

numerous industrial type structures associated with the water industry. Here the valley widens and the river basin affords room for pools and wetland areas supporting a range of plant and fish life. Approaching the valley head there is a gradual change to wilderness and a sense of being in the heart of the Bowland fells.

5.

(53.97486; -2.52965)

This is the furthest point of the route. After taking in the scenery, retrace your steps back to the bridge then follow the `Short Route` description back to the village.