**LOVE FOOD**

**On the Taste Trail**

Whether you’re hiking, biking or riding, 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 trails, whether you’re on a horse, a bike or on foot.

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.

**Terrain** - The Railway Path is well maintained and is managed by Durham County Council countryside section (tel: 0191 372 9100) www.durham.gov.uk/countryside. The Parkhead section which forms part of the C2C cycle route, includes Stanhope Moor and dogs must be kept under close control (on a lead on the moor and through fields with livestock) please also be sure to leave gates as you find them.

**Public Transport** - There is access to the route using public transport from Durham City. For timetable information call Traveline on 0871 200 2233 or log on to www.traveline.info.

**Useful Maps**

1. 25,000 Explorer 307 Consett and Derwent Reservoir
2. 25,000 Explorer 308 Durham and Sunderland

**Route Introduction** - This route follows the Lancaster Valley and Waskerley Way Railway Paths, climbing from the pleasant pastoral landscape near Durham to the rugged heather covered Stanhope Moor. The route is excellent for walkers, cyclists and riders, with its easy to follow, car-free sections. Wonderful wildlife, fascinating history and spectacular views are all on offer this ten miles of a trail.

You can approach this linear route starting in either direction and can tailor the length to suit your own requirements. In this leaflet we have made suggestions for three sections of varying lengths along the route. From Durham to Stanhope, this route starts at Broadpark, near Neville’s Cross in Durham and follows mainly dedicated paths along and railway tracks for 22 miles to Parkhead above Stanhope. There are a number of great places along the way to stop for a bite to eat and a brew. Lancaster and Consett are also good places to find the route and it can be done in shorter sections. This route is accessible to all users. Please follow the Railway Path Visitor Charter to ensure everyone has an enjoyable day out. Download at www.durham.gov.uk/countryside.

**Food, Farming and the Environment** - As you follow this route, you are passing through a landscape that has been shaped for thousands of years through production of a great variety of local food. The upland moors are home to red grouse, the celebrated game bird that starts to become available on local menus and in butchers shops after the season begins in August. Also in the open heather moors are hardy sheep breeds like Swaledale, an integral part of the predication of limited in the UK. The moors are managed to provide a mosaic of habitat through controlled burning. Large areas of these moors are also some of the most important places for wildlife in the UK and are carefully managed and protected.

Lower down in the more pastoral landscape of the valley, grazing for sheep is still a significant land use, but there are also cattle, both beef and milk herd grazes on the rich green pastures here. Knitsley Farm is a good place to buy local beef and the Lancaster Dairy produces B’N’G Geoff’s ice cream available at local outlets. Nearest to Durham, cereals and other crops such as oil seed rape are grown.

**A warm welcome awaits you at PARKHEAD STATION**

Call in and meet us for a well earned break on the Waskerley Way. We serve good wholesome, home cooked food, snacks and sandwiches. Take time out in a tranquil, rural location, benefiting from the elevated position with commanding views over the moorland.

Every Sunday traditional Sunday Roast served in our dining room - reservations advisable, group bookings by prior arrangement. Room available to hire for private functions, meetings & party parties.

Stanhope Moor, Stanhope, DL13 2ES
Tel: 01388 526434

**NORTH PENNINES**

Area of Natural Beauty

This leaflet has been produced for the North Pennines AONB. Featuring on both sides of the leaf fold is a map. Hand on both folded leaves - please use in an open position.

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

info@northpenninesaonb.org.uk
01388 528801

Braille Audio AAA Large Print
Section 1: Durham to Knitsley
Length: 10 miles (16 km)
Grid Ref: NZ2500941520

From the Durham County Council car park at Brompark, head east then north along the Lancaster Valley Railway Path. The route is easy to follow for the 7.5 miles through Bearpark site of the C13th Beamereye (Beautiful Retreat) Priory and Langley Park to Lancaster. To the south west of Lancaster are the remains of the Longovice Roman Fort and just north west of the settlement, the route crosses the line of the Roman road Dere Street. There are a number of good cafés in the village centre.

From Lancaster, continue north west another 3 miles along the Railway Path to Knitsley Grange farmshop and Café. Knitsley are winners of the Love Food Brilliant Breakfast competition and it is an excellent place for a good roas, hearty lunch or award winning breakfast. To return retrace your steps along the railway path and enjoy different views along the way back to Brompark.

Section 2: Knitsley to Howngill
Length: 2 miles (3.2 km)
Grid Ref: NZ238948530

This is a shorter section of the whole route and would be ideal for families looking for an opportunity to get out and enjoy the Durham countryside after a delicious lunch.

Follow the railway line from Knitsley Grange continuing along the Railway Path for 2 miles, skirting Delves by Lydgate's Junction and then on to the Howngill Tearooms - a great place to recharge the batteries if you plan to tackle the final section.

Otherwise you can turn back at this point and return to Knitsley along the same section of the railway line.

Section 3: Howngill to Parkhead
Length: 9 miles (14.4 km)
Grid Ref: NZ208949450

Starting at the Howngill Viaduct Café the follow the Waskerley Way west across the impressive 130 year old, 175 foot high Howngill Viaduct. The viaduct is built of almost 3 million white fire bricks and is a wonder of Victorian engineering, built to carry the Stanhope - Tyne railway. Continuing along the route, after just over 1 mile, as you cross the A69 at Rowley (with care), you enter the North Pennines Area of Outstanding Natural Beauty.

At the end of the next 8 miles of the Waskerley Way, taking you across the open haastor moors of the North Pennines, you are rewarded with another food and drink stop at the Parkhead Station tea rooms, nestled on the falls above the market town of Stanhope.