

### THE TEESDALE WAY – SECTION 3 (PRE-PUBLICATION INSTRUCTIONS)

**Distance:** 7 km/4.5 miles

**Start & Finish:** Holwick Head Bridge (NY889283) to Middleton in Teesdale (Middleton Bridge) (NY946252)

**Elevation:** 293 m/222 m/-71 m

**Terrain:** Flat-descending/gently undulating with only one short climb of any significance. First half is generally alongside the river: first third on a dedicated path then through fields often populated with livestock

**Surface:** Generally firm with some potentially muddy sections on trails, FPs, tracks and road

**Exposure:** Most of the section is fairly sheltered

**Navigation:** Navigation is distinct for almost the entire route. Way-marking is for the Pennine Way and is generally good (OS Explorer OL31)

**Facilities:** Middleton in Teesdale []

**Comments:** The trail on this section is very obvious for almost the entire journey. It remains close to, or within view of, the river for all but the last 2.5 km. As a result the directions are necessarily brief to avoid over-complication. Despite its simplicity it is a lovely journey on riverside FP and grassy trails. One of its characteristic features is the variety of stiles that are encountered many of which might prove difficult for those less physically able and for large and/or less mobile dogs. For access instructions between the hotel car park and Holwick Head Bridge see Section Two.

**Directions:** From the S side of Holwick Bridge, head downstream 1.5 km on the FP, to Wynch Bridge (D). Continue on the trail nearest to the end of the bridge (don't go through the gate to Holwick – see map). Continue 2 km on the trail alongside the river, past Scoberry FB (H) then past a camping barn (J) situated across the field, before passing the end of the field wall then crossing a fence via a wooden stile shortly afterwards (at this point there is no option other than to cross the fence). Follow the trail over two streams in quick succession, then up a brief but rocky climb (the only significant climb on the route). Continue on the trail over the high ground overlooking the river, over a couple of stiles and keeping to the L of a cairn before descending on a track to a gate at Park End Wood (L). Through the gate (or over the adjacent stile), continue straight ahead over the small hump alongside the fence (or bear L and go around the side) then follow the trail (which is less distinct at this point) down the middle of the field to a gate in the far wall. Bear L through the gate, heading for a fingerpost in some dead ground about 200 m away. Continue on the trail in the direction indicated by the fingerpost, uphill alongside a rubble wall and over the stile in the corner. Shortly afterwards, immediately after the skeletal 'metal stile' (not the safest of things to cross and even more so with a dog), head downhill alongside the wall on the R then up the lane and continue 1.5 km to the road (B6277). At the road, turn L past the cattle market (P) and on to Middleton Bridge.

