



# Salter Fell - Cross O'Greets Circular

OS Explorer

OL41



## Start Point



## Distance/Time



31 miles (49km)  
3-4 hours

## Terrain

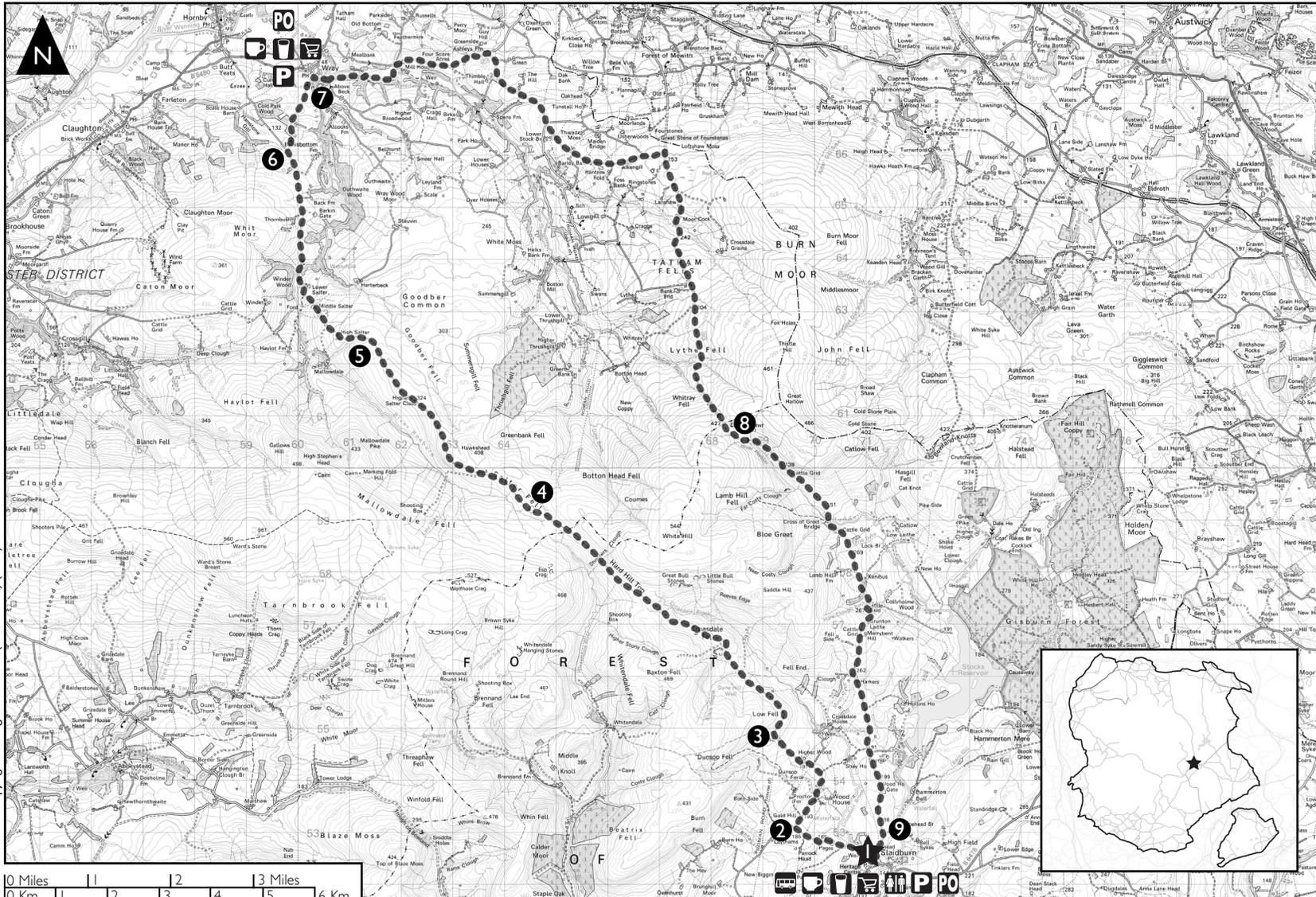
1/3 off road and undulating  
(MTB needed) and  
2/3 on road (steep in parts)

