

## **Crumbly, creamy or tasty**

A self guided walk around the Lancashire milk fields near Preston



Explore the tranquil home of a busy dairy industry

Discover how Lancashire cheese is made

Find out how farming methods have evolved and adapted

See how the landscape is shaped by political and economic forces

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*the stories of our landscapes  
discovered through walks*





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Cover image: Cattle grazing in fields near Inglewhite © Mike Jackson

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# Crumbly, creamy or tasty

## Explore the milk fields of Lancashire

Just to the north of Preston lies an area of small fields divided by hedges that were laid out over 400 years ago. Crops grew here until dairy farming took over in the nineteenth century to meet the demand for milk from Lancashire's growing industrial towns.

Dairy farming methods have changed a lot since then. Technology, economics and politics have all played a part.

Discover how this landscape is still changing as some farms strive for efficiency by becoming bigger while others stay small and specialised.



A selection of Lancashire cheese on sale  
© Mike Jackson



Holstein-Friesian cow  
© Mike Jackson

A handful of traditional cheese makers can also be found here. Find out how they make crumbly, creamy and tasty Lancashire cheese and why it is so different from other types. Learn why these cheeses almost disappeared during the Second World War but later gained European protection.

This walk through the Lancashire milk fields is about the cows that produce our milk, the farmers who look after them and the traditional Lancashire cheese makers.

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## Practical information

|                                 |  |
|---------------------------------|--|
| <b>Location</b>                 | Inglewhite, Lancashire, Northwest England  |
| <b>Getting there</b>            | <p><b>Train</b> - The nearest station is Preston (7½ miles away). Preston station is on the West Coast Main Line. Direct destinations include; London Euston, Manchester Piccadilly, Liverpool, York, Birmingham, Edinburgh and Glasgow.</p> <p><b>Bus</b> - No buses serve Inglewhite village. The nearest buses are 2½ miles away on the A6 at Bilsborrow. These can be reached from Preston, Garstang and Lancaster.</p> <p><b>Car</b> - Inglewhite is located 3 miles east of the village of Bilsborrow which is on the A6 between Preston and Lancaster. Access via the A6 and M6 Junction 32. Parking is available in Inglewhite in roadside lay-bys.</p> <p><b>Bicycle</b> - Inglewhite is on National Cycle Route Number 6 (Preston to Kendal)</p> |
| <b>Start &amp; finish point</b> | The Green Man, Inglewhite, PR3 2LP   |
| <b>Distance</b>                 | 6 miles  |
| <b>Level</b>                    | Gentle – a rural walk through fields and quiet lanes ( <b>see Conditions</b> )   |
| <b>Terrain</b>                  | A mixture of rural lanes, tracks and across fields. The fields can be very muddy, especially after rain, so wear sturdy shoes.   |
| <b>Conditions</b>               | Though a gentle route there are 25 stiles to cross along the way so the walk is unsuitable for pushchairs, wheelchairs and those with mobility issues.   |

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### Suitable for

**Families** – Be careful for traffic along the lanes

**Dogs** - Must be kept on a lead and under tight control

### Refreshments

Two pubs on the route serve food. **The Green Man** in Inglewhite (start and end of the route) and **Ye Horns Inn** (Stop 14) half way round the walk. Alternatively you may like to prepare a picnic.

### Toilets

There are no public toilets along the route. Customers can use the facilities in the pubs.

### Other information

The route is 'Whey marked' as the Tasty Lancashire Cheese Trail. Look out for the yellow markers.

The walk is best in the summer when you can see cows grazing. Cows are likely to be in the pastures between May and September. Do not disturb them and keep dogs under tight control.

### Places to visit

The walk passes **Mrs Kirkham's** (Stop 16), a dairy farm that makes traditional Lancashire Cheese. Ask at the office and they are normally happy to show visitors round the dairy.

