

PENDLE WAY IN A DAY - Written Instructions

45 MILE - START TO CP1 EARBY (Closes 12.30pm) (30 MILE - SKIP TO PAGE 4)

From Barley Village Hall, head along the road for 100m, enter the opening on the left to join the track, past Narrowgates cottages & along the track by the river to Whitehough.

At the waymark post turn left through a gateway & past Whitehough Farm. Turn right up the lane to a stile by a small red brick building & follow the path through the wood, passing Whitehough Outdoor Centre on the left. Keep to the left, crossing three streams then continuing on to a stile.

Enter the field & follow the hedge on the left. Just before a wall go left over a stile & detour round Intake Farm, passing over two more stiles to emerge at the lane beyond the farm. Turn left down the lane, then left at the road.

Where the road bends left, turn right along a track. After 150m turn right over a stile & descend to Croft House Farm. Pass to the left of the house over a stile & continue straight on to a footbridge. Cross the next two fields & BEARING LEFT to go through two gates to the lane by Roughlee Hall. Carry on to the road.

Continue straight across the road, climb the stile & take the stepping stones over Pendle Water [CAUTION]. Bear left up the hill to the trees, then straight uphill heading slightly to the left to a stile in the wall at the top of the hill.

Follow the field boundary on your right downhill to West Pasture Farm. Go through a gate & over a stile. Continue straight on past the barn on the right, go through the break in the hedgerows then down the next field. At the bottom go over a footbridge then turn left, go over a stile & then right into the lane, away from Pasture House.

Carry on down the lane to the end, stay left on Pasture Lane. Cross the road at the bottom & take the footbridge into the Park. Turn left & follow the path through the Pendle Heritage Centre.

SELF PUNCH BY THE RAILINGS BEFORE ROAD.

Cross the road into the car park, go through the gate & follow the river to emerge at the road. Go left over the bridge, cross the road & turn immediately right by Higherford Mill. Follow the road past the last house on the right where you take the path alongside the river.

At Watermeetings, turn right over the bridge then immediately left. Follow the track round to the right & go over the footbridge. Veering right, cross the field to a stile on the skyline. Go straight over the field to a stile, continue across the field to the next stile then follow the open field on your right to the farm. Skirt to the left of Blacko Foot Farm to reach the road.

Turn right down the road until just past the bridge. Turn left and follow the river on your left, crossing two stiles then emerging through a small wood up to a lane.

Go left over the bridge then turn right down some steps to cross a stream. Keeping Admergill Water on your right, carry on for some 300m, before bearing uphill to a stile. Cross this field & the next, until you reach a stile, leading into the grounds of the house at Lower Admergill. Use the bridge on the right shortly before the house. Keep to the right of the house & turn left when you reach the lane.

Pass in front of Admergill Hall & continue along the lane, going straight on over a stile at the bend. Cross two fields, bearing right at the end to a stile & cross the stone bridge. Climb uphill, bearing left near the top to reach Gisburn Road.

PENDLE WAY IN A DAY - Written Instructions

Cross the road to a stile on the left. Proceed diagonally left uphill & follow the stone wall to an iron gate. Keep the farm to the left & climb the stone stile ahead. Follow the old track to the top then cross the next field to the stile in the wall ahead. Turn left immediately & follow the wall for 700m bearing right at the end to emerge onto Gisburn Old Road .

Turn left on the lane and continue for half a mile to Weets House Farm. Through the gate, turn right along the track, past the trig point on your left at Weets Hill.

Follow the wall downhill, crossing three stiles. Just before the end of the last field turn right over a stile onto a lane. Turn left & carry on to reach a modern housing estate. Opposite Elm Close turn left & immediately left again through a gate. Climb two stiles before the track bears left to another stile. Go straight over the field to the corner & turn right into Esp Lane. Carry on down into Barnoldswick turning left into Westgate.

SELF PUNCH ON FINGER POST OR MARSHAL TO NOTE BIB NUMBER
Turn right before the car park opposite John Street. Follow the path past the former Ouzledale sawmill, later an iron foundry. At the end, turn right up Forty Steps, emerging on Colne Road opposite Bancroft Mill.