## Key to Facilities

- Café, Toilets, Post Office,
- Pub, Bus stop, Car park,
- Shop

## GPS Waypoints (OS grid refs)

- ★ SD 7142 5248
- ② SD 6963 5308
- ③ SD 6922 5491
- ④ SD 6674 5745
- ⑤ SD 6077 6255
- ⑥ SD 5981 6606
- ⑦ SD 6056 6747
- ⑧ SD 6710 6607
- ⑨ SD 6826 6084
- ⑩ SD 7119 5245



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## Route Description

This route is described clockwise from Slaidburn, but can equally well be ridden from Wray.

★ **GPS:** SD 7142 5248

Leave the village car park and turn right through the village, past the war memorial and straight on at the pub, following the brown signs to Myttons Farm Crafts.

② **GPS:** SD 6963 5308

Turn right into Woodhouse Lane, past the farm track to Myttons and follow the lane round to the left until you reach the fell gate.

③ **GPS:** SD 6922 5491

Go through the gate and continue along the main track, ignoring the bridleway on the left. There are no other route options on the Salter Fell track across the moor, so although it is isolated, route finding is straightforward.

④ **GPS:** SD 6674 5745

This is the highest point of the fell at 416m and the watershed for 4 rivers - Hindburn, Roeburn, Whitendale and Hodder, plus Croasdale Brook.

⑤ **GPS:** SD 6077 6255

When you reach the gate go straight through onto the tarmac lane and follow the lane through beautiful Roeburndale.

⑥ **GPS:** SD 5981 6606

Turn right, down a steep hill into Wray village Main Street. Turn right at the T junction and take some time to explore the village.

⑦ **GPS:** SD 6056 6747

From Bridge House Farm tearooms turn left along the lane towards Bentham and Lowgill, also the Lancashire Cycleway (northern section, NCN route 90), which you follow all the way to Slaidburn 16 miles (26km) away. The Cycleway is clearly signed at all the junctions.

⑧ **GPS:** SD 6710 6607

Turn right onto the road, just south of the Big Stone above Bentham. You could drop down into this market town where you will find pubs, cafes, places to stay, shops and trains.

⑨ **GPS:** SD 6826 6084

The long climb up to Cross O'Greet takes you up to 428m, before the fast descent on the other side.

⑩ **GPS:** SD 7119 5245

As you come into Slaidburn, turn left at the war memorial, and down the hill to the car park.

## About This Ride

This walk offers a wonderful way to experience the grandeur and isolation of the high moorland of northern Bowland. Topped and tailed by two quintessential Bowland villages, Slaidburn and Wray, this circuit is demanding and exhilarating. The off road section across Salter Fell uses sections of the old Roman Road running from Clitheroe to Lancaster, still visible in parts, and best tackled from south to north.

Slaidburn boasts a pub and tearoom, plus several craft shops and a fantastic village hall. The Hark to Bounty hosts a medieval courtroom which was in use until the 1930s.

Wray takes its name from the steep sided crook in the river Roeburn, it means 'corner' in Norse. In fact Wray village was built in the 12th century, firstly as a farming settlement, and later as a weaving village. It is well known for the annual scarecrow festival, held each May.

'Look out for the Hen Harrier - probably the most important bird species to regularly breed in the Forest of Bowland, this bird of prey is most often seen flying slowly over the ground, as it hunts for small birds and mammals. Males are pale grey in colour with black wing tips, whilst the female is mainly brown with a distinctive white rump.'



▲ Hen harrier

Tony Disley

## Public Transport

Nearest stations are Clitheroe, Long Preston or Clapham for Slaidburn, and Wennington for Wray. Alternatively use Bentham station and join the walk at point ⑧

## Arriving by car

**Slaidburn** – there is a pay and display car-park in the village.

**Wray** – there is a public car park at Bridge House Tearooms.