Much of the new Access Land in the Forest of Bowland AONB is within its Special Protection Area (SPA).

This European designations recognises the importance of the area’s upland heather moorland and blanket bog as habitats for upland birds. The moors are home to many threatened species of birds, including Martin, Golden Plover, Curlew, Ring Ouzel and the rare and near-threatened species of the AONB.

Access Land in the Forest of Bowland AONB offers some of the roughest and most remote walking in Lancashire and, linked with the network of public rights of way, gives plenty of scope for enjoyable and challenging walks. It is your right to walk freely across Access Land, but please remember that the land is privately owned, grazed by sheep and cattle and is of international importance for its habitats and wildlife.

Access Land will be identified with an Access Land symbol, and may be accessed by any bridge, stile, gate, steps or other means of crossing water or any gap in a boundary. Such access points will have signage and interpretation to guide you.

If you intend to explore new open access land on foot, it is important that you plan ahead. For the most up to date information and what local restrictions may be in place, visit www.countryduesaccess.gov.uk or call the Open Access Helpline on 0845 100 3298 to avoid disappointment. Read out and about, always follow local signs and advice.

New rights only apply to recreation on foot, such as walking, land watching, pony trekking, climbing and cycling. There is no right to ride a horse or bicycle (except on land where the owner agrees). Dogs should be under close control near livestock. Historically, access to LAN has been a power for crossing water, or any gap in a boundary. Such access points will have signage and interpretation to guide you.

For accommodation, places to visit and to do contact Tourism Information at Crummackdale, Colden, Forest of Bowland, BB7 3BY. Tel: 01773 864090. For information on the Forest of Bowland AONB, visit our website at www.forestofbowland.com or ring 01772 534709 for an information leaflet.

Open access only applies to areas of open country and registered common land.

Access Land only includes the right to access: lower lying farmland, buildings, livestock pens, quarries and other active mineral workings, areas where military exercises apply areas within 20m of a dwelling or building or within the curtilage of a building, a garden. Even in areas where open access does apply local restrictions may be restricted access.

If you plan to try wearing suitable footwear and clothing if you intend to undertake any of these walks. Please see the Countryside Code: Be safe, plan ahead and follow signs.

Always follow the Countryside Code: Be safe, plan ahead and follow signs. Leave gates and property as you find them. Protect plants and animals, and take your litter home. Keep dogs under close control. Contact other people.

The Forest of Bowland AONB is within its Special Protection Area (SPA).

This European designations recognises the importance of the area’s upland heather moorland and blanket bog as habitats for upland birds. The moors are home to many threatened species of birds, including Martin, Golden Plover, Curlew, Ring Ouzel and the rare and near-threatened species of the AONB.

The map of the Forest of Bowland AONB shows a series of circular walks all exploring new Access Land.

These walks have been selected to give a flavour of Bowland’s open country and in some cases use public rights of way to complete circuits. They take you to some of the best of the Bowland Fells and all offer superb views of the surrounding hills.

Open access only applies to areas of open country and registered common land.

Open access only applies to areas of open country and registered common land.

Whilst exploring the new access land in Bowland you are likely to encounter sheep and cows, that are used to walkers. Care in particular may be curious and approach you especially if you have a dog. It is advisable that you plan how you will get around a herd. For your safety, never cut straight through a herd or between a cow and her calf. If you have a dog with you and feel threatened by the herd, let the dog go and make your own escape. In any other circumstances, dogs should be under close control near livestock.

Open access only applies to areas of open country and registered common land.

Open access only applies to areas of open country and registered common land.

New rights only apply to recreation on foot, such as walking, land watching, pony trekking, climbing and cycling. There is no right to ride a horse or bicycle (except on land where the owner agrees). Dogs should be under close control near livestock. Historically, access to LAN has been a power for crossing water, or any gap in a boundary. Such access points will have signage and interpretation to guide you.

