



# Bentham Line: Long Preston Linear Walk

OS Explorer  
OL41 & OL2



Start Point ★

Giggleswick  
station

★SD 8027 6293

Distance/Time



Approximately  
10km/6.2miles  
3 Hrs Aprox.

Terrain

Tracks, fields, roads, gates and stiles. Can be wet and boggy underfoot in places. Some sections of road walking where you will need to be aware of traffic.

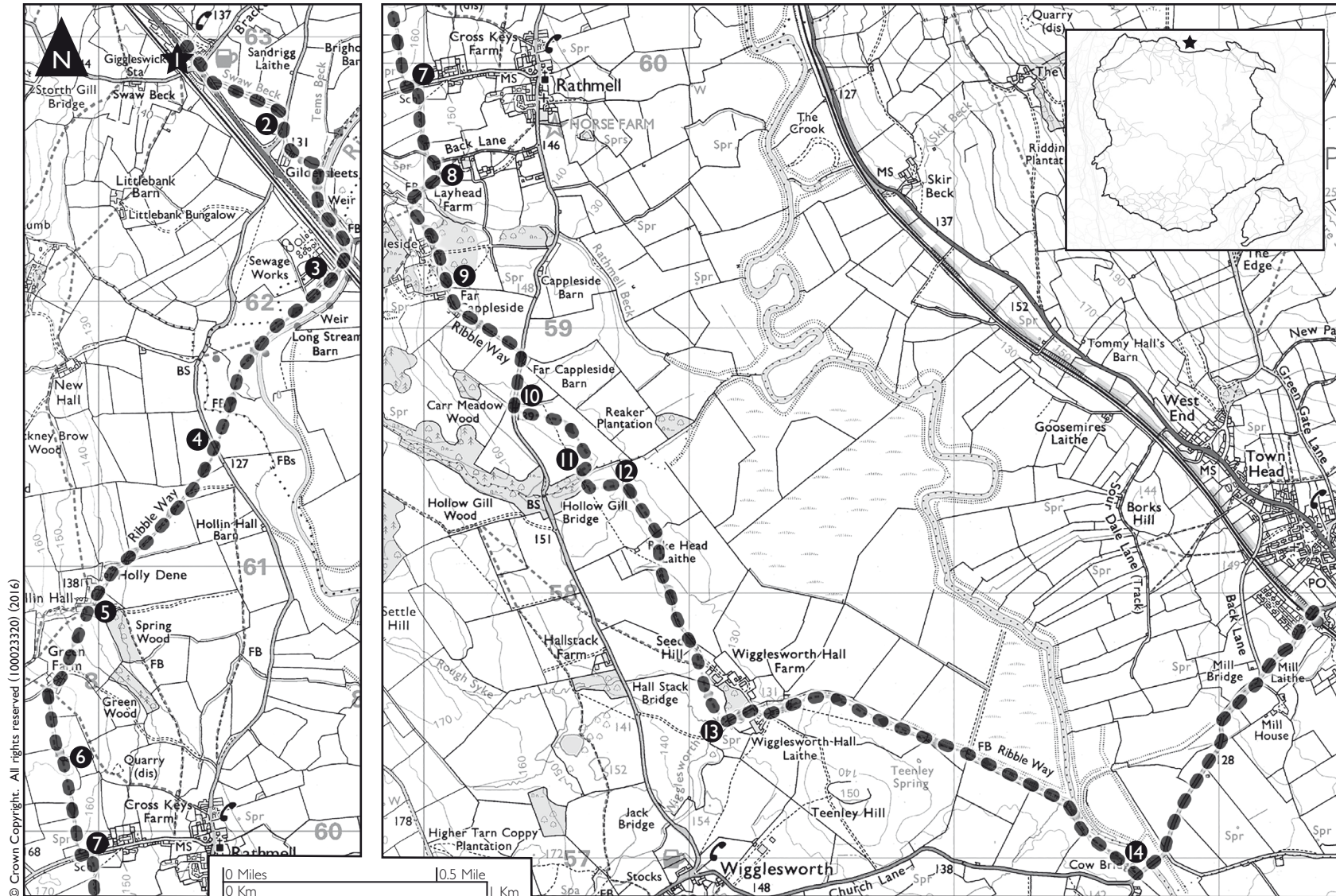
**Note:** This walk passes through farmland so follow the country code and remember to be particularly careful near livestock. Refer to the "Walking Safely" information on the Forest of Bowland AONB website

Key to Facilities

**Giggleswick:** Station, Pub  
**Long Preston:** Station, Pub  
**Wigglesworth:** Pub

About This Walk

This walk gives great views of the area covered by the Long Preston Floodplain Project; a partnership project developed between the RSPB, Natural England, the Environment Agency, the Yorkshire Dales Millennium Trust, North Yorkshire County Council, local landowners and the Yorkshire Dales National Park Authority to improve the wildlife value of the River Ribble floodplain in this area. The local area has a number of places in which you can eat, drink and relax.



