservation work with Lancashire Wildlife Trust



Nature Cures artwork by Artistic Director of Green Close, Sue Flowers 2020

Green Close

Nestled in the village of Melling is the unique arts & health organisation, Green Close.

Established in 1996 by artists Pete & Sue Flowers this small not-for-profit arts organisation runs programmes of activity to build confidence, improve health, inspire recovery and enable growth.

Director Sue Flowers said: *“The environment in which we are based is so very important to us: not only do we want to protect and sustain it for future generations we also use it as inspiration to enable personal growth and change.”*

For the last two years, they have been delivering a health and wellbeing programme across Lancashire entitled Phoenix Rising; the programme has art, nature and movement at its core and also draws upon the rich heritage of the area. Green Close leads on the visual arts elements of the work and brings in other experts to deliver aspects such as yoga, mindful walking, healthy food growing schemes, and developing pollinator patches.

Sue goes on to say: *“It is important to us that people see the programme as interconnected; we work closely with the NHS and local social prescribers. We want people to understand that we are*

part of the environment, not separate to the environment; our work helps people to understand this whilst also exploring an individual’s relationship with their own health and wellbeing.”

Research undertaken by Lancaster University investigating the impact of the work on participants showed that workshops reduced depressive symptoms and anxiety and provided a 16 per cent increase in wellbeing.

Participants said: *“I have now got a job. In a relatively short space of time, I went from being too scared to be in the company of others to working in a supermarket. The courses run by you played a big part in building my confidence to be able to do this.”*

“It helped by giving me a sense of purpose, a feeling of doing something good, to help nature, to help the conservation project; but it also gave me time to stop and look around and appreciate the little things in nature that were happening all around me. It was a beautiful experience and knowing the name of wildflowers in my local environment helps me to feel connected to the places I see them, and it provides a sense of belonging.”

To find out more or to get involved visit: www.greenclose.org and www.phoenix-rising-wellbeing.co.uk



Phoenix Rising: Kaleidoscopic image by Alison - participant and volunteer for Art & Nature workshop led by Green Close 2021



Arts Organisations across Bowland

- Festival Bowland:
www.forestofbowland.com/Festival-Bowland-Events
- In-Situ:
www.in-situ.org.uk
- MPA:
www.midpenninearts.org.uk
- Arts Lancashire:
www.artslancashire.org.uk
- North Yorkshire County Council Arts & Entertainment:
www.northyorks.gov.uk/arts-and-entertainment
- Arts in Wyre:
www.wyre.gov.uk/artsinwyre
- Craven Arts:
www.cravenarts.co.uk/
- Lancaster Arts:
www.lancasterarts.org
- Visit Pendle:
www.visitpendle.com/whats-on
- Ribble Valley Arts:
www.rvarts.co.uk
- Visit Preston Art & Culture:
www.visitpreston.com/article/4212/Art-and-Culture

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Make beautiful things in a friendly and relaxed female-led studio in the Ribble Valley. We specialise in creative sewing, embroidery, appliqué, fabric printing and more. From dress-making to designing your own tote bag or soft furnishings, sustainable sewing is key. Small class sizes and tea, coffee and cakes are included!



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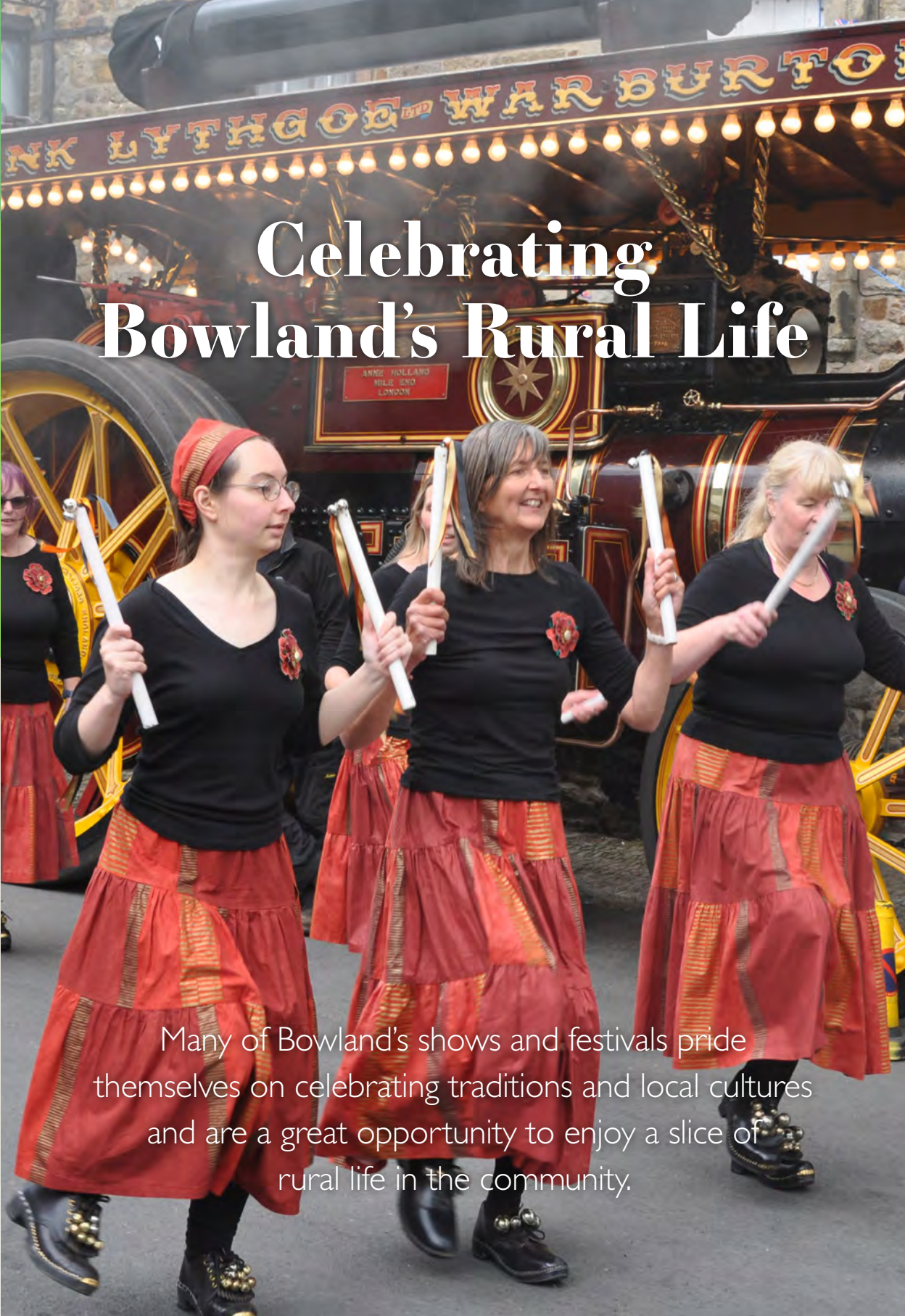
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call us on 01200 871536 or
simply scan the QR code with
your phone camera.

