

28.(900m) Passing the FB over the Tees, keep to the riverside path, Tees on your right, until you reach the rescue ring-buoy at Wynch Br. Good view of Low Force .
 29.(320m) Turn left at the buoy, through the kissing gate and on to a stone FB, then a stone wall stile, then diagonally up across the fields to wall gap.
 30.(500m) Keep on to the tarmac road. Turn left to follow road back to parking area.

21. 500m past this barn cross a stone stile, R.Tees is just to your right.
 22. (650m) Keep on this good path near the river for 350m, when path moves away from the river bank, along an old walled track to a stone stile.
 23.(400m) Keep straight on, wall on your left, to reach a small stone bridge, then stile.
 24.(175m) The wall is still on your left for 100m, then a ruined wall for 75m, to Pennine way marker. Follow this.
 25.(375m) Cross the gate/stile at 160m, then the next field as path rises with wood on your left.
 26. (560m) After the small foot bridge, then gate/stile, the path rises into pasture. After 60m do **not** follow the path to the left, keep straight on, the Tees is down to your right.
 27.(1100m) Cross the FB over the tributary, then the wooden stile. Stepping stones after 60m, another wooden stile and you are alongside the Tees.

20.(800m) At the bottom (Gate House), turn right to the main road, then left along the path towards Middleton in Teesdale. After 300m turn left to follow the Pennine Way sign just before the mart. Pass a barn on your right at 100m, and after another 400m reach the next barn by a stream .

19.(1750m)Through this gate you can see Middleton. Follow the path across the field, through the next gate all of the way down the hill towards Middleton.

18.(630m) Keep on the farm track to the next gate/stile at 230m.Follow the track curving left to FP post (100m). There is a line of cairns crossing the rough field to a gateway just before a small stone byer (200m). Pass the byer on your left to next gate through the stone wall.

17.(285m)At the other side of this gate turn right to the gate/stile in the wall at 85m. Continue straight on to the next gat/stile on the left sde of the ruin(100m). Then straight on to the next gate/stile.

16 (270m) Keep straight on to the next gap in the stone wall at 200m. Then on up to a gate and stile in a stone wall joining a good farm track (70m).

15. (210m)Following the Pennine Way. Go down this walled lane and after 80m cross the stream. Go through the metal gate straight up through the field to the white-painted stone wall stile ahead.

14. (500m) After 250m the path runs alongside a wall on your right. Exit the field through a metal gate and turn sharp left.

13.(300m) Path initially follows the fence on your left, then continues in the direction of farm buildings and reservoir ahead. Go through the gate in the stone wall after 300m.