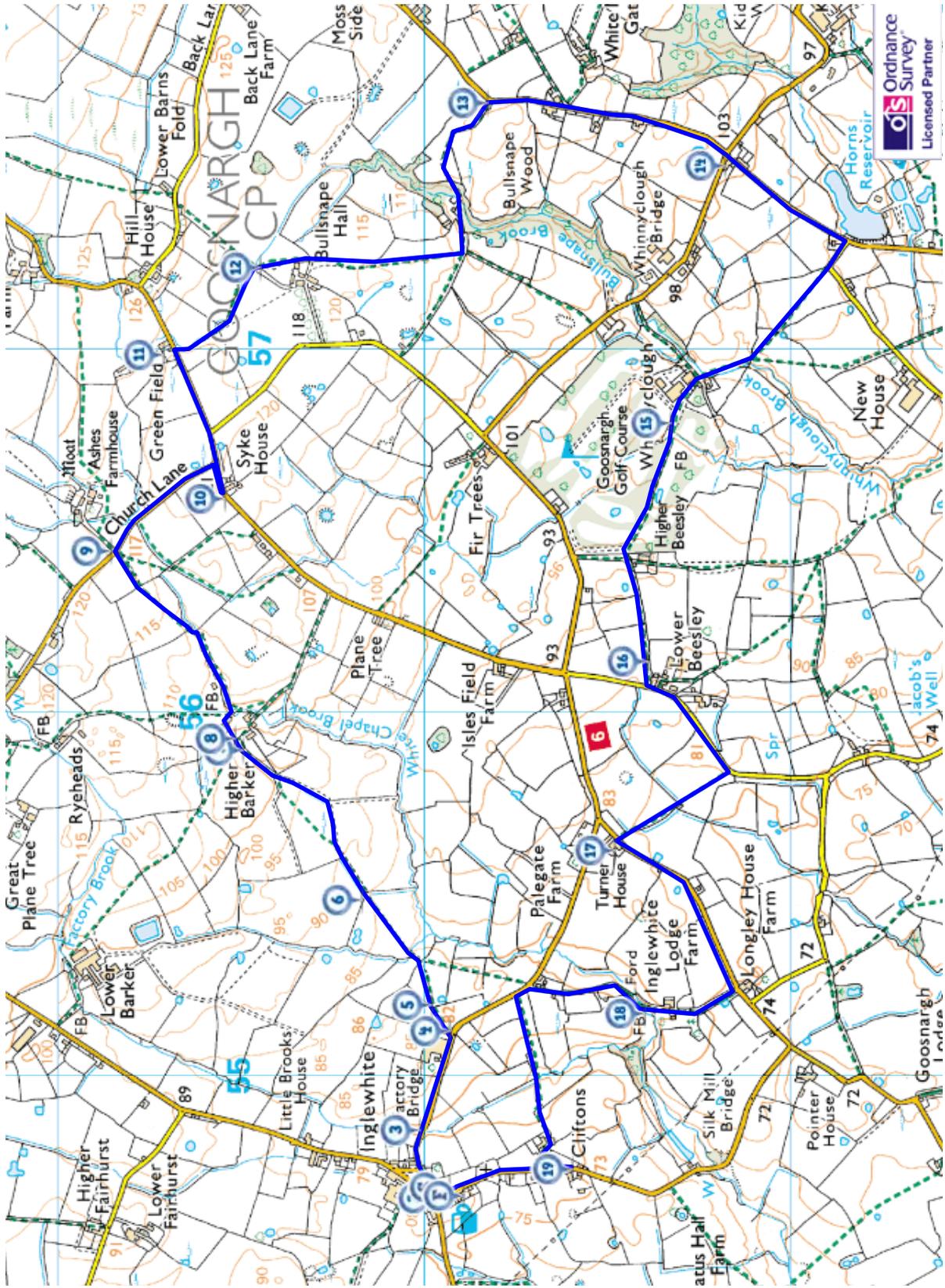
At **Dewlay Cheese Shop** you can see traditional cheese making. Located 5 miles from Inglewhite at Garstang Bypass Road, Garstang PR3 0PR. Tel: 01995 602335 Web: [www.dewlay.com](http://www.dewlay.com)