 [beecreativehomedesign](https://www.instagram.com/beecreativehomedesign)

 [beecreativeribblevalley](https://www.facebook.com/beecreativeribblevalley)

www.beecreativedesigns.org





Celebrating Bowland's Rural Life

Many of Bowland's shows and festivals pride themselves on celebrating traditions and local cultures and are a great opportunity to enjoy a slice of rural life in the community.



Forty Years of Slaidburn Steam Rally

In 1979 steam enthusiast David McNamee and his wife Jean purchased a beautifully restored Aveling and Porter 3nhb single-cylinder 1926 steam roller named 'Daniel' from a friend in the Manchester area.

The journey to his home just north of Slaidburn, around 40 miles, took David three days of steaming; the journey over Waddington Fell from Clitheroe on the last day was by far the most arduous part of the trip. Feeling thirsty at the end of the journey David stopped for a well-

earned pint at his local pub the Hark-to-Bounty, Slaidburn and parked 'Daniel' outside where the large steam roller caused quite a stir.

In May 1980 David was invited to bring 'Daniel' along to the annual Whit Monday, May Queen festival held in Slaidburn. That year the parade included decorated tractors and again the steam roller generated a lot of attention. The idea of using 'Daniel' as an attraction and money raiser took hold.

In 1981 David decided to organise an event to raise much-needed funds for Slaidburn Village Hall. He contacted two friends and fellow steam enthusiasts living in the Manchester area and they agreed to join him and display their traction engine and fairground organ for a weekend in early June.

At the time, Pete Turner, the landlord of the Hark to Bounty, took little persuading in agreeing to host the fundraising event. With permission given from the Slaidburn Estate, the engines parked in the carpark at the rear

of the pub with the large organ out front on the cobbles. Villagers were recruited to help with the raffle, bran tub, tombola, and cake stall in the Bounty garden, so the Slaidburn Steam Rally was born!

During the early years, the Steam Rally grew and soon included smaller steam engines and static exhibits. And to this day maypole dancers from Brennand's Endowed School, Slaidburn are asked to perform at the Steam Rally and a generation of children have now done so.





In 2013, the arrival of the Bounty Bus caused quite a stir. The 1931 REO Speedwagon single-decker had been restored by the owner Gerald Emerton and was resplendent in the original Bounty Motor's livery. The Bounty Motor Service carried passengers from Slaidburn to Clitheroe and back between the years of 1924 and 1965.

Today the Rally has expanded into the croft adjacent to the Bounty lawn, which makes space for vintage cars and tractors and farm machinery from a bygone age, as well as a tombola, an epic homemade cake stall, traditional children's fairground, clog dancers and makers and local, rural craftspeople.

The Slaidburn Steam Rally has always been a free-to-enter event but with help of honesty tubs and generous donations over the forty years has raised £93,000.

David McNamee said: *'The Steam Rally is a traditional, friendly, community event that celebrates local skills and traditions, and both visitors and residents enjoy gathering each year to immerse themselves in a bit of history. And thanks to our local community and volunteers it raises much-needed funds to support local groups and causes.'* He adds: *'It basically runs on coal and volunteers!'*



Recipients have included: St Andrew's Church, Brennand's Endowed and Thorneyholme primary schools, Slaidburn Village Hall, Hodder Valley Show, and North West Air Ambulance to name but a few!

Find out more:

To find out details of this year's rally visit:

www.slaidburnsteam.co.uk

(With thanks to Slaidburn Archive and David McNamee for the content and images)

30 Years of Wray Scarecrow Festival

The first Wray Scarecrow Festival was organised in 1992. It was the brainchild of David Hartnup and other residents of the village after David and his wife encountered a similar festival in France whilst on holiday. Organisers of the Festival believe they are the longest-running scarecrow festival in the UK and celebrated their 30th anniversary last year.

For ten days every year at the end of April, the village of Wray is brimming with scarecrows of all shapes and sizes, from four centimetres to four metres tall. Visitors can wander around, discovering the host of scarecrows (created around annual and topical themes) that have popped up in village gardens, and can be found peeking out of windows and perching on balconies. In addition to the scarecrows, the ten-day festival

programme incorporates a whole range of events including a road race, cycling event, fun fair, parade, ball race and fell race, finishing off the Festival with a May Fair on the first Bank Holiday Monday in May.

