

ITINERARY 10

FIND THE CENTRE OF GREAT BRITAIN

According to Ordnance Survey, the geographical centre of Great Britain is located on a remote hillside above Dunsop Bridge in the heart of the Forest of Bowland. This itinerary takes you to the centre of Great Britain and explores the beautiful landscapes and pretty villages of the Forest of Bowland on foot and by bike.

It's a 10-mile ride to Dunsop Bridge with a sustained climb out of the Ribble Valley into the Hodder Valley, but riding up the Dunsop Valley, halves the distance of the 10-miles hike to the centre of Great Britain!

DAY 1: Hike to the Centre of the Kingdom

Walk 10.5 Miles

Plan your expedition to the geographical heart of Great Britain – located on a remote hill farm at Whitendale Hanging Stones near Dunsop Bridge. Fortify yourself with coffee and home-made cakes or scones at Puddleducks Café.

Black Brook: www.forestofbowland.com/walking#47400857

Easy Access Trail: www.forestofbowland.com/walking#47400843

Hodder Bank Fell: www.forestofbowland.com/walking#47400841

Lunch

Stock up on snacks for your hike before plunging deep into the Bowland Fells. This is quite a demanding 10-mile fell-walk, which requires sturdy walking boots and reliable wet weather gear, but it's well worth the effort for the views alone. Look out for rare hen harriers and ring ouzels along the way.

Download an easy five-mile circular walk – the first part of which is also suitable for Trampers – from the AONB website.

Reaching the centre of Great Britain itself is a more demanding undertaking which can be incorporated within a more challenging 10-mile circular walk. [Download the route](#).

Enigmatically, the centre point remains unmarked, but head northwest of the stones for Grid Reference SD 642565 to reach the dead centre of Great Britain. Take the ubiquitous 'selfie' and post it on social media. Don't forget to tag us @forestofbowland #HeartofBritain!

Evening

You'll likely be hungry and thirsty after your long day in the hills. Head to the Red Pump Inn at Bashall Eaves for hearty gastropub food, local cask ales and a warm welcome.



DAY 2: Tour the pretty villages of the Ribble Valley

Cycle 30 Miles

Saddle up for the Ribble Valley village ride – an easy-going 29-mile route following the valley floor with some gentle climbs to explore the prettiest villages in the Clitheroe area.

www.forestofbowland.com/walking#64877512

This picturesque route also passes some of the best pubs and cafes in the area – including the Bashall Barn and Hudsons Ice Cream Shop in Chatburn – both of which welcome thirsty cyclists. The route also passes through the bustling little town of Whalley with its 14th Century Cistercian Abbey and Ribchester where you can explore the Roman Museum.

Lunch

There are plenty of pitstops along the route, with excellent pubs in most of the villages. Try the Waddington Arms in Waddington, The Assheton Arms in Downham, the White Bull in Ribchester or the Black Bull at Old Langho.

For more ride ideas, go to: www.forestofbowland.com/cycling

No bike? No problem! You can hire e-bikes from Ribble Valley e-bikes and they may be able to deliver bikes to your accommodation. Call 01200 426246 for bookings.



DISCOVER

1 Whitendale Hanging Rocks – The Centre of the British Isles

A challenging 9-mile hike from Dunsop Bridge takes you to the geological centre of the British Isles – as identified by Ordnance Survey. Make sure you're equipped with a map and compass and have good navigational skills!

2 Wood End Alpacas

A cosy farmhouse B&B set on a working family farm in the pretty village of Dunsop Bridge with the added attraction of a friendly troop of alpacas with whom to walk among the stunning scenery. discoverbowland.uk/wood-end-farm-alpaca-experience/

3 Bowland Wild Boar Park

Nestling beside the River Hodder in a remote valley beneath the rugged ridgeline of the Bleasdale Fells, Bowland Wild Boar Park provides accommodation and a host of fun activities for the whole family. discoverbowland.uk/Business/bowland-wild-boar-park/

4 Ribble Valley E-Bikes

Based in Dunsop Bridge in the heart of the Forest of Bowland, Ribble Valley e-bikes has a fleet of electric bikes available for visitors to hire and explore Bowland straight from the shop. discoverbowland.uk/Business/ribble-valley-e-bikes/

5 Roman Ribchester

Step back in time to explore the Roman history of Lancashire when galleys would sail up the River Ribble to unship supplies at the wharf at the garrison town of Ribchester. ribchestermuseum.org/

6 Whalley Abbey

This tranquil Cistercian Abbey was partially destroyed during the dissolution of the monasteries, but the gardens and 14th Century gatehouse are accessible to the public and the Abbey hosts regular retreats and events. www.whalleyabbey.org/



EAT

7 Puddleducks Café

Open weekends and during the week in peak season for takeaway coffee, soft drinks and light snacks. puddleduckstearooms.com/

8 Hudsons Ice Cream Shop

Famous family-run ice cream shop in the centre of the village of Chatburn. Noted for home-made ice cream and light snacks to take away. www.facebook.com/1947HudsonsIcecream

9 The Assheton Arms

A distinguished village inn and restaurant with luxurious accommodation in the picture postcard village of Downham. asshetonarms.co.uk/

10 The Red Pump Inn

An independent family-run country inn with an extensive menu, excellent cask ales, a good wine list and pleasant views from the beer garden. discoverbowland.uk/Business/the-red-pump-inn/



STAY

11 Wood End Farm B&B

A cosy farmhouse B&B set on a working family farm in the pretty village of Dunsop Bridge with the added attraction of a friendly troop of alpacas with whom to walk among the stunning scenery. discoverbowland.uk/wood-end-farm-alpaca-experience/

