From Barley continue on the path/road to the bus turnaround, turning left through a small pathway opening leading towards Pendle Hill. Crossing the footbridge, turn left up the lane & follow the footpath towards Pendle Hill. Continue North West past the trees on your right, heading right across the field (North) following the cobbled steps up Pendle Hill. Bear left at the top to ascend to the summit & Trig Point

Continue past the trig point & follow the line of cairns for about 650m & downhill to follow the stream & cross to descend into Boar Clough.

Continue descending to bear left at the stile & follow the path alongside the reservoir & past the dam.

Through gate, bear left & continue on path past the wood. Cross the overflow channel & turn left then right, cross the footbridge & take the steps. Continue on the path up through the wood, after 200 yards turn right through gate. Follow the wall uphill to top of Fell Wood & turn left over the stile. Follow the field boundary to stile in the corner & turn right. Cross the field past the gateway in the middle of the wall & turn right at the stile, taking the footpath by the public toilets.

Head downhill, through a gate & bear right. Pass the right of Moss End Farm & over three stiles. Turn left over the stile by Bull Hole & follow the track between the buildings. Turn right & by Tinedale Farm, over the stile & follow the fence. Pass the gate & ascend up the field to the gate ahead. Continue on track between bushes.

Head for the corner & turn left out of the field onto the road. Turn right at the junction & then turn left into the field. Follow the downhill path for 750m & arrive at Higham Village Hall CP.

Cross the road, pass Higham Old Hall & two stiles. Head down the steps & CAREFULLY cross the road. Head into field via your right & head downhill.

Cross the stile & follow the track to the stile. Climb stile & follow track over several fields to stile & carry straight on. Passing Pendle Hall on your right, follow the field boundary to the large footbridge.

Turn left & cross the meadow. Cross the bridge over the stream past River Calder & bear right. Cross stile & follow the path to a bridge then cross the field. Carry on across the lane & straight down the bank to stile & bridge at the stream. Follow the path over three stiles & follow the fence to turn left.

Cross the footbridge & turn right in the field. Over the footbridge over M65 & follow the boundary to the edge of the field. Head downhill in front of the cottages & turn left then immediately right, then left over the bridge.

Continue along the path until the path splits from the river, follow the hedge through the fields & turn right. Take the path up the hill & pass through the gate to the left. Continue up Robinson Lane past the farm, over the canal & railway to the Main Road.

CAREFULLY cross the road & head up Reedley Road. Turn right then left. Turn left onto Moorside Avenue the follow fork right into field. Follow the path alongside the Golf Course over several stiles. Turn left by the houses & follow the wall through two fields past the course to main road. Continue over main road & bear downhill & left through a gate & on to the next field.

Carry on alongside the reservoir, past gate & steps & over the stream.

Turn right past the dam & go up the lane. Follow the track over two stiles & carry on uphill. Past the Chapel on the left & turn right through the farm.

Cross the field & climb the stile. Bear right then downhill over a stile & immediately left. Through the stone stile & skirt the perimeter of the field to reach a stile. Follow the track to the right, turn right through Catlow Quarry

& continue downhill past the farm. Cross the ford & turn left off the road to continue along a rough track.

Carry on the track past the footbridge on your right. Keeping the steam on your right, follow the marker posts downhill. Follow an undefined path straight ahead, climb the stile & head past a group of trees. Follow the path level with a stream & bear left. Pass the water storage tank & through the gate to Coldwell CP.

Head downhill along the road, turn left off the road through the gate past Upper Coldwell Reservoir. Follow the track, fork left over open moorland & continue for approx. 4km. Cross right over a large footbridge near Brink Ends & follow the wall on your right. Follow the wall for about half a mile along a path then concrete track. Turn left over stile at the finger post & descend downhill. Continue through a gate & down to Wycoller Dean.

Cross the Packhorse Bridge & continue on the road through Wycoller. At the sharp left turn, take the right turning off the road, over the bridge & through a stile then gate. Continue to a squeeze stile & turn immediately left. Continue alongside the wall & over a footbridge. Follow the path to the road & turn right past the cottages.

At the end of the cottages, turn left, over the bridge & to the road. CAREFULLY cross the road to Laneshawbridge CP.

30 MILE ROUTE (SKIP AHEAD FOR 45 MILE):

Continue on Emmott Lane to become Hill Lane. At the end of the road, turn right onto Skipton Old Road & take the next left onto Castle Road.

Continue along for approx 2.5km. Continue past roundabout onto Red Lane. Continue on Red Lane until you reach junction with Barnoldswick Road. Turn left & descend. Continue to bear left onto Gisburn Road. Near Old Bridge Pub, take a left & follow the river, through the gate, through the Car Park & cross the road to SELF CLIP at the entrance of Pendle Heritage Centre.

45 MILE ROUTE:

Turning left and head alongside the stream. Head through the works yard and follow the path near the stream to cross the stepping stones ahead. Turn right at the stile, go straight along the wall and climb the stile a further 100m.

Head over the footbridge and continue to the wall. Go diagonally across the field to the gate and follow the field boundary. Continue past Earl Hall and follow the track, through the stile and bear left. Follow the track to the left of the farm and bear left across the next field. Cross the stile and follow the wall on your right up the hill to the stile.

Pass the trig point at Knarrs Hill (touch for good measure), follow the wall straight on. Continue on the track until you reach Knarr End Farm entrance and turn left. Continue on the lane to Warley Wise Lane, turn left and follow this for half a mile.

