A walk which takes in a variety of landscapes from the gentle setting of the Leeds & Liverpool Canal reservoirs to remote upland with spectacular views of the surrounding area.

**Foulridge Beating The Bounds**

**Distance:** 8 miles / 12 kms  
**Time:** 4 hours  
**Grade:** Moderate. Level and steep walking.

This circular route covers a variety of terrain with some uphill walking, and you are likely to encounter muddy stretches. Weather conditions can change suddenly so be prepared for all eventualities.

- Wear stout, waterproof footwear
- Take waterproof clothing
- Carry a compass and a map
- Allow plenty of time
- It is advisable to bring with you a drink and refreshments.

Car parking in the village is limited. Please park with consideration.

There are numerous pubs and eating establishments in the centre of the village close to the start and end point of this walk. These include three village pubs a chip shop and café.

**Points of Interest**

- Sliper Hill Boat House
- Ford at "Shirt Neck Harry"
- Tailor's Cross

**The Ancient Tradition of Beating the Bounds**

The custom has taken place in Britain in a variety of forms for 2,000 years. Maps were rare and the position of boundaries was passed on by word of mouth. It became usual to make a formal perambulation or walk of the boundaries to check that no one had moved any of the marker stones or laid claim to your land. Boundary disputes were common. In fact the earliest surviving map of Foulridge, a Map of Whitemoor dated 1580/81, was drawn up in a lawsuit between the tenants of Foulridge and Barnoldswick.

Traditionally the custom of 'Beating the Bounds' involved local inhabitants walking around the parish boundary, pausing to ritually 'beat' particular landmarks (or even young boys) with a stick, or willow wand. Sometimes the boys suffered other indignities to imprint the boundary mark on their minds. They were turned upside down and had their heads bumped on the boundary stones, pushed into streams and thrown over hedges 'to help them remember' the boundaries. The object of taking boys was to ensure that witnesses to the boundaries should survive as long as possible.

Beating the Bounds had a religious side which involved the accompanying clergy asking for the divine blessing upon the parish lands for the ensuing harvest, and blessing the crops and animals. The ceremony typically occurred every 7 or 10 years and took place at Rogantide (from the Latin rogare) - fixed in the church calendar to coincide with the three days before Ascension Day, the fifth week after Easter.

Pagan superstitions have also survived through the centuries. For example it was believed that evil spirits resided around the boundary markers and would wreak havoc on anyone who removed or tampered with them. It might therefore be appropriate for anyone walking this route to recite the following:- "We declare this is the boundary of the Parish of Foulridge. Cursed be he who moveth our boundary."
At this point there is an optional short detour to take the second opening on the left through a signed footpath, behind a hedge at the picturesque entrance to the famous Mile Tunnel. Cross over the bridge, turn right and follow the path beside the stream through the stile/gate to reach the western end of the Mile Tunnel. The Leggers’ Cabin is on the right. Return to pick up the main route back at the bridge.

At the bottom of the track cross the tarmac lane to a stile to the right of Sand Hall. Follow the path along the eastern bank of Slipper Hill Reservoir. At the end of the reservoir descend the path and cross the stile. Continue through the field and turn left into Slipper Hill Lane. [Note the boundary mark immediately opposite the stile.]

Go over the canal bridge, and up the lane to the right, heading for County Brook Mill. Bearing right through two gates and once at the mill bear left leaving the mill complex via the road. When the tarmac road bends to the left, bear right down to the stream. Rejoin the lane and take the first stile on the left. Proceed straight across fields, bearing right. Cross a gate and three stiles to the right of Hull Hall. Follow the hedge on the righthand side to the stile. Go over the stile and turn left and proceed through three stiles. Turn right to a stile beside a metal gate, then right again, following the field around the edge to a gate beside the cattle grid. At Hey Fold turn left onto the road to Mount Pleasant Chapel.

Just before the chapel turn left through a stile. Cross the field and follow the track for 300m to the junction with the road at Hill Top. Turn right onto the road and, after 50m, take the stile on the left going over with the road at Hill Top. Turn right onto the road and continue to the road. Turn right along the roadway past the small group of buildings taking the footpath to the left down to the main Skipton New Road.

Cross the main road taking the footpath through Great Hague Farm, which takes you to the right, through the farmyard. Turn left at the end of the yard and go through the large gate. Follow the enclosed track downhill, crossing the old dismantled railway line. Go through the new iron gate and diagonally over the field, bearing right, to cross a concealed footbridge. Continue across the field, bearing left, to reach Mill Hill Bridge on the Leeds & Liverpool Canal.

Cross the lane over the stiles, past Oxenord and down to the bridge over Lancashire Ghyll. Turn left through a gate and follow the stream, keeping above it on the high bank. Go through the gated site and continue to the road. Turn right along the roadway past the small group of buildings taking the footpath to the left down to the main Skipton New Road.

Cross the road and enter the signposted field on the right over a cattle grid and through a gate. Continue through the field towards Throstle Nest. At Throstle Nest go through the gate and into the garden, keeping the house on the right. Continue up the driveway, bearing left.

Enter the farmyard area at Moss Houses. Look for a signposted footpath straight ahead between the buildings and bear right onto the lane. On the left is a stone stile, opposite Little Moss Farm. Go over stile and continue straight on uphill through two further fields to reach Noyna Road, aiming just left of the farmhouse. Cross over the road over the gap in the wall/stile, climbing uphill and along the left side of the field to the two five-bar gates at the top. Take the right-hand gate through the farmyard and bear right until you reach a flight of small steps immediately below the driveway of Noyna End House.

[NE This section can be very boggy and hard-going in wet weather. In these conditions an alternative route is via the roadway from Moss Houses to join up with Noyna Road. This route is actually closer to the boundary.]

On reaching Lower Clough, cross the private drive and follow the path, keeping the garden wall to the left, and still keeping left, over a stile and cross the stone bridge over Moss Houses Beck. On the far side take the path to the right which runs beside a stream. Cross the wooden footbridge and continue through three fields diagonally (over two stiles and then through two walls), making for Moss Houses on your right.

Carry on around the front of the school, and follow the signed footpath, behind a hedge at the verso entrance to the school car park, running into a ginnel behind Lakeside Children’s Nursery. Upon reaching a high wall, turn left to the site in the middle of the field. Bear right and cross the duckboard with Foulridge Upper Reservoir on the right hand side. At Brough Flat turn right into a field, following the hedge on the right hand side until a stile is reached at the bottom. Turn right into the lane and cross the reservoir, taking the first stile on the left to pick up the footpath running along the southern bank.