Festival spokesperson Simon Carruthers said: *'The festival has grown from strength to strength and is organised each year by the scarecrow committee; a small but dedicated band of local volunteers. The committee is supported by a much larger team of people who help with activities such as litter-picking, ice-cream selling, car parking, programme selling, bunting and marquee erecting.'*

He continues: *'As with many local shows and festivals, proceeds provide much-needed funds to support local charities and voluntary groups, which have included a Scout Group, Over 60's, WI, local churches and schools.'*



Find out more:

For details of this year's festival visit:
www.wray scarecrows.wordpress.com/

or their Facebook page:
www.facebook.com/wray scarecrows

Explore the Lunesdale Arts Trail

This summer offers the chance to see many beautiful things displayed in fascinating places, thanks to the Lunesdale Arts Trail. Located in the north of Bowland, the trail is open for two weekends: June 24th-25th and July 1st-2nd.

The idea for the trail was brought into this country from Sweden by David and Hannah Davies in 1994. From the beginning their studio and gallery at Maiden Bridge in Tatham Fells has been its centre, showing David's painting and Hannah's weaving, as well as other work from the group. You can visit them in their charming 17th century farm with its wide view of the Fells.

Another double attraction this year will be the studio of Tony Roberts and June Gersten Roberts in the Victorian old school in Bentham. Tony's beautifully composed paintings this time are focused on Venice and on the local landscape.

June is a highly creative film maker who will be showing her new piece on the famous garden at Clearbeck. Peter Osborne, who has his studio in that same garden, will be making a number of paintings on the theme of biodiversity and its decay.

In characterful stone buildings at Tatham Fells, John Hatton will be exhibiting his pictures of wildlife and farm creatures, as well as linocuts printed on his 1884 Albion Press. Along the road, the poet Mike Barlow will be creating wall-hung constructions and paintings - symbolic, abstract and landscape - in the working barn at Mashiters.

At Burton in Lonsdale, Terry Hird's work concerns landscape - particularly his limestone area - in a variety of styles; both figurative and abstract.

All these and others will have their studios ready to receive your visit.



Find out more:

For further information visit:
www.lunesdalearts.co.uk



Local Shows, Festivals and Fairs for 2023

- The Lune Valley Arts Festival, 15th & 16th April, Hornby Village Institute www.hornbyinstitute.org.uk
- Wray Scarecrow Festival, 22nd April to 1st May www.wrayvillage.co.uk
- Scorton Bikes and Barrows Festival, 29th April to 1st May www.scortonvillage.com
- Chipping Steam Fair, 27th to 29th May - www.chippingsteamfair.com
- Slaidburn Steam Fair, 10th to 11th June - www.slaidburnsteam.co.uk
- Waddington Scarecrow Festival, 24th to 25th June www.waddingtonscarecrows.co.uk
- Forest of Bowland National Meadows Day, - 1st July www.forestofbowland.com
- Goosnargh and Longridge Show, 8th July - www.glashow.org.uk
- Royal Lancashire Show, 21st to 23rd July www.royallancashireshow.co.uk
- Clitheroe Food Festival, 29th July www.clitheroefoodfestival.com
- Garstang Show, 5th August www.garstangshow.org
- Chipping Show, 26th August www.chippingshow.co.uk
- Bentham Show, 2nd September www.facebook.com/Bentham-Agricultural-Show
- Hodder Valley Show, 9th September www.hoddervalleyshow.co.uk
- Lancashire Game & Country Festival, 9th to 10th September www.lancashiregamefestival.co.uk



Helping Hands for Hedgehogs

These much-loved gardener's friends with their characteristic spines and beady black eyes need our help.

Results of recent community science surveys including The Breeding Bird Survey and the Big Garden Birdwatch, as well as more specialist research, found that hedgehogs were on the decline in rural England. They estimated that, in the past two decades, hedgehog populations had fallen by anywhere between 33-77 per cent.

The reasons for their decline are unclear, but roads and lack of connectivity in the rural environment, as well as other mammals competing for the same food, all play a part.

Fuzzy Peg Fostering is a hedgehog rescue centre based in Newton-in-Bowland in the centre of the Forest of Bowland AONB. In January 2020, Justine Whitaker's daughter Charlotte (aged 14 at the time) - after helping a friend who fostered hedgehogs - begged her mum to help set up their own hedgehog rescue. Justine said: 'We connected with two amazing ladies; Jan and Heather in Yorkshire, who run established rescues and our journey began. We had several foster hogs which we duly cared for, then the pandemic hit... but it provided a useful mental diversion knowing we had the little hedgehogs to tend to.'

Fuzzy Peg Fostering works closely with their local vet and has a huge range of admissions, from tiny 4-day-old hoglets to hogs with infections, parasitic burdens, injuries, hypothermia, dehydration, starvation, and abandoned juveniles. They work around the clock to care for their individual needs and in most cases, the hedgehogs get well and are released back to where they came from (if safe to do so).

All hedgehog rescues are self-funding, but people are very generous and small contributions towards medicine and food, as well as donations of newspapers, are always very welcome.





Hedgehogs usually hibernate between November and mid-March, but they can sometimes be seen out and about during this period changing nesting sites.

It is unusual to see a hedgehog around during winter or in daylight, so if you do see one and it looks unwell, it might need a helping hand.

Things you can do to help hedgehogs:



- If you find one out in the day, please get in touch with a hedgehog rescue. Scoop it up, put it in a box with a towel and some water, and a source of heat like a hot water bottle
- Never give milk or bread
- Make your outdoor space wildlife-friendly: by gardening in a wildlife-friendly way, we can help our spiky companions move around safely and find a home.
- For further ideas download the Wildlife Trust's 'Get creative for hedgehogs' booklet here: www.tinyurl.com/mr3eccua
- You can contact Fuzzy Peg Fostering if you find a hedgehog that needs rescuing, through Facebook messenger: www.facebook.com/100071210644075
- Visit the Lancashire Hedgehog Care Trust website for a directory of other local rescues: www.hedgehogcare.co.uk



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woodland habitat

Learn new skills (like
scything!) and meet other
wildlife-lovers

A few hours per month
can make a huge
difference to our wildlife
and you!