At the end, turn left and immediately right past Black Lane Ends Tavern, turning right through a stile and a gate. Follow the track downhill keeping left of the wall. Bear left across the field and over a stone stile. Join the farm track and skirt Scald Bank Farm to climb the stile ahead.

Head along the path, over the footbridge, through the gate by Harden Clough Farmhouse and follow the path.

Head towards the telegraph/utility pole, bear right over the footbridge. Head towards the gated stile and follow signposts by the opening in the wall to go over the stile.

Bear right to signpost and head for the gate, passing through by the PBW post. Cross the farmers field through several gates, continue on lane for 500m. Turn right (northwards) onto the road and turn right onto a track, head through the stile and cross the three fields with stiles in gates.

Head through the muddy section, cross over small stream by the wooden gate, bear left and go straight across the field. Follow the fence line on your right through two gates to the brow of the hill. Continue on track and through metal gate. At the road turn left then immediately right onto Mill Lane following the wall. At the end turn left onto the road, following down to Earby Youth Hostel - the Earby CP is in the car park at the rear.

Continuing down the road past the roundabout to main road at Earby. Turn right then immediately left by the Church, through wall stile and bear diagonally right to cross two fields and through the gate below the farmhouse.

Follow the trod to the footbridge and cross. Head over the stile and diagonally across the field (motocross track on your left), bear left over the brow of the hill and cross the stile into the car park.

Head right across the car park towards the edge of the farm buildings and through the gate, cross the track into the next field and pass through the gate. Cross the field and climb the stile opposite Thornton Church.

Head along the road for a short distance and bear left over the stile and head across the field. Pass through the gate to the plantation, cross the golf course, down to the stream and follow the walled path. Turn right by the cemetery gates then right again around the churchyard of St Mary-le-Gill and enter the lane.

Head down the path to the road through the gate opposite the factory entrance and turn left onto the road.

Turn right along the high fence line, cross the field to a stile, over another stile onto the towpath. Cross the cancel to the opposite towpath and carry on past Greenberfield Locks for half a mile past the houses.

Cross the road bridge to the opposite side, continue for 800m. Continue on the towpath until just before the marina, cross a stile on the path and go up the lane by the School on the main road B6383. Turn left on the road then immediately right onto the track. Continue for 150m turn right and bear right to head up to Letcliff Hill Park. Carry straight on the lane to the road. Turn right onto the road for 100m and turn off left onto Colne Road.

Continue on Colne Road until opposite Bancroft Mill and turn up onto Forty Steps. Follow the path past the iron foundry and former Ousledale sawmill. Turn left after the playground area by the car park opposite John Street.

Turn left up Westgate and uphill onto Esp Lane. Turn left onto the track, go straight over the field, over a stile and bear right over two stiles. Opposite Elm Close turn right & immediately right again through a gate. Past the houses, turn right over a stile off the late, turn left and follow the trod over three stiles following the wall uphill.

Follow the path up past the trig point on your right at Weets Hill. At the large gate, turn left along the track/road by Weets House Farm. Continue half a mile until you reach a gate off the track/road on the right.

Follow the wall for 700m and turn right at the gate/stile in the wall. Continue straight on the old track and climb the stone stile with the Farm on the right. Head though the iron gate and stone wall, proceed diagonally left downhill to a stile by the road.

Cross the road and head through a gate opposite taking a trod down to Admergill Water. Cross the stone bridge and over a stile to cross two fields. Go over the stile at the bend and along the lane passing in front of Admergill Hall.

Turn right when you reach the lane and continue with the house on your right. Use the bridge on the left shortly after the house. Cross over the stile, cross this field and the next then over a stile. Head downhill for some 300m with Admergill Water on your left. Cross the stream and turn left up some steps to cross left on the bridge

Continue through a small wood, crossing two stiles and follow the river on your right. Turn right onto the road and shortly past Blacko Foot Farm, turn left. Continue over the next open field to a stile, then over the field to the next stile. Cross another stile and veer right downhill to go over a footbridge. Follow the track round to the left, turn right over the bridge then immediately left at Watermeetings.

Follow the path alongside the river to emerge at the road. By Higherford Mill, go left at the road over the bridge then immediately right onto a lane by the yellow grit bin. Follow the river, through the gate, through the Car Park & cross the road to SELF CLIP at the entrance of Pendle Heritage Centre.

BOTH ROUTES:

Continue through the park take the footbridge on the right to the main road & cross to Pasture Lane (White Bear public house) heading up the lane keeping to the right path/road at the bend.

Heading towards Pasture House, continue up the lane, cross the first stile on the left then turn right over a footbridge. Follow the trail uphill, go through a break in the hedgerow past the barn on the left. Go over a stile & through a gate to West Pasture Farm. Follow the boundary on your left uphill.

At the top of the hill go through a stile in the wall, head slightly to the right then straight downhill to the trees. Continue to Pendle Water & CAREFULLY take the stepping stones, crossing the stile then straight across the road. Leave the main road towards Roughless Hall, heading upwards along the lane go through two gates & bear right over two fields. From the footbridge head straight to the stile.

Pass on the right of the house up to the farm over a stile then 150m turn left along a track to where the road bends right. Turning right up the road following the lane upwards turn right. Heading towards Intake Farm pass two stiles around the farm. Go right over the stile to the wall, following the hedge on the right into a field.

Through the field to a stile cross three streams keeping to the right. Continue, passing Whitehough Camp School on the right & follow the path through the woods. At the small red brick building through the gate turning left down the lane past Whitehough. At the waymarked post turn right through the gateway. Keeping the river on your left, follow along the track & past Narrowgates Cottages continue along the track towards Barley Village Hall finish.