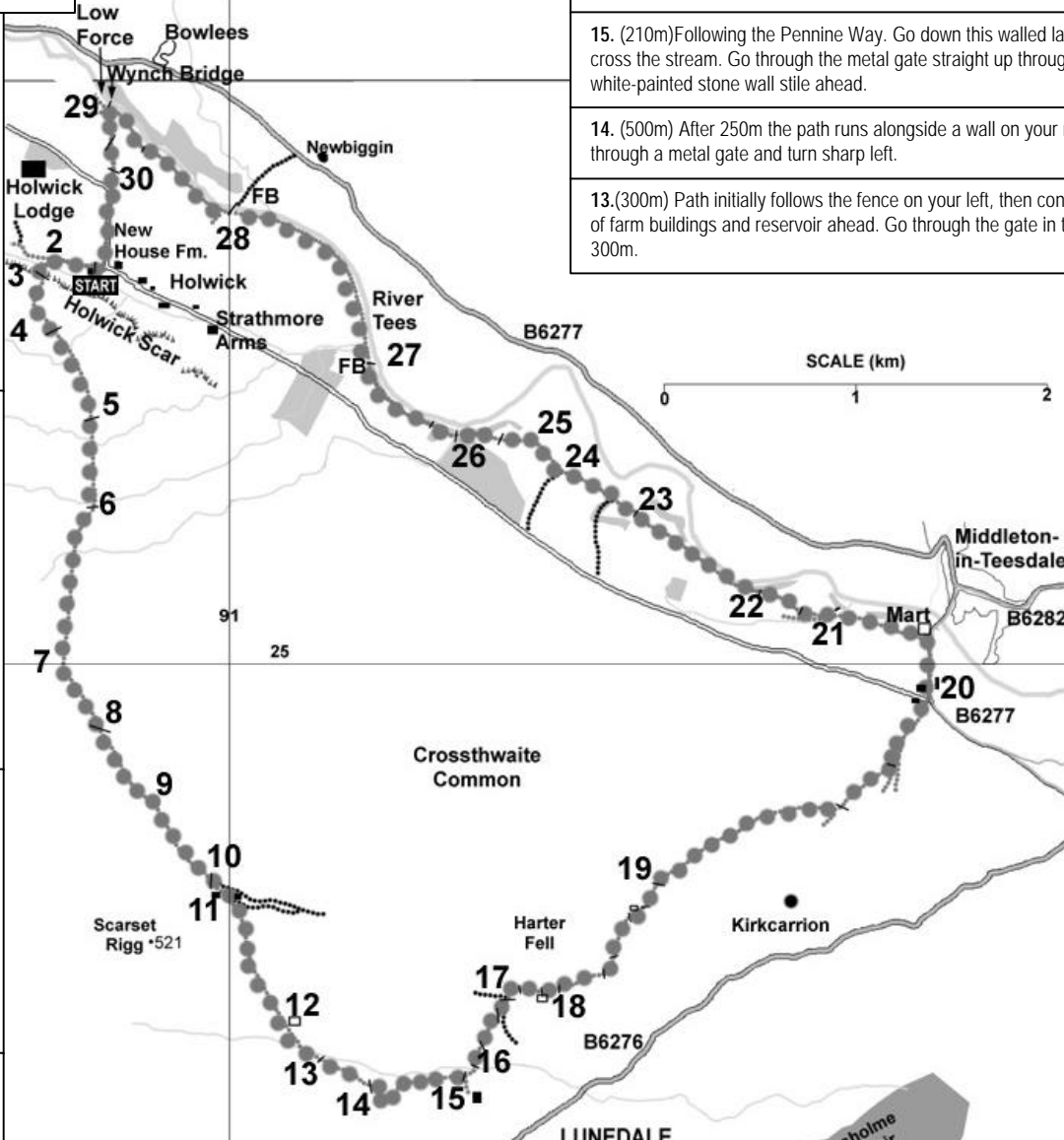
START
 (250m)
 Continue on the tarmac past the bench, through the gate towards the house on your left. Follow the path straight on up the hill to the fellside. After 250m the path levels

2.(200m)
 Instead of going straight ahead follow the FP sign down the steep valley on your left. The path goes up on the other side diagonally right, then curving left to follow an incoming gully to a narrow gate at the top.

3.(300m) Go straight ahead through the gate onto the fell, paralleling a small stream on your left. Pass a cairn at 200m, then another, to reach the gate/stile.

4.(500m) Follow the line of cairns ahead, passing between 2 sets of dry stone walling, to a white-painted stile in the fence.

5.(450) Keep following the path, same direction, crossing a stream after 100m.Cross another stream before reaching a gate in a wall



12.(500m) Pass the stone walls on your immediate left. Go down to the stream across the boggy area ahead. Cross the stream. Now the path follows the stream going down on your left. Go through the gate ahead.

11. (560m)
 Continue on this green path for 560m until the path forks, left to farm buildings in the direction of the reservoir, you take the right fork towards the crumbling stone walls ahead.

10. (180m)
 Through the gate follow the stony track down to the right. At the bottom of the incline do **not** continue on this good track, but cross the flat stony area between the two black huts, to follow the track ahead up onto the moor.

9. (500m) Follow the path ahead at right angles to the stream, to reach a metal gate in a wall.

8.(500m) Continue in the same direction, rising gently, then descending before curving leftward to a small stream-crossing.

**Walks in an Area of Outstanding Natural Beauty
 HOLWICK / MIDDLETON-in-TEESDALE**

Distance: 15.5km (9.6miles) **Total Ascent:** 400m **Time:** 4-5 hours
Maps: OS Outdoor Leisure 31, Landranger 92
Location: Take the Holwick road, this is signposted on the south side of the R. Tees from Middleton-in-Teesdale. After about 3 miles there is a steep hill. Soon after the road levels off there is space to park on the verge near the bench just past New House Farm.
Description: The first section takes you onto the high fells, south of the Tees, excellent views of Upper Teesdale, then Lunedale with the two reservoirs, Selsel and Grassholme, then a birds-eye view of Middleton itself. After descending to Middleton, the route follows the Pennine way upriver along the south bank of the Tees. This is a riot of flowers, especially in May and June. You leave the riverside at Low Force to go back to Holwick and the impressive Holwick Scars.

6.(640m) Through the gate keep on the path running beside the stone wall on your right. Cross a stream after 240m. After another 400m, about 200m from the summit of this incline, turn sharp left.

7. (700m) The path contours around the hill well below the summit to your right. After 700m go through a small metal gate in the wall.