



ITINERARY 6

**SUMMIT ELSE – EXPLORE
PENDLE FROM CLITHEROE**



Base yourself in the bustling market town of Clitheroe for an active weekend of picturesque rides and scenic walks – including a challenging hike to the top of iconic Pendle Hill. And once you’ve burned a few hundred calories on foot or in the saddle, you’ll find plenty of places to replace them in the most enjoyable way!

ec escapes

DAY 1

10 miles

Arrive by train at Clitheroe Station

Morning



Grab some pies and picnic fodder from the open-air market or one of Clitheroe's many independent shops and head for the hills! This challenging route takes you to the top of Pendle and gets you back into town in time for tea. You'll need decent footwear, waterproofs and extra layers, as it could get chilly on top. The whole 9-mile route should take about four hours, so you will be back in town for tea. A stop-off for refreshments at the award-winning Swan with Two Necks in the pretty village of Pendleton is highly recommended.

Check out our collection of Pendle Hill walking routes for all abilities at www.forestofbowland.com/walking

Evening



Take a table at one of Clitheroe's selection of pubs and restaurants. Choose from contemporary Greek classics at Brizola, small plates and tapas at The Bistro, Bar & Grill at Holmes Mill or modern French dining at Tom's Table. Craft beer and cask ale fans will find plenty of choice at The Beer Shack, The Ale House, or Corto.

DAY 2

30 miles

Depart Accommodation on foot

Morning



Wander to Ribble Valley e-bikes shop to collect hire cycles (book in advance at Ribble Valley e-bikes). Collect a picnic from Bowland Food Hall, just a short ride from the cycle shop then head out of town onto quiet rural lanes to explore the picturesque villages of the southern edge of the Forest of Bowland AONB.

NB: E-bikes can only be ridden on the public highway by children aged 14 and above. Younger children can ride unassisted bikes, but will need to be proficient cyclists to complete this part of the itinerary.

The leisurely Ribble Valley Villages ride takes in all the prettiest villages, including Waddington, Downham, Whalley and Ribchester, where you'll usually find a pub or a café at which to stop for refreshments. Confident cyclists will complete the entire loop in around two hours, but most people stick to the eastern or western sections and allow plenty of time for frequent stops.

Lunch



Stop off for lunch at one of the many country pubs along the route – most will be able to accommodate walk-ins, but on Bank Holidays it pays to book in advance as the more popular eateries do get very busy.

The White Bull in Ribchester, the Shireburn Arms in Hurst Green and the Three Millstones in West Bradford to name just a few.

Return to Clitheroe to drop off your hire bikes and catch your train home from the station.





