Walk centred on Bolton-by-Bowland

This circular walk should be followed using a suitable ordnance survey map for example OL41 Forest of Bowland & Ribblesdale. Robust footwear is recommended. The walk will take approximately 2 to 3 hours.

Dalehead Church

Dalehead Road, Tadcaster BB7 4TS
Tel: 01200 447682
This ancient church was restored in the 19th century and contains many original features. The tower has ogival windows, and the nave has a row of arcades with paired columns. The chancel screen is also 14th century.

The Spread Eagle

2 High Street, Bolton-by-Bowland
Tel: 01200 447545
The Spread Eagle is a 17th-century coaching inn with a traditional bar and lounge. The restaurant offers a variety of dishes, and the hotel has 13 en-suite bedrooms. The pub is renowned for its real ales and cask-conditioned beers.

The Coach and Horses

4 High Street, Bolton-by-Bowland
Tel: 01200 447202
This charming pub offers a wide selection of real ales and is popular with locals and visitors alike. The menu features a variety of traditional dishes and a daily special. Live music and occasional events are held.

The Coach House

Lake View, Bolton-by-Bowland
Tel: 01200 447126
Set in a peaceful location, the Coach House offers comfortable accommodation and stunning views. The rooms are en-suite and have modern facilities, including Wi-Fi. There is also a gardens and outdoor seating.

The Copy Hole Hotel

Bolton-by-Bowland, Clitheroe BB7 4JD
Tel: 01200 447665
This historic coaching inn is located in the heart of Bolton-by-Bowland. The hotel offers comfortable accommodation, a restaurant, and a well-stocked bar. It is a popular destination for walkers and cyclists.

Crowtrees Park Country Retreat

Crowtrees Park, Main Street, Bolton-by-Bowland
Tel: 01200 447201
This country retreat offers self-catering accommodation, ideally suited for families and groups. The site includes an activity area, games room, and facilities for all ages. It is situated in a tranquil location, surrounded by beautiful countryside.

Gisburn Foren

Foren Cliffe, Cliffe, BB7 4PL
Tel: 01254 844780
This spacious and modern lodge offers comfortable accommodation and is perfect for large groups or families. The lodge is equipped with all modern facilities, including a dishwasher and laundry facilities.

Harrop Fold Cottages

Harrop Fold, Bolton-by-Bowland
Tel: 01200 447665
This traditional stone cottage is situated in a peaceful location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Farm

Clitheroe BB7 4PJ
Tel: 01254 844780
This farm is situated in a rural location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Cottages

Harrop Fold, Bolton-by-Bowland
Tel: 01200 447665
This traditional stone cottage is situated in a peaceful location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Farm

Clitheroe BB7 4PJ
Tel: 01254 844780
This farm is situated in a rural location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Cottages

Harrop Fold, Bolton-by-Bowland
Tel: 01200 447665
This traditional stone cottage is situated in a peaceful location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Farm

Clitheroe BB7 4PJ
Tel: 01254 844780
This farm is situated in a rural location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Cottages

Harrop Fold, Bolton-by-Bowland
Tel: 01200 447665
This traditional stone cottage is situated in a peaceful location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Farm

Clitheroe BB7 4PJ
Tel: 01254 844780
This farm is situated in a rural location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Cottages

Harrop Fold, Bolton-by-Bowland
Tel: 01200 447665
This traditional stone cottage is situated in a peaceful location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Farm

Clitheroe BB7 4PJ
Tel: 01254 844780
This farm is situated in a rural location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Cottages

Harrop Fold, Bolton-by-Bowland
Tel: 01200 447665
This traditional stone cottage is situated in a peaceful location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.

Harrop Fold Farm

Clitheroe BB7 4PJ
Tel: 01254 844780
This farm is situated in a rural location and offers comfortable accommodation. It is ideal for families and groups and is equipped with all modern facilities.
Local produce
Local produce is important to the Forest of Bowland because it:
• supports farmers who seek to manage the precious
local landscapes and protect the environment,
• improves the freshness of your food and causes less
stress for livestock,
• improves the links between consumers and farmers
and improves our understanding of how and where
food is produced (travally),
• supports the local economy by supporting farmers,
 distributors and processors – often providing the
employment and income to enable them to carry on
living and working in the local area.

