Over the Hills and Far Away

Bowland's hills provide some of the best bike-riding in the country - but can demand top equipment and fitness to climb them.

An Electric Bicycle is the answer. These have a motor to supplement your own energy to help you reach the peaks, leaving you to pedal within your own ability and enjoy the fresh air. The battery will get you to one of our re-charge points to top up for the ride home.

The members of the Bowland Experience Electric Bicycle Network will do everything they can to make sure your Electric Bicycle experience is a success and that you have lots of fun.

Visit www.bowlandexperience.com/electric_bicycle_hire for more information.



▲ © Graham Cooper

Forest of Bowland AONB

The Forest of Bowland Area of Outstanding Natural Beauty (AONB) is a nationally protected landscape and is internationally important for its heather moorland, blanket bog and rare birds. The AONB is managed by a partnership of landowners, farmers, voluntary organisations, wildlife groups, recreation groups, local councils and government agencies, who work to protect, conserve and enhance the natural and cultural heritage of this special area. In 2005 it was the first protected area in England to be awarded the European Charter for Sustainable Tourism in Protected Areas.

Visit www.forestofbowland.com for more information.

Bicycles and Equipment

The Hirer is responsible for the care and safekeeping of the bicycle and ancillary equipment which remain the property of the Hire-point at all times.

The minimum age for riding an Electric Bicycle is 14. Riders aged under 16 will require agreement of a parent or guardian.

The electric motor will cut out above 15 m.p.h.

Helmets & high visibility vests are not compulsory on Britain's roads but they are supplied free of charge and it is recommended that they are worn. The Hire-point cannot be held responsible for any damage or injuries incurred as a result of Hirers not wearing a helmet or high visibility vest.

- o report any problems or damage to the hire-point.
- o ensure that the bicycle is securely locked, with the bicycle lock provided, to an immovable object (in a safe location) when left unattended.

oride through sand or deep water (e.g. fords) because this can damage the motor.

Map, Routes and Battery Top-up

The Electric Bicycles have a range of about 25 miles, but this will depend on the terrain (going up hills uses more battery power!) and the weight of the rider and any load in the panniers.

The map provided shows places (cafes, teashops, pubs, etc) which allow their customers to re-charge the bicycle battery without cost.

Suggested routes (all on public roads) are provided by the Hire-points to connect with these

- monitor the condition of the battery and not go too far to be able to get back to the Hire-point
- bring the bicycle back by the time agreed
- O cycle carefully and sensibly at all times and use the bicycle in a responsible way, keeping to the rules of the road

Do not:

- take the bicycle beyond a 20 mile radius from the Hire-point except by prior agreement.
- lend the bicycle to anyone.
- engage in racing, pace-making, time trials or speed testing.

Electric Bike Hire



h A Bleasdale Cottages

Bleasdale Cottages offer four star, en-suite, self catering holiday cottage accommodation in the Forest of Bowland A.O.N.B. Converted from traditional Bowland Lancashire stone farm buildings, our holiday cottages offer uxurious, environmentally friendly, self catering accommodation. If you are ooking for wide open skies and breathtaking views, to breathe fresh air and echarge your batteries, enjoy encounters with wildlife and be surrounded y our stunning Bowland countryside then Bleasdale is the place to be.

easdale Cottages, Lower Fairsnape Farm, Bleasdale, Preston,

web: www.bleasdalecottages.co.uk tel: 01995 61343 email: www.bleasdalecottages.co.uk

(h) B Dalesbridge

Beautifully situated in the Forest of Bowland at the point where it meets the Yorkshire Dales National Park, Dalesbridge offers stunning scenery and an idyllic setting for visitors wishing to stay and enjoy the area. Originally built in 1907, Dalesbridge offers a variety of excellent group and individual accommodation, including Bed and Breakfast, Self Catering, Bunkhouses and of course the Campsite. Ideally situated for exploring the Forest of Bowland, with the some wonderful cycle routes starting right from our front door.

