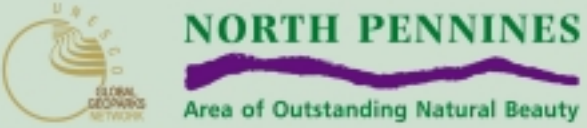
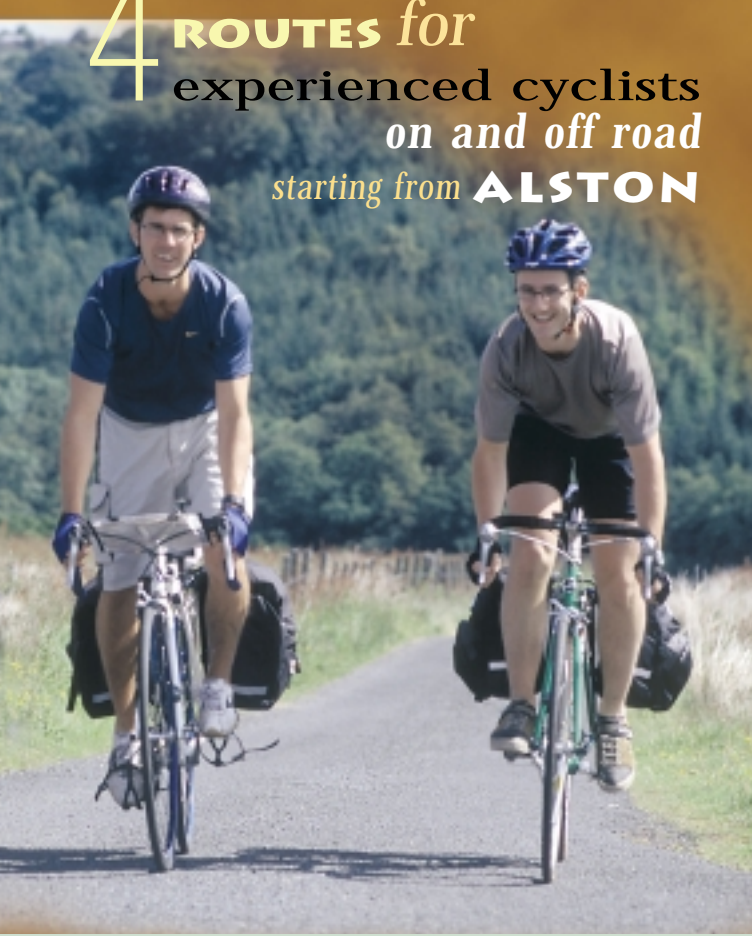


# Cycling

IN THE  
NORTH PENNINES

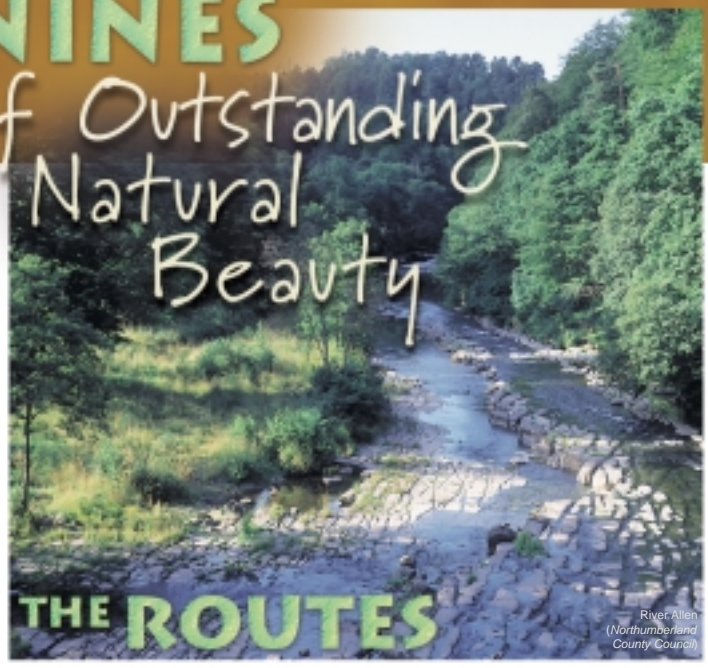
4 **ROUTES** for  
experienced cyclists  
on and off road  
starting from **ALSTON**