Turn left into Colne Road then right onto Manchester Road. After about 100m enter the lane on the left leading to Letcliffe Park. When the lane ends, carry straight on, bearing to the right to reach a stile in the wall. Turn right & continue for 150m then turn left on to the track which descends to the B6383.

Turn left & then right into the lane before the school. After some 200m cross a stile to take the path which forks right from the lane, & continue down to the Leeds & Liverpool Canal . Cross the bridge & turn left onto the towpath. Continue, crossing the road bridge to the opposite side after

800m. Once past the houses the towpath continues on to Greenberfield Locks.

Carry on past the locks for half a mile then cross the canal to the opposite towpath. After a sharp left, leave the towpath over a stile. Climb the field to the high fence & follow it to the right-hand corner. Turn left through the stile &, keeping to the left, cross the field to another stile.

Turn left onto the road, crossing it to a gate opposite the factory entrance, & take the path uphill. Climb the stile & take the right-hand path through the churchyard of St Mary-le-Gill .

Enter the lane leading from the church turning immediately left then left again before the cemetery gates. Follow the walled path down to the stream then climb up to cross the golf course. Pass through the plantation to a gate. Go straight across the field, over a stile & head directly for the church tower. From the stile in the far corner of the field drop down to the road. Turn right to Thornton Church.

Opposite church, climb the stile & cross the field to a gate. Cross the track into the next field & bear right towards the edge of the farm buildings & gate.

Bear left across to the corner of the car park to the stile. Bear right over the brow of the hill & diagonally across the field (motocross track on your right) to a stile. Over the footbridge, straight on towards the farm buildings & follow the trod.

Through gate below the farmhouse, go diagonally through two fields with gates towards Church. Through wall stile, right on the lane down to the main road at Earby. Turn right then immediately left into School Lane.

PENDLE WAY IN A DAY - Written Instructions

Continue on School Lane, continue on roundabout becoming Water St, bear left onto Red Lion Street. Follow the road to CP1 at Earby Youth Hostel.

45 MILE - CP1 to CP2 LANESHAWBRIDGE (Closes 3pm)

Head right on Mill Lane follow wall and path until you reach the road. Turn left then immediately right through opening in wall, go through the metal gate and continue on track. At the brow of the hill, continue through gate, follow fence line on your left to another gate. Go straight across the field, bearing slightly left to the wooden gate, cross over small stream, on through "muddy" section to pick up waymarker on post ahead.

Crossing three fields with stiles in gates, head for the stile in the right hand corner, through the short enclosed track, turn left & at the end of the road turn left (eastwards). Continue on lane for 500m through gate. Cross farmers field through several gates. Continue past PBW post, through the next gate.

After gate, bear right (signposted, approx 130deg bearing) towards signpost & farmhouses in distance on the right hand side of the valley.

Go over stile, bear left to opening in wall but skirt left as signposted to go through the gated stile. Continue over footbridge, bear right towards telegraph/utility pole & group of trees, then left to line of trees & over stile.

Follow path by the farmhouse (Harden Clough Farm), right through the gate & over the footbridge, following the path that leads uphill to the right.

Climb the stile ahead & skirt Scald Bank Farm on your right to join the farm track. Where the track bends left, bear right over a stone stile. Go diagonally left across the field & turn right at the wall, following it uphill to a

stile. Carry straight on, turning left through one gate & one stile, past the pub to reach the road at Black Lane Ends Tavern.

Turn left up the road, then immediately right into Warley Wise Lane. After half a mile, turn right down the lane to Knarrs End Farm. Before the farm entrance, turn right up a track to a stile. Continue along the track until it bears left. Carry straight on here & follow the wall up to the trig point at Knarrs Hill.

Climb the stile & follow the wall on your left down the hill to the stile in the corner. Bear left across the next field to Knarrs Farm & a stile to the left of the trees. Go to the right of the farm & follow the track. Where it veers left, bear right to a stile. Go down this track & straight on past Earl Hall. Follow the field boundary to a gate. Go diagonally right across the field. Turn left at the wall & follow it to a bridge.

