

Forest of Bowland Area of Outstanding Natural Beauty



An Area of Outstanding Natural Beauty (AONB) is exactly what it says it is: an outstanding landscape whose distinctive character and natural beauty are so precious that it is in the nation's interest to safeguard them.

There are 46 AONBs in Britain (33 wholly in England, four wholly in Wales, one which straddles the English/Welsh border and eight in Northern Ireland) and they cover 18% of our countryside. Visit www.landscapesforlife.org.uk

Fact File

The Forest of Bowland AONB is an area of national and international significance because of its unspoiled and richly diverse landscapes and wildlife.

- Designated as an Area of Outstanding Natural Beauty in 1964
- Covering 803 sq km, 312 sq miles in Lancashire (730 sq km) and Yorkshire (73 sq km)
- Districts of Lancaster, Pendle, Ribble Valley, Wyre, Craven and Preston
- Rivers: Ribble, Hodder, Wyre and Lune
- Important for its heather moorland, blanket bog and rare birds



The Forest of Bowland AONB Designation

The AONB is a nationally protected landscape and was designated as such because of its unspoiled and richly diverse landscapes, wildlife and heritage. It stretches from the wooded cloughs of the Lune Valley in the north, to the majestic sweep of Pendle Hill in the south; and from the quiet lanes of Eldroth and Lawkland in the east through the pastoral Ribble Valley to Beacon Fell and Abbeystead in the west.

The AONB has no large settlements and has an estimated total population of approximately 16,000. The village of Dunsop Bridge is said to be the nearest village to the centre of the British Isles. Over one million people are within a 30 minute journey of the area.

The Forest of Bowland is becoming increasingly well known as a sustainable tourism destination - in 2005 the AONB became the first protected area in England to be awarded the European Charter for Sustainable Tourism in Protected Areas, and this honour was repeated when the Charter was re-awarded in September 2010. And in November 2011 the AONB were recipients of the prestigious 'Best Destination' runner-up award from The International Responsible Tourism Awards.

Visit www.forestofbowland.com



A Place to Enjoy – Inspiration for Discovering Bowland

● Bird Watching

Barnacre Reservoir – whimbrel; Calder Vale - lapwing, curlew, redshank, snipe and oystercatcher; Langden & Croasdale – hen harriers; Pendle Hill - migrant dotterel in early May; Roeburndale Woods - redstart and pied flycatcher; Stocks Reservoir - range of woodland and upland birds and occasional osprey.

For further information visit: www.forestofbowland.com/Wildlife

● Walking

Beacon Fell, Bleasdale and Fairsnape Fells, Clougha, Gisburn Forest and Stocks Reservoir, Harrisend Fell, Langden Valley, Lune Millennium Park, Nicky Nook, Parlick Fell, Pendle Hill, Roeburndale, Salter Fell, Whitendale Valley.

Download Walking Routes at: www.forestofbowland.com/walking

Access for All – Trumper Hire

Gisburn Forest Hub, Beacon Fell, Fell View Caravan Park, Cobble Hey Farm & Gardens and Wild Board Park.

For details of Trumper Hire visit: www.forestofbowland.com/Access-All

● Cycling

Off-road cycling - Gisburn Forest. Road cycling - Salter Fell, Pendle tour, Ribble Valley Villages, Lune Valley, Wyresdale, Scorton, Grizedale and Bleasdale.

Download Cycling Routes at: www.forestofbowland.com/cycle-routes

● Paddling and Picnic Places

Brock Bottoms, Downham, Dunsop Bridge, River Hodder, Marshaw, Roughlee, Slaidburn Green, Trough of Bowland, Wray, River Wyre

● Fishing

On the Ribble and Hodder, day ticket fishing is available from as a little as £5 a day under an innovative Angling Passport scheme which gives anglers easy access to these productive waters via an easy-to-use token scheme. Visit: <http://ribbletrust.org.uk/go-fishing/>

Other places: Boothman Park, Cleveley Mere Fisheries, Stocks Fly Fishery, various fisheries in Pendle, Wyreside Lakes Fishery

Visit: www.forestofbowland.com/fishing

● Woodlands

Particular special in May when the bluebells are in flower: Aitken Wood, Beacon Fell, Brock Bottoms, Calder Vale, Gisburn Forest, Grizedale near Scorton, Longridge Fell, Roeburndale and Spring Wood.

● Viewpoints

Beacon Fell, Bowland Knotts, Crook o'Lune, Jeffrey Hill, Hall Hill, Nicky Nook, Pendle Hill, Jubilee Tower, Waddington Fell

● Heritage

The Greatstone of Fourstones; Churches at Slaidburn, Mitton, Dalehead, Bleasdale and Newchurch; Old courtroom at Hark to Bounty pub, Slaidburn; Roughlee Old Hall; Historical villages e.g. Downham, Slaidburn and Dunsop Bridge; Bleasdale Circle – a prehistoric circle; Sawley and Whalley Abbeys.

● Family Fun

The Forest of Bowland has plenty for those looking to keep the whole family entertained! We also have lots of downloadable activities and fun quizzes to try.

For inspiration visit: www.forestofbowland.com/family-fun

● Star Gazing

The night skies over Bowland have recently been recognized as some of the darkest in England and granted official status as Dark Sky Discovery Sites.

For further information visit: www.forestofbowland.com/star-gazing