**Beacon Fell Country Park** (viewed at Stop 9) is 300 acres of open access countryside home to many species of wildlife and a range of outdoor activities. Free entry all year. Tel: 01995 640557

### Visitor information

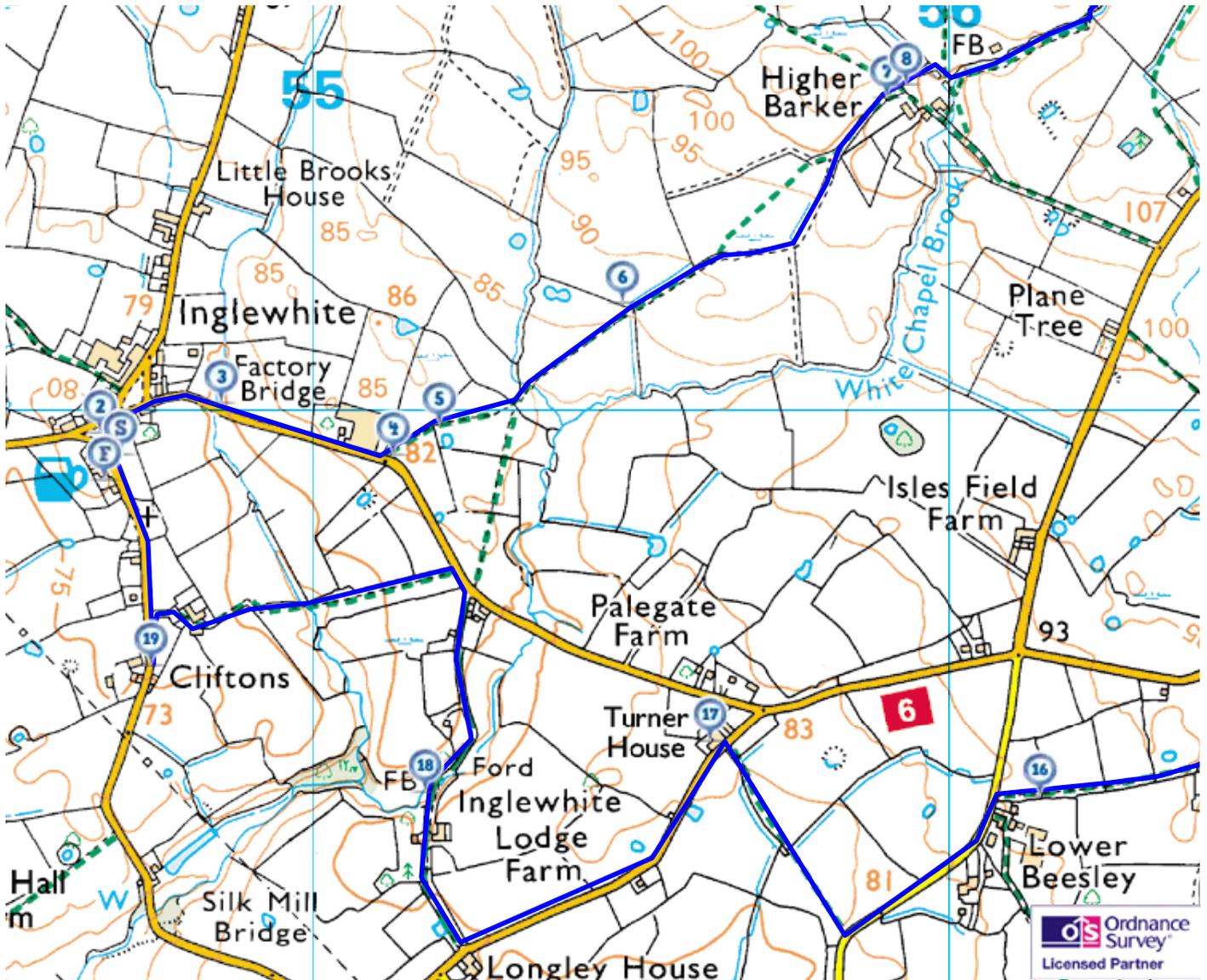
Nearest is **Preston Visitor Information Centre**, The Guildhall, Lancaster Road, Preston PR1 1HT. Email: [tourism@preston.gov.uk](mailto:tourism@preston.gov.uk) Tel: 01772 253731

