

THE TEESDALE WAY – SECTION 7 (PRE-PUBLICATION INSTRUCTIONS)

Distance: 9 km/5.5 miles.

Start & Finish: Whorlton Bridge (NZ106145) to Gainford (village cross) (NZ169168)

Elevation: 112 m/123 m/74 m/-38 m

Terrain: Undulating (steeply in places) through farmland and riverside woodland

Surface: Generally firm with muddy sections on trails, tracks, footpaths and road

Exposure: Most of the route is relatively sheltered

Navigation: Navigation is generally distinct. Way-marking is for 'Teesdale Way' and is generally good (OS Explorer 304)

Facilities: Whorlton []; Winston []; Gainford ()

Comments: This is a pleasant but fairly strenuous section with some nice viewpoints and varied terrain. A predominance of woodland in the latter half of the route affords decent shelter if the weather conspires against you

Directions: From the toll house end of Whorlton Bridge head uphill to the hairpin bend. Turn R off the road and onto the way-marked trail. Continue on the trail up and down the steps to cross Whorlton Beck via the stepping stones. Continue 0.5 km on the trail alongside the river, past the, now derelict, ferryman's cottage (A) to the lifebuoy station (opposite the end of the houses across the river). Turn sharp L and continue steeply uphill to the stile at the top. Over the stile, turn R and continue 2 km (or eight fields) on the well established trail alongside the escarpment crossing the track to Graft's Farm (C) about half-way along. In the eighth field the trail passes through a gate in a hedge. Through the gate, continue on the high ground, alongside the fence on the L, to a track. Continue 250 m on the track and as it begins to rise sharply uphill towards Osmond Croft Farm (F), turn R to a stile in the fence (way-marking is on a fence post on the L, adjacent to the track). Over the stile continue 0.5 km on the trail alongside the wood on the R, eventually descending to a gap in the fence onto the road at the holiday lodges (G). Turn L and continue 200 m on the road, up a small hill after the bridge, then, just after the building on the R, bear R and cross the stile into the field. Continue 200 m on the trail alongside the fence on the R to a stile into Stony Bank Wood. Over the stile, continue through the wood to another stile (steeply out of the wood). Over the stile, turn R and continue 1 km on the trail to the road at Winston Bridge (H). Cross the road, go through the gate and continue 200 m (briefly on a well consolidated trail, then on a track) then bear R downhill on another well consolidated trail. Continue 2 km on the trail generally alongside the river, to West Tees Bridge (J) ignoring all trails and exits to the L (there is a short but steep hill after about 0.5 km). At the bridge, bear L up the steps then turn L and continue along the embankment to the road. At the road, turn R and continue 0.5 km (the grassy verge quickly becomes a FP) up a short but steep hill to a lay-by then turn R downhill to Gainford Spa (K). At the spa, turn L and continue on the trail alongside the river to the road. Turn R and continue on the road to Gainford. After the village boundary signs, turn first R and continue on Low Road to the village cross adjacent to the village green.

