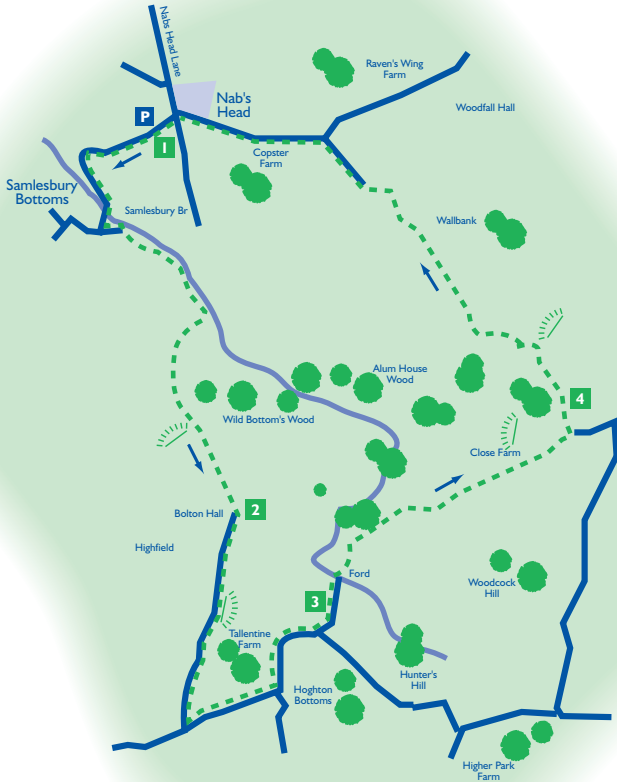


# RAMBLE FROM NABS HEAD/SAMLESBURY

4.5 miles / 7km



Scale 1:25000

OS Explorer (19) Series

For tourism information please telephone (01772) 625567 or  
e-mail [info@visitsouthribble.gov.uk](mailto:info@visitsouthribble.gov.uk)

Please wear appropriate clothing and footwear; keep to the paths and close gates.  
Please keep dogs under control and clean up after them. Do not leave any litter.

Every effort has been made to ensure accuracy in preparing the walks - the council cannot accept any  
liability and people using the routes do so at their own risk.

# RAMBLE FROM NABS HEAD/SAMPLESBURY

**4.5 miles / 7km**

**1** (This ramble takes in some of the best countryside in the area but in certain parts can be quite strenuous. Footpaths go close to a spectacular river valley so caution is needed when proceeding on some of these paths).

From the Nabs Head Public House car park on Nabs Head Lane, turn right then right again onto Goosefoot Lane and proceed on roadway down hill for approximately 0.5 mile until you cross the river by a mill on the left. Continue on roadway uphill for a hundred metres until you see a path on left leading to a gate and stile. Cross stile into open field and bear left to follow path of river on a worn track (observe a weir on your left), follow track to gate and stile slightly away from river and cross. At this point ignore worn vehicle track to right and climb steepish bank ahead on a small track between birch trees.

At top of bank proceed to edge of woodland on left of open field and continue to climb a slight gradient keeping open field to right. You can observe the River Darwen below on your left in Wild Bottom's Wood and views over the valley to Beacon Fell behind you.

At top of slope, cross stile with gate and stone walls either side and continue into flat open field keeping wall and woodland next to you on left and find stile in corner at end of wall. At this point the views ahead are of Darwen Tower and to right, Hoghton Tower. Cross stile and continue to follow old unkept wall moving away from woods and aim for house ahead (this is a 17th century farmhouse called Bolton Hall and is the key grid reference check on the OS Explorer 19 map). Continue on worn track to farm buildings. At Bolton Hall Farm cross stile on left of gate and proceed with old buildings on left, then cross another stile next to gate and bear right down a well made track.

**2** Proceed on track until you meet T-junction (admire views over valley on your left on this track) with road, turn left and follow roadway downhill. Turn left onto Valley Road and proceed down past cottages, after last building on left turn left and cross footbridge over river.

**3** Follow path over stone stile next to gate and continue ahead past house and barn, bear left over stile into field and continue straight ahead to meet river on your left. Follow track up a gradient, where paths fork bear right away from river and continue on worn path uphill. (At this point be careful of severe drop down to river on your left).

As path levels out and field opens out on right, turn right into field then left with treeline on your left. Continue uphill keeping treeline close on left, (the tops of Hoghton Tower are now visible over valley) at exposed clay banking bear left and drop down on grassy path to small stream (conditions in this area can be very muddy). Cross the stream then proceed up steep banking and bear right at top to find stile in stone wall. Cross stile and navigate across field to stone house in distance keeping hedgeline on left as you approach house.

Find a gap at end of hedge line and go through to find gate and stile ahead (magnificent views over Preston to the sea can be seen here). Cross the stile and follow track in front of house with stone wall either side. Bear left onto well made Tarmac path with wall and house on left and field on right, go through gate posts then turn immediately left onto descending track between two stone walls and continue on stony uneven track into Alum House Wood.

**4** As you descend, observe the wooded valley below on your left (deer can be seen in these woods). Cross stone bridge with a high view of river then bear left following the track now going uphill till path levels and meets a Tarmac road. Bear right on this road and continue for 0.5 mile until it meets a small road, turn left and follow roadway into Nabs Head Village with Nabs Head Public House on your right at junction.