SLAIDBURN ARCHIVE



Winner



Vibrant Community



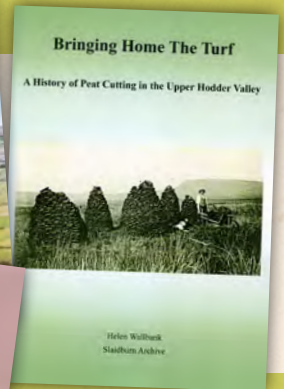
Since opening in 2005, the Slaidburn Archive has gone from strength to strength, not only as a place for people to deposit local information and photos for safe keeping or to be copied, but also as an essential resource for people to research their families and the surrounding areas.

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

You Really Need to Get Out More

What happens when the Forest Schools principle is applied to a youth group? Young people in the rural community of Wyresdale are working it out for themselves...

How many times do parents of teen-aged children find themselves yelling up the stairs: *“Get off that X-Box and go out and get some fresh air!”*

Two parents in the Forest of Bowland decided to do something about it and, in the summer of 2019, the Partners in the Environment (PIE) group was established by Christ Church, Over Wyresdale, to provide an opportunity for 11-16-year-olds in this sparsely populated rural community to get together on a regular basis.

But instead of meeting in a draughty church hall to play ping-pong, the main focus of PIE was to get the group outside, learning and completing tasks which benefit the environment and deepen their connection with the great outdoors.

Over the years, the PIE group has grown into a committed team of volunteers which has delivered an impressive list of

environmental improvements in the upper Wyre Valley and further afield.

Working in collaboration with organisations like Lancashire Wildlife Trust, Wyre Rivers Trust, the Canal and Rivers Trust and Butterfly Conservation, recent PIE projects have included:

- Plug-planting at Garstang Millennium Green, The Gathering Fields, Dolphinholme, Winmarleigh Moss and Crook of Lune
- Himalyan Balsam Bashing on the Lancaster Canal, Garstang
- Making brush bundles to create 'leaky dams' to mitigate flooding in the Wyre catchment



A BioBlitz at Christ Church itself was a huge success. Focusing on the church yard, which is managed to encourage biodiversity by minimising mowing and leaving wilder areas to look after themselves, the BioBlitz was part of the Caring for God's Acre scheme.



The blitz engaged deeply with the nature on the doorstep, with PIE members recording what species they found in the churchyard. As well as identifying more than 60 species within the yard, logging moths caught in a moth trap and tracking bats with a bat detector, the BioBlitz deployed a trail camera to capture stunning images of the local wildlife and installed a nesting box for the church's resident barn owl.

"Encouraging young people to engage really deeply with nature on a micro level deepens their connecting to the natural world around them," said group leader Rob Foster. "Understanding just how many species depend on maintaining a healthy natural environment – and the contribution these species make to the wider ecosystem – fundamentally alters our relationship with nature and how we protect it."

Christ Church vicar Cindy Rigney said: *"We all know that the beautiful world that Genesis speaks of needs our help to restore it. Genesis also tells us that God gave human beings charge over His world. At times we have abused that responsibility and we may need to relearn how to take care of our world. Our young people have passion and a desire to build a better world, so why not let them inspire and teach us?"*

This year, the Partners in the Environment group is planning to embark on a major environment audit which will inform the church's journey to Net Zero by exploring new ways to save energy and further improve the immediate environment to offset carbon emissions.

Want to get involved?

Contact Helen Foster at:
helenfoster76@gmail.com

Eco Escapes

Eco Escapes are all about travelling light
and treading carefully to discover
the beautiful, rural landscapes of Lancashire.

Lancashire is home to two Areas of Outstanding Natural Beauty: Forest of Bowland and Arnside and Silverdale. These natural oases comprise a huge diversity of landscapes, which are also home to an amazing variety of wildlife. Eco Escapes connects these landscapes 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 Lancashire's beautiful green spaces.

We've created a collection of bespoke Eco Escapes itineraries to help visitors make the most of their time in Lancashire's areas of outstanding natural beauty.

Each itinerary focuses on a different area or aspect of the Eco Escapes offer, from walking and cycling tours to railway walks and foodie tours.

The destinations and experiences are connected by sustainable travel plans which incorporate public transport, walking, cycling or e-bike routes.

Find the itinerary that matches your special interests for a day trip, or download all of them and start planning a longer visit!



www.ecoescapes.org.uk



ITINERARY 2



FAMILY-FRIENDLY ADVENTURE IN THE FOREST OF BOWLAND

This itinerary starts in the market town of Clitheroe and heads straight out into the country lanes of the Forest of Bowland to the pretty village of Dunsop Bridge, where you can walk with alpacas and explore the beautiful Dunsop Valley on foot or by e-bike before heading to Bowland Wild Boar Park for a wide range of family-friendly activities.


DAY 1

24 miles


Arrive by train at Clitheroe Station





Morning

-  Pick up hire bikes from Ribble Valley e-bikes. Visit the website or call 01200 426246 to book rental slots in advance. Collect a picnic from Bowland Food Hall then head out of town and cross the River Ribble onto quiet rural lanes for the 10-mile ride to Dunsop Bridge.


NB: E-bikes can only be ridden on the public highway by children aged 14 and above. Younger children can ride unassisted bikes, but they'll need to be proficient cyclists to complete this part of the itinerary.

-  Take a picnic lunch beside the stream in the Dunsop Valley. If you didn't have time to organise a picnic, drop into Puddleducks Tea Rooms in Dunsop Bridge for coffee, cake and light snacks.

Afternoon

-  Pop into Wood End Farm and say hello to the friendly herd of alpacas who live there. Short walks with the alpacas can be booked in advance via the website.
-  Explore the gorgeous Dunsop Valley on foot or by bike, on a gentle 5-mile hike or ride up the valley. This scenic riverside ramble is surrounded by the spectacular scenery of the Bowland Fells, but the route itself is easy going underfoot and gentle enough for all abilities to tackle.

Evening

-  Cycle 4 miles to Bowland Wild Boar Park where you can stay in one of their camping pods, tents or luxury holiday lodges.

