

Wennington Circular Walk

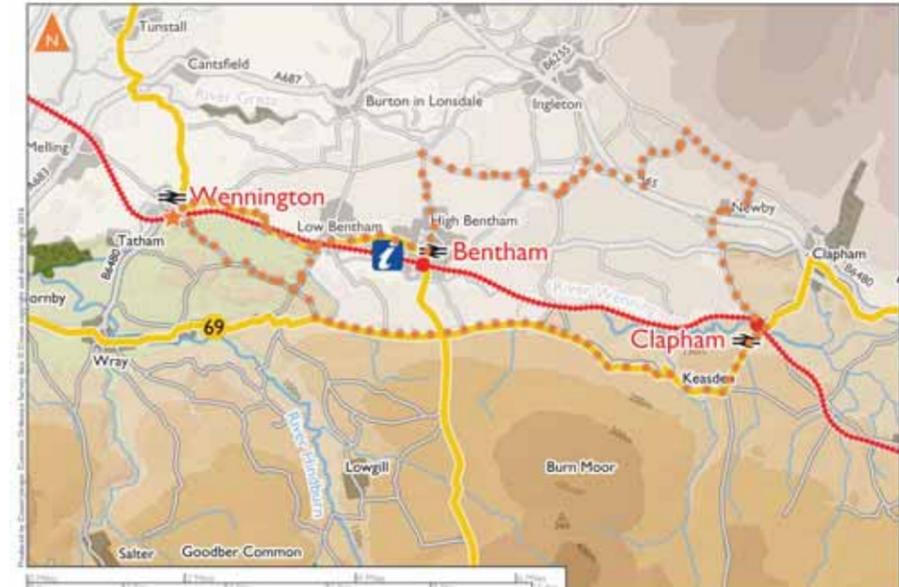
Start Point ★	Distance	Terrain	Key to Facilities
Wennington Station ★ SD 6170 6991	10.5km/6.5 miles approx plus an additional 1.8km/1mile approx for the detour into Wray	Farmland with livestock. Tracks and fields with gates and stiles. Can be boggy underfoot and slippery in places. Some steep sections and some road walking where you will need to be on the lookout for traffic.	Wray Village Pub, Tearoom, Village shop.

High Bentham Circular Walk

Start Point ★	Distance	Terrain	Key to Facilities
Bentham Station ★ SD 6671 6898	5 Miles 2-3 Hrs	Roads, tracks, fields, Stiles, gates, cattle grids. Some muddy slopes and boggy areas. Some stiles and bridges may be slippery after wet weather.	High Bentham Post Office, Parking, Cafés, Shops, Toilets, Bus Stop, Train Station

Wennington and Bentham Cycle Route

Start Point ★	Distance	Terrain	Key to Facilities
Wennington Station	36km / 22.5 miles	Quiet, single-track lanes, undulating with some short climbs	Bentham Shops, Café, Pubs, Toilets, Parking.



An interesting route exploring some of the many quiet lanes of Bowland, following in part the Way of the Roses Cycle route.

Explore the interesting town of Bentham with its quirky shops and many eateries.

Take in the Great Stone of Fourstones - a glacial deposit on the moorlands of Tatham Fells - along with some wonderful views across to Bowland and towards the Yorkshire Dales.

All routes can be downloaded here:



Clapham Circular Walk

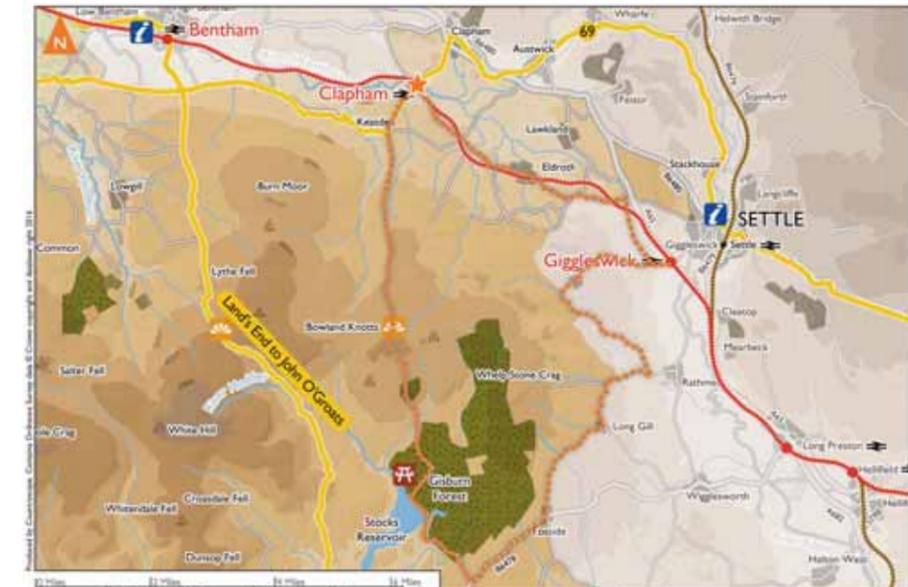
Start Point ★	Distance	Terrain	Key to Facilities
Clapham Station ★ SD 7329 6780	4 miles 1.5 to 2 hrs	Across farmland, with stiles and some boggy areas, a few hill climbs.	Clapham village (2.3km/1.5 miles away): Toilets, Pubs, Café, Shop

