



THE FOOTHILLS OF PENDLE FROM THE ASSHETON ARMS, DOWNHAM

WALKS with *Taste* in Ribble Valley



Distance: 7.8km / 4.8miles
Time: 2 ½ to 3 hours
Moderate: 250m of ascent some, short, steep climbs. Several stiles.



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ON THIS WALK WITH TASTE

This adventurous three-hour hike explores the foothills of Pendle, offering extensive views of the Ribble Valley, before diving into the wooded valleys beneath its flanks. It's the perfect route for a Sunday morning ramble or a summer evening amble.

PARKING
The Assheton Arms,
Downham,near Clitheroe.
BB7 4BJ

MAPPING
Grid Reference SD 785445
OS Explorer OL41,
OS Landranger 103

DOG-FRIENDLY
Livestock will be grazing in most of the fields, so keep dogs under close control and ideally on a lead.

Discover more Walks with Taste at
www.visitribblevalley.co.uk

Love Ribble Valley



Ribble Valley
Borough Council
www.ribblevalley.gov.uk

In order to avoid disappointment, when planning to enjoy this walk with taste experience, it is recommended that you check opening times and availability of the venue in advance.

A popular destination inn, overlooking the picture postcard village of Downham with a large outdoor seating area offering outstanding views of Pendle Hill. Open from 8am. Extensive menu showcasing fresh seafood and hearty pub classics. Our seafaring heritage fuses with a timeless, country pub charm to bring light and fresh seafood dishes and hearty, classic meat dishes to your table. And all enjoyed within a traditional pub setting, finished with a modern twist.

Winner of a number of awards, including Lancashire Life Dining Pub of the Year, Lancashire Tourism Awards Pub of the Year and Ribble Valley Tourism Team of the Year, this historic Grade II listed country pub with rooms set in the untouched conservation village of Downham is a favourite for locals and visitors alike.

12 guest bedrooms are available, so why not stay the night and really make the most of your visit. We mix the best ingredients with great personalities and atmospheric settings to create memorable experiences.

Assheton Arms, Downham, near Clitheroe, BB7 4BJ
Tel: 01200 441227



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THE ROUTE

1. From the frontage of pub, turn left, heading downhill through the picture postcard village of Downham, taking the left fork at the bridge, then right across footbridge to the footpath at end of the lane.
2. Go through kissing gate and follow path beside beck, then right to kissing gate in top corner of field (ignore the stile to the left).
3. Go through gate and head right along field boundary, continuing to climb alongside the fence, with the beck on your left, and over footbridge.
4. At farm track, continue straight over, then along field boundary and over stone stile to Lane Head barn, where there are a couple of well-placed benches here to get your breath back and admire the view back towards Downham.
5. Head left across the beck and go straight over the fields. Here, the views open out up the Ribble Valley and into the limestone country of the Yorkshire Dales.
6. Ingleborough and Pen-y-ghent are visible to the northeast, with the Bowland Fells appearing to the north. Keeping the post markers across the field on your left, cross the stone stile, continuing straight over the track and along the field boundary then over the stile in the corner of the field, heading for farm buildings on the skyline.
7. Skirt round to the right, above the farm, following the boundary wall to a narrow stone stile. Over stile, continue straight on over the track, following the marker stone to another narrow stile then along the field boundary to skirt farmhouse to your left, then left to follow the track right up the hill for 75m before descending half left along field boundary down to a kissing gate into the wooded ghyll.
8. Continue over the footbridge and up the other side of the ghyll, through kissing gate then climbing steeply across field, passing to the left of the barn and over footbridge.
9. At cottage, turn left then over stile beside gate and follow fence along right hand field boundary. Continue through gate then over squeeze stile and follow the hedge on left to stile in bottom corner of field. Over stile, follow hedge

This route has been described on a certain date in time, and it is possible that certain physical changes may occur over time. In particular, old stiles may be changed for gates.



round to the right and through the gate. Then head half left across field and through the squeeze stile. Cross field to gate to left of the farm and over stile.

10. This field offers amazing views back to Pendle and also reveals some limestone outcrops - a hint of the changing geology as the millstone grit of East Lancashire gives way to the limestone of The Dales.
11. Head half left to follow the field edge to a gate then drop down into the ghyll and past the outbarn. Ignore footbridge on left and head for kissing gate in corner of field then follow stream and turn right through gate onto quiet lane.
12. Continue on lane for 150m then, after the bend, take footpath on left next before the farm buildings and follow path downstream beside beck through kissing gates and left over footbridge.
13. Follow wall to cottage then head through gates between the buildings and right over stile. Continue to tree at top of the appropriately named Woolly Hill – usually covered in grazing sheep – then over stile. Continue straight ahead to stile then half right towards buildings.
14. Go straight over track and continue along edge of fields, keeping straight on path along edge of woodlands than across field for 400m before taking footpath left then lane right back to the Assheton Arms.