

Calder Vale Walk: Bluebells and Woodland Delights

Start Point

★ Calder Vale Village
SD 5329 4583

Distance/Time



2 miles
1 hr

Terrain

Tracks and roads.
Gates

OS Explorer

OL41

'Forest of Bowland and Ribblesdale'

Walk Description

The route may be used by wheeled chairs/pushchairs, although care should be taken with the steep inclines up and down the valley side. Approximately half the route length is over rocky farm track and there are at least two cattle grids to negotiate.

★ From the Post Office, cross the bridge over the river and follow the road left past the long row of cottages, aptly named "Long Row".

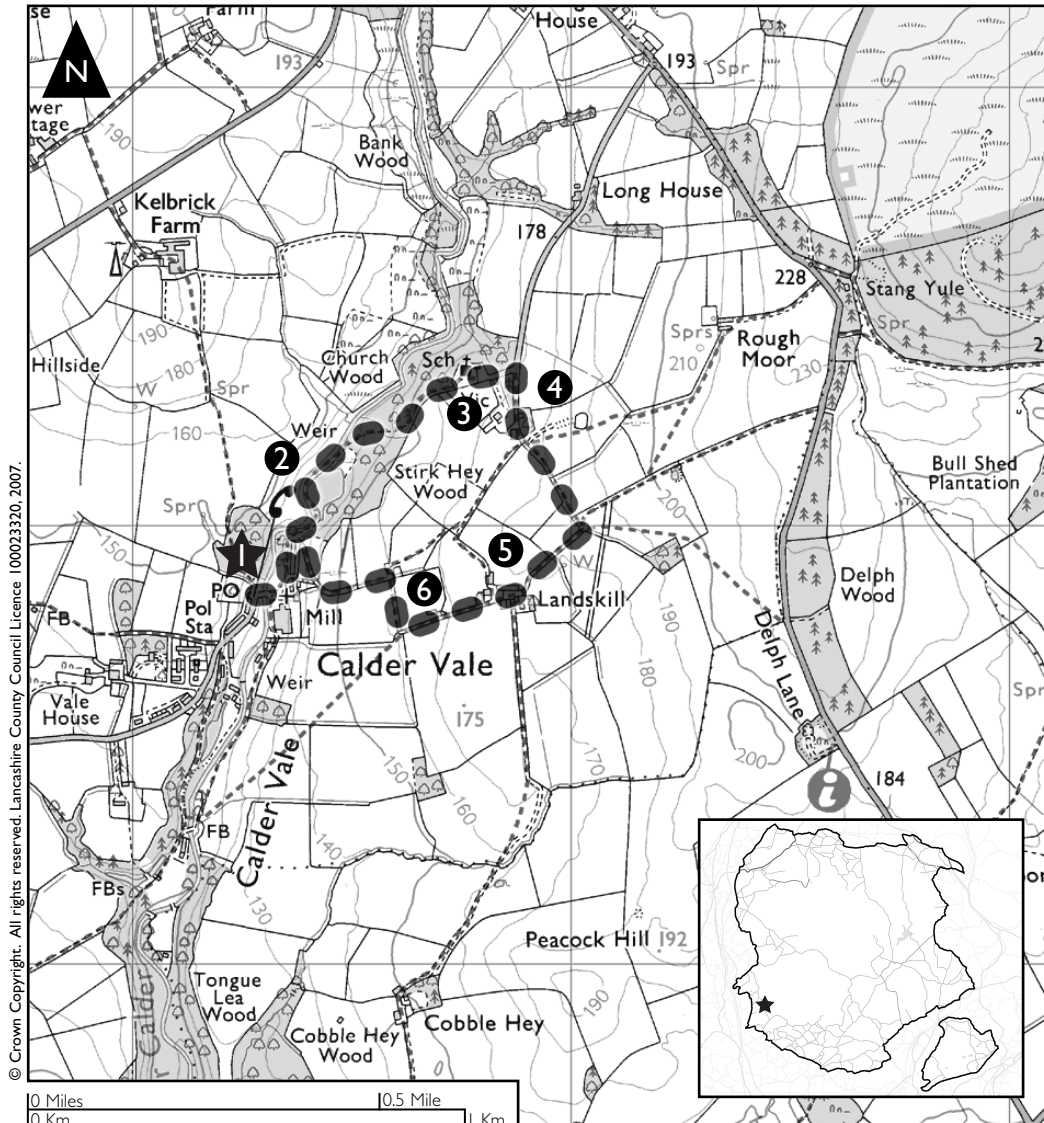
2 Continue through the gate at the end and follow the tarmac path along the river, heading upstream past a mill lodge and eventually going steeply uphill.