Long Preston Linear Walk

Start Point ★	Distance	Terrain	Key to Facilities
Giggleswick Station ★ SD 8027 6293	Approximately 10km/6.2miles	This walk passes through farmland. Follow the country code and remember to be particularly careful near livestock. Refer to the "Walking Safely" information on the Forest of Bowland AONB website.	Giggleswick Station , Pub Long Preston Station , Pub Wigglesworth Pub

Clapham and Giggleswick Cycle Route

Start Point ★	Distance	Terrain	Key to Facilities
Clapham Station	40km / 25 miles	Quiet, single-track lanes, undulating with some very steep climbs	Clapham Shops, Café, Pubs, Toilets, Parking. Giggleswick/Settle Shops, Café, Pubs, Toilets, Parking.



A lovely road route exploring some of the many quiet villages of Bowland including Eldroth and Rathmell. In contrast, the route then follows the edge of Gisburn Forest and Stocks Reservoir before climbing Bowland Knotts (a tough climb, so allow plenty of time for stops!). It's worth it for the gradual descent with wonderful views across to the Three Peaks.



Further information

Bentham Line train times can be found in: **Northern Timetable 7**. Available from any staffed railway station.

For train times, fares and to buy tickets visit northernrailway.co.uk or any staffed station.

For service information contact National Rail Enquiries:

nationalrail.co.uk
03457 48 49 50

A guide to the scenic journey along the **Bentham Line** is available at local staffed railway stations or to download at communityrail Lancashire.co.uk/bentham-line-publicity



Rail to Trail

Forest of Bowland AONB
The Bentham Line Gateway Stations

A collection of walks and cycle routes from the **Bentham Line railway stations at Giggleswick, Clapham, Bentham and Wennington.**

Bowland Gateways - self-guided walks and cycle routes

They offer a perfect introduction to the varied landscapes of **Bowland** – from riverside woodland to open moor, with stunning views of the Craven hills and the Bowland fells.

To download the featured walks and cycle routes visit: forestofbowland.com/Bentham-Line



northernrailway.co.uk



What is an AONB?

An Area of Outstanding Natural Beauty (AONB) is a precious landscape whose distinctive character and natural beauty are so outstanding that it is in the nation's interest to safeguard them.

The Forest of Bowland AONB covers over 300 square miles of Lancashire and North Yorkshire – you are currently standing at the northern boundary.

Look up to the fells and fields, a patchwork of dry stone walls, barns and hedgerows.

Come and explore, on foot or by bike, and find out what makes this such a special and inspiring place.

A place to enjoy and keep special

The Forest of Bowland has a fantastic network of Public Rights of Way. There are also plenty of quiet lanes which are great for cycling.

Festival Bowland is a great way to enjoy and learn more about the area, with a year round calendar of events for everyone. For further information visit forestofbowland.com/Festival-Bowland-Events



Image © Graham Cooper



Image © Jon Sparks

A special place for wildlife

Bowland is an internationally important place for wildlife. Nearly 1/5th of the AONB is designated as a Special Protection Area, with 19% as a Site of Special Scientific Interest. Keen birdwatchers visit to catch a glimpse of the elusive hen harrier and important wading birds. We also have wonderful woods and beautiful meadows to see!



