

Riverside Walk

Start Point

Bull Beck Picnic site on A683

★ SD 541 649

Distance/Time



5 Miles

2 Hrs

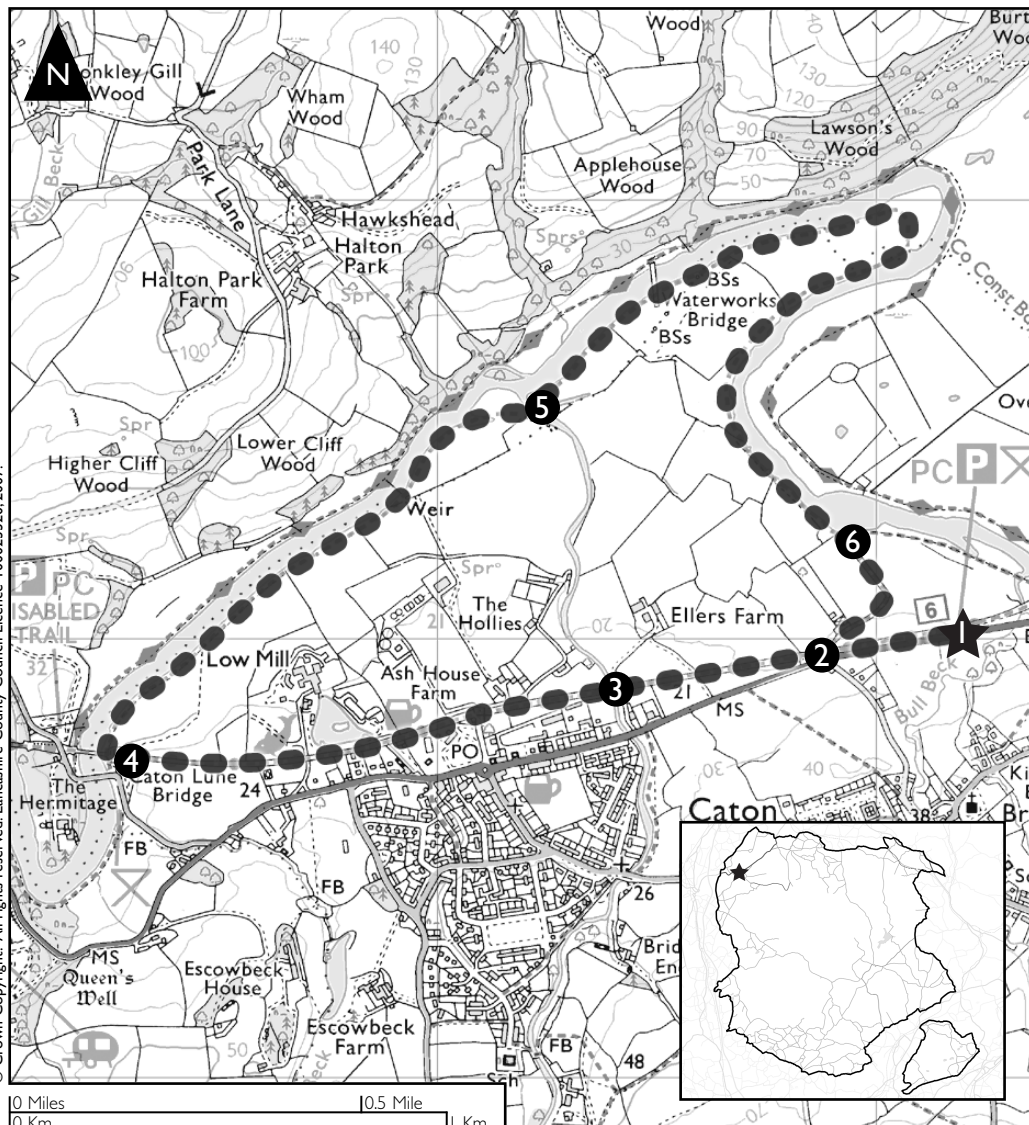
Terrain

Roads, tracks and fields. Can be wet underfoot.

OS Explorer

OL41

'Forest of Bowland and Ribblesdale'



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Walk Description

The route follows the tarmac surfaced Lune Millennium Park pathway to the Crook O'Lune picnic area, then back to Bull Beck along the bank of the River Lune over reasonably flat grazed pastures (which may be damp at times and are susceptible to flooding after heavy rainfall).

- ★ **1** Park at Bull Beck Picnic site, just north east of Caton on the A683. Cross the A683 and join the Lune Millennium Park pathway, heading left. The hawthorn hedges beside the track have been traditionally 'laid' to provide a durable stock barrier and an excellent habitat for many birds.
- 2** Follow this path for 1 mile crossing a bridge over Artle Beck. Nearby you will see a stone carving by the artist Colin Wilbourn.
- 3** Cross a private road (taking the road to the left would take you into the centre of Caton village) and continue along the Lune Millennium Park pathway towards the Crook O'Lune. Just before the river take a small path down to the left.
- 4** Go through the gate and take the small path down to the river. Cross over a wooden footbridge and follow the path round to your right underneath the old railway bridge, and over a second footbridge. Then follow the river upstream along the riverbank. In summer, rosebay willow herb (the 'railway weed') and the great hairy willow herb dominate the old railway banks.
- 5** Cross Artle Beck using the new footbridge, put in to replace the stepping-stones. Do not cross the large British Waterways bridge in front of you, but carry on along the riverbank looking up at the windmills on Caton Moor. Continue along the riverbank footpath, round the meander.
- 6** On reaching a track, leave the river, pass a house on the right and turn left, rejoining the Lune Millennium Park pathway. Follow this tarmac path back along to the Bull Beck Picnic site.

An interesting detour here is the Crook O'Lune picnic site. Stay on the track over the old railway bridge and up the ramp to your right. Toilets and refreshments are available and the view from the picnic site is splendid. On clear days, you can see the flat-topped hill of Ingleborough in the distance.



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About This Walk

Caton and Brookhouse are situated on the north-facing slope of the Lune Valley. The villages lie in a scenic area near the celebrated Crook O'Lune - painted by Turner, praised by the poets Thomas Gray and William Wordsworth, and admired by Queen Victoria.

Caton-with-Littledale Parish contains a wide range of habitats, which are home to a variety of special birds, including the rare hen harrier, the symbol of the Forest of Bowland AONB.

Birds to look out for include:

- The kingfisher. If you are very lucky, you may be able to observe the kingfisher perched, waiting motionless ready to plunge into the water if a small fish swims close.
- Sand Martins. A large colony of these birds use the sandy banks of the River Lune to nest in summer.
- Oystercatchers, which can be seen guarding their nests on the shingle beaches during summer months.
- Goosanders, which are regular visitors to this part of the river, along with swans and numerous types of ducks and geese.

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