3 Arriving at the churchyard, go through a wooden gate and cross the graveyard along the path straight ahead, and out through another wooden gate bringing you into the schoolyard. Carry straight on to a road T-junction.

4 Turn right onto a stone farm track and follow the track through Lower Landskill Farm and bear left, passing through a steel gate. After a gentle rise go over a cattle grid (or through the gate next to the grid); this is the highest point on the walk. Continue on the track, which turns sharply right and heads downhill. After a steel gate you arrive at Landskill Farm.

5 Turn right and cross the farmyard, over the cobbles and out along the concrete track heading downhill, with a view of Blackpool Tower ahead of you in the distance. Take care, as the track surface can be slippery when wet.

6 Where the concrete track splits, turn right and go over another cattle grid (or use adjacent gate). Crossing yet another grid you arrive at Stirk Hey Cottage; turn left and continue downhill until you reach the end of Long Row cottages and rejoin your original route.



© Crown Copyright. All rights reserved. Lancashire County Council Licence 100023320, 2007.



Calder Vale Walk: Bluebells and Woodland Delights

About This Walk

Passing through Calder Vale during summer, you may hear the “screaming” of the swifts, up above in the sky. These remarkable birds have sickle shaped wings and remain in flight for almost the whole of their life; they even sleep whilst flying. The only time they land is to nest and raise their young.

During springtime, the woodland between the village and St John's Church is a carpet of bluebells and spring wildflowers. Typical woodland birds you are likely to see include tits, chaffinch, blackbird, robin and wren.

Every Sunday in May the ladies of Calder Vale run 'bluebell teas': homemade refreshments are available in the village hall, in aid of the church mission hall.

Sustainable Tourism

The Forest of Bowland Area of Outstanding Natural Beauty (AONB) is a protected landscape that has international importance for its heather moorland, blanket bog and rare birds. In 2005 the AONB became the first protected area in England to be awarded the European Charter for Sustainable Tourism in Protected Areas, joining just 30 other areas across Europe. The Charter is awarded to protected areas that are delivering tourism that is both nature and landscape friendly and which contributes to the economic development of the region. The Charter approach ensures that organisations, local people and businesses are working together to protect the area, whilst at the same time increasing opportunities for visitors to discover and enjoy its special qualities.

You can contribute to sustainable tourism by:

- Leaving the car at home and using public transport instead
- Purchasing local products, including food and drink
- Making a donation to the Bowland Tourism Environment Fund through donation boxes at participating businesses in the area

Countryside / Moorland Code



From a gentle stroll or relaxing picnic, to a long-distance walk or heart-pumping adventure, the countryside provides every opportunity for enjoyment and relaxation. If you follow the Countryside Code wherever you go, you'll get the best enjoyment possible and you'll help to protect our open spaces now and for future generations.

1. Be safe - plan ahead and follow any signs
2. Leave gates and property as you find them
3. Protect plants and animals, and take your litter home
4. Keep dogs under close control
5. Consider other people
6. Prevent uncontrolled moorland fires

Safety

If you are going for a walk, it is strongly recommended that you:

- Dress appropriately - avoid wearing denim and any other clothing, which doesn't dry quickly. It is better to wear lots of lighter layers, which can be easily removed or added. Sturdy footwear and waterproofs are also a must
- Carry the right equipment - including an Ordnance Survey Map (OS Explorer OL41); compass; small first aid kit; high energy snack; something to drink; mobile phone (be aware that coverage can be patchy); whistle
- Always let someone know where you're going and what time you expect to be back
- Do not take any unnecessary risks.

If you are in difficulty or see someone in difficulty, please dial **999** and ask for **Mountain Rescue**

To report any other incident contact:

- **Countryside Service** - **01772 534 709**, open 9am-5pm, Monday to Friday
- **Lancashire Constabulary** - **0845 1 25 35 45** or **999** for emergencies