

Discover Bowland Itinerary – N°1

Journey to the Centre of the Kingdom

Equip yourself with
O.S Explorer Map 41
(Forest of Bowland &
Ribblesdale) to navigate
your way around the area

Ordnance Survey – the people who map the entire country – calculated that the geographical centre of Great Britain is located on a remote hillside above Dunsop Bridge in the heart of the Forest of Bowland AONB. This three-day itinerary takes you – literally – to the centre of the kingdom and goes on to explore some of the beautiful landscapes and pretty villages of the Forest of Bowland on foot and by bike.

The area is very welcoming of four-legged friends, just be aware that Bowland is home to sheep and cattle and ground-nesting birds.

Be aware of livestock and keep your dog under effective control
For "walking safely" info visit

[www.forestofbowland.com/
Walking-Information](http://www.forestofbowland.com/Walking-Information)

Day 1:

The Big Adventure

Park at the car park in Dunsop Bridge and fortify yourself with coffee and home-made cakes or scones at Puddleducks Café.

Follow the track heading north from the café beside the river to the tiny farm hamlet of Whitendale and continue upstream to the water intake. Cross to the west bank via the ford onto the access land, following the track through a gate and climbing steeply up the right hand lip of Gutter Clough.

A faint path leaves the track to head direct but it's best to follow the series of posts past the rusty corrugated shelter and up to the stones.

Head northwest of the stones for Grid Reference SD 642565 to reach the dead centre of Great Britain. There's also a 'Centre of the Kindgom' sign here for you to take the all-important selfie!

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. Closer to the village of Dunsop Bridge you might see house martin, swallow and great spotted woodpecker.

For those with young families why not spend a morning alongside the alpacas and petting sheep and book an 'Alpaca Experience' at Wood End Farm in Dunsop Bridge. Follow that with a picnic alongside the ducks on the village green - it's all about the simple pleasures!

Be prepared for all weathers!
We celebrate the seasons here in Bowland, it's what brings the vibrancy in colours and wonderful variety of animal, bird and plant life - so don't let a bit of rain stop you, just bring along the right gear (waterproofs, wellies/boots a must!)



Route Options

(all starting from Dunsop Bridge):

- For a village circular walk across farmland taking in some wonderful fell views, try the River Dunsop and Black Brook two mile route
- For a family-friendly walk, download the 3.5-mile Easy Access route
- For a walk combining riverside and fell top download the 4.5 mile Hodder Bank Fell Circular route
- Reaching the actual Centre of the Kingdom, at Whitendale Hanging Stones is a more demanding undertaking across open access land, which is an extension of the 3.5-mile route above, making a 9-mile linear route. Make sure you're equipped with a map and compass and have good navigational skills!

To download the above routes go to www.forestofbowland/walking



End your day with some wonderful seasonal, local food at the award-winning Parker's Arms gastropub in Newton in Bowland. Enjoy hearty regional and global fare cooked and served with an individual stamp.

Day 2 AM:

The Ribble Valley Villages Ride

Hire an electric bike from Ribble Valley E-Bikes in Dunsop Bridge and explore the picturesque villages of the Hodder and Ribble Valleys. This easy-going 29-mile road ride follows the valley floor with some gentle climbs to explore the prettiest villages in the Clitheroe area www.forestofbowland.com/files/uploads/pdfs/cycle_route/bikerouteribblevalley.pdf.

This picturesque route also passes some of the best pubs and cafes in the villages of Waddington, Chatburn, Pendleton, Ribchester and Hurst Green.

For something a little more challenging, try the 60-mile Ribble Valley Ride route.

www.strava.com/routes/7520014

For more ride ideas, go to: www.forestofbowland/cycling



Day 2 PM:

Family Pick:

- Head to Clitheroe and book yourself a guided ghost walk and learn about the area's fascinating history with Simon Entwistle of Top Hat Tours.
- Enjoy some delicious food at Potters Barn, Ribchester and also try your hand at some pottery painting, a great activity for all ages!
- Explore Holden Clough Garden Nursery located in a beautiful setting – visit their glasshouse for treasures for the home and the Garden Kitchen for delicious, homemade food.

Immerse yourself in the peacefulness of the area, take your time, and savour the sights, sounds, tastes and smells to get a true Bowland Experience!

Day 3 AM:

Explore

Historic Browsholme Hall – family seat of the Parker family for centuries and one of the most important stately homes in the area. Marvel at the Elizabethan splendour of this Grade I listed building and meander through the immaculately tended gardens before adjourning for tea and cake in the café. (check ahead for opening times).

Day 3 PM:

