

Discover Bowland Itinerary – N°5

# The Secrets of Pendle Hill



Pendle's slopes and summit have the wilderness feel of genuinely unspoiled landscapes and yet this famous hill lies within easy reach of Blackburn, Burnley, Preston, Manchester and the wider northwest.

Pendle Hill forms the boundary between urban Lancashire and the vast tracts of wild countryside that lie to the north. For those with an appetite for adventure, it's incredibly accessible and provides a tantalizing foretaste of what lies beyond.

For walkers, there are at least seven different routes to the top and a wealth of walks through the pretty villages and picturesque valleys surrounding the hill. On a clear day the views are truly

spectacular and a fitting reward for the challenging climb to the top.

Pendle is also popular with road cyclists, offering challenging climbs and exhilarating descents and a chance to stop off for a cuppa at the last surviving Clarion House in Britain.

And after an invigorating day on the trail or in the saddle, the area has a profusion of pubs, cafés and restaurants providing top notch tucker for weary wayfarers.

**Whether you're on the trail of the famous witches, in search of a new challenge, or simply want to admire the view from the summit, your epic Pendle Hill adventure starts here...**

## Day 1: PM

After arrival and checking in to your accommodation, if it's still light, head to the Nick o' Pendle above Sabden to watch the sun go down over Morecambe Bay. There's very little walking involved, and as well as the amazing views from this vantage point 1200ft above sea level, it's a great way to get your bearings.

## Day 1: Evening

After enjoying a spectacular sunset, descend into Sabden for dinner at the White Hart Inn. Look out for earlybird deals mid-week or just enjoy a pint of well-kept cask ale accompanied by some tasty tapas-style nibbles.

## Day 2 AM:

### Conquer The Big End

There are at least seven spectacular routes to the summit of Pendle Hill – all of which have their distinctive qualities. Keen walkers will want to try at least a couple, or maybe even combine two routes to really get to know the contours and cloughs of this extensive massif.

The classic Pendle Route involves ascending the infamously steep gradients of 'The Steps' but why not try an alternative route to the top via one of our '7 routes To the Top' options (visit: [pendlehillproject.com/explore-walking](http://pendlehillproject.com/explore-walking)). Park on the edge of the village of Sabden and ascend the hill via Churn Clough reservoir, or start in Newchurch and walk via Ogden Clough Reservoir joining the cart track to the top, or alternatively take the challenging concessionary route up the north side from Downham. You'll soon discover the wonderful variety by exploring Pendle Hill from every direction!

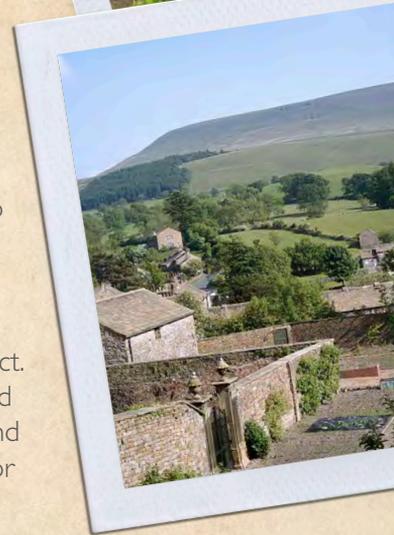
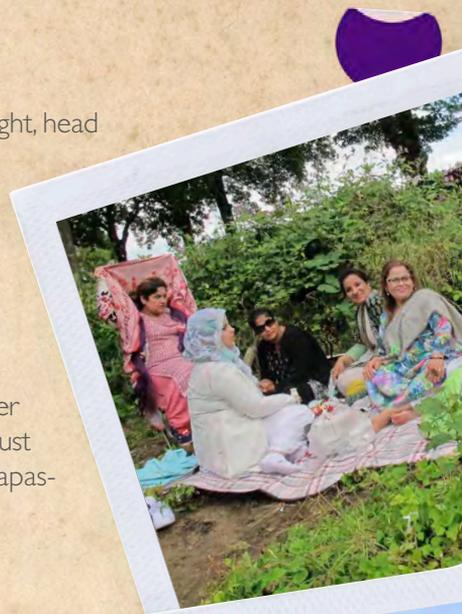
The views from the top inspired George Fox to establish the Religious Society of Friends – better known as the Quakers – after he climbed the hill in 1652.

## Pendle Hill Access Code

Most of the Pendle Hill landscape is accessible to the public with much of the hill itself designated as open access land where walkers have the right to roam. But it's still important to respect the landscape and those with whom we share it – including livestock.

