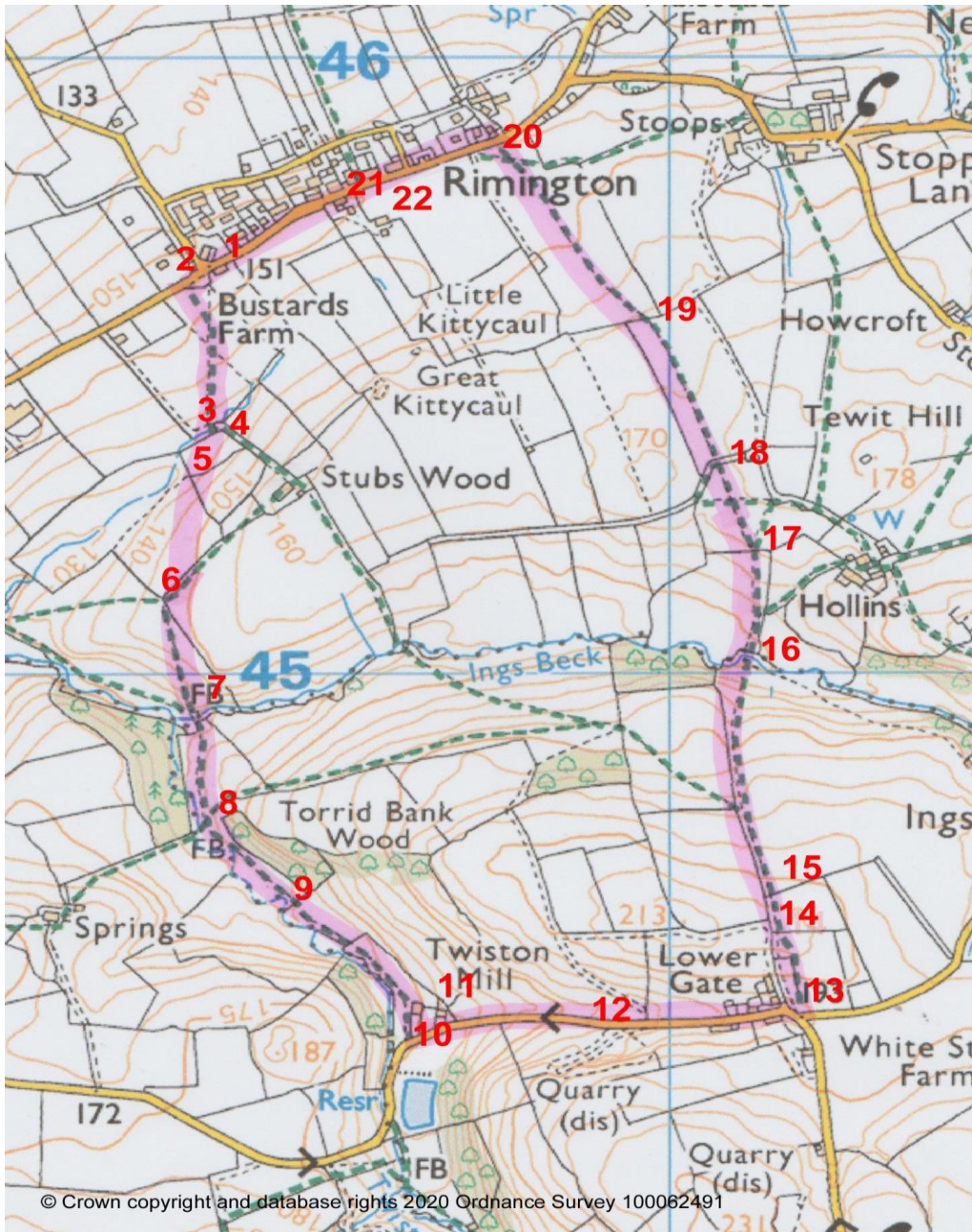


5 Ings Beck, Twiston Mill & Lower Gate (DK walk 5) Approximately 3 miles



Start in the car parking place at the Downham end of the village, to the right of Bustards Farm **1**. Go over stile **2** into a large field.

1



2



Walk diagonally towards marker post **3** in remains of a field boundary. Then carry on to the corner of field to the kissing gate **3**. Turn left on the concrete driveway and almost immediately on your right go over another stile **4** into a small field.



4



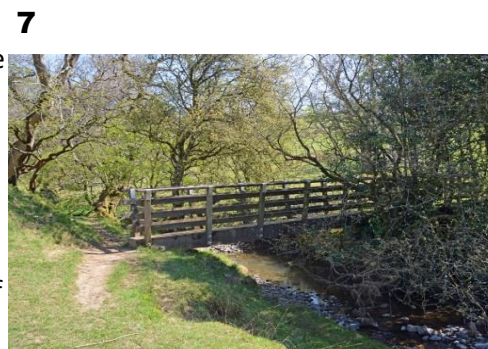
Cross the field diagonally to go over a stile **5** in the corner behind a fallen tree and then continue in the same direction up a slight slope to cross a further stile **6** in the far corner.



6



Once over the stile bear slightly to the left to go downhill and then cross the footbridge over Ings Beck **7**. It was near here that the Roman road from Ribchester to Ilkley crossed the beck. It was near here that the Roman road from Ribchester to Ilkley crossed Ings Beck. Carry on towards the remains of a gate **8** (very wet here if it has been raining).



8



Continue on to go through one kissing gate **9**, then another(not shown) both by old V stiles. The site of Twiston Mill can be seen ahead and the path passes to its right to meet a further kissing gate **10** through which you meet Twiston Lane and then turn left.



10



As you follow the lane up the hill, on your left there is a good view of the Twiston Mill site **11**. Continue up the steep slope, passing the extensive remains of a lime kiln **12**, with its quarry behind it.



12



Carry on to the small group of properties at Lower Gate and just where the road continues on to Ings End pass through the gate **13** on the LHS of the road . Carry on up a slight slope and through a gate **14** beyond which there is, on a clear day, a good view of Pen-Y-Ghent on the right and Ingleborough on the left with Whernside tucked behind it. Looking back there is an excellent view of Pendle and of the Witches Quarry, which is popular with local climbers.

13



14



Continue on to gate **15** and then on down through a large field until you cross footbridge **16** at Ings Beck.

15



16



Carry on up a slight slope to stile **17** then on to 2 redundant V stiles **18** which can be passed to the left through a gap in the fence. There are holiday cottages on your right.

17



18



Then continue on to cross stile **19** (which can be muddy in wet weather) and then drop down to Rimington Lane at stile **20**.

19



20



Turn to the left and after a short distance pass Rimington House **21** on the RHS. Picture **22** shows the Black Bull pub as it was before its conversion. A further short distance brings you to the starting point just beyond Bustards Farm.

21



22