DAY 2

24 miles

Depart Accommodation on foot



Morning



Spend a fun-packed morning at Bowland Wild Boar Park, where you can enjoy tractor rides and farm tours, feeding the animals and exploring the nature walks.

Lunch



Enjoy lunch in the café at the Wild Boar Park before setting off back to Clitheroe. Stop off en route at stately Browsholme Hall (check website for opening times) for afternoon tea in the Cart Shed Tea Room or detour to the picture-postcard village of Waddington for refreshments in one of its three welcoming country inns: The Higher Buck, Lower Buck or Waddington Arms

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

Explore more...

Bowland's Nightlife: the landscapes of the Forest of Bowland are captivating by day but after the sun sets there's a whole new world to discover! The night skies over Bowland have been recognized as some of the darkest in England. For further information visit: forestofbowland.com/star-gazing

The Dunsop Valley is a favourite with bird watchers and you might catch sight of a variety of raptors including hen harrier, merlin, kestrel, peregrine falcon, short eared owl and goshawk, which are most commonly seen in spring.



© Mark Tattersall

Discover

- 1** Bowland Wild Boar Park
wildboarpark.co.uk | 01995 61075
- 2** Ribble Valley E-bikes
ribblevalley-e-bikes.co.uk | 01200 426246
- 3** Woodend Alpaca Experience
visitwoodendfarm.co.uk | 01200 448223

Eat

- 4** Inn at Whitewell
innatwhitewell.com | 01200 448222
- 5** Parkers Arms
parkersarms.co.uk | 01200 446236
- 6** Waddington Arms
waddingtonarms.co.uk | 01200 423262

Stay

- 1** Bowland Wild Boar Park
wildboarpark.co.uk | 01995 61075
- 7** Hartley's Huts
airbnb.co.uk/rooms/52855254
- 8** Laythams Holiday Let Retreats
laythams.co.uk | 01200 446677
- 9** Little Oakhurst Glamping
littleoakhurst.com | 07908 614 736
- 10** Smelt Mill Residential Centre
smeltmill.org.uk
- 3** Woodend Farm B&B
visitwoodendfarm.co.uk | 01200 448223





Train Times

www.northernrailway.co.uk

Limited Mobility?

The Champion Bowland Tramper is hosted at Gisburn Forest Hub café and provides fantastic opportunities for those with limited mobility. There is an easy access trail directly from the café - a wonderful 5- mile route which links to the Birch Hills Trail at Stocks Reservoir Car Park. To book the Tramper and to arrange an induction contact Gisburn Forest Hub café on **01200 446387**

Linger Longer

There's plenty more to see and do in the area to extend your break. The Forest of Bowland AONB is criss-crossed with footpaths and cycle trails. Picturesque villages like Slaidburn, Chipping, Waddington and Wray are within just an hour or so in the saddle, while the towns of Clitheroe and Bentham have more shops and entertainment to offer and are linked with good onward public transport connections.

Useful Links

For more ideas and itineraries, visit the AONB website:

www.forestofbowland.com/discover-bowland-itineraries

For walking and cycling routes visit: www.forestofbowland.com/walking

For accommodation listings visit: www.discoverbowland.uk

ITINERARY 4



LANCASTER & LUNE VALLEY WALKS



This day-out itinerary explores the under-the-radar loveliness of the Lune Valley on the northern edge of the Forest of Bowland AONB. And you might well have this gorgeous area to yourselves, with most people driving straight past it in favour of more fashionable walking country. A short bus or train ride from Lancaster will drop you in characterful stone villages, and from there you're spoilt for choice when it comes to verdant riverside paths, lanes through ancient woodland and sweeping views of higher, wilder country in the distance.

DAY 1

Arrive by train at Lancaster Station

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 three to whet your appetite:

Crook of Lune

6 miles / 2hrs 15m

This riverside wander reveals views of the valley that were once painted by JMW Turner, as well as ancient woodlands and a return over slightly higher ground that delivers even more vistas.

Lunch: There's a kiosk at the Crook of Lune car park (open Friday to Sunday) or lots of options in Caton village, about a 10-minute stroll away.

Sustainable connections: Take the 81 or 82 bus to Lune Bridge, just across the river from the starting point. The return bus to Lancaster also passes through Caton. However, if you still have the energy there's a traffic-free cycle route that follows the river for about 4 miles back to the city centre – and it's flat.

Wray and Roeburndale

7.25 miles / 3hrs 30m

This undulating circular walk explores the secluded Roeburndale valley, and you might wonder why you hardly see anyone else in such a beautiful place.

Explore the beautiful Roeburndale woodlands and 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. The route takes in parts of the idyllic River Roeburn, climbs along tree-lined paths and reveals views of the Yorkshire Three Peaks.

Lunch: The Bridge House Farm Tearooms near the start of the walk, and the George and Dragon pub in Wray village centre.

Sustainable connections: Take the 81 or 82 bus to Wray and return the same way.

Wennington, Wray, Hornby

8 miles / 3hrs

This linear walk from Wennington station to Hornby passes through rolling country of pasture, river and woodland scenery, with occasional views opening up to reveal Morecambe Bay and the Lake District fells.

Lunch: Wray has the George and Dragon pub and the Bridge House Farm Tearooms. At the end of the walk in Hornby, the old village post office is now a popular cafe that's open till 4pm.

Sustainable connections: Take the train from Lancaster to Wennington, at the start of the walk, and return on the 81/82 bus service from Hornby.

DAY 2

Lancaster Heritage Walking Trail

3.1 miles / 2hrs

Explore the historic city on foot and dive into whichever museums you fancy. There's no shortage of pubs and cafés along the route, which begins and ends near the huge and austere Lancaster Castle – still used as a prison up to 2011.



Carnforth, Warton Crag, Silverdale

5.5 miles / 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. Depending on the time of year, there's a good chance you'll see some rare butterflies and moths, and maybe even lizards and slow worms.