Here are the golden rules:

- Keep dogs under close control, preferably on a lead
- Stick to designated footpaths
- Clear up after your dog
- Take litter home



Day 2 PM:

## Uncover The Real Story of The Pendle Witches



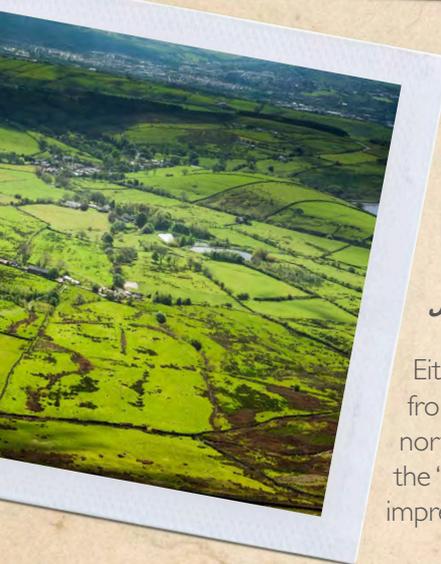
Pendle's association with witchcraft goes back more than four centuries and while the hill's allegedly diabolical denizens put it on the map, the truth surrounding what was actually a monumental miscarriage of justice has only recently emerged.

Back in the 17th Century a fearful and ill-educated rural populace was easily manipulated by those prepared to abuse their influence to curry favour with local nobles and King James I, who was obsessed with witchcraft.

In Newchurch, look for the 'Eye of God' on the church tower and the 'Witch's Grave' – a tombstone inscribed with skull and crossbones at St Mary's Church. Pop into Witches Galore for souvenirs then head to Roughlee to find the poignant statue of Alice Nutter, one of the best known of the 'Pendle Witches' – in chains – as she would have travelled on that fateful final journey over the Bowland Fells to stand trial at the Lancaster Assizes. Enjoy a spot of lunch at the community-owned Bay Horse Inn\* – rescued and restored by the villagers after a devastating fire in 2016.



Find out more about the real story of the witches along with the rich industrial history of the area at Pendle Heritage Centre in Barrowford – a quirky little mill village nestling beside Pendle Water, where you'll find a good selection of boutique shops and cafés. Historic Higherford Mill next to the bridge over Pendle Water is now home to a community of artists and makers who have opened studios there – they are open most weekends.



Don't Miss:

### *Stunning Views Without the Climb!*

Either head to the Nick of Pendle to admire the definitive view from Pendle across to the Bowland Fells, or for vistas stretching north-east up the Ribble Valley into Yorkshire from the road over the 'shoulder' beneath the Big End from Downham are equally as impressive - especially on a clear summer evening!

Day 3 AM:

## Take On The 'Tour De Pendle'

It may only cover 15 miles, but this challenging circuit for road cyclists includes some of the most brutal hill climbs in England. Expect a handful of 20 per cent gradients and plenty of 10 per cent ascents as you circumnavigate the hill via Sabden, Clitheroe, Worston, Downham, Barley and Newchurch.

There's more than 600m of ascent involved and fortunately, there are plenty of cafes along the way to rest and recuperate. If you happen to be here on a Sunday, take a short detour along Jinny Lane for a brew and a natter at Britain's last remaining Clarion House just outside Barley (Grid Ref: SD 831 396). [www.roughlee.org.uk/clarion-house/](http://www.roughlee.org.uk/clarion-house/)

For the less energetically inclined, the picture postcard village of Downham beckons. This idyllic stone-built hamlet is one of the prettiest in Lancashire, where the trappings of 21st Century life have been resisted by the Lord of the Manor, so you won't see satellite dishes or even TV aerials.

This is where the cult black and white classic, Whistle Down the Wind was filmed in 1961, and more recently, was the setting for the BBC drama series, Born & Bred.

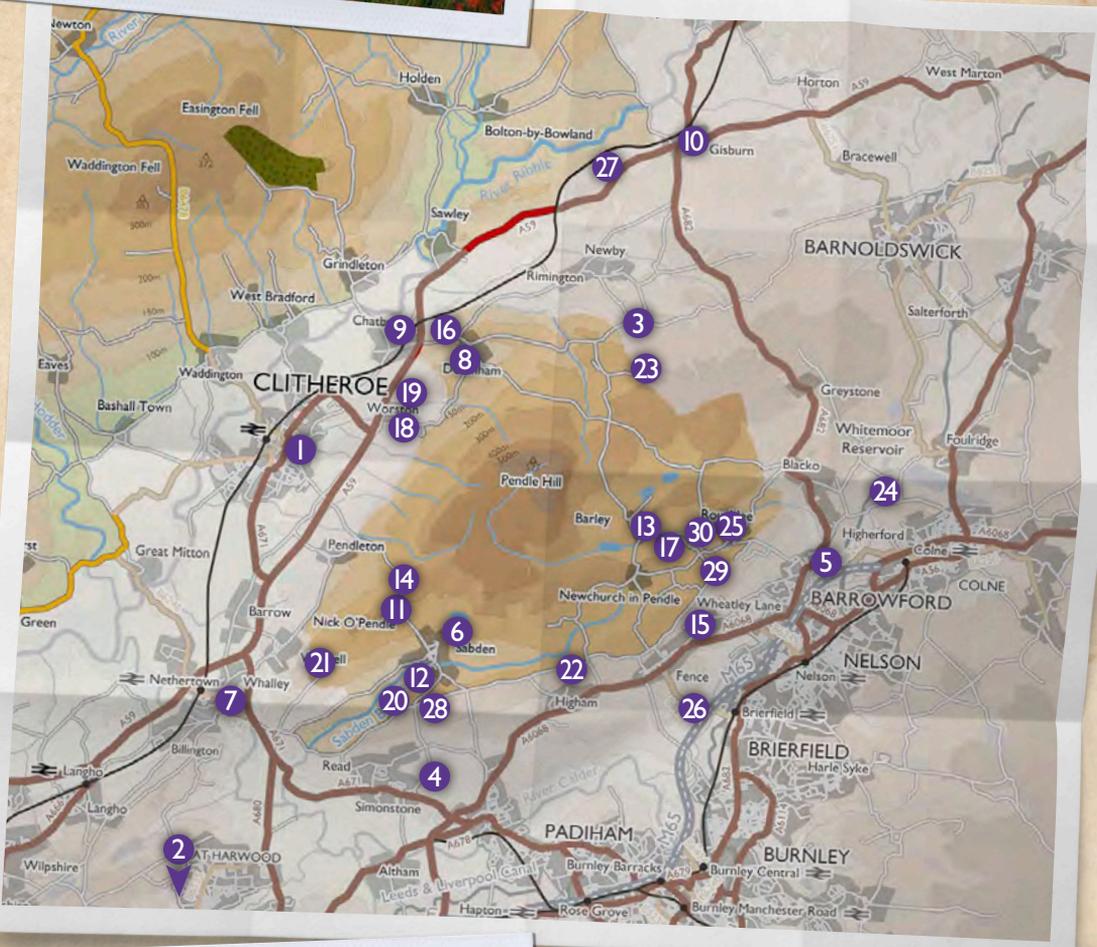
Park in the little car park at the information barn and walk across to feed the ducks in the stream or enjoy a Downham ice cream on the village green. Try one of four circular walks (details available in the info barn) or download them from: [www.pendlehillproject.com/explore-walking](http://www.pendlehillproject.com/explore-walking)