# Route overview



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## Start and end of the route

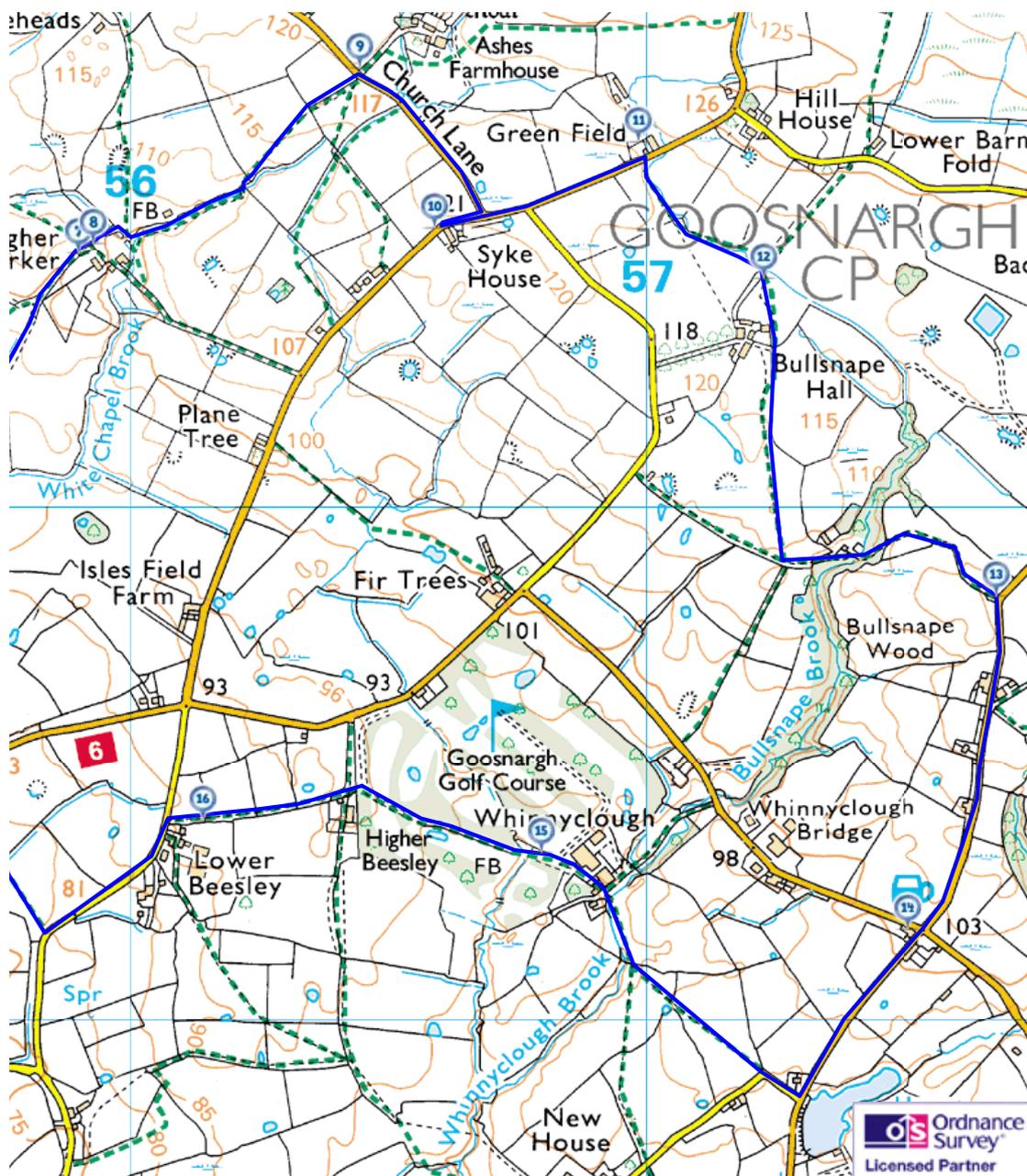


### Stopping points

- |  |  |
|--|--|
| <b>1.</b> The Green Man, Inglewhite                  | ...  |
| <b>2.</b> Market cross, Inglewhite village green     | <b>16.</b> Beesley Farm, Mill Lane         |
| <b>3.</b> Bridge over Factory Brook, Inglewhite Road | <b>17.</b> Turner House Farm, Langley Lane |
| <b>4.</b> Corner of first field off Inglewhite Road  | <b>18.</b> Sparling Brook                  |
| <b>5.</b> Pond in the corner of the second field     | <b>19.</b> Cliftons Farm, Silk Mill Lane   |
| <b>6.</b> View of dairy field hedgerows              | <b>F.</b> The Green Man pub                |

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## Middle part of the route



### Stopping points

- 7.** Muck heap before Higher Barker Farm
- 8.** Higher Barker Farm
- 9.** View of Beacon Fell, Church Lane
- 10.** Silage clamp, Higher Syke House Farm
- 11.** Greenfields Dairy, Greenfield Lane
- 12.** Bullsnape Farm
- 13.** View of Edenfields Farm, Horns Lane
- 14.** Ye Horns Inn, Horns Lane

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## Directions

These directions are for use with the audio commentary. Listen to each track then read the directions below to get to the next stop.

### 1. Welcome to Inglewhite

#### The Green Man pub, Inglewhite

##### Directions 1

Walk to the market cross on the triangular village green. Listen to Track 2.

### 2. All the fun of the fair

#### Market cross, Inglewhite village green

##### Directions 2

With the Green Man behind you turn right out of the village along Inglewhite Road. Please be careful on this stretch of road - it is not normally very busy but there is no pavement and traffic can be fast moving. Stop after about 100 metres where the road crosses a small stream. Listen to Track 3.

