

The walk shown is for guidance only and should not be attempted without suitable maps.

Details	
Distance:	13km (8miles)
Total Ascent:	534m (1753ft)
Time:	4 <sup>3</sup> / <sub>4</sub> hrs Grade: 5
Maps:	OS Landranger® 103 & 109 or OS Explorer Map™ OL21
Start/Finish:	Cowpe Picnic Area, Lancashire
Grid Ref:	SD833214
Sat Nav:	N53.6890 W2.2531

In association with:



The car hire comparison search engine

**Hill Classifications:**

- ▲ Hewitt
- ☀ Wainwright
- ☀ Bridget
- △ Trig Point

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**Quiet paths with fine views**

**S** Go SE from the Car Park to a T-junction and then SW (right) to ascend a farm track past several small reservoirs and then between two large houses (footpath sign). Ascend a clear path through a metal gate (Footpath Access Sign) aiming generally SW skirting a deep ravine to reach a stile (RW sign). (1km)

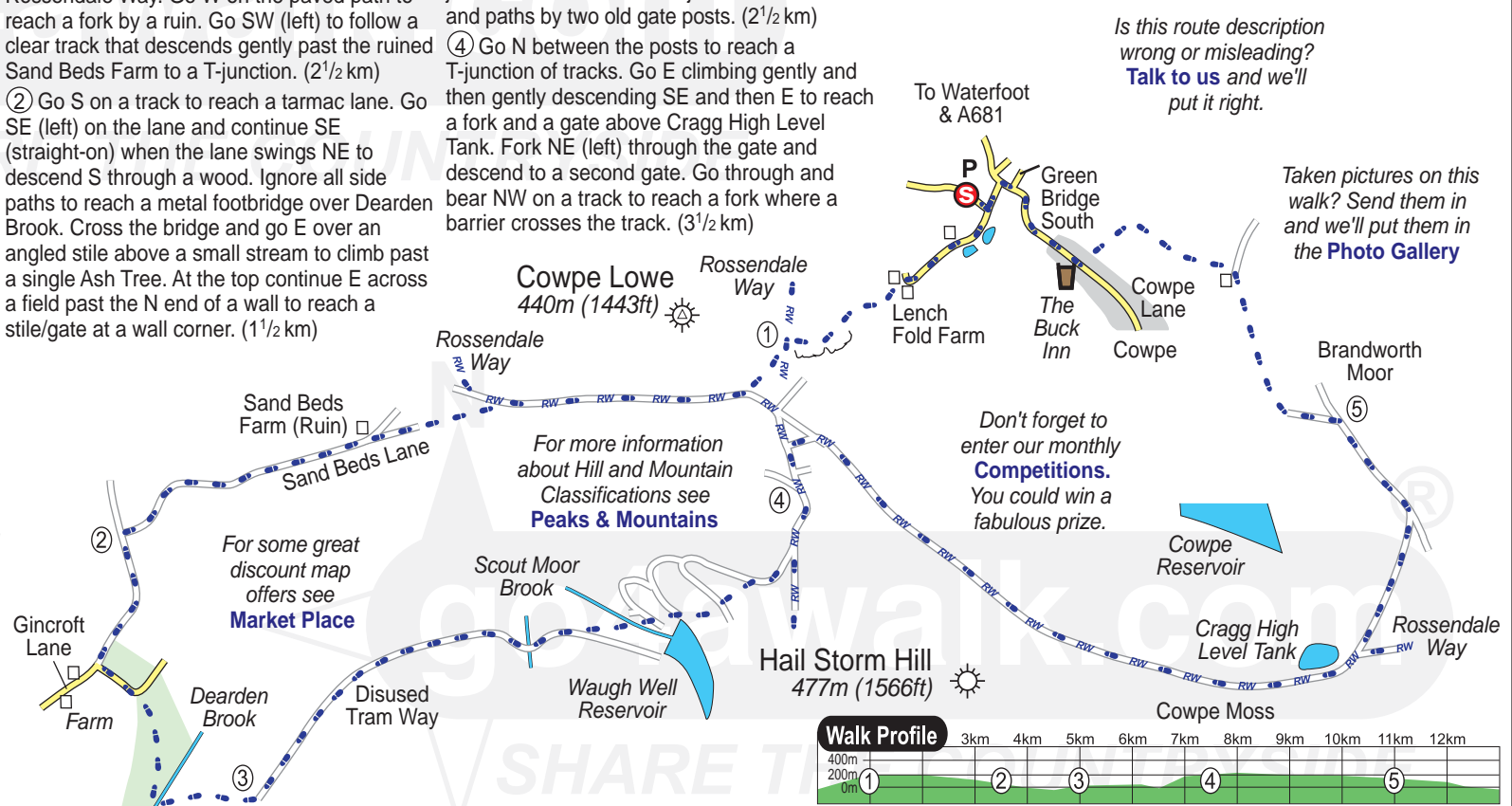
① Ignore the path going SE and go S on a clear path that soon bears SW (half-right) gently descending to reach the paved Rossendale Way. Go W on the paved path to reach a fork by a ruin. Go SW (left) to follow a clear track that descends gently past the ruined Sand Beds Farm to a T-junction. (2<sup>1</sup>/<sub>2</sub> km)