Day 3 PM:

## Down On The Farm

For great views of Pendle Hill and the chance to get an insight of the workings of a traditional family-run organic farm, take the short trip from Downham to Gazegill Farm at Rimington where the farm shop sells organic lamb and raw milk, cream and butter fresh from a herd of rare breed cattle. Or visit the Milking Parlour, Sabden for raw milk direct from the Gill family's Freisian herd.





# Discover

- 1 **All Routes North**  
01200 423955  
allroutesnorth.co.uk
- 2 **Alternative Adventure**  
01254 704898  
altadv.co.uk
- 3 **Gazegill Organics**  
01200 445519  
gazegillorganics.co.uk
- 4 **Outdoor Elements**  
01282 416396  
outdoorelements.co.uk
- 5 **Pendle Heritage Centre**  
01282 677 150  
pendleheritage.co.uk/pendle-heritage-centre
- 6 **The Milking Parlour**  
07730 218139  
facebook.com/  
Themilkingparlour
- 7 **Whalley Warm & Dry**  
01254 822220  
whalleyoutdoor.co.uk

# Eat

- 8 **Downham Ice Cream Shop**  
01200 441613  
facebook.com/  
DownhamIceCreamShop
- 9 **Hudsons Ice Cream Shop**  
01200 441305  
facebook.  
com/1947HudsonsIcecream
- 10 **La Locanda**  
01200 445303  
lalocanda.co.uk
- 11 **Nest on the Hill**  
07414 001118  
facebook.com/Nest-on-the-  
hill-109723624178291

- 12 **Sanwitches Café**  
01282 775006  
facebook.com/  
Sanwitchessabden

- 13 **The Cabin**  
01282 696937  
facebook.com/  
Barleypicnicite

- 14 **The Wellsprings**  
01200 427722  
www.thewellsprings.co.uk

- 15 **The White Swan**  
01282 611773  
whiteswanatfence.co.uk

- 16 **Greendale View Kitchen**  
01200 441517  
greendaleviewbandb.co.uk

# Stay

- 17 **Boothman Park**  
07837 243014  
boothmanpark.co.uk

- 18 **Calfs Head**  
01200 441218  
calfshead.co.uk

- 19 **Chestnut Cottage**  
01200 440400  
chestnut-cottage.com

- 20 **Cobden View Holiday Cottage**  
01282 776285  
cobdenview.co.uk

- 21 **Freemasons**  
01254 822218  
freemasonsatwiswell.com

- 22 **Height Top Farm holiday cottages**  
01282 772009  
info@heighttopfarm.co.uk

- 23 **Higher Gills Farm**  
0120 445370  
highergills.co.uk

- 24 **Malkin Tower Farm Holiday Cottages**  
07950 31598  
malkintowerfarm.co.uk

- 25 **Pendle Valley Caravan Park**  
01282 614755  
pendlevalleycaravanpark.co.uk

- 26 **Smithson Farm Caravan & Campsite**  
01282 788290  
facebook.com/Pendlelancashire

- 27 **Stirk House Hotel**  
07709 469215  
stirkhouse.co.uk

- 28 **The Boskins**  
07967 508245

- 29 **The Rookery**  
07738 261279  
therookeryroughlee.co.uk

- 30 **Thorneyholme B&B**  
01282 612452  
thorneyholmebandb.co.uk