

WALKING IN LANCASHIRE

40 walks throughout the county including the Forest of Bowland and Ribble Valley

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This guidebook provides 40 day walks in Lancashire, exploring the often-overlooked Forest of Bowland, Ribble Valley and West Pennine Moors. These areas are all easily accessible from Preston, Blackburn, Burnley, Lancaster and Clitheroe. With walks ranging from low-level valley trails to higher hill routes, this guidebook offers plenty of options for active families and committed hikers alike and is a suitable guide for year-round walking.

Lancashire showcases some of the most varied walking in the UK. The area features the wide expanse of Morecambe Bay, the Forest of Bowland AONB and limestone fringes of the Yorkshire Dales. These walks travel along green valleys, gritstone moors and untamed hillsides to explore remnants of Lancashire's rich history: the War of the Roses, the Pendle witch trials and the industrial heritage of the West Pennine Moors.

Featuring detailed route description and clear OS mapping for all 40 walks, this guidebook also provides an introduction full of information about accommodation, transport and access. The appendices include a route summary table to help walkers plan their days out, while each walk offers notes on wildlife, history, geology and available refreshments.

Key marketing points

- Author is a previous editor of Country Walking magazine, now living in Lancashire
- Replacement book for the popular volume written by the late Mary Welsh

About the author

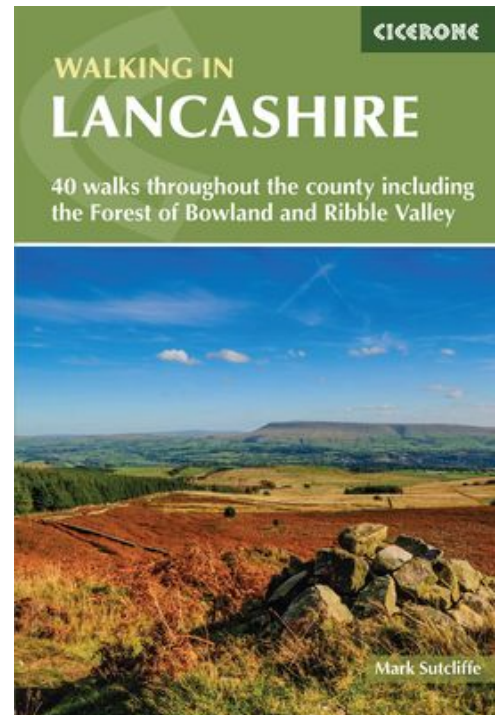
An experienced outdoor writer and editor, Mark Sutcliffe is a former editor of Country Walking and Lakeland Walker magazines. He is an occasional contributor to some of the UK's leading outdoor magazines including Countryfile, Landscape and Trail. Mark has in-depth knowledge of the Forest of Bowland, where he spends much of his spare time hiking, bird watching and taking pictures. In 2016 he completed the Yorkshire Three Peaks Challenge, raising funds for dementia research.

Related books

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