

he walk begins at the car park of Pendle Heritage Centre at Barrowford, (there is an honesty box). Walk to the end of the car park, on to the river bank and turn right. Along this stretch of Pendle Water you may, if you are lucky, see a Dipper on the rocks in the water in midstream. It's a bird about the size and colour of a a bird about the size and colour of a Blackbird but with a conspicuous white breast and a "bobbing" action. It fishes by diving into the water and walking about on the stream bed. If you are very, very, lucky you may catch a glimpse of a Kingfisher. A flash of metallic turquoise and it's gone!

When you reach the road, (point A), do not cross here, it is dangerous. Better to turn right and walk uphill about 50 metres until you are opposite Rockville. Cross the road here, enter Rockville. Cross the road here, enter Rockville, and turn sharp left into Pinfold. At the end of this short lane you will come to the old bridge. This is a packhorse bridge dating from the middle of the 16th Cent. Over the bridge turn right. At the end of the houses, bear right to rejoin the riverside path This delightful path will bring you to a bridge, (point B). Do not cross it but turn left, then immediately right, through a gate and cross the grass toward the tree covered bank in front. When you reach

the trees a path leads up the bank. It's a bit steep in places and can be muddy after much rain.

after much rain.

Eventually the path comes out of the trees on to open ground. If you have reached this stage, give yourself a pat on the back, the worst is over! Continue with the wall on your right and after about 100 metres go through the wall by way of a gap next to a metal gate. Continue with the wall now on your left. Take in the lovely view on your right and rejoice for this is your north country. The hill opposite is Brown Hill and obscures the Big End of Pendle. Blacko Tower can be seen over your right shoulder.

right shoulder.

right shoulder.
Follow the wall until you emerge on to the Barrowford/Roughlee road at a double bend. Go straight forward and when the road turns right to go downhill carry straight on along the tarmac lane, keeping right when it forks. When the lane bends right go straight on with the wall on your left, and over a stile. At the end of this stretch a double stile will bring you to Noggarth Cottage, point (C).

(C).
This place is a little gem beloved by walkers and motorists alike. Many a weary rambler has been revived by the refreshments available here. (The bacon are especially recommended, teacakes are especially recommended,

but it is closed Wednesdays.)
Leaving Noggarth Cottage, turn back and go through the gap in the wall behind you. You are now standing at the top of a broad grass slope with Barrowford down in the valley. Go down the hill keeping to the right. A stone wall is crossed by way of a metal gate. From here make straight for the pylon at the foot of which is another gate. Continue forward to the fence in front where a double stile lets you into the next field. It double stile lets you into the next field. It can be quite muddy here after rain. Head down the hill, this time keeping to the left, to pass through a gap in the hedge on your left. Make for the bottom left hand corner of the field where a gate leads onto the road. Turn left, follow the road into Barrowford. Cross the main road, turn left again, cross the the main road, turn left again, cross the river and follow the path back to the Heritage Centre.

Pendle Heritage Centre sports an information bureau, a book/souvenir shop and a fascinating museum. If you did not take refreshment at Noggarth, or even if you did, you could do worse than finish here with a cup of tea and a wedge before trundling home. If you fancy something stronger and you are not driving, the George and Dragon over the bridge, sells good beer. Happy walking!