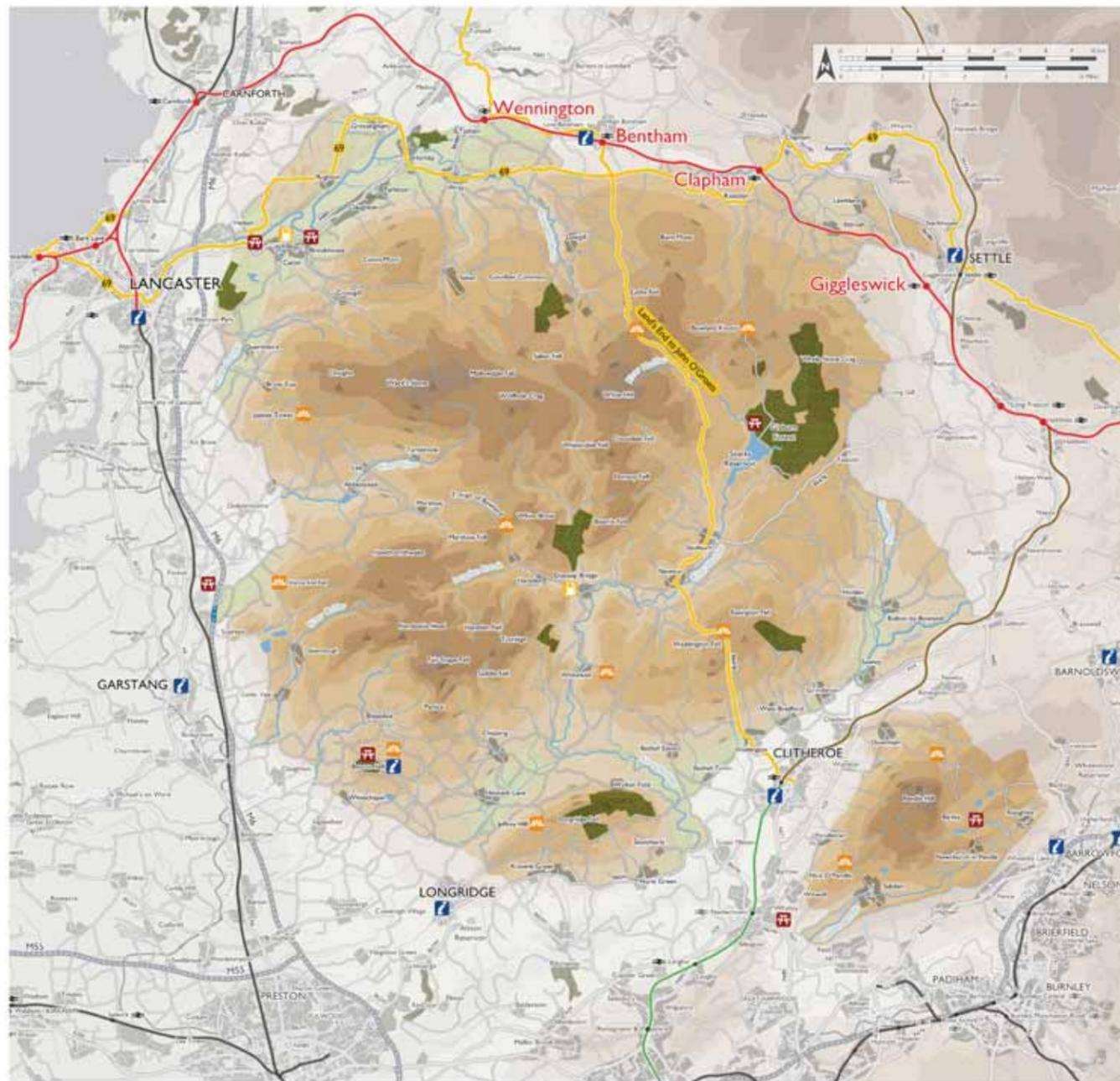
Image © Gavin Thomas

A living landscape

The AONB works closely with farmers, landowners and a host of public, private and voluntary organisations to conserve and enhance the Forest of Bowland landscape. Many Bowland farmers are environmentally responsible, improving habitats for the wildlife on their farms.



Image © Jon Hickling



Key

- Viewpoint
- Petrol Station
- Picnic Site
- Information Centre
- Railway Station
- The Bentham Line
- DalesRail service
- The Clitheroe Line
- National Cycle route

Wild open spaces

Over 1/3rd of the AONB is wild, open moorland – a distinctive characteristic of the Forest of Bowland. The fells are covered with peat bogs, heather moor and acid grassland. From Clapham, the Keasden Road will take you through a common and up to the wild Bowland Knotts. Enjoy fantastic views over the AONB, or turn around to see the Craven Dales and Three Peaks.

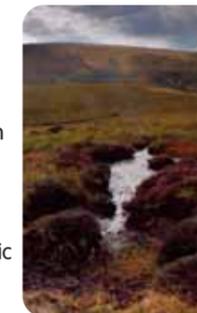


Image © Wojciech Rozanski



Vibrant communities

Bowland villages are strong and self-reliant. Visit our friendly shops, pubs and cafes and support our local economy. Enjoy events such as Wray Scarecrow festival and Bentham Show where locals come together to celebrate and to meet friends, old and new.

Can you help?



Champion Bowland is a small charity which works to enhance the outstanding landscape of the Forest of Bowland AONB. It does this by raising funds from visitor donations and charitable activity; and these funds are then awarded to local projects which benefit the environment, local communities and visitors.



Image © Wojciech Rozanski



Look out for donation boxes and pin badges in local businesses, or text CBOW15 followed by the amount you wish to donate (eg £1 or £5) to 70070.

For further information visit www.championbowland.org.uk



The Bentham Line

A spectacular 75-mile journey from Leeds in the industrial heartland of **West Yorkshire**, passing through the magnificent **Yorkshire Dales**, skirting the **Forest of Bowland AONB** and on to the picturesque shores of **Morecambe Bay**.



Passing Ingleborough Courtesy Gerald Townson

The stations at Wennington, Bentham, Clapham and Giggleswick have been designated 'Gateway Stations' to the Forest of Bowland AONB and provide easy-access points from the railway network to this beautiful area.

There are numerous walking and cycling routes starting from the stations going into the Forest of Bowland AONB, and a series of self-guided walks linking neighbouring gateway stations. (Walks 6, 7 and 8 in the 'Rail to Trail' programme - please see leaflets or websites for details.)

