

FOR A SAFE, ENJOYABLE WALK

☺ Walk clothing should be a synthetic “breathable” material, it is likely to be more comfortable when wet and quick drying. To minimise blisters/ankle injuries, 2 pairs of socks and properly broken-in walking boots are recommended.

☺ Your day sack should contain essential items and anything else you wish to take. Essential items include spare gloves, hat, jumper, breathable waterproofs, filled unbreakable flask/water bottle of at least 2 litres capacity, *(You may need every drop, If you have a dog with you, remember the extra water and collapsible/unbreakable bowl)* first aid kit and any medication you may need. Finally take a torch with spare bulb/batteries in case of a delay that results in you finishing after dark and a sun hat & sunscreen for those bright sunny days.

☺ Remember the map and compass you never know when they may be needed.

☺ To help preserve the countryside and maintain good relations with landowners follow paths as closely as possible.

☺ If a gate can't be opened, make sure you're on the correct route. Then carefully climb over it at the hinged end to avoid unnecessary damage.

☺ Always follow the country code.

☺ When using un-pathed roads, keep in single file on the right hand side except when approaching right hand bends when you should walk on the left.

☺ If using un-pathed roads at night there should be a torch at the front and back of your group and you should wear a reflective strip/outer clothing. Shine the torch towards the ground a short distance ahead of, or behind you. to avoid blinding drivers of approaching vehicles.

☺ If you have a dog with you, make sure he/she is under your full control and wearing an identity tag *(a legal requirement)*. Never allow your dog to run off, bark or annoy other people/animals

(farmers can legally shoot dogs that worry their animals). He/she should be close to you on a short lead when crossing fields containing animals/ livestock. From 1st March - 31st July, this also applies to open country to minimise disturbance to ground nesting birds and other wildlife.

☺ If livestock blocks your path, walk round them slowly. ALWAYS give their hindquarters a wide berth; a kick can be fatal. NEVER make sudden movements that could startle or frighten them. NEVER walk between an adult and its young. If you feel threatened, particularly if you have a dog with you, DON'T RUN it will encourage them to chase. If necessary let your dog off the lead to make his/her own escape *(DON'T just let go of the lead, it could catch preventing your dog from escaping)*. The herd probably sees your dog rather than you as the threat

☺ Always heed any local warnings/restrictions that may be in force.

☺ Make sure every item of kit can be used properly by at least one member of your group. In an emergency your life may depend on it.

The Countryside Code

- Be safe plan ahead and follow any signs
- Leave gates and property as you find them
- Keep to public paths across farmland
- Leave livestock, crops & machinery alone
- Use gates and styles to cross fences, hedges and walls
- Protect plants and animals, and take your litter home
- Guard against all risk of fire
- Keep dogs under close control Consider other people

Please remember

Leave only footprints
Take only photographs
Kill only time

PENDLE HILL A WALK IN THE WEST PENNINE MOORS

Distance Walked: 13 Km (8 miles) **Height Climbed:** 365 mtrs (1,240feet)

Grade: Moderate **Map:** Explorer OL21

Summary: Climb Pendle Hill, the inspirational source for George Fox's Quaker Movement and a favourite haunt of the Pendle Witches for some splendid views across the West Pennine Moors, the Ribble Valley and the distant Yorkshire Dales. Then head down to the village of Newchurch to discover the ever watchful Eye of God and Witches Galore.

Terrain: An initial steep climb and descent followed by easy walking on mainly clear paths and tracks that can be boggy in places. Dogs may need to be lifted over some of the stiles and navigation skills are required on Pendle Hill in poor visibility.

Start: Barley car park and picnic site NGR: SD823403 Sat Nav: N53:51:33 W02:16:09



THE ROUTE

From the car park, take the path past the tea room and picnic site, turn right along the road then left by the Pendle Way (1) path sign just past Meadowbank Farm (the stream should be on your right).

The Pendle Way is a 45 mile waymarked trail through some of Pendle's most attractive countryside. The witch on a broomstick waymarks highlight its links with the Pendle witches.