Blanket bog - a Bowland specialty
Blacksworded to cool, wet climates, and the UK
is one of the last places in the world to find this type of
habitat. The formation of peat is a response to the very
cold slow rate at which plant material (mostly Sphagnum
mosses) decomposes under conditions of water logging.
How it can form on quite steep slopes and effectively
climb whole landscapes. The Forest of Bowland lays claim
to some of the best blankets in England and this supports
a range of scarce and unusual plant and animal species.
Perhaps one of the great legacies which can be
found in abundance in some areas of the Bowland.

Birds and wildlife
The RSPB in Bowland
Bowland is particularly special for a number of upland
bird species. The RSPB works closely with organisations
like Natural England and United Utilities to help protect
the rare hen harrier, merlins and ring ouzels, and also
advises landowners and farmers to help them protect
the nationally important populations of wading birds such
as lapwings, snipe, curlews and redshanks that nest on
the in-vogue upland pastures each spring.
The RSPB is the UK charity working to secure a healthy
environment for birds and other wildlife, helping to

create a better world for us all. The RSPB’s work ranges
from campaigning to halt the effects of climate change
to investigating the decline in familiar garden birds such as
house sparrows and song thrushes and organising the Big
Garden Birdwatch. You may even have been one of the
460,000 people that took part in 2006!

Bowlind’s wild open spaces
Once one of the third of the AONB is montane, making up
the open wild spaces that are characteristics of the
Forest of Bowland. This is a truly unique quality of the area.
The central upland of the AONB is typical moorland with
coniferous hard-woods throughout the gullies – the
rounded shapes are the result of repeated glaciation
during the Ice Age. The fells are covered with peat,
created through the slow rate at which plant material
(mostly Sphagnum mosses) decomposes under conditions
of wind logging. How it can form on quite steep slopes and
effectively climb whole landscapes. The Forest of Bowland
lays claim to some of the best blankets in England and
this supports a range of scarce and unusual plant and
animal species. Perhaps one of the great legacies which can be
found in abundance in some areas of the Bowland.

and woodland clearances by Bronze Age farmers has left
them largely true to their medieval origins. The resulting open
spaces and falls give the impression that this is a wilderness, an
untouched natural landscape, but it is in fact the result of
human influence. There has been long term
management of the land for grazing sheep and cattle, and
for game shooting (primarily red grouse). The fells are
crossed-over with dry stone walls and, on the lower
shores, you will see the odd old field boundary, which
traditionally housed cattle and hay in the winter.

How to find us
Public transport: the nearest train stations are Clitheroe,
Bolton-by-Bowland and Sawley and Settle for Tosside.
Buses run regularly from Clitheroe to Sawley (Service C2)
and from Clitheroe to Settle via Tosside (Service B10). For
details contact: Traveline 0870 608 2 608 in Lancashire
and 0871 200 23 31 in Yorkshire.

By Road: Sawley is approximately 4 miles from Clitheroe
and 6 miles from Settle. From Clitheroe take the B6244
for Sawley. From Settle take the A683 towards Lancaster
for approximately 10 miles. The A67 is a major road and
provides a direct route from the south of the Forest
through the AONB to Skipton and Leeds. Bolton-By-
Bowland is a further 2 miles from Sawley and Tosside can
be reached either by minor roads from Bolton-Bowland
(approx 6 miles) or from the A65 taking the B4478 at
Low Rowton (approx 5 miles).

Access Land
There are fewer Public Rights of Way on the fells than in the
valleys and until recently only limited access on foot.
However much of the moorland is now mapped as
Access Land and you can experience the wild open
space for yourself. Access Land means that you are able
to walk across these designated areas, within certain
restrictions. As these change regularly please check the
website www.countryaccess.gov.uk

Landscape
Development and fells also mark out the activities of
humans on this environment. As do the conifer woods
and forests amongst the fells. The fells are crossed by a few
minor uncultivated roads. The Thrusgill of Bowland is perhaps
the most famous, following a narrow valley that once
carried melting ice from the glaciers covering the fell tops.
Routes from Wardwick to Bentham, Stocks to Keasden, and
the Galler Fell track (now part of the North Lancashire
Bridleway) will also take you on a journey through this
wild open space.

How to find us
Public transport: the nearest train stations are Clitheroe,
Bolton-by-Bowland and Sawley and Settle for Tosside.
Buses run regularly from Clitheroe to Sawley (Service C2)
and from Clitheroe to Settle via Tosside (Service B10). For
details contact: Traveline 0870 608 2 608 in Lancashire
and 0871 200 23 31 in Yorkshire.