Lunch: Eat at the Old School Brewery in Warton (they also sell beer; the clue's in the name). Or save yourselves for some great cakes at the end of the walk at Wolf & Us in Silverdale.

Sustainable connections: Take a 10-minute train hop from Lancaster to Carnforth.

Return by train from Silverdale.



Explore more...

Cycle up to **Jubilee Tower**. The views from here are breath-taking, encompassing Lancaster and the Lune estuary, the Lake District fells, the Great Orme on the North Welsh Coast and maybe a glimpse of Snafell on the Isle of Man. From Jubilee Tower, for the energetically minded, Ward's Stone – the highest point in the Bowland Fells – is a short, but boggy walk east across the moors.



Discover

- 1 Lancaster Station
- 2 Crook of Lune
- 3 Hornby
- 4 Wray
- 5 Wennington
- 6 Carnforth Station
- 7 Warton
- 8 Old School Brewery
www.oldschoolbrewery.co.uk
01524 740888

Eat

- 9 Bridge House Farm Tearooms, Wray
www.facebook.com/BridgeHouseFarmWray
015242 37775
- 10 Wolf and Us
Facebook /
Wolf-Us-2298913283668025
01524 702024

Stay

- 11 Roeburnscar Holiday Cottages
www.roeburnscarholidaycottage.co.uk
015242 22214
- 12 The Gathering Fields
bunk barn & camping
www.thegatheringfields.co.uk
07791 254101





Linger Longer

Extend your stay at the Gathering Fields Wellbeing Centre - the perfect rural venue for yoga retreats, forest bathing, sound meditation, flower essence therapy and nature-based activities.

Lancaster's sense of lived history makes it a satisfying place to explore for a day or two, and its manageable size makes this easy to do on foot. Over recent years the city has developed a thriving arts scene of galleries, craft shops and theatre shows, and there always seems to be some kind of festival going on.

The Lune Valley is also a hive of activity with a number of art studios, craft producers and trails.

Visit: www.lunesdalearts.co.uk



Arnside & Silverdale
Area of Outstanding Natural Beauty


FOREST OF BOWLAND
Area of Outstanding Natural Beauty

Lancashire
County Council 

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www.discoverbowland.uk

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Discover, Eat & Stay



See www.discoverbowland.uk for further details about each business

Discover

Alternative Adventure & Outdoor Activity Services

Tel: 01254704898

Web: www.altadv.co.uk

Be a Garden Maker

Tel: 01729 840848

Web: www.beagardenmaker.co.uk

Bentham Golf Course

Tel: 015242 62455

Web: www.benthamgolfclub.co.uk

Bowland and Bay Artisan Foodie Adventures

Web: www.bowlandandbay.co.uk

Tel: 07476 001539

Bowland Food Hall

Tel: 01200 407130

Web: www.holmesmill.co.uk/food-hall/

Bowland Wild Boar Park

Tel: 01995 61075

Web: www.wildboarpark.co.uk

Goosnargh Gin

Tel: 01995 641001

Web: www.goosnarghgin.co.uk

Lancashire Farm Wools

Tel: 07775 148116

Ribble Valley E-Bikes

Tel: 01200 426246

Web: www.ribblevalley-e-bikes.co.uk

Wood End Alpaca Experience

Tel: 01200 448223

Web: www.visitwoodendfarm.co.uk/index.php/alpaca-experience

Eat

Bowland Beer Hall

Tel: 01200 401035

Web: www.holmesmill.co.uk/beer-hall

The Emporium

Tel: 01200 444174

Web: www.theemporiumclitheroe.co.uk

Eat & Stay

Coach and Horses

Tel: 01200 447331

Web: www.coachandhorsesribblevalley.co.uk

Falcon Manor

Tel: 01729 823 814

Web: www.falconmanor.co.uk

The Fleece Inn

Tel: 01524 791233

Web: www.fleeceinn.co.uk

Shireburn Arms

Tel: 01254 826678

Web: www.shireburnarmshotel.co.uk

The Red Pump Inn

Tel: 01254 826227

Web: www.theredpumpinn.co.uk

Waddington Arms

Tel: 01200 423262

Web: www.waddingtonarms.co.uk

The Red Pump Inn



Stay

Brickhouse Touring Caravan Site

Tel: 01995 61747

Web: www.brickhouseccs.co.uk

Cobden View Self Catering Cottage

Tel: 01282 776285

Web: www.cobdenview.co.uk

Dale House Barn and B&B

Tel: 01200 411095

Web: www.dalehousebarn.co.uk

Eldroth House Holiday Cottages

Tel: 07590252725

Web: www.eldrothcottages.uk

Hartley's Huts

Tel: 07908614736

Web: www.airbnb.co.uk/rooms/41663777

Height Top Farm Holiday Cottages

Tel: 01282 772009

Web: www.heighttopfarm.co.uk

Higher Gills Farm

Tel: 07743303939

Web: www.highergills.co.uk

Lakewood Cottages

Tel: 01524 751053

Web: www.lakewoodcottages.co.uk

Laythams Holiday Lets Retreat

Tel: 01200 446677

Web: www.laythams.co.uk

Little Oakhurst Luxury Glamping

Tel: 07908614736

Web: www.littleoakhurst.com

Moss Wood Caravan Park

Tel: 01524 791041

Web: www.mosswood.co.uk

Orchard Glamping

Tel: 07725 185366

Web: www.orchardglamping.co.uk

Patty's Barn

Tel: 01524 751285

Web: www.pattysbarn.co.uk

Peaks and Pods

Tel: 07724940709

Web: www.peaksandpods.co.uk

Riverside Caravan Park

Tel: 015242 61272

Web: www.riversidecaravanpark.co.uk

Smelt Mill Residential Centre

Tel: 01200 448682

Web: www.smeltmill.org.uk

The Gathering Fields

Tel: 07791 254101

Web: www.northernapproach.co.uk

Slaidburn Youth Hostel

Tel: 0345 371 9343

Web: www.exclusive-hire.yha.org.uk/properties/yha-slaidburn-youth-hostels-association

The Garden Cottage

Tel: 07989212901

Web: www.thegarden-cottage.com

Wenningdale Escapes

Tel: 015242 62455

Web: www.wenningdale.co.uk

Wood End Farm B&B

Tel: 01200 448223

Web: www.visitwoodendfarm.co.uk

Hartley's Huts



Coach and Horses



The Emporium



Family Escapades

The Forest of Bowland has plenty for those looking to keep the whole family entertained in the beautiful outdoors.



