



## ITINERARY 3

### LANCASHIRE'S FABULOUS FOOD PRODUCERS



This two-day itinerary starts in the market town of Clitheroe, which is renowned for its bustling market, specialist retailers and Bowland Food Hall – a showcase for the best Lancashire produce. After a morning in town and a delicious lunch, we head out west for a foraged supper before visiting a series of artisan food and drink producers on Day 2.

ec escapes

# DAY 1

Arrive by train at Clitheroe Station

## Morning



Explore Clitheroe Town Centre where you'll find a selection of specialist food retailers and a bustling market (Tuesdays, Thursdays and Saturdays 8am – 4pm). Pop into Bowland Food hall to browse Lancastrian delicacies before taking lunch in the food hall café or next door at Bowland Beer Hall, where you'll find one of the longest bars in Britain and a huge selection of cask ales from Lancashire and beyond.

## Lunch



Lunch at Bowland Food Hall or Bowland Beer Hall or head to the market on market days for some wonderful café stops including the barista-style café - The Horse Box - serving breakfast and lunch using locally sourced produce.

## Afternoon



Take a gentle walk out into the scenic Ribble Valley countryside and cross the River Ribble to reach the picture postcard village of Waddington. Enjoy an afternoon tippie at one of the village's three welcoming inns then check into your village accommodation or amble back into Clitheroe.

For ideas for walks visit:

[www.forestofbowland.com/walking](http://www.forestofbowland.com/walking)

# DAY 2

Depart accommodation for a gastrofeast foodie tour with Bowland & Bay

## Mid-morning



Your guide Katie Wilson will collect private tours for 4+ guests from your accommodation. Bowland & Bay create half or full day foodie tours, visiting some of Lancashire's leading artisan food producers.

Your itinerary can be tailored to meet your tastes. Wed-Saturday Tours can include Lancashire cheese makers, artisan gin distillers, smokehouses, coffee roasters, bakers, breweries and ice cream parlours. With time for a splendid lunch at one of the county's noted gastropubs on a full-day adventure.

**Return to Lancaster station and your train home.**

## Another night?



Optional second night at The Rewilding for an unforgettable dining experience at the Untamed Supper Club – featuring foraged local foods cooked over an open fire and served in a rustic barn. Potential for a foraging workshop the following day.

Overnight accommodation at The Fleece Inn, Dolphinholme (hire an e-bike) or stay a while at Patty's Barn.

**Bus 89 or taxi to Lancaster Station.  
Depart Lancaster by train.**

## Explore more...

The quiet roads make this part of Bowland a paradise for cyclists. Head to the pretty village of Scorton - a hub for cyclists - with some fantastic eateries. **Scorton Circular** is a lovely 16-mile tour of the quiet lanes and hamlets along the southern fringe of the Bowland Fells or, for an extended 27 mile route, enjoy the unspoilt beauty of Grizedale and Bleasdale. To download these routes visit: [www.forestofbowland.com/cycle-routes](http://www.forestofbowland.com/cycle-routes)

Visit **Beacon Fell Country Park** which features 75 hectares of woodland, grassland and moorland. There are several woodland trails which are great for families and four-legged friends.



## DISCOVER



## EAT

- 1 Bowland and Bay**  
bowlandandbay.co.uk | 07476 001539
- 2 Goosnargh Gin**  
goosnarghgin.co.uk | 01995 641001
- 3 Mrs Kirkhams Lancashire Cheese**  
mrskirkhamscheese.co.uk | 01772 865335
- 4 Wild Fox Distillery**  
wildfoxdistillery.co.uk | 01995 641136

- 5 The Rewilding**  
www.the-rewilding.com | 07502 726 596
- 6 Northcote**  
www.northcote.com | 01254 240555
- 7 The Freemasons**  
freemasonsatwiswell.com | 01254 822218
- 8 The Parker's Arms**  
www.parkersarms.co.uk | 01200 446236

