

## Nabs Head / Samlesbury Walk approx 5 miles

This ramble takes place in some of the best countryside in the area but in certain parts it can be quite strenuous. Some of the footpaths are close to the river valley, so extra caution needs to be taken on these sections of the walk. Please wear appropriate clothing and footwear, keep to the paths and close gates behind you. If you are looking to complete this walk over the winter months you are strongly advised to wear waterproof clothing as some sections of the walk can become very muddy.

● The walk starts from the Nabs Head Public House Car park on Nab's Head Lane.

1 From the car park turn right then right again onto Goosefoot Lane and proceed on roadway downhill for approximately 0.5 miles 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 a stile. Cross the stile into the open field, bear left to follow the path of the river on a worn track (observe a weir on your left), follow the track to a gate and stile sited slightly away from river and cross. At this point take the worn vehicle track to the right and climb the steepish track to the top.

At the top of the slope, cross the stile with gate and stone walls on either side, continue into the flat open field keeping the wall and the woodland next to you on left till you find a stile in corner at end of wall (at this point the views ahead are of Darwin Tower and to the right Hoghton Tower). Cross the stile, follow the old unkept wall moving away from woods and aim for the house ahead (this is a 17th century farmhouse called Bolton Hall). Continue on worn track to farm buildings.

At Bolton Hall Farm cross stile on left of the gate, proceed along the path, keeping the old buildings on your left, then cross another stile next to a gate and bear right down a well-made track.

2 Proceed along the track until you come to a T-junction (admire views over valley on your left on this track) with a road, turn left and follow the roadway downhill. At the end of the track turn left on to Valley Road, proceed downhill past the cottages. After the last building on left turn left and cross the footbridge over the river.

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

As the path levels out at top of the hill, you will reach a gate. At this point, the field opens out on right. Turn right into field then left, keeping the tree line on your left.

Continue uphill keeping tree line close on left, (the tops of Hoghton Tower are now visible over valley) at exposed clay banking bear left, drop down on to a grassy path to small stream (conditions in this area can be very muddy). Cross the stream then proceed up the steep bank of steps then bear right at top to find stile in the stone wall. Cross the stile, navigate uphill across the field to the stone house in distance keeping hedge line on left as you approach house.

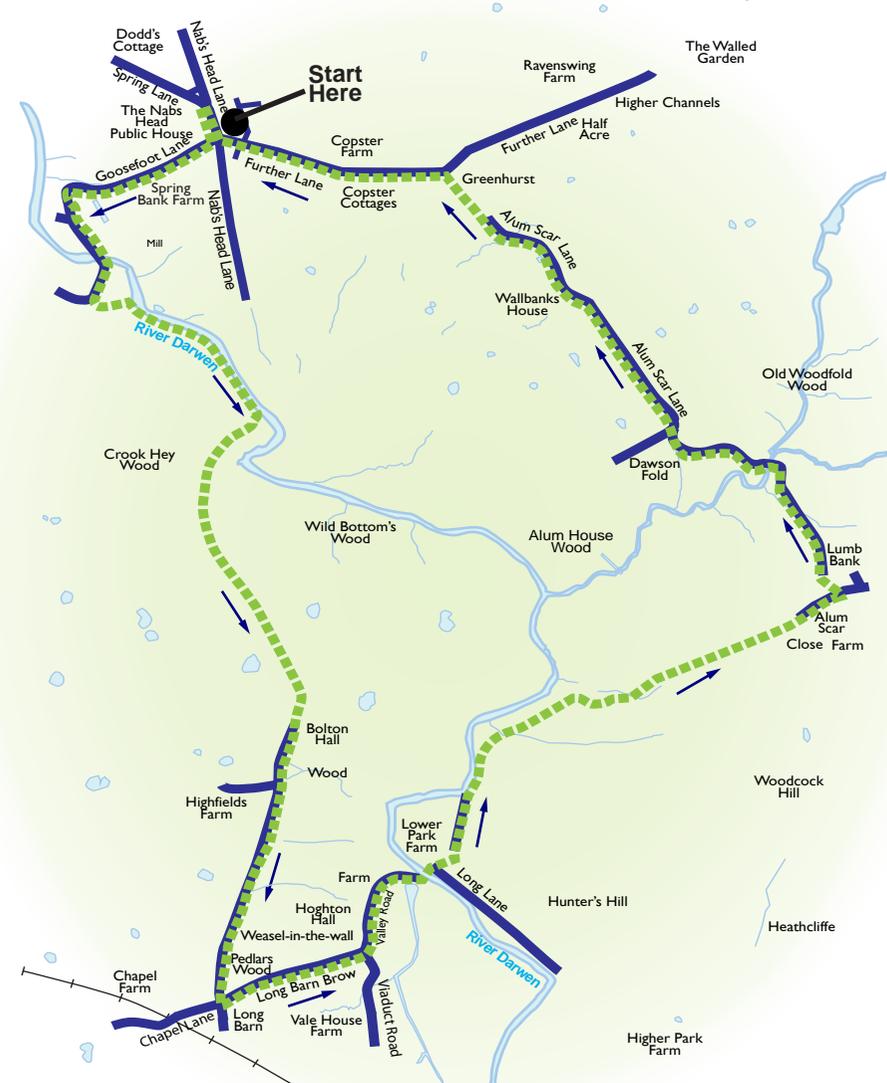
Find the gap at the end of the hedge line, go through it to a gate and stile ahead (magnificent views over Preston to the sea can be seen here). Cross the stile, follow the track in front of the house with a stone wall either side.

Bear left onto a well-made Tarmac path with the wall and house on your left and the field on your right, go through gateposts then turn immediately left onto the descending track between the two stone walls, continue on the stony uneven track into Alum House Wood.

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

# EASTERN WALK 4

Nabs Head / Samlesbury Walk 5 miles  
(2 hour 45 mins)



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 route do so at their own risk.

