

WALKING IN THE FOREST OF BOWLAND AND PENDLE

40 walks in Lancashire's Area of Outstanding Natural Beauty

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Lancashire boasts two sizeable areas that have been designated as Areas of Outstanding Natural Beauty. The larger is the Forest of Bowland, with an area of 310 square miles (800 sq km), and this, plus and the - bewitching- countryside of Pendle to the south, is the region covered in this book.

Here you find vastly differing terrain from the lush farmlands of the Ribble Valley to the more rugged rough pastures of the Forest of Bowland uplands and the huge boggy uplifts of the main Bowland massif itself. It's all wonderfully wild walking country.

The book contains 40 diverse circular walks which can be undertaken by walkers with navigational skills. For summit-baggers, there are four - Marilyn's- included in the walks – Ward-s Stone, Pendle Hill, Longridge Fell and Fair Snape Fell. And all the walks are punctuated with snippets of information on the natural and cultural history of the region, from witches to wildflowers.

Key marketing points

- Forty walks throughout the best of Lancashire's wilder countryside
- Detailed information on making the most of your walks
- Outstanding colour photography
- Walks are suitable for most abilities

About the author

Terry Marsh specialises in the outdoors, the countryside, walking and travel worldwide. He is author of 40+ books including the award-winning Cicerone guides to the Northern Coast to Coast Walk (1994 and 2003) and the Shropshire Way (1999), and guides to the Pennine Way, the Dales Way, the Severn Way and the West Highland Way.

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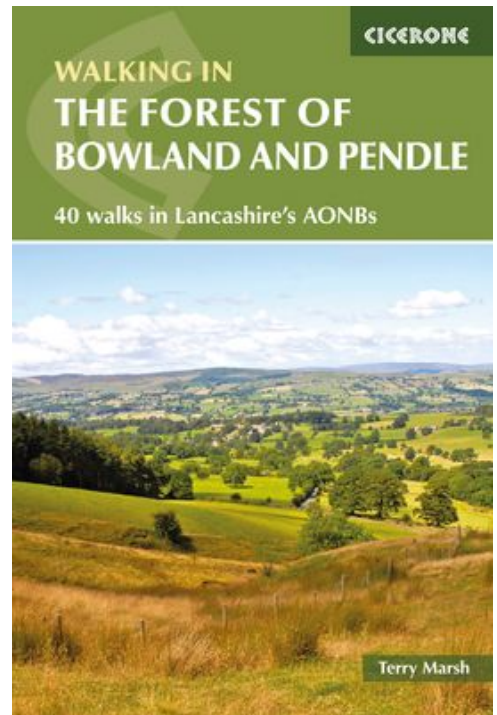
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