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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.

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.

Area covered by the Love Food Taste Trail Guide: Waskerley & Lanchester Way



Delicious local food lunch (Nicky Rogerson ©Love Food)

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
1:25,000 Explorer 308 Durham and Sunderland



Red Grouse (Alistair Lockett/NPAP)

Route Introduction - This route follows the Lanchester 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 on this gem 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 Broompark, near Neville's Cross in Durham and follows mainly dedicated paths along old 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. Lanchester and Consett are also good places to join 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.

A local food hamper (© Teesdale Marketing)



Cycling on the C2C at Parkhead (Shane Harris/NPAP)

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 production of lamb in the UK. The moors are managed to provide a mosaic of heather 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 valleys, grazing for sheep is still a significant land use, but there are also cattle, both beef and milk herds graze on the rich green pastures here, Knitsley Farm is a good place to buy local beef and the Lanchester Dairy produces Bill 'n' Geoff's ice cream available at local outlets. Nearer to Durham, cereals and other crops such as oil seed rape are grown.

Weardale heather in full bloom (Simon Wilson/NPAP)



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, relaxed location, benefiting from the elevated position with commanding views over the moorlands.

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 & family parties

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

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

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01388 528801



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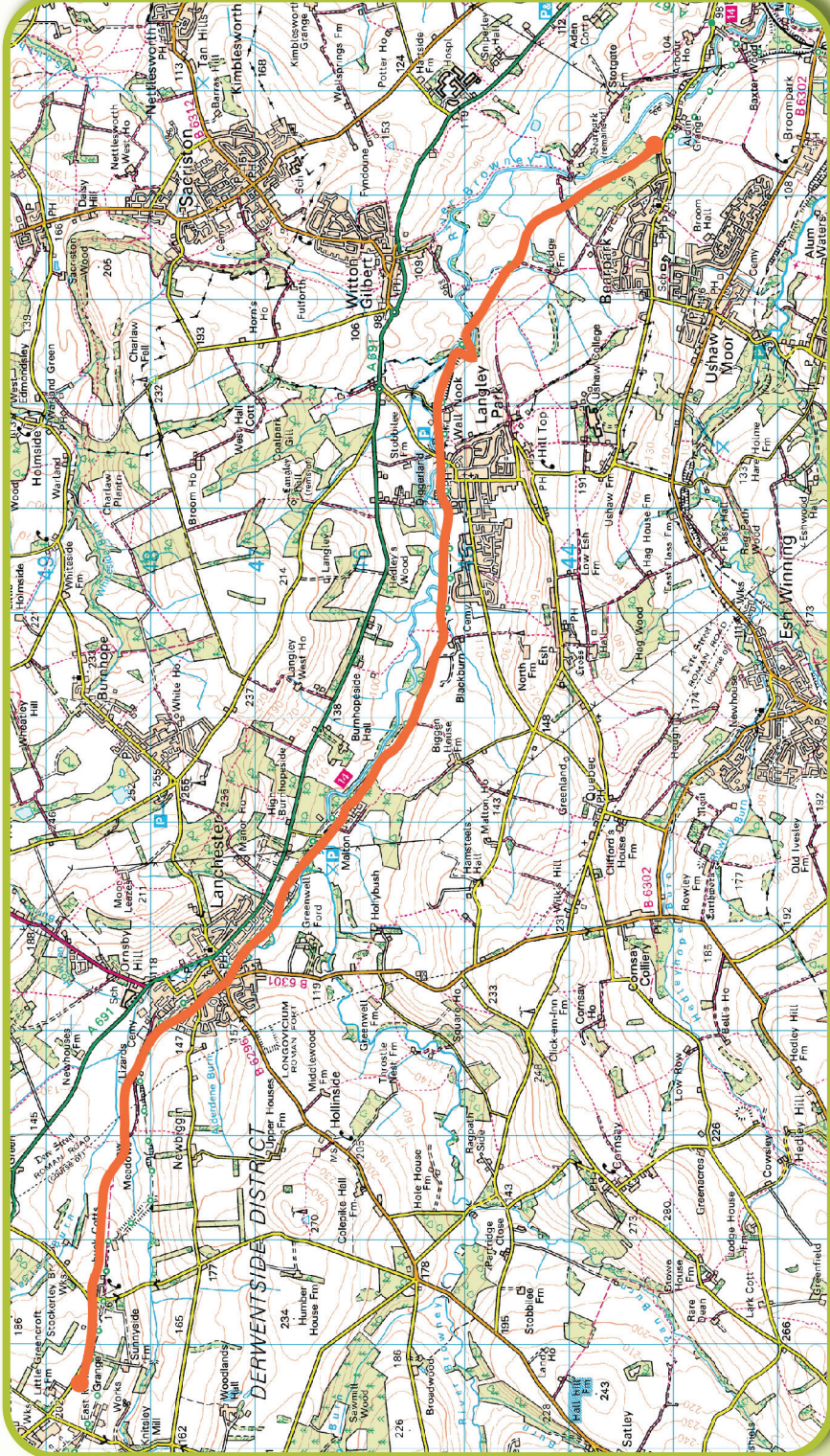


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MAP SCALE

Section 1: Durham to Knitsley

Section 1:
Durham to Knitsley
Length: 10 miles (16 km)
Grid Ref: NZ2508941520



From the Durham County Council car park at Broompark, head east then north along the Lancheater Valley Railway Path. The route is easy to follow for the 7.5 miles through Bearpark site of the C13th Beaurepaire (Beautiful Retreat) Priory and Langley Park to Lancheater. To the south west of Lancheater are the remains of the Longovicium 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 cafes in the village centre.