Family participating in the John Muir Award as part of the Pendle Hill Landscape Partnership Scheme.

There is plenty to keep youngsters interested in the great outdoors and so much of it is free: woodlands to explore, rocks to climb, streams to paddle and wildlife to watch. The prospect of ice cream or hot chocolate at the end of the journey also provides great motivation.

Sharing the joys of our own childhood outdoor experiences with our kids is one of the greatest pleasures of parenthood, but we all know that youngsters aren't always keen to set off on a walk with a specific route, distance, and time scale! For them it's about outdoor exploration, being in the moment and enjoying the journey and the adventure.

Here are just a few ideas for your next family venture:

Visit Gisburn Forest and the Birch Hills Easy Access Trail. There are even some seasonal quizzes to keep everyone entertained along the way
www.forestofbowland.com/family-fun

Explore Spring Wood, near Whalley. There's wonderful new interpretation on-site and some tree rubbings for children to learn about woodlands – just take along some paper and a pencil!

There are some lovely, picturesque villages in Bowland - all waiting to be discovered. The following also have good facilities including parking, toilets, playgrounds, lovely picnic spots, and sometimes a tearoom or a village green to feed the ducks. Visit:
www.forestofbowland.com/towns_and_villages

There are 4 new treasure trails which have been developed in the villages around Pendle Hill - at Chatburn, Sabden, Padiham and Barrowford. Visit:
www.pendlehillproject.com/family-treasure-trails

There are several walks that are accessible for pushchairs and there's a whole series of shorter walks (0-3 miles) which you can choose from on our website walking page:
www.forestofbowland.com/walking

Seek out local sculpture and nature trails including:

- Pendle Sculpture Trail, Aitken Wood, Barley
- Beacon Fell Country Park
- Ribble Valley Sculpture Trail, Clitheroe

There are so many fantastic rural shows and events taking place throughout the year – look at page 83 in this guide for inspiration.

Explore our Pendle Hill Project website where you'll find plenty of ideas to keep the whole family entertained!
www.pendlehillproject.com/explore-learning

A Walker's Paradise

A hidden gem and an unspoiled, natural landscape with wild open spaces and amazing wildlife.



Some of the many reasons people visit Bowland are the wonderful variety of walks and the fact that it's still relatively quiet. You can reach the heights to gain views without having to be a mountaineer, and still get the feeling of being remote. The low-level walks also provide so many opportunities for exploration. From the Hodder, Ribble, and Wyre river valleys, to the medieval deer parks of Leagram and Radholme and the ancient woodlands around Roeburndale; visitors make new and often surprising discoveries.

Top Tips for a Safe Adventure

- Sturdy boots, waterproof clothing, sun protection, a drink, and an Ordnance Survey map (OS Explorer OL41) will all help to make your walk even more enjoyable.
- Pack a first aid kit, a high-energy snack, a mobile phone (be aware that coverage can be patchy) and a whistle.
- Always let someone know where you're going and what time you expect to be back.
- Do not take any unnecessary risks.
- Follow the Countryside Code: www.gov.uk/government/publications/the-countryside-code
- If you are in difficulty, or see someone in difficulty, please dial **999** and ask for **Mountain Rescue**.
- Be adventure smart by following Mountain Rescue's guidance here: www.adventuresmart.uk

Follow this link to access over 60 Bowland walks via pdf downloads or by using the Outdoor Active App

www.forestofbowland.com/walking



Bambers Lodge

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www.bamberslodge.co.uk

Little Oakhurst



Get away from the hustle and bustle of everyday life with a glamping holiday and unwind in our cosy and luxurious Yurts or Shepherds huts. Set within a friendly working Farm in the heart of the Ribble Valley.

We offer chilled out days with wood fired hot tubs that's in tune with nature. There's plenty to do and explore, with the Tolkien's walk right on our doorstep.

www.littleoakhurst.com

079086 14736

overhackingfarm@googlegmail.com

Overhacking Farm, Stonyhurst, Nr Clitheroe, BB7 9PY

Fell View Park



Beautiful location on a working hill farm outside the popular village of Scorton on the western edge of Bowland. Facilities include toilets and showers, disabled / family shower room, kitchen/ information point and laundry. With an on-site fishing lake and popular walks and cycle routes accessed directly from the site.



www.fellviewparkandfishing.co.uk

01524 791283

susan_atkinson@btconnect.com

Sykes Farm, Scorton, PR3 1DA

Hartley's Huts

Hartley's Huts is nestled in the heart of the Forest of Bowland, which offers stunning scenery, wildlife and attractions. You can stay in one of our three en-suite lodges, each with their own hot tub. Our stunning lodges are the perfect place to unwind and relax, whatever the occasion.



www.airbnb.com/h/harrierlodge
07966719904

stuarthartley47@yahoo.com

Burn house farm, Newton-in-Bowland, BB7 3EE
follow us on Instagram @hartleys huts

Chestnut Cottage

Visit England  ★★★★★

Delightful cottage in the grounds of the owner's home, extended in 2017. Spectacular views of Pendle Hill and perfect for keen walkers. Well equipped to a high standard.

Two bedrooms – 1 twin ensuite, 1 double. Private walled garden with gazebo, off-road parking. One small dog welcome.