Picnic

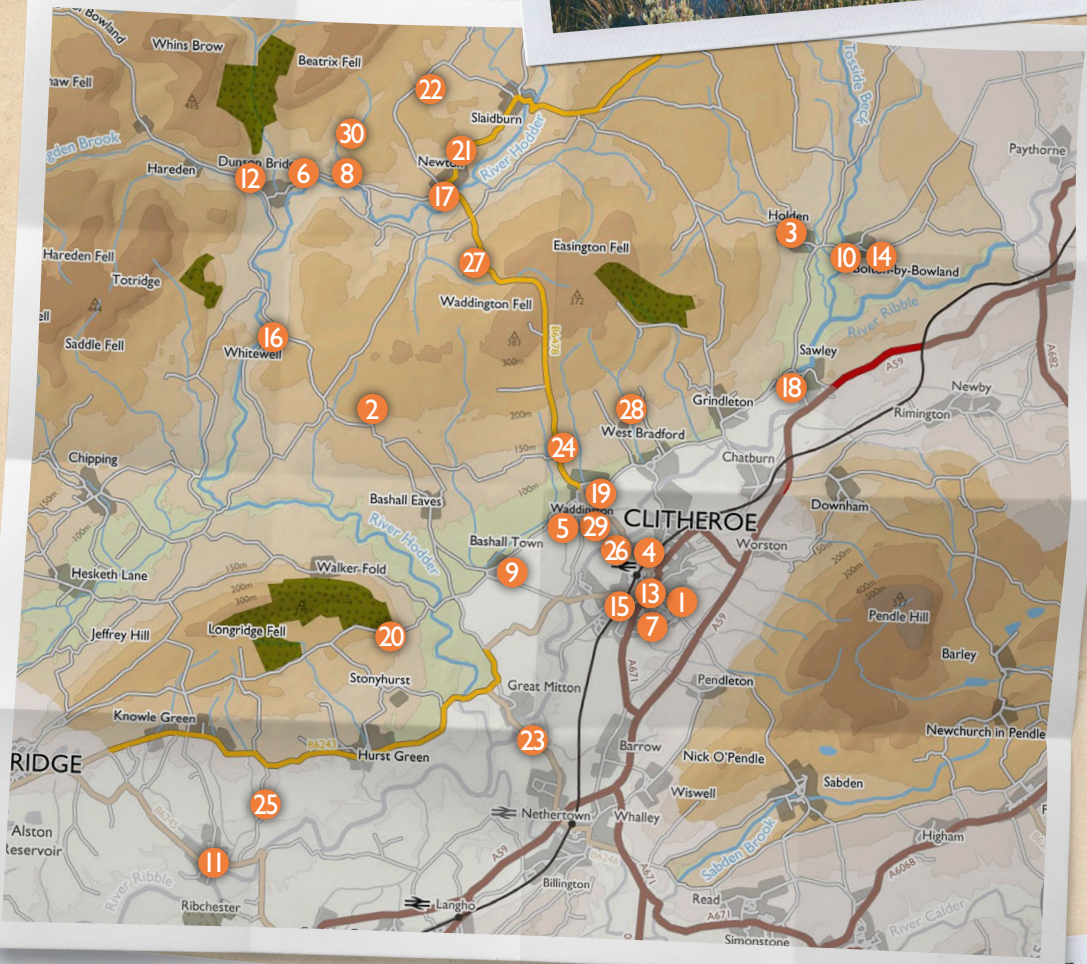
Pick up a mouth-watering picnic from the Bowland Food Hall at Holmes Mill, Clitheroe and head to either Higher or Lower Hodder bridges. Park considerately and follow the footpath along the western bank through dense woodland to find one of many perfect riverside picnic spots. It's an amazing experience in spring, when the woods are carpeted in wild garlic and bluebells and alive with birdsong. If the weather is less than ideal for dining al fresco, head instead to Bashall Barn for a traditional afternoon tea.

Day 3 PM:

Go Fishing

Day ticket fishing is available from as little as £5 a day under an Angling Passport scheme which gives anglers access to these productive waters via an easy-to-use token scheme. Find out more at: www.ribbletrust.org.uk/go-fishing/





Discover

- 1 **Breaking Cycles CIC**
07746 272643
breakingcyclescic.org
- 2 **Browsholme Hall**
01254 827160
browsholme.com
- 3 **Holden Clough Nurseries**
01200 447615
holdencloughnursery.com
- 4 **Lancashire Farm Wools**
07758 751375
kateschofieldtextiles.blogspot.com
- 5 **Melt**
01200 443377
themeltco.com
- 6 **Ribble Valley E-Bikes**
07483 295238
ribblevalley-e-bikes.co.uk
- 7 **Top Hat Tours**
01200 426821
tophattours.co.uk
- 8 **Wood End Alpacas**
01200 448223
visitwoodendfarm.co.uk

Eat

- 9 **Bashall Barn**
01200 428964
bashallbarn.co.uk
- 10 **Bolton by Bowland Tearooms**
01200 447201
- 11 **Potters Barn**
01254 878431
potters-barn.com
- 12 **Puddleducks**
01200 448241
facebook.com/Puddleduckscafedunsopbridge
- 13 **The Emporium**
01200 444174
theemporiumclitheroe.co.uk

Eat & Stay

- 14 **Coach and Horses**
01200 447331
coachandhorsesribblevalley.co.uk

- 15 **Holmes Mill**
01200 407180
holmesmill.co.uk
- 16 **Inn at Whitwell**
01200 448222
innatwhitwell.com
- 17 **Parkers Arms**
01200 446236
parkersarms.co.uk
- 18 **Spread Eagle**
01200 441202
spreadeaglesawley.co.uk
- 19 **Waddington Arms**
01200 423262
waddingtonarms.co.uk

Stay

- 20 **Alden Cottage**
01254 826468
aldencottage.co.uk
- 21 **Clerk Laithe Lodge**
01200 446989
clerklaithe.co.uk
- 22 **Laythams Holiday Lets Retreat**
07414 734170
laythams.co.uk
- 23 **Mitton Hall**
01254 826544
mittonhallhotel.co.uk
- 24 **Ribble Valley Country Cottages**
07918 150279
ribblevalleycountrycottages.co.uk
- 25 **Ribble Valley Holiday Homes**
01254 820444
ribblevalleyholidayhomes.co.uk
- 26 **Shirburne Holiday Park**
01200 422432
shireburnepark.co.uk
- 27 **Stonefold Holiday Cottage**
07966 582834
stonefoldholidaycottage.co.uk
- 28 **Three Rivers Woodland Park**
01200 423523
facebook.com/TheWoodlandCafe
- 29 **Waddow Hall**
01200 423186
waddow.org.uk
- 30 **Woodend Farm B&B**
01200 448223
visitwoodendfarm.co.uk