

# North Pennine Birdwalks

## Walk 12: Upper Teesdale



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**NORTH PENNINES**  
One of the  
AONB family

# The Birdwatchers Code of Conduct

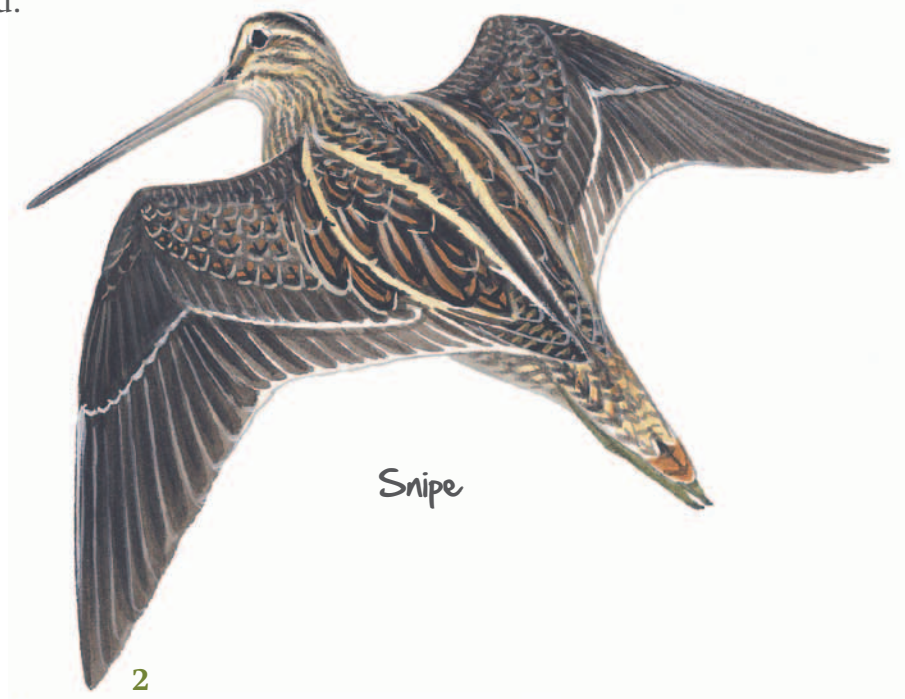
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Birds are very vulnerable to disturbance, especially during the breeding season. It is all too easy to inadvertently harm a bird or its young while trying to watch them.

For example, if an adult bird is prevented from returning to its nest, eggs or chicks may quickly chill and die. Straying from a footpath towards a nest site may also leave a scent trail that a predator is later able to follow.

To ensure that you enjoy watching birds without harming them or their young, please always follow this code of conduct:

- The welfare of the birds must come first. Disturbance to birds and their habitats should be kept to a minimum.
- Keep to footpaths, especially during the bird breeding season (March – August).
- Avoid disturbing birds or keeping them away from their nests for even short periods especially in wet or cold weather.
- Do not try to find nests. **All birds, nests, eggs and young are protected by law and it is illegal to harm them.**
- Keep dogs on a short lead.
- Leave gates and property as you find them.
- Take your litter home with you.





# Walk 12

## Upper Teesdale

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Forest in Teesdale

Upper Teesdale is one of the best places to see waders in the breeding season and black grouse throughout the year. The wide expanse of the upper dale offers stunning views of the meadows and allotments and the imposing fells of Cronkley Scar and Widdybank. The River Tees is always impressive and there's a chance of seeing birds such as dipper, goosander and oystercatcher.

# Keys

## Easy Grade Walk

Suitable for most people: easy, comfortable walking, may be some stiles.

## Medium Grade Walk

Typically a country walk with some hills, stiles and muddy paths.  
Boots advised.

## Hard Grade Walk

Hill walk. May have steep or strenuous climbs. Rough moorland.  
Boots essential.

A guide is also provided to indicate the best times of year to see key bird species. This can be interpreted as follows:

## BEST TIME TO VISIT



Please be aware that the weather can change rapidly in the North Pennines. Always carry suitable wet weather clothing with you and remember that visibility will be poor at higher altitudes in low cloud conditions.



