

Ideas for car free days out

Cobble Hey Trail

Take a leisurely stroll down the track from the cottage to Cobble Hey Farm and Gardens. (Use the printed walk in the Visitor Information file entitled 'Broadgate/Landskill/Cobble Hey Trails', starting the walk at point 9 on the trail).

On the way take time out to use the bird hide to spot wading birds, such as lapwing, snipe, curlew and redshank and local wildlife, such as brown hares, pheasants and partridge. Make a note of the wildlife that you spot and record it in the nature diary when you return to the cottage.

When you reach Cobble Hey there is a play area where the children can have fun, have a look at the rare breed animals, wander around the beautiful, tranquil gardens, browse around the unusual gifts in the small gift shop, enjoy fine, locally produced food in the traditional tea room.

When you are ready to leave Cobble Hey follow the printed walk (points 1 to 9) to complete the Cobble Hey via Landskill circular walk, 4km in total. This will take you up Peacock Hill following the lapwing wooden way markers. There are spectacular 360 degree views from the top of the hill.

The walk then continues across the fields to Delph Lane. Go through the metal gate and head diagonally down across the field following the footpath sign to Calder Vale and St John's Church. Follow the path down to the farm track and turn left to head back to Higher Landskill Farm and Caldertop Cottage.

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Garstang

Walk down to Calder Vale Village (10 minute walk approximately) and catch the Super 8 bus to Garstang - there is a bus stop outside the Methodist Chapel. The bus leaves at 9:00am and 11:35am. The bus is a low floor, easy access minibus with space on board for buggies or a wheelchair. It also has a cycle rack with capacity for two bikes.

The journey to Garstang takes approximately 15 minutes.

Garstang is a small and friendly market town covered in history. It is perfect for relaxed shopping trips, lazy picnics, teashop treats and traditional pub lunches. Every Thursday the town is busy with the hustle and bustle of market day, dating back to 1310 and it still has many stalls taking over High Street.

Garstang also has an excellent record in Britain in Bloom winning 16 national awards to date and the Bloomers even reached the European finals in August 2008.

There is an attractive riverside picnic area on the banks of the River Wyre next to the High Street car park, which gives lovely views of the castle, and Forest of Bowland. The riverside trail runs from the main car park through to the Millennium Green and allows for lovely views of the Bowland Fells. The Millennium Green is an area of rural open space along the River Wyre owned and managed by the Garstang Millennium Green Trust. It has level surfaced paths and sculptures as well as areas of long grass managed for wild flowers.

The Garstang Heritage Trail follows the history of the town. This leaflet will guide you along the route of Garstang's past, via the many historic buildings and landmarks that remain today. There are three options for walks (shown on the map in different colours), varying in distance, all starting from the Old Council Offices.

The bus leaves Garstang at 2:30pm for the return journey to Calder Vale.