

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.



Assheton
ARMS



THE ASSHETON ARMS

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, 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



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.



THE ROUTE

- 1.** From the frontage of the pub, turn left, heading downhill through the picture postcard village of Downham, taking the left fork at the bridge, then right across a footbridge to the footpath at end of the lane.
- 2.** Go through a kissing gate and follow the path beside the beck, then right to a kissing gate in top corner of field (ignore the stile to the left).
- 3.** Go through the gate and head right along field boundary, continuing to climb alongside the fence, with the beck on your left, and over footbridge.
- 4.** At the farm track, continue straight over, then along the field boundary and over a 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 the stile, continue straight on over the track, following the marker stone to another narrow stile then along the field boundary to skirt the 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 a kissing gate then climbing steeply across the field, passing to the left of the barn and over a footbridge.
- 9.** At the cottage, turn left then over the stile beside the gate and follow the fence along the right hand of the field boundary. Continue through a gate then over a squeeze stile and follow the hedge on the left to a stile in bottom



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.



corner of the field. Go over the stile, follow the hedge round to the right and through the gate. Then head half left across field and through the squeeze stile. Cross the field to a gate to the left of the farm and over the 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 the footbridge on left and head for a kissing gate in the corner of field then follow the stream and turn right through a gate onto a quiet lane.
- 12.** Continue on the lane for 150m then, after the bend, take footpath on the left next before the farm buildings and follow the path downstream beside beck through kissing gates and left over footbridge.
- 13.** Follow the wall to a cottage then head through the gates between the buildings and right over stile. Continue to a tree at the top of the appropriately named Woolly Hill – usually covered in grazing sheep – then over the stile. Continue straight ahead to the stile then half right towards the buildings.
- 14.** Go straight over the track and continue along the edge of the fields, keeping straight on the path along edge of woodlands then across the field for 400m before taking the footpath left then the lane right back to the Assheton Arms.

WALKS WITH TASTE SPONSOR




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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.



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