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13 Smelt Mill

Smelt Mill provides accommodation for groups close to Dunsop Bridge. discoverbowland.uk/Business/smelt-mill-outdoor-centre/

14 Little Oakhurst Luxury Glamping

Back-to-nature Luxury glamping in five-star yurts with all mod cons in a scenic setting in the beautiful Hodder Valley. discoverbowland.uk/Business/little-oakhurst-luxury-glamping/

15 Hartley's Huts

Unique luxury pods, fully equipped with wood-burning stoves and a spacious hot tub with outstanding views over open countryside. discoverbowland.uk/Business/hartleys-huts/

16 Laythams (self catering option for longer stays)

discoverbowland.uk/Business/laythams-holiday-lets-retreat/

GETTING HERE

If you're bringing your own bikes, consider catching the train to Clitheroe and riding direct from the station. Hourly service from Blackburn and Manchester. Timetables at www.northernrailway.co.uk

It's a 10-mile ride to Dunsop Bridge with a sustained climb out of the Ribble Valley into the Hodder Valley, but riding up the Dunsop Valley, halves the distance of the 10-miles hike to the Centre of the Kingdom!

If you're coming by car, there is ample parking in Clitheroe and pay and display parking in Dunsop Bridge.

LIMITED MOBILITY?

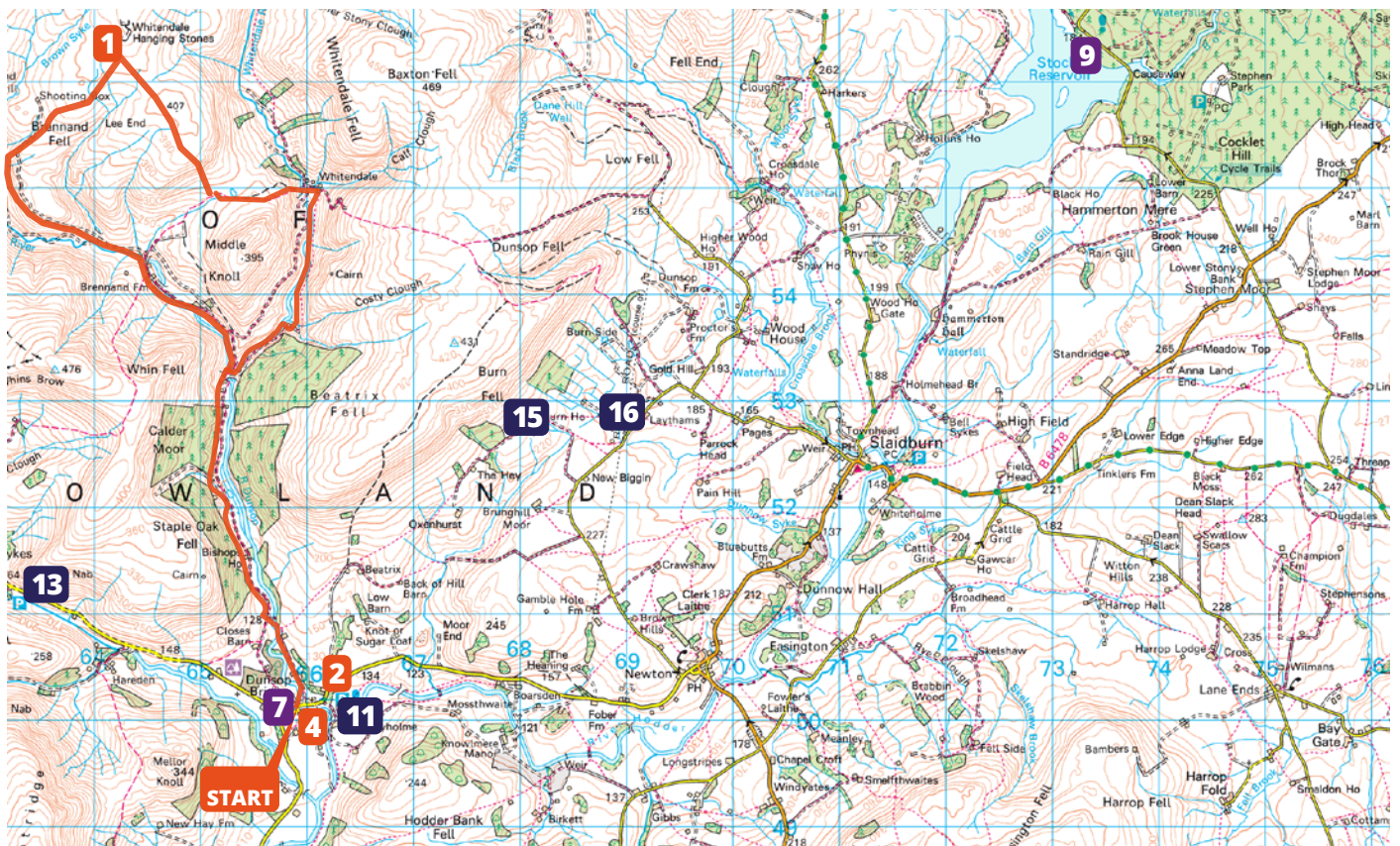
The has a two all-terrain Tramper access vehicles based at Dunsop Bridge and Sabden, enabling people with restricted mobility to access walking routes. For more details, visit the AONB website.

LINGER LONGER

There's plenty more to see and do in the area to extend your break a while. The entire 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. [Click here for more ideas and itineraries](#).

DAY 1

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DAY 2

