

THE ASPINALL ARMS
AND THE RIBBLE VALLEY

WALKS
with
Taste
in Ribble Valley



Distance: 3 miles/4.8 km

Time: 1½ hours

Moderate:
steep climbs and steps.



The
Aspinall
Arms



THE ASPINALL ARMS

The Aspinall Arms is a 19th Century coaching Inn, that sits on the banks of the River Ribble, overlooking the All Hallows' Medieval Church and Great Mitton Hall on a raised bluff opposite.

Open fires, wooden floors, old style furniture and traditional rugs, the Aspinall Arms pub is brimming with character, warmth and most importantly, a great atmosphere. In such a welcoming environment with many friendly faces, you will certainly be made to feel entirely at home here and will get the urge to head back again and again.

The Aspinall is the perfect place to relax and unwind, whether that is by the roaring fire on a large cosy chair, or in the substantial light-filled garden room, enjoying the wonderful views that overlook the terraced and landscaped riverside gardens. With plenty of space outdoors, this is another perfect spot to relax and enjoy the wonderful fresh country air, whilst enjoying a spot of lunch and a refreshing drink!

Sitting at the heart of the building is the central bar, which has six cask ales on tap, a back shelf crammed with malts, a great selection of gins and wines, an open fire and a stone flagged floor, so that walkers, cyclists and dogs will be made to feel at home.

Mitton Rd, Mitton, Clitheroe, Lancashire BB7 9PQ

Tel: 01254 826 555 | www.aspinallarmspub.co.uk

In order to avoid disappointment, when planning to enjoy this walk with taste experience, it is recommended that you check opening times and availability of the venue in advance.



THE ROUTE

- 1.** Leave the pub car park via the vehicle entrance. Turn left for a few paces and then left again through a wooden kissing gate to join the signed footpath, the Ribble Way. (Note: you may come across cattle in any of the fields so take care with dogs). Follow the left-hand edge of this large grass field passing a derelict barn and then the pub's overflow car park on the left. Beyond this, the views to the left open up. You'll see the River Ribble below and the church at Great Mitton sitting high on the banks on the opposite side.
- 2.** The River Ribble actually rises in neighbouring Yorkshire and flows west before emptying into the Irish Sea. It is a haven for wildlife (including being a key breeding ground for Atlantic salmon) and has acted as an important historic boundary. It once marked the northernmost extent of the ancient kingdom of Mercia, and later was the county boundary between Lancashire and Yorkshire.
- 3.** Continue on the field edge path as it swings steadily right and then left to reach a stile. Cross this into the next pasture and continue staying close to the fence on the left. Take time to enjoy the views across the hills to the right. Pass through the kissing gate and continue straight ahead through the centre of the next grass pasture. At the far side you'll come to a footbridge over a stream.
- 4.** Cross the footbridge (which has low stiles each end) to reach the next large open field. Cross this field heading for the small brick building alongside the river, a river flow measurement station. As you reach this, simply continue on the riverside grass track, heading for the concrete bridge visible ahead. This section of the river is particularly picturesque, with shallow clear water flowing over the rocky bed. If you take a close look you may see evidence of its healthy fish population.
- 5.** When you draw level with the concrete bridge, you'll be able to see that it is an aqueduct carrying water pipes across the river. Simply keep ahead on the riverside stone farm track. Continue into the farm yard, passing the farm buildings to the right. Beyond the barns, pass through the wooden kissing gate and cross the small grass field diagonally to emerge via another kissing gate onto the access lane for Shuttleworth Farm.



This route has been described on a certain date in time, and it is possible that certain physical changes may occur over time. In particular, old stiles may be changed for gates.

- 6.** Turn right here (going back on yourself) and then swing left, passing the old stone barn to the right. Pass through the gate heading directly for the cottage in front of you. As you reach the cottage, turn right through the next gate and then swing left (passing a timber barn on the right) to join a wide surfaced track between hedgerows. Follow this stone track as it swings right and then continues straight for some distance.
- 7.** A little way along, the hedge on the right ends and the track continues along the left-hand edge of another large open pasture. Where the stone track fades out (probably with some piles of spoil ahead), simply skirt round these to continue ahead on the grass path running close to the hedge on the left. Continue down to the bottom left-hand corner of the field, where a kissing gate leads you to a path through a small belt of trees.
- 8.** Cross the sleeper bridge and pass through the next gate to reach the corner of a large rough moorland pasture. Keep straight ahead (close to the right-hand fence) passing under the boughs of an ancient oak tree. Continue for just a few yards and you'll see an old stone trough on the left, marking a T-junction of paths. In fact, the stone trough is the base of an ancient stone cross which was probably used to mark a boundary. Turn right at this T-junction.
- 9.** Continue along the moorland path. Step over the stream and then bear a little right to join the path following the right-hand fence. As you reach the field corner, follow the boundary left for a few yards and then turn right over the footbridge (via a stile and gate) across Barrow Brook. Follow the path ahead through a small section of woodland and you will emerge via a gate to Mitton Road.
- 10.** Cross over with care and then turn right along the pavement. The pavement is fairly narrow so take care with children and dogs. Follow the road past Laneside Farm, Little Mitton Farm and then Mitton Hall on the left. The present hall dates from the 15th century, during the reign of Henry VII. It passed through the hands of many families including the Aspinall family (hence the name of the pub).
- 11.** Continue just a little further along to reach the Aspinall Arms on the right for some well-earned hospitality.

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ON THIS WALK WITH TASTE



A 3 mile circular pub walk from the Aspinall Arms taking in glorious riverside paths, grazing pastures, ancient lanes and wild moorland of Ribble Valley, with excellent views throughout.



PARKING

Mitton Rd, Mitton, Clitheroe,
Lancashire BB7 9PQ

MAPPING

Grid Reference SD 7168638516
OS Explorer OL41,
OS Landranger 103

DOG-FRIENDLY



Livestock will be grazing in most of the fields, so keep dogs under close control and ideally on a lead.

Discover more Walks with Taste at
www.visitribblevalley.co.uk

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