



ECONOMIC PARTNERSHIP







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walking section.

To assist navigation the route is "whey" marked the "Crumbly Lancashire Cheese Trail". A more detailed route description can be found on www.forestofbowland.com, look for the

Half way round, and just a little way off the canal on Ray Lane, lies the Kenlis Arms, or before leaving the canal, walk a few extra metres to the historic Th'Owd Tithe Barn.

Try the Puchbowl Inn and Horns Inn at Churchtown at the start or end of this walk. Half way round and just a little way off the canal on Ray I and

Lancashire cheese dishes.

Garstang is a town full of good quality shops, teashops and pubs where you can sample and buy Lancashire cheese. This walk also passes close to several pubs which offer excellent meals and refreshments, so please ask to see their



during working hours.

The Crumbly Lancashire Cheese Trail is south of the picturesque market town of Garstang with a start in the village of Churchtown and it follows the line of both the River Wyre and the historic canal. The route circumnavigates Dew Lay, the largest of the Lancashire cheese makers, which has a small factory shop, open

A six mile route using footpaths, tracks, the canal towpath and a little road walking.

CRUMBLY LANCASHIRE CHEESE TRAIL

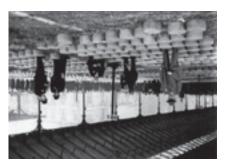


Stone cheese presses were once an integral part of the Lancashire cheese making process. More than 300 cheese stones can still be found in the Lancashire landscape, often lying close to the farm where they were originally used.

CHEESE SLONES

In 1892 Joseph Gornall, a County Council employee, invented a patented Theese-maker which helped standardise the method of making Lancashire cheese. These techniques have been used for Lancashire cheese to the present day, helping to protect and maintain the quality and heritage of this distinctive local product.

Around the I790s the Lancashire tradition of cheesemaking began to resemble the Tasty Lancashire of today. The method involved breaking the curd and blending it with curds from the previous day's milking. The mixed curds were pressed using a stone cheese press, turned, clothed and salted to make a cheese. The unique method of mixing curds gives The unique method of mixing curds gives



Cheesemaking can be traced back as far as the 12th century when in 1199 King John granted Preston a Royal Charter to host an annual cheese fair. By the 1300s records show Lancashire cheese being shipped to London from Liverpool.



Bowland itself derives from the Norse "Bu land" meaning cattle land. Once a royal hunting ground it is now a paradise for walkers and cyclists.

Lancashire cheesemaking country is renowned for its rich grassland which leads to high quality milk and inevitably cheese. The Lancashire cheesemakers are all located within a few square miles on the edge of the Forest of Bowland Area of Outstanding Natural Beauty, and the history of cheesemaking in the area can be traced back through the ages.

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CRUMBLY LANCASHIRE

Crumbly Lancashire is the most recent addition to the family of Lancashire cheeses. It was created in the 1960's as a lighter more acidic cheese and, unlike Creamy and Tasty, is made from the curds of one day's milking.

Crumbly Lancashire has a huge following in parts of Lancashire and particularly Manchester. Its mild and tangy flavour makes it ideal to eat with fruit cake, a crisp apple or crumbled in a salad, where it can be a bright British alternative to feta.

CRUMBLY LANCASHIRE CHEESE TRAIL

Crumbly Lancashire Cheese & Roast Root Vegetable Salad (Serves four)



Preparation time: 20 minutes Cooking time: 45 minutes

- 220g Crumbly Lancashire Cheese
- 3lb selection of root vegetables
- 3 red onions
- 2 tbsp olive oil
- Salt & pepper
- Few sprigs of fresh thyme

METHOD

- 1. Preheat the oven to 200C / 400F / gas mark 6.
- 2. Peel the vegetables and cut into approximately 1 inch chunks. If using pumpkin or butternut squash, cut these into slightly larger chunks as they cook more quickly. Peel the onions, leaving the root intact. Cut into quarters, lengthways through the root.
- 3. Put all the vegetables into a large roasting tin, drizzle over the oil and toss together. Season and scatter the thyme over the top.
- 4. Roast in the oven for 30 minutes, turning the vegetables once during cooking.
- 5. Break the Crumbly Lancashire into small chunks and add to the vegetables.
- 6. Return to the oven and cook a further 10-15 minutes. When the vegetables are golden and the cheese is soft, remove from the oven & serve.

SERVE

As a roasted vegetable or with salad leaves.



Lancashire is the only county to have its name linked with three types of cheese...

Creamy, Crumbly & Tasty Lancashire

Garstang & Churchtown - This walk explores the area around Lancashire's artisan cheesemakers, known as "the Lancashire milk fields"

LANCASHIRE CHEESE@MAKERS

LANCASHIRE CHEESE MAKERS ASSOCIATION

There are 7 Lancashire Cheese Makers all situated within a 10 mile radius in and around the Forest of Bowland Area of Outstanding Natural Beauty. All 7 cheese makers make Lancashire Cheese in the traditional method using Lancashire milk. In most cases they are family businesses and are 2nd, 3rd and 4th generation.