### 3. Wet and mild

#### Bridge over Factory Brook, Inglewhite Road

##### Directions 3

Continue along the road for about 200 metres and you will reach a group of farm buildings on your left. You will see a footpath on your left just after these buildings. Go through the metal gate and stop just inside the field. Listen here to Track 4.

### 4. Dutch breeding

#### Corner of the first field off Inglewhite Road

##### Directions 4

Cross the field diagonally to a stile. Cross the stile and stop immediately by a pond. Listen to Track 5.

### 5. Heavy drinkers

#### Pond in the corner of the second field

##### Directions 5

With the pond on your right go directly across the field to another stile. Cross the stile and walk straight across the next field to another stile by a gate. Stop here to listen to Track 6.

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## 6. Historic hedges

### View of dairy field hedgerows

#### Directions 6

Continue through the field with the hedge to your left until you reach a gate. Bear left here and follow a track until you reach another gate. Stop just the other side of the gate where you may be standing by a muck heap. Stop here to listen to Track 7.

## 7. Where there's muck there's brass

### Muck heap before Higher Barker Farm

#### Directions 7

Continue up to a group of houses on the right. Stop here to listen to Track 8.

## 8. Consolidation and conversion

### Higher Barker Farm

#### Directions 8

Pass the houses and just after the track turns sharply to the right look for a footpath on your left by a very small stream. Cross the stile here and follow the path along the edge of the stream. Take care as this section can be very muddy. Cross over two more stiles and then follow the path straight across the next field to another stile by a gate. Continue along the track and stop when you reach a stile by a gate which leads onto a lane. Listen to Track 9.

