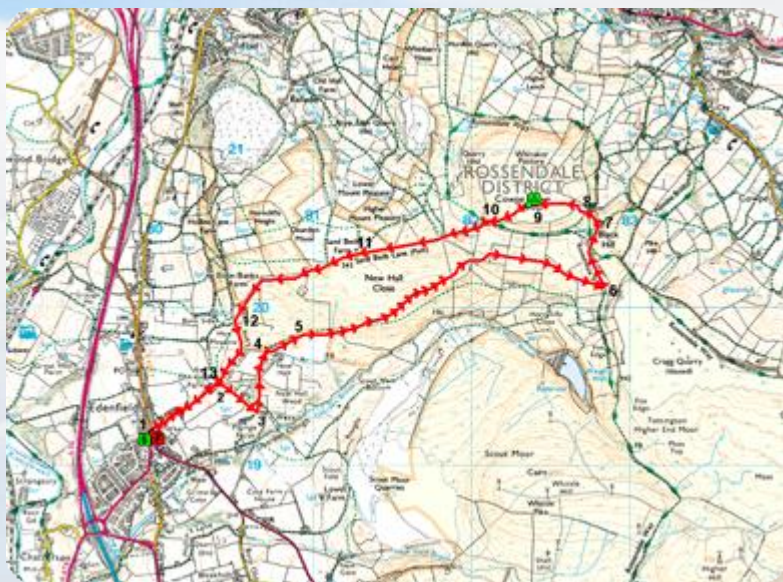



# Cowpe Lowe Trig Point.



## Cowpe Lowe Trig Point.

- Starting Point:** Rostron Arms public house, Edenfield.
- Finishing Point:** Rostron Arms public house, Edenfield
- Walk Profile:** 4.75 miles / Ascent 857ft / Descent 859ft.
- Required Time:** 2.2 - 2.5 Hours (2.5mph).
- Difficulty:** 
- Transport:** Regular bus services from Rawtenstall. Very limited parking in side streets.

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1....This walk starts at the Rostron Arms, from the public house turn left and head up the main road for a short distance. Cross the main road and head up Gin Croft Lane (point 1).

2....Head up this lane for approx. 0.3 miles where, you will come across a junction (point 2). The farm track straight ahead will be your return journey but for now, turn right and head down the narrow lane. This lane can be a bit muddy in places especially after heavy rain.

3....You will eventually arrive at a marked footpath and gate on your left (point 3). From here, follow the footpath sign and head up hill into the wood. Just after crossing the private road, pass through the small gate and proceed up hill just to the left of the ditch.

4....At the top of the hill (point 4), cross the stile and bear off to the right. You will soon see a farm track heading off up hill. This is your route.

5.... Pass through the gate (point 5) and continue on the farm track up hill. Here the marked OS footpath bears off to the right and follows the river at a lower level. You will be on this farm track for approx. 1.2 miles.

6....You will eventually arrive at the Rossendale Way footpath (point 6). Here, turn left. Shortly you will arrive at a fork in the path (at the Whittle stone). Continue straight ahead. This section of the Rossendale Way can be quite wet and boggy in places after bad weather.

7....Follow the Rossendale Way until you arrive at a wooden gate (point 7). Go through the gate, and set off up hill. Shortly you will come across the circular road / path that goes around the hill (point 8). Cross this and head up hill on an un-marked footpath. This footpath is as I have already said, is quite narrow but reasonably well worn and visible.

8....The footpath soon levels out and shortly you will arrive at Cowpe Lowe trig point (point 9). The predominant view being the nearby wind farm on Scout Moor, but the trig point provides good 360 degree views of the local area.

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## Cowpe Lowe Trig Point.

9...Proceed in the same direction passed the trig point, and soon, you will soon start to descend downhill. The decent can be **quite steep towards the bottom**, as you approach a narrow road and a ditch (**point 10**).

10...Cross the ditch and head straight ahead and down Sand Beds Lane. This lane soon starts to descends and you will be walking to the right of the dis-used section of this lane.

11...After approx. 0.5 miles, the walking surface changes for the better (**point 11**), where you will come across the used section of Sand Beds Lane at the side of a dis-used farm house.

12...Continue heading downhill, until you arrive at the junction of Gin Croft Lane (**point 12**). From here, turn left and follow the lane all that way back down to Edenfield, and the finish.

13...Eventually, you will arrive back at the junction that you arrived at earlier in the walk (**point 13**). Carry straight on and when you reach the main road turn left for the short journey back to the Rostron Arms and the finish point.

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# Cowpe Lowe Trig Point Map.

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