

Bring your bike to Clough Bottom and see the sights by pedal power

The Forest of Bowland offers some of the most beautiful unspoilt countryside, picturesque villages, dramatic open moorland incised by steep valleys, and outstanding scenery – all just waiting to be explored. And the perfect way to explore it is by bike.

Silently travelling around this area of sublime beauty under your own power, and at your own pace, discovering hidden gems around every corner – the Forest of Bowland offers a truly spectacular area for biking enthusiasts of all age, type and ability!

Clough Bottom Is an ideal base from which to start your journey of discovery! Within your cottage (and in Reception) you'll find a number of cycling routes.

If you haven't brought your bike with you, then why not hire one from a local bike hire firms listed, and after a restful night's sleep, choose a route that suits your ability (and your energy levels!) while enjoying our 'Rise & Shine' Breakfast Hamper (organic muesli, homemade organic bread, croissants, Clough Bottom Jam, organic/free range eggs, washed down with organic apple juice). Make sandwiches for a pit-stop with the leftovers, or (depending on your route) stop off at one of the country inns along your way, before heading back to base where a wholesome **Food from the Farm** ready meal awaits (simply pop in the oven to cook and by the time you've freshened up after all the exertion, sit down to a delicious dinner)!



Bowland by Bike

Five stunning cycling routes to explore this beautiful part of the country...

ROUTE	STARTING POINT	DISTANCE	TIME	TERRAIN
Rivers Lune & Wyre	Lancaster Millennium Bridge	30 Miles (48km)	3-4 Hours	Cycle paths and sections on roads. Includes steep climbs.
The Roses Border Ride	Long Preston village (station car park)	35 Miles (56km)	3-4 Hours	Roads. Hilly, steep in parts.
Grizedale & Bleasdale	Scorton Picnic Site	27 Miles (43km)	1-2 Hours	Road. Undulating.
Salter Fell – Cross O'Greets Circuit	Slaidburn or Wray	31 Miles (49km)	3-4 Hours	1/3 off road and undulating (mountain bike needed). 2/3 on road (steep in parts)
Tour of Pendle Hill	Barley village car park	15 Miles (24.5km)	1.5-2 Hours	Road. Steep in many parts.



Gisburn Forest

Gisburn is the largest forest in Lancashire and an excellent place to try off-road cycling. Within the forest, adjacent to Stocks Reservoir, there are several colour-coded bike trails accessed by designated car parks. The shortest ones are suitable for younger children or the inexperienced. Walkers can use any of the forest tracks, but cyclists must keep to the way marked routes, of which there are three, following a mixture of forest road and single track, which have been specially designed for cycling. A mountain bike is recommended to ride in the forest.

ROUTE	STARTING POINT	DISTANCE	TIME	LEVEL
Bottoms Beck (Blue trail)	Cocklet Hill Car Park	9.5km	1 Hour	Moderate
The 8 (Red trail)	Cocklet Hill Car Park	18km	2 Hours	Difficult
Forest Roads (Green trail)	Cocklet Hill Car Park	12.5km	1.5 Hours	Difficult

The Blue and Green routes pass through a variety of woodland, with many fine views of the forest and upper Hodder valley. The gradients are mostly gentle. The Red route is an extension of the green route, climbing up to the highest point of the forest then dropping steeply to the ford at Bob Dale Beck - this can be impassable in very wet weather.

Quiet Lanes

Within the Forest of Bowland you'll also find a network of Quiet Lanes. These are a network of minor rural roads that are appropriate for shared use by walkers, cyclists, horse riders and motorised users as they already have low levels of traffic travelling at low speeds. The pilot network has been established on the lanes around the picture-postcard villages of Chipping and Slaidburn (recharge your batteries with a cup of tea and a delicious cake at the Riverbank Tea Rooms!) along with one from Downham to Worston. For more information, head to www.lancashire.gov.uk

North Lancashire Bridleway

This trail runs for 45km (30 miles) from Denny Beck in Lancaster through the Lune Valley across the Bowland fells to Chipping. It is a mixture of surface tracks, fields and quiet lanes and is clearly way marked. A copy of this trail can be found in your cottage/in Reception.