A L S T O N

# NORTH PENNINES

Area of Outstanding  
Natural  
Beauty



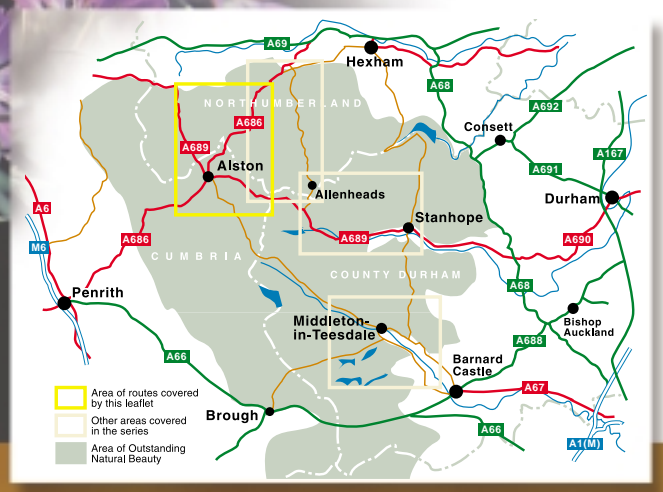
## NORTH PENNINES

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. It was designated as an Area of Outstanding Natural Beauty in 1988. The AONB is also a UNESCO Global Geopark.

An excellent way of exploring the North Pennines is by bike. This leaflet describes four routes of various lengths that can be started from Alston.

Other leaflets in this series cover routes from Allendale Town, Middleton-in-Teesdale and Stanhope.



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## THE ROUTES

They are designed as a series of circular routes and one figure-of-eight off-road route - all starting from Alston. They link to the Sea to Sea (C2C) Cycle Route.

Route 1 is very tough due to the numerous steep hills, however the terrain in the North Pennines means that it is impossible to avoid some steep climbs and so few routes are easy.

There are off road sections on some of the routes - marked with dots. Routes 3 & 4 are only suitable for fit off-road cyclists and need care on rough and wet sections. The routes are generally not suitable for children.

## Sea to Sea Cycle Route



The award-winning C2C Cycle Route is part of the National Cycle Network and is recognised as being the most popular long-distance cycle route in the UK. The C2C links Whitehaven or Workington on the west coast of Cumbria with Sunderland or Tynemouth on the east coast. More information from [www.sustrans.co.uk](http://www.sustrans.co.uk) or call 0845 1130065.

A L S T O N

## INFORMATION

**PUBLIC TRANSPORT INFORMATION**  
**Traveline**  
Tel: 0870 608 2 608  
Web: [www.traveline.org.uk](http://www.traveline.org.uk)

**TOURIST INFORMATION CENTRES**  
**Alston** - The Town Hall  
Tel: 01434 382244

**Penrith**  
Tel: 01768 867466

**FURTHER INFORMATION**  
For more information about the North Pennines contact the AONB Staff Unit  
Tel: 01388 528801  
Email: [info@northpenninesaonb.org.uk](mailto:info@northpenninesaonb.org.uk)  
Web: [www.northpennines.org.uk](http://www.northpennines.org.uk)

## \*\*\*D CYCLING CODE ...

Please follow this simple code to ensure enjoyable riding and the safety of others.

- |   |   |
|---|---|
| <b>Obey the rules of the road</b> <ul style="list-style-type: none"><li>* Follow the Highway Code</li></ul>   | <ul style="list-style-type: none"><li>* Follow the Countryside Code. Respect. Protect. Enjoy. Visit <a href="http://www.countrysideaccess.gov.uk">www.countrysideaccess.gov.uk</a></li></ul>  |
| <b>Be courteous</b> <ul style="list-style-type: none"><li>* Give way to pedestrians and horse riders. Don't assume they can see or hear you</li><li>* Don't expect to travel quickly on shared use cycle paths</li><li>* Ring a bell or call out to warn of your approach. Acknowledge people who give way</li><li>* Respect the life and work of the countryside</li></ul> | <b>Look after yourself</b> <ul style="list-style-type: none"><li>* Take care at junctions, when cycling downhill and on loose or wet surfaces</li><li>* Carry food, repair kit, map, spare clothing and waterproofs</li><li>* Tell someone where you're going and when you'll get back</li><li>* Keep your bike well-maintained</li><li>* Consider wearing a helmet and bright clothing</li></ul> |
| <b>Care for the environment</b> <ul style="list-style-type: none"><li>* Can you cycle the whole of your journey or reach the start by public transport?</li></ul>   | <b>Thank you for cycling!</b>   |