## 9. A European beacon

### View of Beacon Fell, Church Lane

#### Directions 9

Turn right into Church Lane. Follow it to a T-junction with Syke House Lane. Turn right and continue for about 100 metres to Higher Syke House Farm. Continue just past the entrance to Higher Syke House Farm and stop by a metal gate into the farmyard. Listen to Track 10.

## 10. Clamping up

### Silage clamp, Higher Syke House Farm

#### Directions 10

Retrace your steps back along the Syke House Lane. Continue past the junction with Church Lane and the junction with Bullsnape Lane. Stop after about 400 metres when you come to a group of buildings on your left. Listen to Track 11.

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## 11. Curds and whey

### Greenfields Dairy, Syke House Lane

#### Directions 11

Cross the stile opposite the house next to Greenfields Dairy. Go into the field and follow the left edge. Cross another stile in the far left corner. Continue along the left of the next field and go through the gate. Look at the buildings to the right and listen to Track 12.

## 12. Beware of the bull

### Bullsnape Farm

#### Directions 12

Continue towards Bullsnape Hall and cross the stile beside it. Then cross two more stiles in quick succession. Follow the left edge of the field then turn right at the corner. Continue down to a stile into a wood and follow the path to a house. Follow the track over a stream and onto a gravel path until you reach a road. Stop here to listen to Track 13.

## 13. Super sizing

### View of Edenfield Farm, Horns Lane

#### Directions 13

Turn right onto Horns Lane and follow it for about 600 metres until you reach Ye Horns Inn. Listen to Track 14.

## 14. Travellers rest

### Ye Horns Inn, Horns Lane

#### Directions 14

With Ye Horns Inn on your right continue into the road ahead. After about 400 metres turn right into Ford Lane. After 50 metres ignore the lane to the left and take the kissing gate ahead into a field. Cross this field diagonally to two stiles by a pond. Cross these and continue across the next field to a kissing gate on the right. Then follow the hedge on your left to a bridge over a stream. Go through two gates and straight through the farmyard. Stop when you reach the starting hut for Goosnargh Golf Course. Listen to Track 15.

## 15. Diversification

### Goosnargh Golf Course

#### Directions 15

Follow the track past the starting hut. After about 300 metres leave the track as it turns right and take the stile on your left. Continue past Higher Beesley, crossing two more stiles and going through a gate. Go through a kissing gate to a road. Listen to Track 16.

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## 16. Kirkham's cows

### Beesley Farm, Mill Lane

#### Directions 16

With the farm behind you turn left and follow the track to the road. Turn left and after 300 metres where the road bends to the left take the stile on the right into a field. Follow the path across two fields until you reach a gate by a road. Listen to Track 17.

## 17. European mountains

### Turner House Farm, Langley Lane

#### Directions 17

Go through the gate and turn left. Continue along Langley Lane. After about 500 metres you will come to a converted barn on your left. Take the track to the right directly opposite and continue past houses on either side. Go through the gate before the path descends into a wooded area. Stop when you reach a stream at the bottom. Listen to Track 18.

## 18. Mr Brock

### Sparling Brook

#### Directions 18

Continue along the track and past Colbourn Cottage to a road. Turn left and after 50 metres take the stile on your left into a field. Keeping to the left of the field and cross it down to a stile and a bridge over a small stream. Continue towards a house. The path goes over a stile then through the garden and front drive. At the road turn left and stop after 100 metres by Cliftons Farm. Listen to Track 19.

## 19. Raw and organic

### Cliftons Farm, Silk Mill Lane

#### Directions 19

Retrace your steps back along the road. Continue past the small church on your right to the Green Man where we started. Stop here to listen to Track 20.

