**CHOOSE YOUR ADVENTURE**

**Pendle Hill is a unique landscape with plenty of room for walkers, runners, cyclists and nature-lovers to explore this rugged upland environment**

Pendle Hill forms the boundary between urban Lancashire and the vast tracts of wild countryside that lie to the north. Our hill is a magnet for walkers, trail-runners, cyclists, horse riders, paragliders and even skiers year-round.

Walking and cycling dominate the activities that draw visitors to Pendle Hill and these go hand in hand with perhaps the fastest growing aspect of the Pendle Hill visitor economy: food and drink.

**Walking**

Pendle Hill has traditionally welcomed walkers since the industrial revolution, when workers and their families sought fresh air and escape from the grind of the mills and factories.

Today, almost half of the 770,000 tourist visits to Pendle Hill involve a walk of some sort. The hill attracts walkers of varying abilities: from athletes who aspire to walk or run in excess of 20 miles in a day to families who just want to take the toddlers for a wander in the woods.

**Fell Running**

Pendle Hill is also a magnet for serious fell-runners, hosting a full calendar of events throughout the year. The extensive network of trails, challenging climbs and panoramic views make for exhilarating running. The Tour of Pendle attracts a big field every April and the half marathon is considered one of the most challenging events of its kind in England. Local clubs like Clayton-Le-Moors Harriers and Barlick Fell Runners also host smaller scale events.

**Cycling**

The roads around Pendle Hill present a serious challenge to even accomplished cyclists and has hosted the Tour of Britain and British Hillclimb Championships.

Road cyclists travel from all over the northwest to test their fitness and stamina on the steep and sustained hill climbs of Pendle Hill.

Serious cyclists will be looking to cover up to 100 miles in a day and relish tough hill climbs, while more casual cyclists tend to look for 40 to 50- mile routes with plenty of cafes and coffee shops at which to refuel.

The annual Ribble Valley Ride [www.ribblevalleyride.org](http://www.ribblevalleyride.org) attracts hundreds of amateur road racers to the area each spring while the Colne Grand Prix [www.colnetowncouncil.org.uk/colne-events/colne-grand-prix](http://www.colnetowncouncil.org.uk/colne-events/colne-grand-prix/) is a showcase event for professional riders that always attracts a large crowd of spectators.