Reception is open 9.00am - 17.00pm, 7 days of the week for the whole year. In the summer season especially on Friday and Saturday evenings it is normally open till 19.00pm for arrivals.

Dalesbridge, Austwick, Near Settle, LA2 8AZ

web: www.dalesbridge.co.uk
el: 015242 51021 email: info@dalesbridge.co.uk



h C Clerk Laithe Lodge

The Lodge, with views over the Bowland Hills has 5 Luxury en-suite edrooms providing B&B. Afternoon tea available daily. Packed lunches vailable to order. Evening meals (reservations only) Mon to Sat.

he Lodge has a residential and diners alcohol licence.

he Bowman's Rest serving breakfast, lunches and afternoon teas, snacks, nd beverages to non-residents (reservation only).

Electric Bicycle Hire and Charging available 7 days a week – 9.00am to 18.00pm laidburn Road, Newton in Bowland, Clitheroe, BB7 3DY 01200 446989 email: mail@clerklaithe.co.uk



Bashall Barn Food Visitor Centre

Bashall is one of those must see places, sitting in the heart of the Ribble Valley, surrounded by lush green fields, this is the heart of artisan food production. Housing a 100 seater restaurant and a 40 seater tea room and ice cream parlour, as well as several artisan food producers that can be seen brewing, baking, cooking and ice cream making – this is where food is made.

Opening Times: 9.00am-17.00pm, 7 Days a week, 363 days a year Bashall Barn Ltd, Bashall Town, Clitheroe, BB7 3LQ

b: www.bashallbarn.co.uk l: 01200 428964 email: info@bashallbarn.co.uk

5 Beacon Fell Country Park

Whether you are visiting the fell by bike and want a bowl of hot homemade soup to build energy for your ride home or you are treating the family to a cream tea you will always receive good honest food at a reasonable price and a very warm welcome from our friendly team.

Open every day - April to September, 9.30am-17.00pm -October-March 9.30am-16.00pm

Bowland Visitor Centre, Goosnargh, Preston, PR3 2ES tel: 01995 641160 email: countrysideservices@lancashire.gov.uk





🚅 👩 Brabin's Shop, Gallery & Tea Garden

The oldest continuously trading shop in Britain, established 1668. Art Gallery with exhibitions of work by local artists, bookshop, plants and garden giftware. Tea Garden next to Chipping Brook serving tea, coffee, home-made cakes and Bond's ice-cream. Shop selling a wide range of gifts, as well as biscuits, jams and cheese from Leagram Organic Dairy.

Open 7 days a week until 16.30pm, Closed 13.00pm-14.00pm Monday to Friday. 20-22 Talbot Street, Chipping, PR3 2QE

b: www.brabins-chipping.co.uk el: 01995 61221 email: paulhunt34@btinternet.com

7 Bridge House Farm

Bridge House Farm is a tearoom/bistro with a difference. The stunningly converted natural stone barn features solid oak floors and real wood burning stoves. Everything on offer is locally sourced. Whether it's a coffee and a slice of our tempting selection of cakes or something more substantial, you'll always be guaranteed a warm friendly welcome and beautiful surroundings

Open Tuesday-Sunday 10.00am-17.00pm in summer, 10.00am-16.00pm in winter. Bistro evening first and last Saturday of every month 19.00-21.00pm.

Bridge House Farm, Wray, LA2 8QP

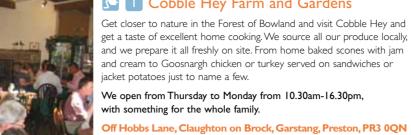
web: www.bridgehousefarm.co.uk tel: 015242 22496 email: info@bridgehousefarm.co.uk



Charging Points



Cobble Hey Farm and Gardens



eb: www.cobblehey.co.uk

: 01995 602643 email: cobblehey@aol.com

Number 19

We are located in the centre of Garstang – the world's first FAIRTRADE town! Refreshments and light meals are served both in the café and (weather permitting!) in our garden outside. Thursday is a good day to visit for one of the few remaining street markets in the area. On High Street, Number 19 is right in the middle of the market stalls.

