

# Calder Vale Walk: Cobble Hey Legstretcher

## Start Point

Cobble Hey Farm & Gardens

SD 536 449



## Distance/Time

3 Miles

1.5 hrs



## Terrain

Tracks and fields. Gates. Can be wet underfoot.

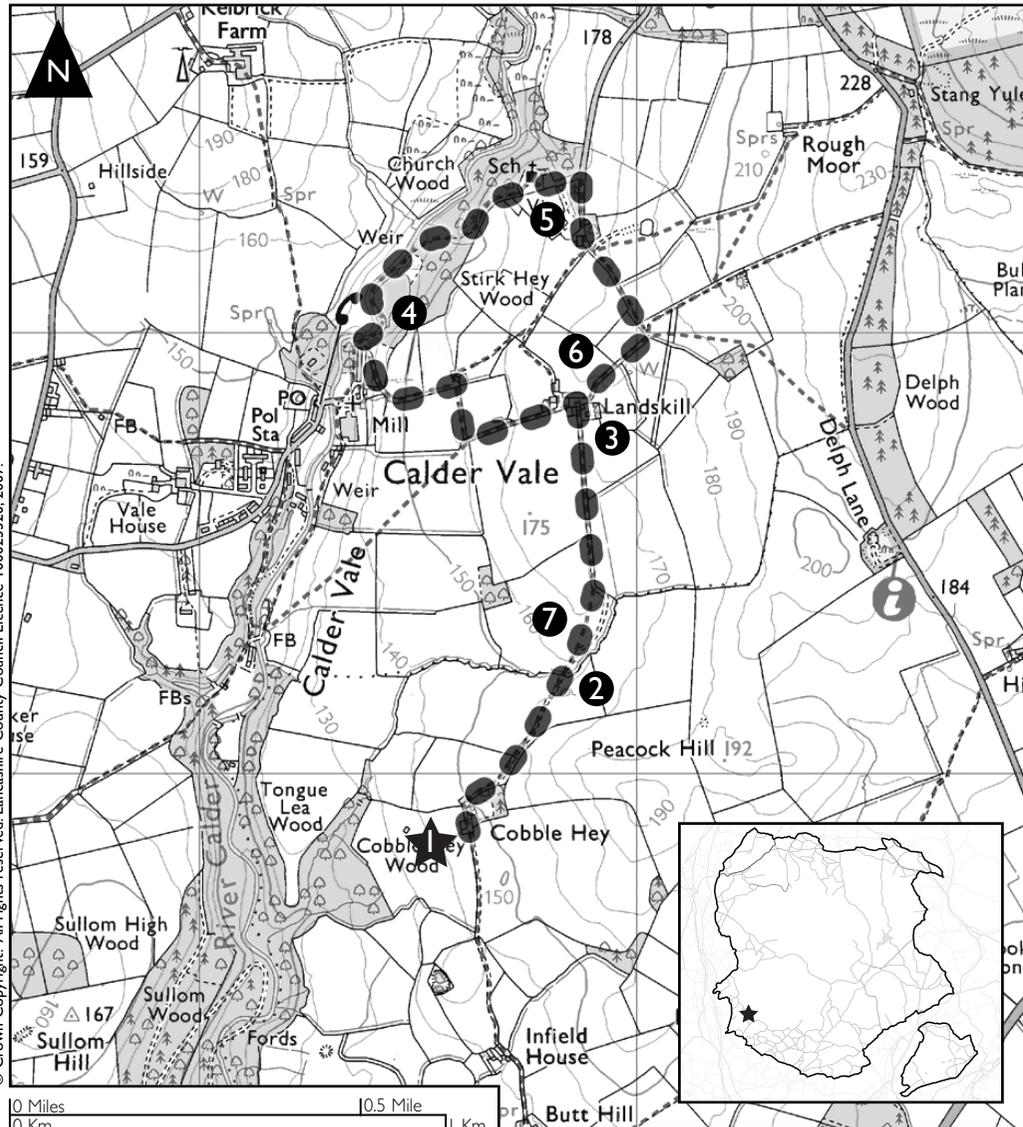
## OS Explorer

OL41

'Forest of Bowland and Ribblesdale'

## Walk Description

This route is waymarked with a green disc labelled 'Calder Vale Walk Green 2'.



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Head north from the cobble yard of Cobble Hey. Just past the farmhouse turn right through a gate and go past the animal pens and children's play area to another gate. Continue through the field bearing slightly left of the wall on the right. The field dips by a stream where there is a gate, head for the gate.

After the gate, climb the field straight ahead, keeping the fence on the left, follow this to and through the next gate. Follow the fence on the right as it bends round to another gate at the start of a hedge-lined track.

Enter Higher Landskill farmyard and turn left just beyond the farmhouse and follow the farm road to Calder Vale.

As you approach the village the track passes along the back of a row of cottages, 'Long Row'. At the end, take the footpath through the woodland up to St John's Church.

Continue straight ahead through the churchyard and school playground. At the road junction turn right. The track passes through Lower Landskill Farm. Continue along the track, following it round to the right, down to Higher Landskill Farm.

At Higher Landskill turn left at the end of the first building on the left and walk between the buildings and farmhouse. Pass through the gate and rejoin the hedged track used on the outward journey. Follow the track to a gate into the field. Pass through and follow the left hand fence around to the left and pass through another gate. Turn right keeping the fence on the right until you reach a gate and pass through.

Continue straight ahead up through the field, heading for Cobble Hey farmyard.



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## About This Walk

Cobble Hey has been a working hill farm for more than 150 years, and still farms sheep and beef cattle. The gardens were opened to the public in 2002. The farm is also a haven for breeding wading birds. During the springtime lapwing, curlew and redshank regularly raise their young on the surrounding fields.

Part of the route follows a series of stone waymarkers depicting wildlife of the Forest of Bowland. Members of the public attended a stone carving workshop to produce these beautiful pieces of art.

St John's Church serves the village of Calder Vale, the hamlet of Oakencrough and the surrounding countryside. Local philanthropist and owner of the Bleasdale estate, William James Garnett donated the land for the church and the adjoining school in 1860. The foundation stone was laid in 1861, and the completed church was consecrated in August 1863. The church is built of white freestone quarried locally.

## 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