## 20. Village local

### The Green Man pub, Inglewhite

#### Directions 20

You have now reached the end of the walk. You may like to explore Inglewhite village further or visit the Dewlay Cheese Shop to see Lancashire cheese being made and find out more about Lancashire's cheesemaking heritage.

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## Further information

### Lancashire dairy farms and cheesemakers

#### Cliftons Farm

Silk Mill Lane, Goosnargh, Preston PR3 2LP  
[cliftonsfarm.wordpress.com](http://cliftonsfarm.wordpress.com)

#### Greenfields Dairy Products Ltd.

Syke House Lane, Goosnargh, Preston PR3 2EN  
[www.greenfieldsdairy.co.uk](http://www.greenfieldsdairy.co.uk)

#### Mrs Kirkham's

Beesley Farm, Mill Lane, Goosnargh, Preston PR3 2FL  
[www.mrskirkhams.com](http://www.mrskirkhams.com)

#### Butlers Farmhouse Cheeses

Wilson Fields farm, Inglewhite, Preston PR3 2LH  
[www.butlerscheeses.co.uk](http://www.butlerscheeses.co.uk)

#### Carron Lodge

Park Head Farm, Carron Lane, Inglewhite, Preston PR3 2LN  
[www.carronlodge.com](http://www.carronlodge.com)

#### Dewlay Cheesemakers

Garstang Bypass Road, Garstang, Preston PR3 0PR  
[www.dewlay.com](http://www.dewlay.com)

#### Hollwood Cheese

Halliday's Farm Dairy, Moss Lane, Bilsborough, Preston PR3 0RU

#### Leagram Organic Dairy Limited

Green Lane, Chipping, Preston PR3 2TQ  
[www.cheese-experience.com](http://www.cheese-experience.com)

#### JJ Sandham Ltd

Rostock Dairy, Garstang Road, Barton, Preston PR3 5AA  
[www.jjsandham.co.uk](http://www.jjsandham.co.uk)

#### Shorrocks Cheese

Newhouse Farm, Ford Lane, Goosnargh, Preston PR3 2FD  
[www.lancashirebombs.co.uk](http://www.lancashirebombs.co.uk)

#### Singleton's Dairy

Mill Farm, Preston Road, Longridge, Preston PR3 3AN  
[www.singletons.uk.com](http://www.singletons.uk.com)

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## Further information continued

**British Cheese Board**  
[www.britishcheese.com](http://www.britishcheese.com)

**DairyCo**  
[www.dairyco.org.uk](http://www.dairyco.org.uk)

**Goosnargh Golf Course**  
[www.goosnarghgolf.co.uk](http://www.goosnarghgolf.co.uk)

**Soil Association**  
[www.soilassociation.org](http://www.soilassociation.org)

**This is dairy farming**  
[www.thisisdairyfarming.com](http://www.thisisdairyfarming.com)

**UK Agriculture**  
[www.ukagriculture.com](http://www.ukagriculture.com)

**Ye Horns Inn**  
[www.yehornsinn.co.uk](http://www.yehornsinn.co.uk)

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## Credits

The RGS-IBG would like to thank the following people and organisations for their assistance in producing this Discovering Britain walk:

- **Mike Jackson FRGS** for creating the walk, providing photographs and the audio commentary
  - Mike's mother **Mrs Jackson** for sampling the walk, including all 25 stiles, and her kind hospitality looking after the Discovering Britain team
  - **Fiona Hasler** at Beesley Farm for tours of Mrs Kirkham's cheesemakers and taking part in the audio commentary
  - **Dewlay Cheesemakers** for tours of their facilities and providing a photograph of their deli counter at Garstang
  - **Mervyn Edwards MBE** for providing agricultural advice
  - **Jenny Lunn** for editing the walk resources
  - **Rory Walsh** for editing the walk resources, providing photographs and acting as narrator
  - **Caroline Millar** for editing the audio files
  - **James Lindsey** for additional photographs reproduced under Creative Commons License
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