

This guide has been compiled by the Love Food Project, which supports the production, promotion, use and appreciation of locally grown or reared food in Teesdale, Weardale, The Allen Valleys and Derwentside.

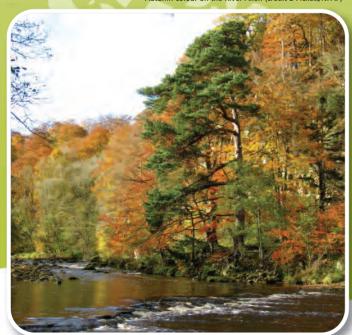


Café at Whitfield Pantry

Route Introduction - This route takes you from Allendale town past Allen mill and through the nearby village of Catton before crossing the valley of the River East Allen to Whitfield. The walk then returns to Allendale town along Isaac's Tea Trail.

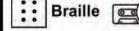
The route includes riverside walking and takes you through pleasant farmland and scenic wooded valleys. The Allendale landscape has been shaped by a long history of farming, estate management and minerals extraction.

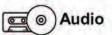
Autumn colour on the River Allen (credit E Pickett/NPAP)



Please ask us if you would like this document summarised in another format.

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This leaflet was produced by the North Pennines AONB Partnership on behalf of the Love Food Project. Printed on 100% recycled paper: please re-use and recycle.

LOVE FOOD On the Taste Trail

When you are out walking this guide will help you find the best in fresh, wholesome local food along the way.

The Love Food project has worked with its partners to identify some great walking trails.

And so you don't grow weak on the way, we have also pinpointed some great places to have a hearty local lunch, a comforting cup of coffee or just a snack to keep you going.

Love Food cares about the quality and traceability of food throughout the North Pennine Dales - we think you do too.

Area covered by the Love Food Taste Trail
Guide: Allendale toWhitfield Circular



Terrain - This route follows public rights of way and minor roads. There are a number of gates/stiles and some sections are unsurfaced and can be muddy in wet conditions. All paths/roads are maintained by Northumberland County Council. Please follow the Countryside code.

Public Transport - There is a regular bus service between Hexham and the route starting point in Allendale Town.

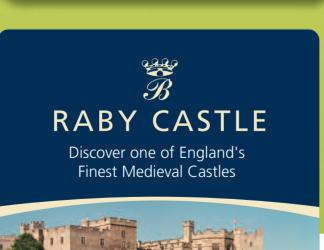
For timetable information call Traveline on 0871 200 2233 or log on to www.traveline.info.

Useful Maps

1:25,000 OL43 Hadrians Wall. 1:50,000 Landranger 87, Hexham and Haltwhistle.

Allendale Bakery. Credit Shane Harris/NPAP





Open May to September

Medieval Castle, Deer Park & Gardens Gift Shop & Tearooms Play Area & Carriage Collection

> Tel: 01833 660202 www.rabycastle.com



Enjoy local cheese for lunch © Love Food

Food, Farming and the Environment - Farming and estate management play major roles in the landscape character of the Allen valleys. As you follow this route, you walk through a patchwork small field farmland, significantly unaltered for generations. Lamb production is one of the main drivers in the farming of this area, with a strong and proud history.

There are reminders of a bustling industrial history, Allen Mill, once the centre of the lead and silver industry of Allendale is now regenerated with modern businesses including a bakery and café. Smelt Mill Flues run from here to the two dominant chimneys on Dryburn Moor to the south. The old abandoned railway line that once carried lead from this part of the North Pennine ore field is crossed before and after Catton.

In the West Allen Valley around Whitfield, there is much more obvious evidence of estate management with its distinctive properties, valley woodlands and abundant game birds such as Pheasant.

The route falls entirely within the North Pennines Area of Outstanding Natural Beauty, recognised for its high landscape value and diverse wildlife. In addition, much of the land is managed in balance with the environment through government stewardship

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Taste Trails

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Circular Route: -

Allendale to Whitfield Circular

Length: I I miles (17.7km)
Grid Ref: NY 837 558



Begin your walk in Allendale town market place where there are excellent pubs and cafés. Head west down the steep road behind the Forge Gallery and Café. Turn right just beyond the first bend and follow the public footpath down to and alongside the right bank of the river.