Climb the stile & go straight along the wall, turning left over another stile in 100m. Cross the stream at the stepping stones ahead, then follow the path near the stream over three stiles to emerge in a works yard. Turn right down steps & carry on alongside the stream to emerge at Laneshawbridge.

Turn right onto main road, opposite bus stop is CP2 inside the Emmott Arms.

45 MILE - SKIP TO PAGE 5

PENDLE WAY IN A DAY - Written Instructions

30 MILE - START TO CP2 LANESHAWBRIDGE (Closes 3pm)

[No CP1 on 30mile Course]

From Barley Village Hall, head along the road for 100m, enter the opening on the left to join the track, past Narrowgates cottages & along the track by the river to Whitehough.

At the waymark post turn left through a gateway & past Whitehough Farm. Turn right up the lane to a stile by a small red brick building & follow the path through the wood, passing Whitehough Camp School on the left. Keep to the left, crossing three streams then continuing on to a stile.

Enter the field & follow the hedge on the left. Just before a wall go left over a stile & detour round Intake Farm, passing over two more stiles to emerge at the lane beyond the farm. Turn left down the lane, then left at the road.

Where the road bends left, turn right along a track. After 150m turn right over a stile & descend to Croft House Farm. Pass to the left of the house over a stile & continue straight on to a footbridge. Cross the next two fields & BEARING LEFT to go through two gates to the lane by Roughlee Hall. Carry on to the road.

Continue straight across the road, climb the stile & take the stepping stones over Pendle Water [CAUTION]. Bear left up the hill to the trees, then straight uphill heading slightly to the left to a stile in the wall at the top of the hill.

Follow the field boundary on your right downhill to West Pasture Farm. Go through a gate & over a stile. Continue straight on past the barn on the right, go through the break in the hedgerows then down the next field. At the bottom go over a footbridge then turn left, go over a stile & then right into the lane, away from Pasture House.

Carry on down the lane to the end, stay left on Pasture Lane. Cross the road at the bottom & take the footbridge into the Park. Turn left & follow the path through the Pendle Heritage Centre. SELF PUNCH BY THE RAILINGS BEFORE ROAD.

Through Pendle Heritage Centre, cross the road into the car park, go through the gate & follow the river to emerge at the road. Go right onto Gisburn Rd & stay right onto Barnoldswick Rd. At end, turn right into Red Lane.

Continue for 2.5km, past the roundabout onto Castle Rd. Continue to the end, turn right onto Skipton Old Rd, then immediately left onto Hill Lane. Continue on Hill Lane to become School Lane.

Continue down School Lane to CP2 inside the Emmott Arms.

PENDLE WAY IN A DAY - Written Instructions

ALL - CP2 to CP3 SOUTHFIELD (Closes 5.30pm)

Cross road [CAUTION], over the bridge. Turn right into Carriers Row. Beyond the cottages, turn left onto Ferndean Way and follow the path.

Go over a footbridge, then alongside the wall. Pass through a squeeze stile & turn immediately right. Carry on through a gate & a stile to the lane. Cross the bridge & turn left at the road, continue into Wycoller; cross the Packhorse Bridge, turn right past the ruins of Wycoller Hall. Continue on track to Parson Lee Farm, continue through gate & climb uphill to where the track enters open country. After ~0.5mile go over a stile & turn right along the concrete track and poorly defined path to the right. Follow the wall for about 100m to a gate. Continue on a path, passing through a gate. Follow the wall on your left, crossing large footbridge near Brink Ends, turn left here & carry on along the track into open moorland. Continue for approx 4km. Take the right fork to keep on Pendle Way, north of Upper Coldwell Reservoir, through the gate & turn right onto the Road.

Continue uphill, where the road bends right, turn left over stile & follow a way-mark path past water storage tank. Bear right & follow the path level with a stream. After trees, climb a stile. Follow path straight ahead along an undefined route through rough grassland & scrub. Follow marker posts uphill, keeping stream on your left. Go past footbridge on your left to join a rough track.