Mon - Sat 9.00am-16.30pm, Wed 9.00am-14.00pm, Sun 10.00am-15.00pm 19, High Street, Garstang, PR3 IFA

web: www.number | 9cafe.co.uk

tel: 07519 186045 email: jojck@live.co.uk





The Old Vicarage Tea Room, Cafe/Bistro

Dine in the Old Vicarage in the heart of the village of Tosside. On the North Yorkshire - Lancashire border with panoramic views from Pen-yghent to Pendle Hill. We are a family run business serving traditional homemade, locally sourced food. From freshly baked Scones to Panini to Slow cooked Lamb Shanks.

Open 7 days a week until 17.30pm

The Old Vicarage, Tosside, BD23 4SQ eb: emmydrach@hotmail.com 07809489282



🔀 🔞 Riverbank Tearooms

tiverbank Tearooms is a traditional country cafe in the beautiful, historic illage of Slaidburn. Family run with local help, all our food is homemade, sing the finest local produce wherever possible. The tearoom is licensed and serves a wide variety of homemade meals, snacks and home baking. vclists welcome – close to Gisburn Forest.

Open Tues to Sun 10.00am-17.00pm (Winter - Tue to Fri 10.00am-6.00pm). Closed Mondays except Bank Holidays.

he Green, Slaidburn, BB7 3ES

l: 01200 446398 email: joeandmaru

🥵 🤊 Spread Eagle Inn

An unassuming but attractive Coaching Inn with the River Ribble on one side, the remains of a 12th Century Cistercian Abbey on the other and, in the distance, the magnificent and brooding Pendle Hill.

Our dining room has delightful views and serves delicious award winning food. Open: Monday - Saturday 11.00am-11.00pm, Sunday 12 Noon-10.30pm Early bird menu, Monday to Friday, 12 Noon-14.00pm and 17.30-19.30pm.

Sawley, Clitheroe, BB7 4NH

/eb: www.spreadeaglesawley.co.uk el: 01200 441202 email: www.spreadeaglesawley.co.uk





The Three Fishes

As the flagship and first born to Ribble Valley Inns, it has become a legend n these parts. Menus inspired by Nigel Haworth using only the freshest ngredients harvested by our local food heroes. Enjoy regional Cask Ales and an award winning wine list specially chosen by leading wine expert, Craig Bancroft. All of this in a wonderfully relaxing environment, with I fresco dining in the summer and crackling logs fires in the winter.

he Three Fishes, Mitton Road, Mitton, Nr Whalley, BB7 9PQ

l: 01254 826 888 email: enquiries@thethreefishes.com

Puddleducks

Puddleducks Tearoom is at the heart of Dunsop Bridge – the village at the centre of Great Britain! We are a family-run business where we make all our own cakes and bread, served in a cosy, country tea room with flagged floor and log burning stove. We also provide an excellent take-out service of hot and cold food and drinks.

Open 7 days a week from 9.00am to 16.30pm Dunsop Bridge, Clitheroe, BB7 3BB

el: 01200 448241 email: puddleduckstearoom@hotmail.co.ul



Liability

Weather

the dust out of your eyes.

Riding with friends A © Veronica Capero

Hire Terms

time and undamaged.

The Hire-point shall not be liable for any damages caused which are:

i) attributable to the participant or any member of his or her party

ii) the fault of a third party unconnected to the company iii) a result of unusual or unforeseen circumstances beyond the control of the company

any third party during the hire period.