Prices from £375 pw for 2 people.



www.chestnut-cottage.com
01200 440400

mdavies77@btinternet.com
Dugdales Barn, Worston, BB7 1QA

Cobden View

Walk from Cobden View's door onto footpaths that criss-cross farm fields on Sabden Valley's hillsides. Or set off on a drive to explore the glorious unspoilt Forest of Bowland. Return to relax and enjoy the cottage's panoramic views of Pendle Hill and Sabden Valley.

Sleeps up to five people.

Well-behaved dogs welcome.



cottages.com ★★★★★

www.cobdenview.co.uk/
01282 776285/07989 401595

enquiries@cobdenview.co.uk

Cobden View, Cobden Farm, Sabden, BB7 9ED

Spencers Granary



Once home to the farm's four dairy cows, Spencers Granary has been beautifully converted into a cosy country cottage for two.

Perfectly located to enjoy the attractions and landscapes of the Forest of Bowland, wider Lancashire and North Yorkshire by day, and stargaze in the luxurious hot tub by night!

www.spencersgranary.co.uk
07484770180

Spencers Farm, Lane Ends, Bolton-by-Bowland,
Clitheroe, Lancashire. BB7 4PH

Lakewood Cottages



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www.lakewoodcottages.co.uk
01524 751053

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

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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- Professionally equipped kitchen



www.smeltmill.org.uk
07966719904

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

Height Top Farm



Visit England  ★★★★★

Two delightful cottages nestling close to and within walking distance of Pendle Hill with lots of wildlife to see around the farm.

Sympathetically renovated from the original farmhouse and decorated and finished to a very high standard - Mrs Wagtails (twin beds and shower) and Jenny Wrens (double bed and ensuite shower).



www.heighttopfarm.co.uk
01282 772009

info@heighttopfarm.co.uk
Stump Hall Road, Higham, BB12 9BU

Higher Gills Farm

Stable conversion with spectacular sunsets and views of Pendle Hill and Ribble Valley. Granary apartment has exposed beams and long distance views. Lower Laithe apartment is wheel-chair friendly accepts one well behaved dog.

Shared patio, large lawn, swings and slide. Utility with washing machine, dryer, sink and storage. Private car parking for 5 cars.



www.highergills.co.uk
01200 445370 / 07743303939

freda.pilkington@gmail.com
Whytha Road, Rimington, BB7 4DA

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 AONB. 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. Settle and Hellifield can be reached from Clitheroe on a summer Sunday using the DalesRail service. 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

While the remoteness and peacefulness of the Forest of Bowland is one of its assets, it does mean that it is not always well served by public transport. There is a bus network that links certain towns and villages but as these services are liable to change, it is advisable to look at Lancashire County Council's website for further information and before making a journey www.lancashire.gov.uk

Visitor Information Centres

Visitor Information Centres provide a wealth of information about the AONB. You are assured of a friendly, professional service whether you come from round the world or round the corner.

- **Bentham Tourist Information Point**
Town Hall, Station Road, Bentham, LA2 7LF
Tel: **015242 62549**
- **Clitheroe Visitor Information Centre**
Platform Gallery & Visitor Information Centre,
Station Rd, Clitheroe, BB7 2JT
Tel: **01200 425566**
Website: www.visitribblevalley.co.uk
- **Garstang Tourist Information Centre**
Cherestanc Square, Garstang, PR3 1EF
Tel: **01995 602125**
Website: www.discoverwyre.co.uk
- **Lancaster Visitor Information Centre**
The Storey, Meeting House Lane, Lancaster, LA1 1TH
Tel: **01524 582394**
Website: www.visitlancaster.org.uk
- **Preston Visitor Information Point**
Town Hall, Preston, PR1 2RL
Tel: **01772 906900**
Website: www.visitpreston.com
- **Settle Tourist Information Centre**
Town Hall, Cheapside, Settle, BD24 9EJ
Tel: **01729 825192**
Website: www.settle.org.uk



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- SHELTERED SOCIAL SPACE
- FIRE PITS

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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Back Lane, Slaidburn, BB7 3AJ





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Patty's Barn is a collection of 10 self-catering cottages situated on the edge of Morecambe Bay, 10 minutes south of the historic city of Lancaster.

You can expect fresh air, wildlife and a warm northern welcome. With the great outdoors directly on the doorstep, we want you to come and experience nature, explore, be free and let your kids be kids.

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WWW.PATTYSBARN.CO.UK

07812025940

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PATTY'S BARN, COCKERHAM, LANCASTER, LA2 0DY

Dale house kitchen

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BARN AND B&B



Fine food from the Forest of Bowland. Specialising in wild venison and local, seasonal, and foraged ingredients.



Prepared and cooked with expertise and passion.

Raw venison cuts, handmade pies, award winning Eccles cakes, preserves, condiments and more...

Small group cookery classes with Dominique in baking, breads, chocolate making or wild food and foraging run throughout the year.

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SEE OUR WEBSITE FOR MORE DETAILS AND DATES.

Online shop and other enquiries:

www.dalehousekitchen.co.uk or book@dalehousebarn.co.uk or 07714092089

Meet the Cover Artist

My name is Karin Pinder, and my aim is to showcase the beauty of rural life in Lancashire through my countryside paintings and pastel drawings. I've lived in Slaidburn, in the heart of the Forest of Bowland, for the past 16 years. I'm originally from Brisbane, Australia, and have fallen in love with the English countryside and its unique wildlife and characters, in particular the stunning landscapes of the Hodder Valley.

'View Above Whitewell' is an oil painting of the picturesque scenery of Whitewell and Dunsop Bridge (a view I love!), which I thoroughly enjoyed painting.



I've also set up a collective of artisans in the Hodder Valley via an online directory called 'Create Hodder' www.createhodder.co.uk The aim of which is to highlight local businesses that create handmade products and bespoke goods - the Hodder Valley is not only rich in beauty and character, but also in creative talent!

Further Information

www.lorikeetstudios.com