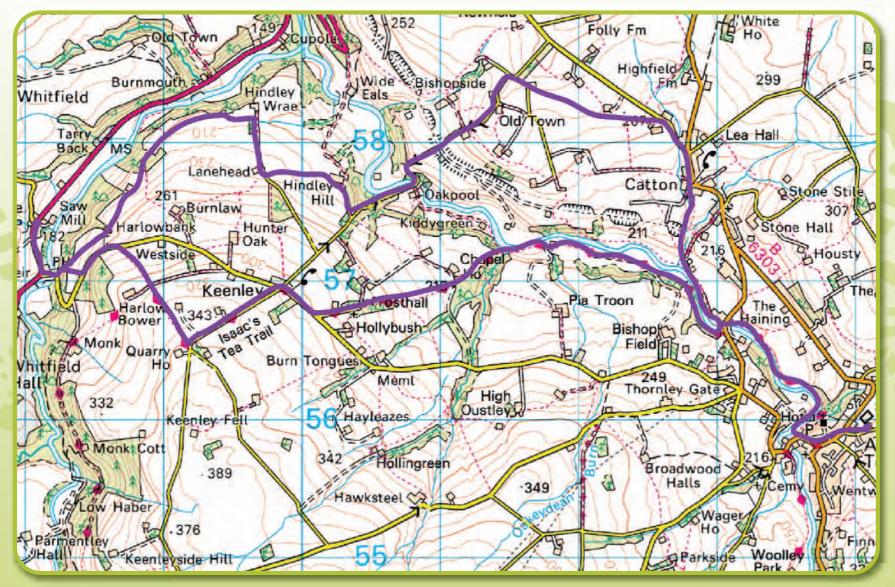
© Love Foo

At the road take a short detour left over the Allen Mill Bridge (look out for leaping salmon on the down stream side from late summer) and take time to explore the Allen Mill site on the opposite bank. From Allen Mill, head back across the bridge and continue following the river downstream along a public bridleway that turns up hill. Just after crossing the disused railway line take the public footpath to the left into Catton village.



© Allendale Forge

Walk through the village to a cross roads (the Crown Inn lies just beyond) and take the left lane signed for Starward. After a short distance take a public footpath to the left (signed) over the stone wall stile through a small woodland and follow it beyond Half Acres and across fields to a minor road. Follow the road (Colliery Lane) past Old Town downhill and cross the bridge over the East Allen at Oakpool. Walk up Appletree Bank and take the track to the right for Hindley Hill. Follow the public footpath from Hindley Hill left to Lanehead and right to Hindley Wrae.



Allendale to Whitfield Circular





Turn left before the buildings at Hindley Wrae and follow the footpath along the valley edge past Asheybank and Harlowbank down to the River West Allen and Blueback Bridge. The Elk's Head sits at the junction with the main road and a short distance to the north along the road is the Whitfield Pantry,

Village store, Café and Gallery.

From Whitfield retrace your steps across Blueback Bridge and take the public footpath that short cuts the bend and follow the road uphill and take the signed cross field footpath to the right over the stone stile.

Continue uphill to Quarry hose and turn left along the minor road down to Keenleywell House (you are now following Isaac's Tea Trail). At the Keenleywell cross roads, turn right along the main road for a short distance (with care) and then left down a minor road opposite a field gate.

Follow the public footpath downhill across fields and through a woodland to the River East Allen. Follow the footpath upstream to Allen Mill and the return path to Allendale Town.

VLOVE FOOD

Taste Trails

Allendale Town

PUBS

Allendale Inn, Market Place (01434 683246)

The Hare and Hounds, The Peth (01434 683300)

The King's Head, Market Place (01434 683681)

CAFÉS

Allendale Bakery Café, Allen Mill (01434 618879)

Allendale Tea Room, Market Place (01434 683575)

Allendale Forge Café, Market Square (01434 683975)

Catton

The Crown, Cattor (01434 683447)

Whitfield

Whitfield Pantry Shop & Café (01434 345709)

The Elk's Head, Whitfield (01434 345282)



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