



09 Foulridge Reservoirs

Lake Burwain and the Upper Reservoir

A flat, friendly loop that's ideal for families and easy-going dogs. Lake Burwain was dug in 1793 to keep the Leeds & Liverpool Canal topped up, and today it's home to a sailing club, grebes and coots, with reed buntings singing in the margins. The path mixes waterside and field edges, with plenty of spots for a picnic.

 **DISTANCE**
5.6 km (3½ miles)

 **TIME**
1 to 1½ hours

 **ASCENT**
58 m

 **DIFFICULTY**
Easy and mostly flat; very muddy when wet

 **DOGS**
Mostly open fields; expect some livestock

 **START & PARKING**
Foulridge: limited roadside parking on a narrow lane

 **PUB STOP**
Foulridge village pubs

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The map

INDICATIVE SKETCH



Indicative only: this is not the path. The pins show where the main places named in the route sit (positions from OpenStreetMap), and the dotted line shows the order you reach them. Follow the waymarks, OS Explorer OL21 and the source guide. Base map: OpenTopoMap · © OpenStreetMap contributors.

Getting there

Foulridge is about 2.8 miles straight-line from Trawden, just beyond Colne.

Map & kit

OS Explorer OL21 South Pennines. Waterproof boots and layers, water, snacks and a charged phone. The source gives a route outline only, so the map and waymarks matter here.

The route

ROUTE OUTLINE

AllTrails describes the loop but not each turn, so these notes stay at outline level. Take OS Explorer OL21, keep to the public rights of way and follow the waymarks. Walkers' reviews mention a confusing stretch close to a farm, so keep an eye on the map.

- 1 Park considerably on the lane at the trailhead in Foulridge: roadside parking is very limited and the lane is narrow. The sailing club car park is for members only.
- 2 Walk the circular route around Foulridge Lower Reservoir (Lake Burwain) and the Upper Reservoir, on a mix of waterside and farmland paths.

Look out for...

The canal's reservoir

Lake Burwain was built in 1793 to supply water to the Leeds & Liverpool Canal.



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*Look out for...**On the water*

Watch for sailing dinghies, great crested grebes and coots, and listen for reed buntings in the margins.



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It's mostly flat, with just 58 m of climbing, but very muddy in wet weather. Good boots, please.

**Fuel stop**

- Foulridge has village pubs, for example the Hole in the Wall by the canal wharf.
- Hare & Hounds, Skipton Old Road, Foulridge: Thwaites village pub serving breakfast every day.

**Countryside Code & safety**

- Leave gates as you find them and keep to marked paths unless you are on open access land.
- Don't block gateways or lanes when you park.
- Take your litter home, and bag and bin your dog's poo.
- Dogs: keep them under control and in sight, and on a lead around livestock. On open access land (most of the moorland here) dogs must be on a lead from 1 March to 31 July, and near livestock at any time. If cattle threaten you, let your dog off the lead so you can both get to safety.
- Moorland fires are devastating. No fires or BBQs.

These are real Pennine walks across working farmland and open moor, and the weather can change fast on the tops. Wear waterproof boots, carry a waterproof layer, water and a map (OS Explorer OL21 South Pennines covers Trawden, Wycolter and Boulsworth; OL41 covers Pendle Hill), and tell someone your route. Phone signal can be patchy.

Sources. These directions follow the guides below; check them before you go, as paths, stiles and opening times change.

AllTrails, Foulridge Lower and Upper Reservoirs: <https://www.alltrails.com/en-gb/trail/england/lancashire/foulridge-lower-and-upper-reservoirs>

Countryside Code: GOV.UK. Facts checked October 2026.

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