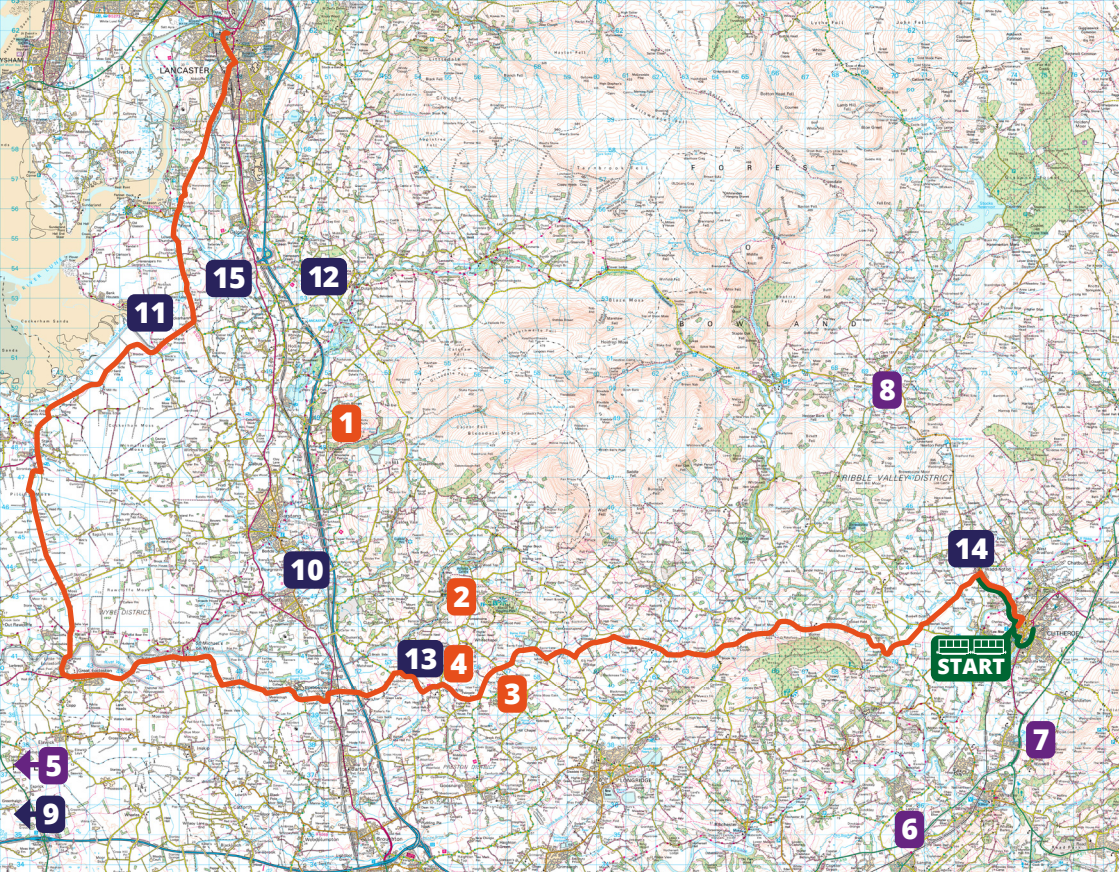


## STAY

- 9 Mosswood Caravan Site**  
mosswood.co.uk | 01524 791041
- 10 Orchard Glamping**  
orchardglamping.com | 07725 185366
- 11 Patty's Barn**  
www.pattysbarn.co.uk | 01524 751285
- 12 The Fleece Inn**  
fleeceinn.co.uk | 01524 791233

- 13 The Garden Cottage**  
thegarden-cottage.com  
07989 212901
- 14 Waddington Arms**  
www.waddingtonarms.co.uk  
01200 423262
- 15 Lakewood Cottages**  
www.lakewoodcottages.co.uk  
01524 751053





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# About Eco Escapes

Eco Escapes is all about travelling light and treading carefully in the Areas of Outstanding Natural Beauty 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.avantiwestcoast.co.uk](http://www.avantiwestcoast.co.uk)

[www.northernrailway.co.uk](http://www.northernrailway.co.uk)

## LINGER LONGER

Lancashire has an abundance of additional foodie destinations to visit, such as the Michelin-starred Northcote at Langho and the highly recommended Freemasons at Wiswell and the Parker's Arms at Newton. There's plenty more to see and do in the area to extend your break a while. The historic old port city of Lancaster is a fascinating place to explore on foot and learn more about its colourful history – which dates back to Roman times.

Want to book a bespoke food tour itinerary with Katie from Bowland & Bay. Get in touch direct at:

[bowlandandbay.co.uk](http://bowlandandbay.co.uk)

[hello@bowlandandbay.co.uk](mailto:hello@bowlandandbay.co.uk)

07476 001 539



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