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Information is correct at the time of production (Aug 2012). Every effort has been made to ensure that information is accurate. However, the AONB Partnership and its Staff Unit cannot be held responsible for errors or omissions. Please check critical information before travel. Inclusion is not a recommendation by the AONB Partnership and in itself is not necessarily a guarantee of quality.



North Pennines AONB Partnership, Weardale Business Centre, The Old Co-op Building, 1 Martin Street, Stanhope, Bishop Auckland, County Durham DL13 2UY.

# Information Point



1:50,000 – Landranger 92  
1:25,000 – Explorer OL31



Public toilets and Visitor Centre at Bowlees (5 km NY908283). High Force Hotel pub (2.5 km NY885286). Nearest shops in Middleton-in-Teesdale (10 km).



7 km (4.3 miles). Circular route



**Medium.** May be muddy in places. Some fairly steep ascents/descents



At Bowlees (NY905281)



Car park at Hanging Shaw, Forest-in-Teesdale (NY867297)



Visit [www.northpennines.org.uk](http://www.northpennines.org.uk) for information on green places to stay



Bus stop in Forest-in-Teesdale (adjacent to car park). For information call Traveline on 0871 200 22 33 or visit [www.travelinenortheast.info](http://www.travelinenortheast.info)



Black grouse  
(female)



# Walk Directions

From the car park, turn right on to the main road (take care!) and walk for 150m to a footpath leading off to the left. Follow the track towards the farm buildings. Skirt round to the right of the farm and go down hill to pass through a wall via a small wooden gate.

Pass between the two buildings ahead and then go through a gate on the right. From here go through a further gate immediately ahead and then turn left to follow the fence/wall down to the River Tees. Turn right on meeting the river and walk beside it. Continue through a kissing gate and walk along the base of a steep rivercliff.

Continue beside the River Tees for 800m until a bridge is reached. Cross this and turn right, continuing to follow the river, this time with it on your right. Where the path climbs to the top of a high riverbank, continue straight ahead through a gate with the river looping away to the right. Cross the pasture keeping the wall on your right.

Go through the gate at the corner of the field and then continue straight ahead, keeping the fence on your left, to a further gate. From here walk diagonally to the right to cross the pasture and meet a gate and minor road at the entrance to the Moorhouse - Upper Teesdale National Nature Reserve.

Turn right and follow the road for 800m over the river and then on up to the junction with the main road. Cross over (take care!) and take the minor road opposite Langdon Beck Hotel. Follow the track for 500m, passing between the farm buildings and over the beck.

Continue up to a gate through a wall and then turn right, heading uphill gradually (do not follow the steeper track which heads towards the lime kiln). Pass a well preserved mine level entrance and continue ahead to cross a stile over a fence. Continue further uphill to a gate through the wall.

Go through the gate and then turn left and climb to the edge of a limestone escarpment.

