

THE TEESDALE WAY – SECTION 5 (PRE-PUBLICATION INSTRUCTIONS)

Distance: 11 km/7 miles.

Start & Finish: Eggleston Bridge (NY996232) to Barnard Castle (Demesnes CP) (NZ050160)

Elevation: 192 m/227 m/137 m/-55 m

Terrain: Undulating with several short but sharp gradients, predominantly through farmland and riverside woodland

Surface: Generally firm on trail, roads and track. Rocky and potentially very muddy sections in woods after Low Garth

Exposure: Generally fairly sheltered with some exposed sections

Navigation: Generally distinct but with several notably indistinct sections. Way-marking is for 'Teesdale Way' and is generally good (OS Explorer OL31)

Facilities: Romalldkirk; Cotherstone (0.5 km); Barnard Castle

Comments: The Teesdale Way runs on both sides of the river between Eggleston Bridge and Barnard Castle to create a very popular and rewarding circular route. In my opinion the route on the S side of the river has more points of interest and so it is described here for now although the full route is illustrated on the map

Directions: From Eggleston Bridge head past Collingwood house (**A**), uphill on the road, to the fingerpost and stile by the barn-like garage on the L. Cross the stile, bear R and continue uphill on the trail, over the field and alongside the boundary on the L. Cross the stile at the top of the hill and continue with the boundary on the L, up the next steep hill, then turn R at the boundary corner and continue alongside the wall to the stone stile. Cross the stile, turn R and continue past the gap in the boundary wall. At the wall corner, cross the field towards the signed stile in the wall at the end of the woods opposite. Over the stile, turn R and continue over Beer Beck and along the lane to Romalldkirk. Turn R on the road in the village then bear L shortly afterwards, heading diagonally across the village green in front of Romalldkirk Hall (**C**), towards a telegraph pole in front of a cottage. At the telegraph pole bear L between the buildings and continue along a wooded lane. At the end of the lane go through the gate and continue directly across the field, to a gate in the hedge opposite (hidden from view in the dead ground). Through the gate, bear L and continue towards a narrow gap in the next hedge on the opposite side of the field (marked by two stone posts). Through the gap, continue downhill to a gate and stile to the right of the farm buildings at Low Garth (**D**). Over the stile, bear L and continue across the field on an extremely indistinct trail, to a gate in the wall opposite (although large, the gate is out of sight in dead ground about 250 m from the stile – it is near a large oak tree standing on its own just inside the field). Enter the woods and continue 0.5 km on the trail (very muddy and rocky in places) down to the river at Fairy Cupboards (**E**) then eventually uphill and over a stile into a field. Continue alongside the boundary on the L to the farm at Woden Croft (**F**). Continue directly through the farm and across the access road, to a gate on the R of the last building. Turn L through the gate and continue on the trail past the house then between the fence and the walled enclosure further down the hill. At the end of the wall, bear slightly R on a fairly indistinct trail and head downhill alongside the Wilden Beck. Cross the beck via the FB and continue up the steps and to a stile in the fence shortly after. Over the stile, turn L and continue across the field to a stile in the wall, leading into the woods. Continue 200 m through the woods (ignore the first bridge) to a second bridge and cross the River Balder. Over the bridge, where the path turns R, continue on the trail up the steep slope that is the mound of Cotherstone Castle (**G**), via the steps. At the top, turn L on the track and cross the stile adjacent to the gate ahead, and then another stile shortly after on the L. Turn R and continue 0.5 km on the trail, across an access road, to join a track. Bear L on the track for 100 m then bear L downhill on a signed trail just before a large oak tree. Continue 0.5 km on the trail, through Millbank wood and quarry, before descending steeply down some stone steps to a stile. Over the stile, continue 250 m alongside the boundary fence on the L to the FB over Lance Beck. Over the bridge, bear R on the trail uphill to a gate to the R of Cooper House (**K**). Through the gate, continue alongside the garden wall, across the access track, to a gate in the fence, just after the house. Through the gate, bear R and continue diagonally across the field towards the walled pens and telegraph pole. Continue alongside the boundary wall on the L to a stile at the end of the field. Over the stile, continue alongside the boundary wall to a gate. Through the gate, continue alongside the boundary fence on the L to a stile. Over the stile, continue on the trail (with the boundary fence now on the R). At the bottom of the hill, past the wall, bear R at the fingerpost and continue over Grise Beck and into the wood. Continue uphill through the wood to a gate. Through the gate, turn L and continue alongside the boundary fence to another gate that is visible to the right of the trees across the field. Through the gate, continue alongside the boundary fence on the L and cross the gully via the steps and FB. Continue alongside the field boundary to the gate that can be seen leading into the wood opposite. Follow the trail briefly through the wood then continue alongside the fence on the L (in the corner of the field, turn R and continue along the fence which then becomes a hedge). At the end of the hedge turn L on the track and continue to the road at Towler Hill (**L**). Turn R and continue 100 m on the road, to a stile at the gated pen on the L. Over the stile, continue on the trail alongside the fence on the R to a stile in the corner of the field. Over the stile, bear L and continue over the next stile in the corner of the field and onto the old railway embankment adjacent to the western end of the now demolished Tees viaduct (**M**). Cross the stile directly ahead and continue steeply downhill through the wood to the road. Bear L on the road and continue through the park to the main road (B6277) at Startforth. Turn L then L again and cross the River Tees via Deepdale Aqueduct and FB. Turn R and continue alongside the river, passing below Barnard Castle (**N**) to join the road at the end of County Bridge. Bear L and continue on the pavement to the road junction. Cross the road and continue to the end of Gray Lane opposite, then turn R to the CP on Demesnes.