Don't forget to pack...

- ✓ Your waterproofs, the right safety clothing and a cycle helmet
- ✓ Map (waterproof map case is a good idea)
- ✓ Pump & puncture repair kit (just in case)
- ✓ Cycle lock

And always ensure you...

- ✓ Can get home safely
- ✓ Are carrying the right equipment and know how to use it
- ✓ Choose a route that is within your ability
- ✓ Follow warning signs and use locator posts to help identify your location
- ✓ Know where your nearest public phone box is as mobile phone network coverage can be poor in areas
- ✓ **Cycle carefully and come back soon!**

Nearest cycle specialist (service and repairs and cycle hire):

Pedal Power Clitheroe Limited
17 Waddington Road
Clitheroe
Lancashire
BB7 2HJ
www.pedalpowerclitheroe.co.uk
01200 422066

Bike Hire

- **Cycle Advenure** Tel: 07518 373007 www.cycleadventure.co.uk
- **Cycle Bowland** Tel: 01729 824419 www.cyclebowland.com
- **Pedal Power** Tel: 01200 422066 www.pedalpowerclitheroe.co.uk

Travel Information

Nearest bus stop is a 10 minute walk from Clough Bottom, located by the village hall in Bashall Eaves. Bashall Eaves is served by the Bowland Transit Service B10 (Clitheroe – Slaidburn Circular), the B11 (Clitheroe – Slaidburn Circular) and the B12 (Clitheroe – Chipping – Garstang route – operational Summer Thursdays only from last Thursday in May to last Thursday in October).

Bowland Transit B10

Bashall Eaves School	0936	1136	1336	1616	1836
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Bowland Transit B11

Bashall Eaves School	0805	1120	1320	1520	1815
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Bowland Transit B12 To Garstang

Bashall Eaves School	0941
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Bowland Transit B12 To Clitheroe

Bashall Eaves School	1420
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A timetable can be found in your cottage/in Reception. Please check for weekend and bank holiday variations.

Timetable Planner and Journey Finder

Nearest train station is 5 miles in Clitheroe.

For timetables and journey finders visit www.traveline.org.uk

Opening Hours, Nearest Shops and Late-opening Eating Establishments

Clough Bottom Reception is open Monday-Friday 8.30am-5.00pm. **Food from the Farm** ready meals, Breakfast Hampers and freshly-laid free range eggs can be purchased prior to arrival (we'll leave in the fridge for you) or during office hours. We also have a complimentary organic fruit and veg patch for guests while staying with us. The Red Pump is our nearest pub and restaurant. Located a 10-15 minute walk away and on the B6243, its dining opening hours are Tuesday to Friday 12-2pm and 6-9pm, Saturdays 12-2.30pm and 6-9pm and Sundays 12.00pm (lunch), 7pm (dinner). The Red Pump is closed on Mondays. Opening hours may change, so call beforehand – 01254 826227.

Situated 2 miles away is Bashall Barn Food Visitor Centre - an excellent farm shop and café. Open daily from 9.00am to 4.30pm.

A post office and village store can be found in the nearby village of Waddington. For late-opening eating establishments and a wider choice of shops, Clitheroe can be found 5 miles away on the B6243.

Safe Storage & Other Facilities

We provide a lockable covered barn for the secure storage of your bike while you are staying with us. We also have a laundry (open 24 hours a day) with washing machine and tumble dryer. A clothes drier can be found in the Recycling Barn.

Weather & Climate Information

North West England Weather Supplied by the Met Office

http://www.metoffice.gov.uk/weather/uk/nw/nw_latest_weather.html

Emergency!

Nearest public telephone box is a 10 minute walk, located in the village of Bashall Eaves.

Nearest A&E Hospital: Royal Blackburn Hospital – 01254 263555

Other useful Info...

- **BBC Radio Lancashire.** 103.9FM, 95.5FM, 104.5FM & DAB
- **Grid Reference: SD703465 Lat: 53:54:53N (53.9003) Lon: 2:27:13W (-2.45805)**