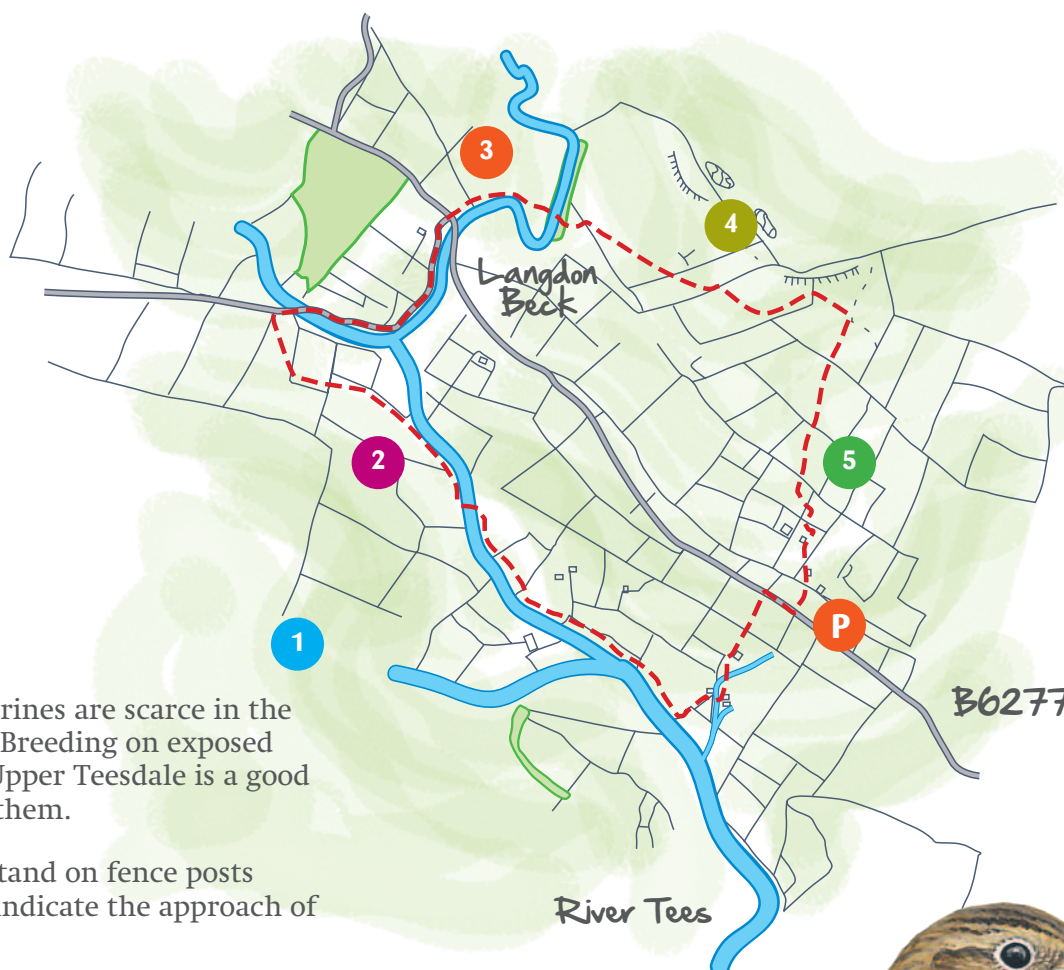
Go through the gate and follow the track leading straight ahead for 180m to a crossroads. Turn right and follow this track for 1.25 km back down to the start.



Upper Teesdale

# Walk 12

## Upper Teesdale



- 1 Ravens and peregrines are scarce in the North Pennines. Breeding on exposed cliffs and crags, Upper Teesdale is a good place to look for them.
- 2 Redshank often stand on fence posts calling loudly to indicate the approach of danger.
- 3 The fields in the vicinity of Langdon Beck are some of the best in the North Pennines for seeing black grouse.
- 4 A bield is a short stretch of wall built in an exposed area to provide shelter for livestock. Sheep can gain shelter in the lea of the 'T' from whichever way the prevailing wind blows.
- 5 Large numbers of waders, including lapwing, snipe, redshank and curlew breed in the pastures and allotments of Upper Teesdale.