After passing through a kissing gate and over a footbridge, continue along the path ahead (*boggy in places*); past the next field boundary and over the brow to head down to and cross another footbridge to your right. Turn left along the lane for 70 metres before joining a gravel track where you need to follow the local direction signs through the residential properties to a third footbridge – *one or two of these signs may be painted on the road and the cobbled stone section leading to the footbridge can be slippery when wet.*

From the footbridge, continue along a clear gravel track to Brown House and Ing Head Farm where you follow the signs right along the drive for 50 metres then left through the kissing gate. Once past the second field boundary follow the line of telegraph wires to bear left through the gate in the far corner and a kissing gate to head along the right hand boundary to the next kissing gate by Pendle House - *the building you can see ahead of you.*

Here you bear diagonally right to climb up Pendle Hill (2). On reaching the field boundary at the top, bear left ignoring the stile to a second stile where you can bear left again for a detour to the summit trig point. - *the perfect spot for a break and terrific views after your climb.*

Pendle Hill, the source of inspiration for George Fox' Quaker movement which he

started after his famous hill top vision in 1652; was also a favourite haunt of the Pendle Witches. The trig point stands on the site of an ancient beacon last used to celebrate Queen Victoria' diamond jubilee

To continue your route climb over the second stile and take the path heading diagonally left to the next stile. - *In the valley below is the small village of Downham (3) the setting for the TV series "Born and Bred"*

Once over the stile follow the ridge with its splendid Ribble Valley views past the shelter and the Scout Cairn memorial (4) to the next field boundary

The Scout Cairn was built to celebrate 75 years of Scouting. The path along this ridge is very indistinct, in poor visibility check that you're heading in a south westerly direction

On reaching the field boundary, follow it left then turn right along the gravel track for 100 metres and bear left down the Ogen Clough path - *take care on the fairly steep section of this descent to the ford crossing.*

You will eventually rejoin the Pendle Way and cross a second ford to follow the path ahead ignoring the more prominent track crossing it. At the bottom of the reservoir take the path across the parapet and over the stile the other side - *Continuing along the track and lane ahead for 1¼ miles past a second reservoir takes you back into Barley on a shortened route.*

You now head uphill along the left hand boundary for 250 metres, turn left over a stile by a path sign and cross the field to climb another stile before following the boundary past the wood on your left. 450 metres past the wood you come to the next witch and broomstick waymarking where you need to cut across the field to the right

of the brick building and follow the boundary southwards to climb over the stile by the next waymark; (*about 100 metres from the brick building*) where you take the path on your right down to the village of Newchurch. For a detour to see the Eye of God (5) turn right at the road to the church entrance by the telephone box.

The "Eye of God" in the tower below the clock face of this 16th century church protected the local people from evil and prevented the Witches from taking bones from the graves to use in their spells.

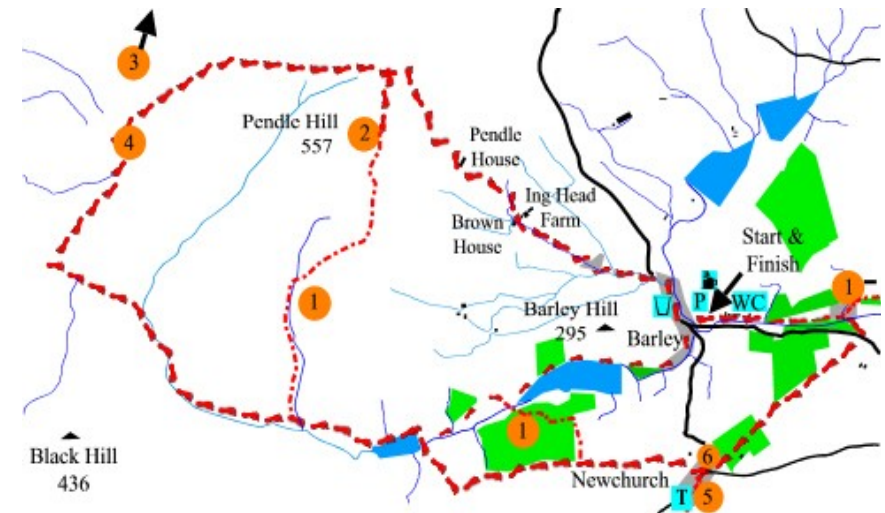
If you head back up the road you will see "Witches Galore" (6), dare you venture inside to satisfy your curiosity for the local witchcraft, legends and the witches tea room.

To continue the walk retrace your steps back to the footpath that brought into

Newchurch and take the road opposite for 70 metres before bearing left over the stile, heading across the field and through the gap in the wall on the far side where you fork left on the upper path through the wood

Emerging from the wood, aim for the far left hand corner of the field, Then bear right along the left hand boundary, cross a double stile and continue ahead crossing a lane and bearing slightly right down to the road - *take care at the blind bend.*

You now take the lane opposite towards White Hough, bearing left over the bridge following the riverside track ahead for just under ½ mile. Where the lane crosses the river to join the main highway you take the path to the right back to the car park and the option of afternoon tea before heading home.



MAP INDEX

Your route	Woodland	Cafe/Tea Room
National Trail	Town/Village	Car Park
Public/Access Road	Lake/Reservoir	Public Toilets
River/Stream/Canal	Named Peak	Public Phone
Prominent/Named Building	Interest Point	Pub