DISCOVER

1

Ribble Valley E-Bikes

www.ribblevalley-e-bikes.co.uk
01200-426246



EAT

2

Coach and Horses

coachandhorsesribblevalley.co.uk
01200 447331

3

Bowland Food Hall

www.holmesmill.co.uk/food-hall/
01200 407120



STAY

4

Cobden View Holiday Cottages

www.cobdenview.co.uk
01282 776285

5

Height Top Farm

www.heighttopfarm.co.uk
01282 772009

6

Higher Gills Farm

www.highergills.co.uk
07756 670102

7

Stirk House

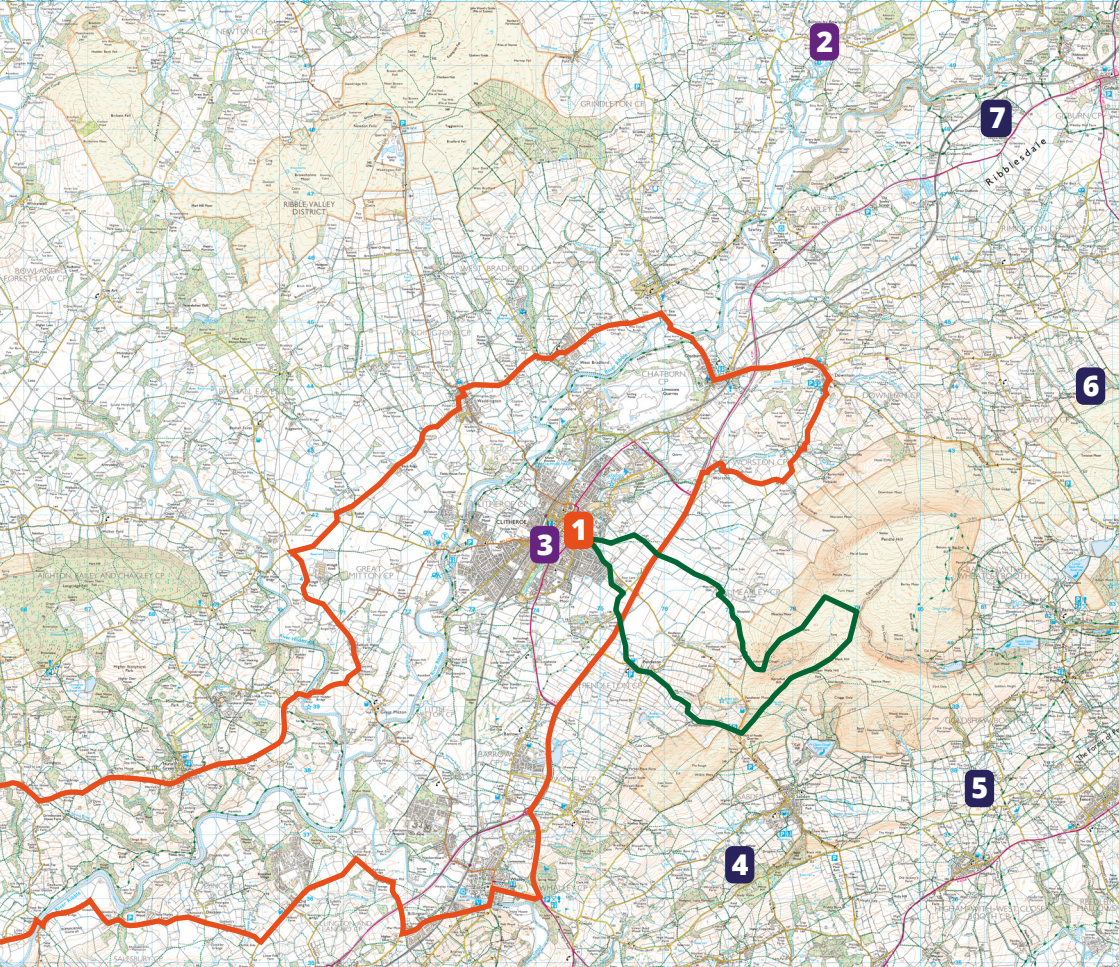
www.stirkhouse.co.uk
01200 445581



Explore more...

Cycle around the foot of **Pendle Hill** to uncover the real story of the Pendle 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.

Linger a while in the picture postcard village of **Downham**. This idyllic stone-built hamlet is one of the prettiest in Lancashire, where the trappings of 21st Century life have been resisted, so you won't see satellite dishes or even TV aerials.



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About Eco Escapes

Eco Escapes is all about travelling light and treading carefully in the Areas of Outstanding Natural Beauty of Lancashire.

It's about leaving the car at home and taking the time to explore new places by public transport, on foot or by bike. It's about discovering the county's wonderful natural environments and the wildlife that makes its home there.

Above all, Eco Escapes is about making connections: between town and country; between visitors and residents and between people and nature.

Download our series of 6 itineraries to plan your next Eco Escape.



ITINERARY SERIES

- 1 Walk Lancashire's Limestone Coast
- 2 Family-friendly adventure in Bowland
- 3 Lancashire's fabulous food producers
- 4 Historic Lancaster and the Lune Valley
- 5 Explore Northern Bowland by train
- 6 Discover the mysteries of Pendle Hill



TRAIN TIMES

www.northernrailway.co.uk

LINGER LONGER

There's plenty more to see and do in the area to extend your break a while. The Forest of Bowland AONB is criss-crossed with footpaths and cycle trails. Picturesque villages like Slaidburn, Downham and Waddington are within just an hour or so in the saddle. For more ideas and itineraries, visit the Forest of Bowland AONB website: www.forestofbowland.com



ecoescapes.org.uk