For accommodation, places to visit and to do contact Tourism Information at Crummackdale, Colden, Forest of Bowland, BB7 3BY. Tel: 01773 864090. For information on the Forest of Bowland AONB, visit our website at www.forestofbowland.com or ring 01772 534709 for an information leaflet.
**Walk 1: Hareden & Langden Valleys**

Start & Finish: Little Crag Car Park; SD 5446 6178

**Approximate distance:** 10km

**Brief route description:** From the Car Park at Little Crag follow public footpath north east via Mallowdale then over Back Fell to the top at Girt Fell – follow ridge downhill via Warrender to Drunken Dale – turn north west over Mallowdale Fell to the Hornby Roast Track – follow the track north to High Satter – take public footpath west via Mallowdale, Deep Crag, Littlehead Hall and Belford Farm back to the Car Park.

**Walk 2: Abbeystead Reservoir & Hawthornthwaite Fell**

Start & Finish: Stoops Bridge, Abbeystead; SD 5635 5936

**Approximate distance:** 10km

**Brief route description:** From Stoops Bridge where there is a small amount of parking available follow a footpath that eventually skirts the southern shore of Abbeystead Reservoir – from the footbridge below the weir follow public footpaths via Cathill Wood, Catcaw Hall, Lower Swanisdale and Swanisdale Hall along Whinstone Lane to the Swinside road – follow the road south west until you cross a cattle grid - follow track up Catcaw Fell to Grizdale Head – head for Great Crag Head then Hawthornthwaite Fell Top – drop off the top in an easterly direction to reach the track down Black Crag and follow the cleft back to the Trough Road at Marwhell – follow a path north to the road back towards Abbeystead via a public footpath alongside the Marwhell Wyre back to Stoops Bridge.

**Walk 3: Whitendale Hanging Stones**

Start & Finish: Down Bridge car park; SD 6618 5618

**Approximate distance:** 19km

**Brief route description:** From Down Bridge – follow the bridleway northwards along the River Down and the river divides – cross the footbridge to follow the Whitendale River through Whitendale to Hard Hill Top to meet the Hornby Road track – follow the track north west for just over a kilometre then head south west uphill keeping the fence on your right to White Crag – head south to the Whitendale Hanging Stones (the Centre of Britain) then on to Brennand Fell – follow the Brennand river to its confluence with the Whitendale and then back to Down Bridge along the Down Valley.

**Walk 4: Cloughon & Whit Moors**

Start & Finish: Cloughon Quarries (disused); SD 5678 6640

**Approximate distance:** 11km

**Brief route description:** From Cloughon Quarries – through the bridge at the end of the road – turn immediately south east following a track across Cloughon Moor alongside the windfarm until you come to a cattle grid on the Bowland Road – go east following public footpath via Wynder and Thorkirk to Moor Lane – follow Moor Lane north to the entrance to Back Farm – turn west across Whit Moor to the summit – pick up track back to Cloughton Quarry.

**Walk 5: Bowland Knots & Cator Fell**

Start & Finish: Cross of Great Bridge; SD 7025 5190

**Approximate distance:** 11km

**Brief route description:** Follow the road north west to a cattle grid then north west over Cator Fell to Renshaw Castle via C feel Stone and C feel Moor to the road at Bowland Knots – follow public footpath south along Ashfield Moss – then west back to Cross of Great.

**Walk 6: Ward’s Stone, Mallowdale & Salter Fell**

Start & Finish: Little Crag Car Park; SD 5446 6178

**Approximate distance:** 11km

**Brief route description:** From the Car Park at Little Crag follow public footpath south west via Stuhill Farm then over Black Fell to the top at Girt Fell – follow the ridge downhill via Alderman to Brown Tony – turn south west over Mallowdale Fell to the Hornby Roast Track – follow the track north to High Satter – take public footpath west via Mallowdale, Deep Crag, Littlehead Hall and Blefords Farm back to the Car Park.