

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.



ITINERARY SERIES

- 1 Walk Lancashire's Limestone Coast
- 2 Family-friendly adventure in Bowland
- 3 Lancashire's fabulous food producers
- 4 Historic Lancaster and the Lune Valley
- 5 Explore Northern Bowland by train
- 6 Discover the mysteries of Pendle Hill

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



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.


[ecoescapes](http://ecoescapes.org.uk)


DAY 1 24 miles

Arrive by train at Clitheroe Station


Morning


 Walk 500m to Ribble Valley e-bikes Clitheroe shop to collect hire cycles. Collect a picnic from Bowland Food Hall, just a short ride from the cycle shop 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 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.



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

