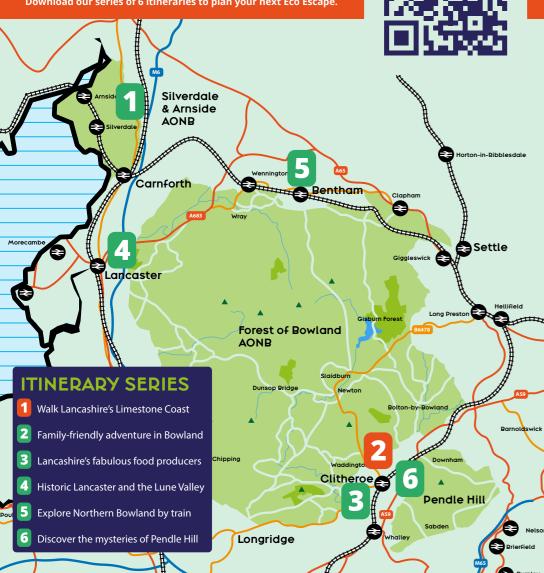
# **About Eco Escapes**

Eco Escapes is all about travelling light and treading carefully in the precious but fragile rural landscapes of Lancashire.

It's about leaving the car at home and taking the time to explore new places by public transport, on foot or by bike. It's about discovering the county's wonderful natural environments and the wildlife that makes its home there.

Above all, Eco Escapes is about making connections: between town and country; between visitors and residents and between people and nature.

Download our series of 6 itineraries to plan your next Eco Escape.



#### 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 a while. 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: forestofbowland.com/discover-bowland-itineraries

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

For accommodation listings visit: www.discoverbowland.uk









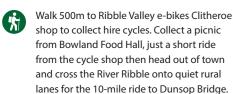
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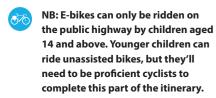
ecoescapes.org.uk

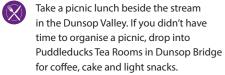
DAY 1 24 miles

**Arrive by train at Clitheroe Station** 

## Morning

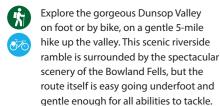






## Afternoon

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.



## **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.









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



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



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

