


Calder Vale Walk: Water of the Fylde

Start Point

Calderbank
Country Lodge,
Oakenclough
★ SD 538 475

Distance/Time

5.5 miles
3 hrs



Terrain

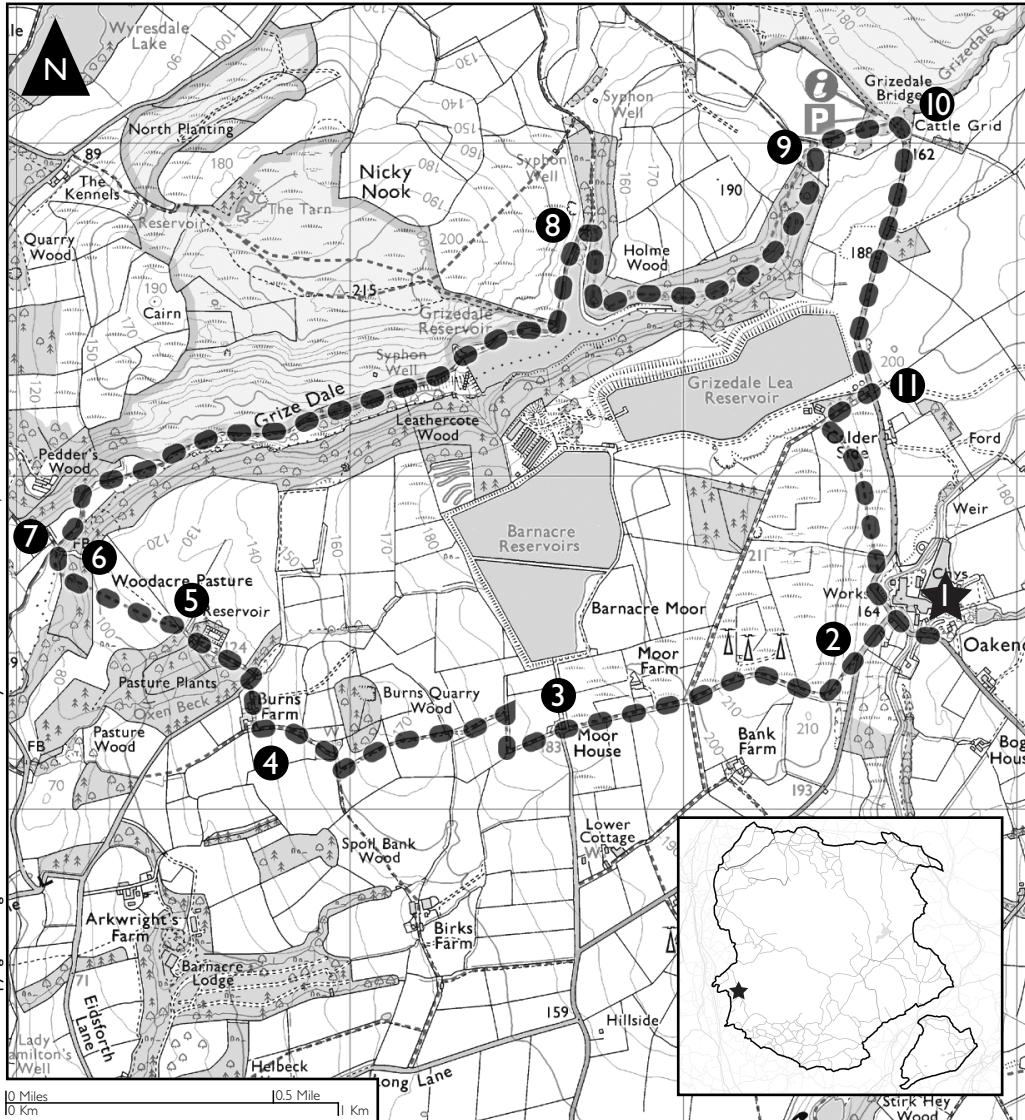
Tracks, fields and roads. Gates and some stiles. Steep sections and can be wet underfoot.

OS Explorer

OL41
'Forest of Bowland and Ribblesdale'

Walk Description

- This route is waymarked with a blue disc labelled 'Calder Vale Walk Blue 1'.
- ★ Turn right out of Calderbank Lodge along the road to a T-junction. Turn left up hill for 300m and take the grassy track on the right.
 - 2 Continue uphill, passing the track to the aerial masts and wireless station on the right, and down to a track crossroads. Continue straight on to Moor House. Walk across the front of the house and along a hedge lined track.
 - 3 The track bends right and then left before reaching a gate by a stream. Continue straight on keeping the hedge on your right to a gate onto a stone track. Go down into Burns farmyard.
 - 4 At the yard turn right, past the farmhouse and buildings. Turn right onto the lane then left shortly after. Go straight on, past the covered reservoir and over a stile at the edge of a wood.
 - 5 Cross the field to a kissing gate at the edge of the next wood.
 - 6 Follow the path straight down the steep bank and cross the footbridge.
 - 7 Turn right and follow the track up the Grizedale Valley.
 - 8 At the end of the reservoir go through the kissing gate on the right and take the concessionary path all the way through Holme Wood.
 - 9 At the end of the wood head towards the sheepfold and pass through and continue to the road.
 - 10 Turn right over Grizedale Bridge and follow the road up to Grizedale Lea Reservoir.
 - 11 Just past the entrance to the reservoir take the footpath on the right. Follow this path for 50m, then turn left and go through the fields along the bottom of the slope to the road. Turn right and follow the road downhill back to Calderbank Lodge.



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About This Walk

Grizedale Valley is wooded for most of its length and supports an impressive range of woodland birds. In addition to the more common species, woodpeckers – greater spotted (and occasionally green) – can be seen, as well as summer migrants such as blackcaps, willow warblers, chiffchaffs, whitethroats and garden warblers. Buzzards often soar along the ridge of the adjacent hill, Nicky Nook.

Towards the top of the valley is Grizedale Reservoir, constructed 1861-63 by the original Fylde Water Board. Demand soon outstripped supply, leading to the creation of three further reservoirs to the east, up beyond the tree line. These reservoirs – Barnacre East, Barnacre West and Grizedale Lea now help to supply drinking water to the Fylde area. Grizedale Reservoir itself is no longer used for drinking water, except in times of drought when its water is pumped to top-up the upper reservoirs.

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