1. From the Edisford Bridge car park cross the road and walk between Rubblesdale Pool and the tennis centre. It is waymarked 'Ribble Way'. At the end of the drive continue towards the river. Follow the riverside path for about 100 yards till you see a 'Ribble Way' marker on your right.

2. Take a diagonal route across the playing fields towards a large building (St Ann's Court). This will bring you out at Low Moor. Turn left following the road round a corner - passing Riverside on your left and up to Union St on your right.

3. Go past the former Wesleyan School (built 1866) and onto a track that runs past the allotments up to Heb Hill Stud.

4. Go through a kissing gate, then turn sharp right and up through a second gate to an elevated path that runs alongside a fence. Clitheroe Castle can be seen to your right, and to your left you will have a view of the river and Waddow Hall.

5. From here take the path towards the river. Go down some wide steps and take the riverside path to Brungerley Bridge.

6. Go up the steps to the road. If you want to link with Walk 2, turn right and cross over to Brungerley Park. If not, turn left and cross over the bridge then up the hill until you reach a kissing gate on your left.

7. Go through this gate and follow the farm track through the grounds of Waddow Hall until you reach a cattle grid.

8. Take care to follow the waymarked path to the right. This takes you around the perimeter of the hall and outbuildings. When you reach open fields turn right taking the track that runs away from the Hall. This ends at a farm gate that will bring you out on the Waddington - Edisford Road.

9. Turn left and along this road for about 1/2 mile when you will see a footbridge on your left.

10. Cross over this bridge and bear right alongside the river where you can retrace your steps back to the Edisford Bridge car park.
Chetham's first cotton spinning factory was built at Low Moor in 1782 and it grew to have over 1,000 looms. The village was extensively developed in the 1820s to provide housing for the mill workers. Some of these houses remain, but the mill itself was demolished in the 1960s and the Riverside housing complex now occupies the site.