② Go S on a track to reach a tarmac lane. Go SE (left) on the lane and continue SE (straight-on) when the lane swings NE to descend S through a wood. Ignore all side paths to reach a metal footbridge over Dearden Brook. Cross the bridge and go E over an angled stile above a small stream to climb past a single Ash Tree. At the top continue E across a field past the N end of a wall to reach a stile/gate at a wall corner. (1<sup>1</sup>/<sub>2</sub> km)

③ Go NE on a overgrown & boggy disused tramway to contour the hillside towards Waugh Well Reservoir. 100m before reaching the lower perimeter wall ('no swimming' sign) bear NE to descend and cross Scout Moor Brook before ascending NE up the opposite bank. Climb E, initially by a wall, and then bear NE up the slope, crossing an access track, to reach a second concreted access track. Follow the track E and then N, continuing N when a third track joins from the S to reach a junction of tracks and paths by two old gate posts. (2<sup>1</sup>/<sub>2</sub> km)

④ Go N between the posts to reach a T-junction of tracks. Go E climbing gently and then gently descending SE and then E to reach a fork and a gate above Cragg High Level Tank. Fork NE (left) through the gate and descend to a second gate. Go through and bear NW on a track to reach a fork where a barrier crosses the track. (3<sup>1</sup>/<sub>2</sub> km)

⑤ Fork W to a gate. Go through a narrow kissing gate and follow the wall to a stile. (Ignore the first stile that climbs the wall). Bear NW across fields aiming for a large isolated house. Go through the 'goat yard' and bear W round the house to go through a metal gate. Continue NW across two fields aiming for a house with a black gable end to reach a double stile. Cross and go SW between two fences to descend to Cowpe Lane. Go NW past the pub and follow the road round to reach Green Bridge South. Take the next left to climb SW to a junction. Go NW to return to the car park and the start. (2km)



**1136 Cowpe Lowe & Cowpe Moss from Cowpe**

To reach the start: From the A681 go S on Cowpe Road (signed Health Centre & Free Parking) then SW up a rough track (picnic sign & cow sign) and then NW at the car park sign.

Is this route description wrong or misleading? Talk to us and we'll put it right.

Taken pictures on this walk? Send them in and we'll put them in the Photo Gallery

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For more information about Hill and Mountain Classifications see Peaks & Mountains

For some great discount map offers see Market Place

The information given in this document has been provided in good faith. It is intended only as a general guide. We advise you to verify the accuracy of information before relying on it. It is the responsibility of individuals to approach outdoor activities such as the one described on this page with caution. The activity described can be strenuous and individuals should ensure they are fit enough before embarking upon it. If in doubt, seek medical advice.

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