Produced by  
**NORTH PENNINES AONB PARTNERSHIP**  
Working together for the North Pennines

With the support of  
  
and the area's nine local authorities

Design & Print Services, Durham County Council, 2005  
Front cover photo: © Countryside Agency/Charlie Hedley

## THINGS TO SEE

along the way

### Alston - a town with altitude!

Alston developed at the cross roads of major trans-Pennine routes - as a service centre and busy lead mining town. Many of its cobbled streets and the market cross still survive. Distinctive 'bastle' derived houses can be seen throughout the town with stone steps up to first floor level. Today the Parish of Alston Moor is a thriving community of 2,000 people. When it was at the heart of the world's largest lead producing area, however, its population was five times greater!

### An industrial past

The landscape throughout Alston Moor bears witness to its industrial past. Features such as the restored Hudgill Bingsteads (passed on Routes 1 & 2) built to collect duty ore from the surrounding mines, the washing floor at Whitesyke Mine, Blagill (passed on Routes 1, 2 & 3) where ore was separated provide interesting short diversions.

Settlements such as Leadgate, Blagill and Garrigill owe their existence to lead mining. Nenthead is a planned settlement from where the London Lead Company controlled their mines. In Nenthead the emphasis placed by the London Lead Company on the social and economic well-being of their employees can be seen in its reading room, school and fountain - still visible in the village.

### Birds galore!

The North Pennines is rich in birdlife. In spring and early summer the cries of waders - curlew, redshank, oyster catcher and golden plover can be heard echoing across the moors. You may catch a glimpse of rarer birds such as black grouse, merlin and buzzard or even spot Britain's smallest bird - the goldcrest!



(Philip Nixon)

### ARTS & CRAFTS IN THE AREA:

**Stokoe House Ceramics Gallery, Alston**  
Studio & gallery where ceramics are made and are for sale.  
Tel: 01434 382137

**Pennine Pottery, Clargyll Head**  
Pottery sold from own shop.  
Tel: 01434 382157

**Gossipgate Gallery, Alston**  
Specialising in the work of artists and craftspeople from the North, coffee shop & gift shop.  
Tel: 01434 381806

**Alston Craftworkers Ltd**  
Co-operative, selling locally made goods.  
Tel: 01434 381879

## AND PLACES TO VISIT

nearby..

### South Tynedale Railway, Alston

England's highest (steam and diesel) narrow gauge railway. Cafe and shop. Tel: 01434 381696

### Hartside Nursery Garden, Nr Alston

Specialising in a range of rare and unusual Alpines. Tel: 01434 381372

### Thortergill Forge, Nr Garrigill

A working smithy making traditional quality hand forged iron products for the home/garden, gift shop, tearooms, gardens and half-mile waterfall walk. Tel: 01434 381936

### Nenthead Mines, Nenthead

Heritage Centre explaining the mining, processing and smelting of lead, zinc & silver. Self-guided trails aboveground & guided underground trips. Cafe and shop. Tel: 01434 382037

### High Mill Waterwheel, Alston

Rebuilt in 1767. Managed by the North Pennines Heritage Trust. Tel: 01434 382037 for details.

## REFRESHMENTS

and facilities

### REFRESHMENTS

There are a number of hotels, pubs, cafes and restaurants in and around Alston as well as in Nenthead, and a tearoom and inn at Garrigill.

### TOILETS

You'll find public toilets at:

- ❖ Alston, Nr Town Hall
- ❖ South Tynedale Railway Station, Alston
- ❖ Garrigill
- ❖ Nenthead

### ACCOMMODATION

A wide range of accommodation is available in the North Pennines. For further information:

- ❖ Contact Alston Tourist Information Centre on 01434 382244 for a free guide.
- ❖ Call 01388 528801 and request a North Pennines Discovery Guide (inc. accomm. listing).



(Philip Nixon)

South Tyne (Northumberland County Council)

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