Butlers Farmhouse Cheeses



The Butler family first began making farmhouse cheese in 1932. Run by the third generation of Butlers, the company has become one of the best known names among Lancashire cheese. Based on recipes handed down through the family, Butlers Farmhouse Cheeses are made from milk sourced from local farms and all cheeses continue to be made and turned by hand.

Dew-Lay



Established in 1957 by George Kenyon and now run by his sons Neil and John, Dew-Lay has won many accolades for its fine cheese, including the 2005 Supreme Champion title in the North West Food Producer of the Year Awards for their Garstang Blue Lancashire. This amazing cheese has a soft, delicate flavour and smooth, creamy texture.

Greenfields Dairy



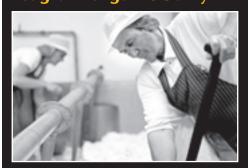
The Procter family – Peter, his wife Grace and their son Steven – combine the cheese-making expertise from two Lancashire farming families. They produce a wide range of cheeses from Greenfields Dairy including several distinctly flavoured cheeses including a Lancashire Creamy with Black Pepper.

Mrs Kirkhams



Mrs Kirkhams have been making cheese on their farm for more than 30 years. Using only unpasteurised milk from their own herd, this unique cheese is made by blending curd from 6 milkings and maturing in cloth for up to 6 months. Each evening, without fail, Ruth Kirkham still makes the all-important culture using the heat from the dying embers of the farmhouse kitchen fire.

Leagram Organic Dairy



Owner Bob Kitching has spent 30 years making Lancashire Cheese and is now based near the picturesque village of Chipping. A passionate exponent of artisan cheese-making, Bob Kitching produces a range of cheese using milk sourced from herds run on organic farms close to the dairy. Leagram's range includes all 3 styles of Lancashire.

JJ Sandham Ltd



Founded in 1929 by John James Sandham, cheese produced by Sandhams stays true to its original recipe. Now in the hands of Chris Sandham, grandson of the company's founder, cheese is still produced from the site where Chris' great grandfather first built the family house in 1894. JJ Sandham's range of hand made cheese includes the delicious smoked Lancashire.

Singleton's Dairy



With the reputation for producing the strongest tasting of the county's cheeses, Singleton's Dairy began making cheese on their farm near Beacon Fell over 80 years ago. Their range includes the famous Beacon Fell Traditional Lancashire which has EU protection. Bill Riding is the fourth generation of cheese makers in the family, collecting many major awards including the Queen's Award for Enterprise.

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Start Point: The Punch Bowl Inn, Churchtown, Nr Garstang SD 4014 4291 **Distance/Time:** 6 miles/3hrs

Terrain: Roads, lanes, tracks, fields

OS Explorer: OL41 Forest of Bowland and Ribblesdale

Walk description

- From the Punch Bowl Inn head south down Church Street, through the field gate into St Helen's church yard and out onto the embankment. Cross the River Wyre on the suspension bridge and then cross the stile ahead.
- 2 Pass through a squeeze stile next to a cattle grid and turn left, passing through a field gate and follow the track.
- On reaching "Old Lancaster Rd" turn right. After 115m turn left and onto the pavement of the A6. Cross the A6 with care. Walk down 'Tan Yard Road' away from the A6 for approx 250m.
- Turn left onto footpath just before "works yard". After about 120m turn right (near telegraph pole) and follow path along fence line and buildings. On reaching Catterall Village Playing Fields, follow the tarmac path past the village hall up the steps out to the road.
- Turn left and cross the road bridge (there is no pavement here, so be very careful of traffic) turning immediately right and over stile onto the footpath. Follow path straight ahead, keeping hedge to left.
- 6 Out onto a track and turn right and down to Sturzaker House. On reaching the cottages take the track to your left towards the canal. Just before the bridge over the canal, turn right through the gate and pass down onto the towpath of the canal.
- 7 Turn left under the canal bridge and follow the Canal (north) for approx 2 miles (3.3km).
- (8) Shortly after crossing the 'Wyre Aqueduct' pass through a double set of gates on your left, into the school playing field. Follow path straight ahead to the far side of the playing field. Out through a kissing gate and continue straight across field. Through a kissing gate and continue straight across the field to a small bridge over a ditch. Continue straight ahead (with the river on your left). As the river starts to bear left a finger post should point the diagonal route of the path across the field.
- Pass over the small ditch and up the steep embankment to the gate onto the A6. Cross over the A6 with care and turn left and walk along A6 towards Cross House Farm.
- 10 Just past the farm buildings turn right along the farm track and continue past the rear
- When the track bears sharp left (back towards the A6) there will be a gate on your right. Pass through this gate and walk across the field, heading towards Kirkland Hall amongst the trees. Cross the stile and bear right through a field gate and follow the track.
- On reaching the building turn right and follow track, which bears left in front of a farmhouse, keep to the track. Once past all the buildings bear left along a tree-lined track and follow this out to the main A586 road.
- Cross the road with care, and turn Left and walk into Churchtown village via Ainspool Lane.

For more information about Lancashire cheese visit:

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