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## Walk Description

### ★ GPS: SD80276293

On leaving Giggleswick station via the steps bear left and cross the A65 via the pedestrian island. (Take care as this is a fast, busy road!) Turn right and a little further on cross the road with the hotel/pub on the corner. Follow the path parallel to the A65 for a short way then bear left down the slope through the gate to follow the tarmacked path to the next road.

### ② GPS: SD80696270

Turn right and walk a short way before crossing the road to go down the lane marked with a "no through road" sign. Bear left down the track behind the houses, through two gates then follow the boundary on the left to go through a field gate in the fence. Turn right and follow the grassy path by the river. Climb over a stile and continue along the path following it under the A65 then the railway line. (You'll find one of the Long Preston Floodplain Project information boards here.)

### ③ GPS: SD80916212

Cross the fence and follow the footpath with the wall of the sewage works on your right then follow the line of the river. As the river bends to the left follow the path straight on to cross a footbridge. Bear a little left to cross a fence line and stone stile over a wall. Go over a second footbridge and bear slightly right to climb more stone steps over a wall and onto the road.

### ④ GPS: SD80446145

You will see a stile diagonally left over the road here. Cross the road with care and climb over the stile then bear diagonally

left over the field to cross a stone stile in the wall. Join the farm track (be aware of vehicles) and follow it up towards Hollin Hall. Follow the access track in front of the houses and follow it as it swings round to the right. Soon after turn left through the gate between two farm buildings then go over a narrow stone stile in the wall.

### ⑤ GPS: SD79956082

Heading under the left hand line of telephone poles walk up the hill past the waymarker post near a large rock then through the gate and continue on between the buildings of Green Farm. Immediately after the last building on the left turn left at the way marker by the wall and go over a stone stile. Once over this stile keep straight along the wall to the left and head towards the stone stile to the right of the barn.

### ⑥ GPS: SD79876027

Keep straight ahead after this stile to climb another stile then head across a small field and over another stone stile. You will now see a wooden gate which leads onto a school playing field. Go through the gate and at the other side of this field you will meet the road.

### ⑦ GPS: SD79925991

Turn left along the road and then right opposite the school, signposted for Far Cappleside. Go over a stone stile and straight across the field towards a stile in the left hand corner. Cross this and go across the next field to climb another corner wall stile at which point you join a bridle path. Turn left along the path, go

through the gate (note the Long Preston Floodplain Project information board here) and take the middle track.

### ⑧ GPS: SD80045957

Bear right just before Layhead Farm and go through a gate. Follow this track a short way and look out for a gated stone footbridge on the left. Cross the bridge and follow the path up hill on the other side to join a track which goes past the farm buildings, which will be on your right. Continue past Cappleside, over the track, through a gate and straight across the field to meet a stone stile to the right of a metal gate.

### ⑨ GPS: SD80095915

Cross the next field towards Far Cappleside to reach a track via another stone stile. Turn left and follow the farm access track to the road. (You don't stay on the road for long but take care as traffic can be traveling quickly here.) At the road turn right for a short way and look for the Ribble Way marker on the left hand side of the road, signed to Cow Bridge. Cross the road.

### ⑩ GPS: SD80345870

Follow the right hand fence (away from the track) following it as it turns right. Climb the stile then follow the right hand fence to the next stile.

### ⑪ GPS: SD80625848

Climb the stile and turn right for a short distance then left down the bank. (Be careful here as it is quite steep and after bad weather can be slippery.) Cross the footbridge at the bottom and go up the steep bank (again, taking care). At the

top of the hill turn left eventually turning right through the second of two gates, side by side.

### ⑫ GPS: SD80755840

Keep to the right hand wall and over a stone stile. Ahead you will see a farm track – walk towards and join it, following it left towards Seed Hill. Before reaching the farm, cross the stile on the right, into a field. Bear diagonally left over the hillock to a stone stile at the left hand end of the wall. Climb over and continue ahead with the large farm building on your left. Cross the stream via the footbridge then on to join the track.

### ⑬ GPS: SD81125750

Turn left along the track and then turn right to Long View. (Wigglesworth Hall is to the left here.) Bear left through the gate and follow the track round to the left and through another field gate. Continue ahead to a kissing gate. Go through and continue ahead to a stile and then ahead with the fence on your left, to go over another stile. Continue to follow the fenced-off stream until you reach two small gates, one after the other. Go through the gates and carry on ahead, eventually reaching a bird hide on your left. (Here you can watch and record your sightings in style!) Continue ahead through a kissing gate and all the way to a stone stile at Cow Bridge.

### ⑭ GPS: SD82685693

At the bridge turn left and follow the road (take care as it is narrow and bendy in parts and there is no footpath) for about  $\frac{3}{4}$  mile to Long Preston station.



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Can You Help?

**CHAMPION  
BOWLAND**

Champion  
Bowland is a  
small charity  
which works to

enhance the outstanding landscape of the Forest of Bowland AONB. It does this by raising funds from visitor donations and charitable activity; and these funds are then awarded to local projects which benefit the environment, local communities and visitors.

Look out for donation boxes and pin badges in local businesses, or text **CBOWI5** followed by the amount you wish to donate (eg £1 or £5) to 70070



For further information visit  
[www.championbowland.org.uk](http://www.championbowland.org.uk)

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