



ITINERARY 5

NORTHERN BOWLAND AND THE WENNING VALLEY



This varied itinerary criss-crosses the scenic Bentham Line railway, which hugs the Lancashire border across the northern boundaries of the Forest of Bowland AONB. The line links the iconic Lancashire seaside resort of Morecambe with the West Yorkshire city of Leeds, connecting villages and towns along the Wenning Valley between Wennington and the edge of the Yorkshire Dales at Giggleswick. The market town of Bentham is at the heart of the local farming community, and it makes an ideal base for exploring the epic walks and rides this undiscovered corner of England has to offer.

ec escapes

DAY 1

2 - 9 miles

Arrive at Bentham by train

Morning



Take in a livestock sale at Bentham Market – one of the most important agricultural auction markets in the north of England. Sheep, cattle, agricultural machinery and even sheepdogs are sold at this bustling auction, with sales happening regularly each week. Schedule a visit in late summer and you can enjoy the Bentham Agricultural Show, which takes place in the first week of September each year.

Lunch



Have lunch at the homely Auction Market Cafe or the welcoming Black Pig Bistro on the High Street.

Afternoon



Follow the Bentham Heritage Trail – a choice of three self-guided walks that chart the town's history from a rural farming hub through industrialisation. Bentham developed a speciality in weaving flax and silk at several mills that were initially powered by the flow of the River Wenning.

The longest of the three routes also visits the Great Stone of Fourstones – a huge glacial erratic high above the town on the edge of the Bowland Fells – where the views stretch from the Yorkshire Three Peaks to the Lancashire coast and mountains of the Lake District.

DAY 2

Depart Accommodation on foot

Morning



Follow the Way of the Roses coast-to-coast cycle route to Morecambe. At 170 miles, the whole ride is usually spread across several days, but the 20-mile western section to Morecambe is easily achievable in a morning.

Lunch

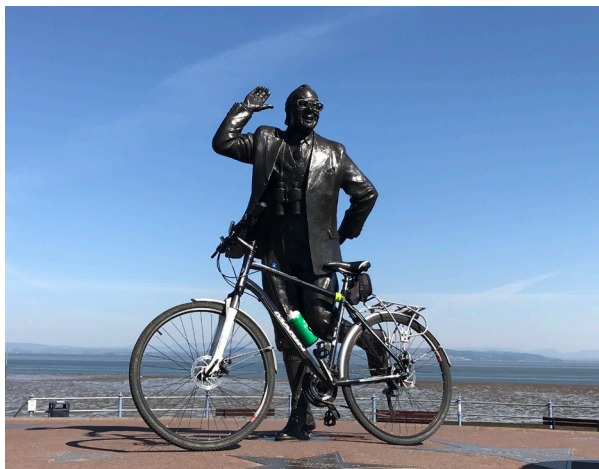


Fish and Chips on the promenade is a seaside classic, while coffee and cake at family-owned Brucciani's traditional ice cream parlour is another Morecambe staple. For a more indulgent experience, spoil yourself with lunch at the art deco icon that is the Midland Hotel, with stunning views across Morecambe Bay.

Afternoon



Ride back up the Lune and Wenning valleys to Bentham, or save your legs and catch the train. Then slow things down a bit with a trip to the Bentham Pottery at Low Bentham, where you can browse hand-crafted pottery and even have a go at throwing a pot yourself (booking essential). This quirky artisan pottery is the home of the famous Brexit Mug, which became something of a viral sensation on social media in 2019.





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Explore more...