The Hire-point will accept no responsibility or liability for any personal injury or loss caused while riding during the hire period. It is fully understood that you are responsible for any eventuality that may occur including theft of, or damage to, the equipment, and/or accidents caused by yourself or

The Hirer may be asked to produce photographic proof of identity (e.g. driving licence, passport)

Any deposit taken when hiring the bicycle is returned or refunded on return of the Bicycle on

The Hire-point reserves the right to retain all or part of the deposit should a bicycle be returned

in a damaged or unreasonable condition. This does not apply in case of a fault with the bicycle

to the Hire-point charging the cost of any such loss or damage to your credit or debit card.

which is considered to be the result of fair wear and tear. By signing this agreement you consent

and provide up to £500 deposit or security per bike hired at the time of hiring.

The weather in Bowland can be as variable as anywhere else in Britain. You could find yourself

cycling in glorious sunshine, worrying about the suntan cream, or caught in a heavy downpour.

Whatever the forecast says, it's worth packing a lightweight waterproof just in case. Sensible

clothing and shoes are a must if you want to be comfortable, as well as gloves and glasses to keep

The Hirer accepts liability for any prosecution or claim arising from your actions during the period of hire.

The Hirer agrees to indemnify the Hire-point for any loss or damage arising from any act or default on his/her part, or on the part of any member of his/her party.

For more information, please visit www.forestofbowland.com and www.electricbicyclenetwork.com





Road congestion in Bowland! ▲ © Veronica Caperon

Checking the way ▲ © Veronica Caperon

Safety First

The Hirer acknowledges that taking part in this activity involves certain inherent risks that might result in injury or loss to you, your party or others, including but not limited to: inclement weather, rough conditions, navigational difficulties, collisions, hypothermia, illness and accidents in remote places.

In the interests of safety the Hire-points will only supply bicycles to those Hirers who take part in an initial bicycle briefing at the time they receive the bicycles and equipment.

If for any reason the Hire-point is not satisfied that a client is a competent cyclist, it reserves the right not to provide them with a bicycle or equipment.

The Hirer accepts sole responsibility for his/her own safety and the safety of others in the party.



Places to hire and charge an electrical bicycle in the Forest of Bowland AONB

BICYCLE NETWORK BOWLAND ELECTRIC







Bowland Experience Limited (BEx) has been formed as a commercial subsidiary of the charity Champion Bowland

BEx provides a long term framework for supporting and promoting the tourism businesses of the Forest of Bowland AONB area.

Visit www.bowlandexperience.com for details of member organisations and their activities and services.

For more information about the Forest of Bowland AONB

visit www.forestofbowland.com or stay in touch via twitter.com/forestofbowland

Forest of Bowland AONB, The Stables, 4 Root Hill Estate Yard, Whitewell Road, Dunsop Bridge, Lancashire, BB7 3AY

Tel: 01200 448000 email: Bowland@lancashire.gov.uk

All those enjoying the Forest of Bowland AONB are asked to follow the Countryside Code at **www.countrysideaccess.gov.uk** and adhere to signs, particularly at sensitive times such as the lambing and birding nesting seasons during spring and summer:

For other information about places to visit and things to see and do in the area, contact **Visitor Information Centres:**

 $\textbf{Bowland Visitor Centre} - \text{Beacon Fell Country Park, 01995} \ 640557$

Barnoldswick – Fernlea Avenue, 01282 666704

Bentham – Town Hall, Station Road, 01524 262549

Clitheroe – Platform Gallery & Visitor Information Centre, Station Rd, 01200 425566

Colne – Boundary Mill Stores, 01282 856186

Garstang – Cherestanc Square, Off Park Hill Road, 01995 602125 Lancaster – The Storey, Meeting House Lane, 01524 582394

Pendle Heritage Centre – Park Hill, Barrowford, 01282 661701

Preston – The Guild Hall, 01772 253731

Settle – Town Hall, 07129 825192

Also visit:

Marketing Lancashire www.visitlancashire.com
Welcome to Yorkshire www.yorkshire.com

Ordnance Survey Map Explorer OL41, Forest of Bowland & Ribblesdale covers this area as well as a Harvey Map: Forest of Bowland for walkers, cyclists and horserider.

Leaflet available in large text format on request.