Continue on track, at the road turn right & cross the ford. Continue uphill past the farm & turn left into Quarry. Follow the track left, leaving it to reach a stile into a field. Skirt the perimeter to a stone squeeze stile in the right-hand corner. Go immediately right over another stile & bear right uphill, then left. Climb the stile at the end of the field & emerge onto the lane. Turn left through the farm to CP3 at Southfield Chapel on the right.

ALL - CP3 to CP4 HIGHAM (Closes 7pm)

Carry on ahead downhill, follow the track over two stiles to Walverden Reservoir .

Go down the lane past the dam then turn left in the car park over a footbridge. Carry on over the stream & up some steps to another gate, then along the side of the reservoir. Continue in the same direction through a gap & on to the next field where you bear diagonally right up the field. Head for a marker post 200m away, turn right uphill to a gate.

Walk up lane to the main road. Continue on the path opposite & follow the wall through two fields past Golf Course. By the houses, turn right on to the track that crosses the golf course. Follow the path alongside the course over several stiles to enter a field. Fork left to emerge onto Moorside Avenue. Turn left at the bottom of the Avenue then right to the end of the road. Turn right, then immediately left into Reedley Road, carry straight on downhill to the main road.

Continue across the main road, down Robinson Lane, over the railway, the canal & on to the Farm. Pass through the gate to the right & take the path down to Pendle Water.

Diversion from Route & Map: Continue over footbridge, then turn left. Follow path and road until you reach New-in-Pendle Bridge and main road.

Turn right at New-in-Pendle Bridge onto Greenhead Lane and continue all the way to the road junction, STAY ON THE PATH. Turn left onto the single carriageway A6068 and STAY ON THE PATH. Continue, taking the right hand turn signposted to Higham and continue through village to the CP4 at Higham Village Hall.

PENDLE WAY IN A DAY - Written Instructions

ALL - CP4 to FINISH BARLEY (Closes Midnight)

Follow the track uphill to a field, continue uphill for 750m to reach the road. Turn right here, then left at the junction. Just before the road descends steeply, turn right into the field.

Bear slightly left, then carry on to a stile ahead. Descend gradually to a stile in the far left-hand corner of the field. Follow the fence on your right to a stile, & cross over to follow in the same direction to Tinedale Farm.

Turn left between the buildings to follow a track. Just before Bull Hole turn right over a stile. Continue over three stiles to Moss End Farm & pass to the left of it. After a few yards bear left off the lane to a stile. Continue uphill to two adjacent stiles then over the next two fields to the lane. Turn left into the village of Newchurch.

Take the signposted footpath by the public toilets. Turn left over a stile, cross the field towards a gateway in the middle of the wall, & staying in the field, turn left to another stile in the corner. Follow the field boundary on the right to the corner of Fell Wood.

Turn right over the stile just before the wood & follow the wall downhill. After 200 yards turn left over a stile into the wood. Take the path down through the wood to emerge at the Ogden Reservoirs. Take the steps down to cross the footbridge, turn right & left, cross the overflow channel & climb the stile into the lane.

Turn left & continue over a stile past the wood. Where the track bears right follow the wall to the dam. Take the path up the right hand side to reach Upper Ogden Reservoir.

Follow the path alongside the reservoir & up the valley to a stile near the stream. Bear right uphill until you reach Boar Clough cutting into the hillside on your right.

Climb up the left-hand bank, following the cairns to the top of the clough. Cross the stream & follow it, keeping to the right where it forks.

After passing two cairns (about 150m on) look for a line of cairns slightly to the right & follow these for about 1/2 km. At the cairn, bear left, heading northwards to the trig point on Pendle Hill.

Continue north from the summit, before the wall take the path that doubles back on itself to begin the steep descent down a cobbled track with steps.

At the bottom of the track bear right across the field to the right hand corner of Pendle House Farm. Turn left & follow the path downhill. Bear right across the next field, through the gully & over the stile to pass Brown House Farm. Follow the path near the stream down to the lane at Ings Ends & turn left.

Turn right onto the footbridge, then left, & follow the path leading to the road at Barley. Turn right along the road to the bus turnaround, continue on path/road to the finish at Barley Village Hall.

EMERGENCY NUMBER : 07725 357 024