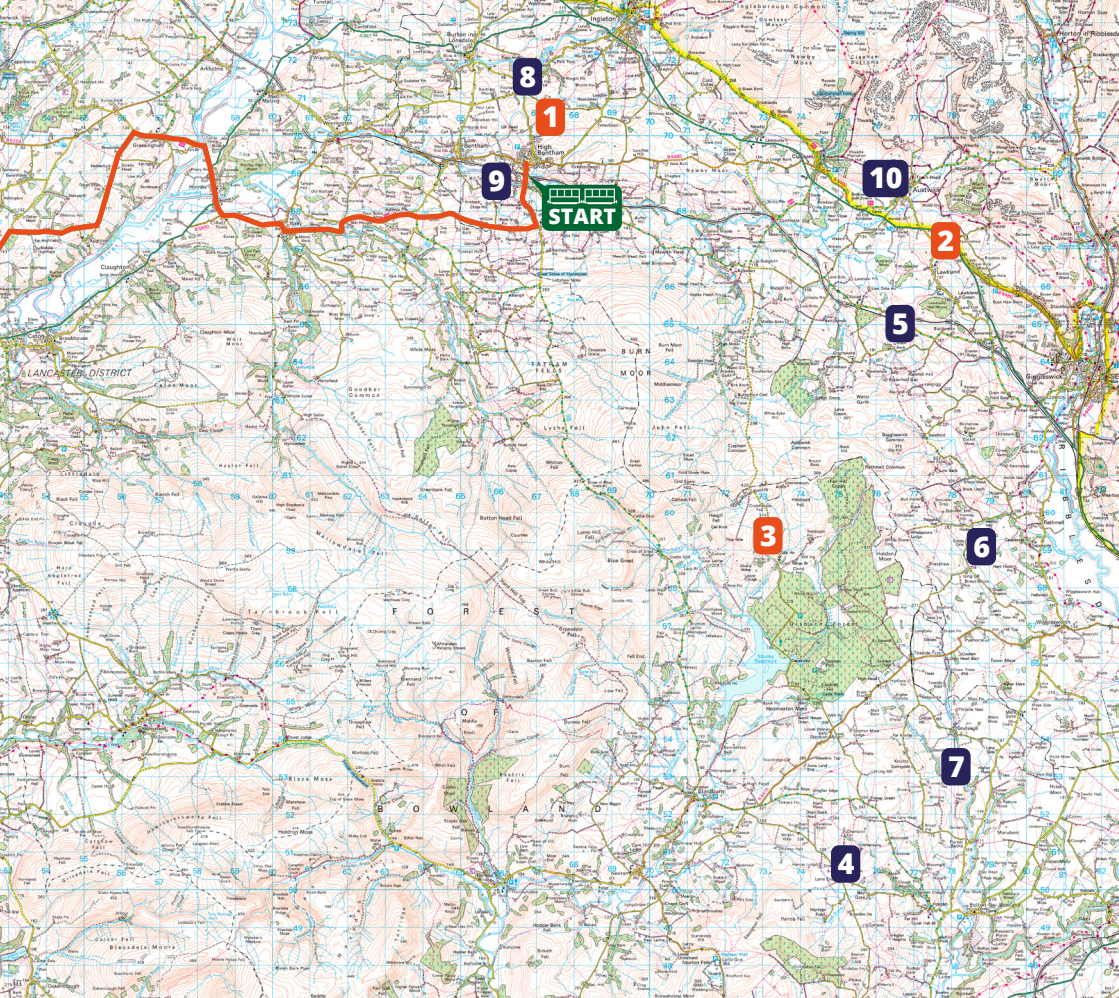
Explore more stations along the Lancashire/Yorkshire border. Visit the historic city of **Lancaster** or change at **Carnforth**, with its station Heritage Centre and the Brief Encounter Bistro and Bar, to explore the natural delights of Arnside and Silverdale AONB and the stunning seascapes of Morecambe Bay.

Tackle the challenging cycle ascent to **Bowland Knotts** and make a short break of it at Dale House Barn and enjoy a gourmet countryside and cooking retreat.

Be sure to also pay a visit to **The Courtyard Dairy** at Austwick – a truly special shop specialising in super-local artisan farmhouse cheeses.

DISCOVER

- 1 **Bentham Golf Club**
www.benthamgolfclub.co.uk
 015242 62455
- 2 **Courtyard Dairy**
www.thecourtyarddairy.co.uk
 01729 823291
- 3 **Dale House Cooking & Cycling Courses**
www.dalehousebarn.co.uk
 07714 092089



4 Bambers Lodge
airbnb.com/h/bambers-lodge-ribblevalley

5 Eldroth House Cottages
eldrothcottages.uk | 07590 252725

6 Peaks and Pods
peaksandpods.co.uk | 07724 940709

7 Lower Gill Holiday Cottages
lowergill.co.uk | 01200 447009

8 Wenningdale Escapes
www.wenningdale.co.uk | 01524 262455

9 Riverside Holiday Cottages
www.riversidecottages.co.uk
01524 261272

10 The Traddock Hotel
www.thetraddock.co.uk | 015242 51224

3 Dale House Barn and B&B
www.dalehousebarn.co.uk
07714 092089

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



SUSTAINABLE TRAVEL

The Bentham Line links Morecambe with Leeds, connecting Morecambe Bay and the Lancashire coastline with the beautiful scenery of the Lune and Wenning Valleys, the Northern boundary of the Forest of Bowland and the Yorkshire Lancashire border country. Stations like Wennington, Bentham and Clapham offer direct access to wonderful walking and cycling country. For timetables and tickets visit:

www.northernrailway.co.uk

For walking routes visit:

www.forestofbowland.com/walking



ecoescapes.org.uk