### BEST TIME TO VISIT

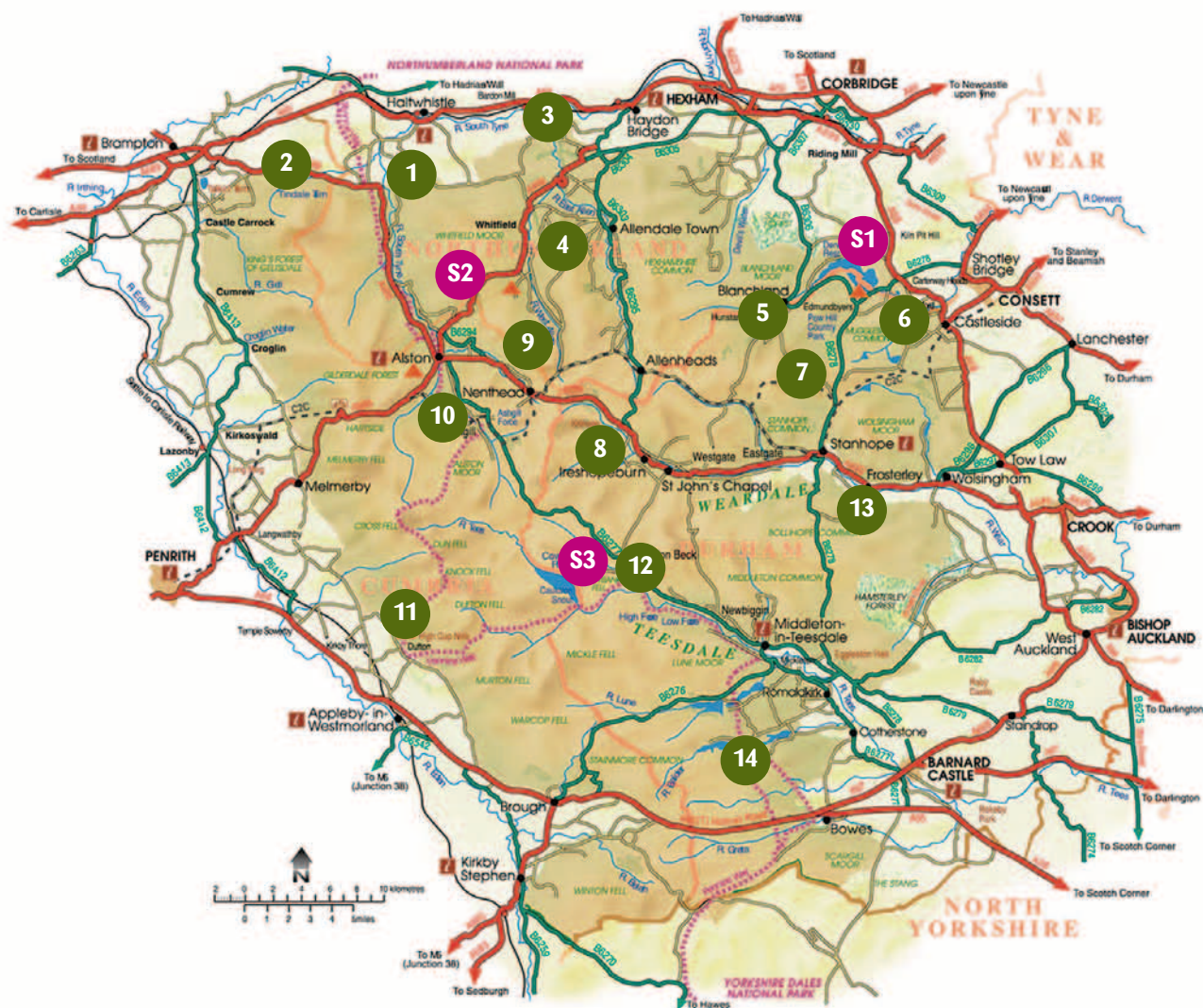
JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC







# Map of the North Pennines AONB showing location of Walks and Sites



- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 Lambley and the South Tyne    | 10 Garrigill                  |
| 2 Tindale Tarn                  | 11 Dufton Pike                |
| 3 Allen Banks and Staward Gorge | 12 Upper Teesdale             |
| 4 Chimneys on Dryburn Moor      | 13 Howdon Burn                |
| 5 Blanchland                    | 14 Blackton Reservoir         |
| 6 Derwent Gorge                 | S1 Derwent Reservoir          |
| 7 Burnhope Head                 | S2 Ouston Fell                |
| 8 Cowshill                      | S3 Harwood Beck and Widdybank |
| 9 Wellhope Moor                 |                               |

# NORTH PENNINES



Area of Outstanding Natural Beauty



The North Pennines is one of England's most special places – a peaceful, unspoilt landscape with a rich history and vibrant natural beauty. In recognition of this it is designated as an Area of Outstanding Natural Beauty (AONB). The area is also a Global Geopark – an accolade endorsed by UNESCO.

This 4.3 mile circular tour of Upper Teesdale offers stunning views of Cronkley Scar and Widdybank. This area is one of the best places to see waders during the breeding season and black grouse throughout the year.

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The AONB Partnership has a Green  
Tourism award for its corporate office

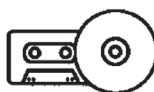


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summarised in another format.

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