Café at Knitsley
(Nicky Rogerson ©Love Food)

From Lancheater, 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 coffee, hearty lunch or award winning breakfast! To return retrace your steps along the railway path and enjoy different views along the way back to Broompark.

Section 2:

Knitsley to Hownsgill

Length: 2 miles (3.2 km)
Grid Ref: NZ1238948510



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 to Lydgetts Junction and then on to the Hownsgill 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:

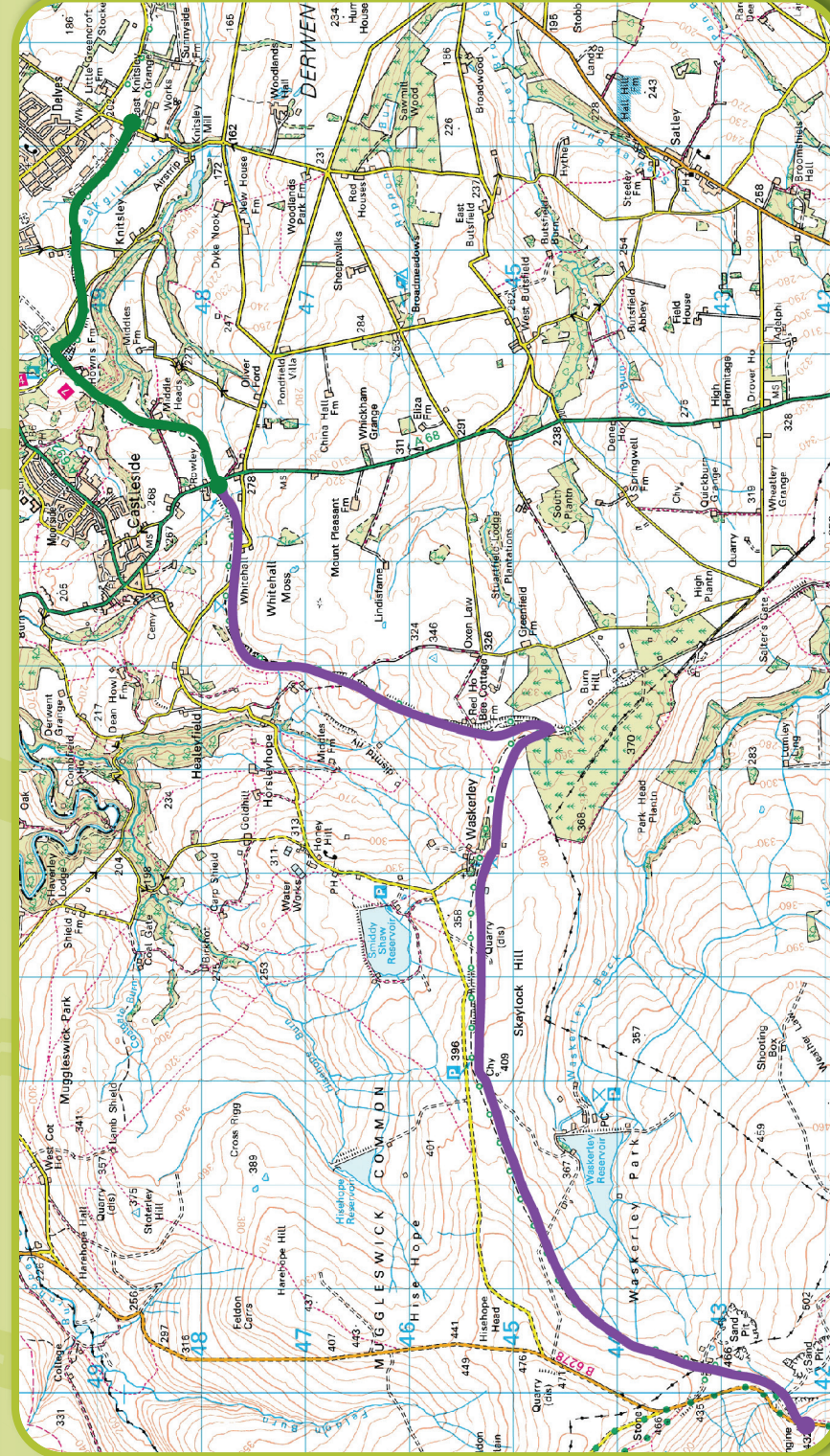
Hownsgill to Parkhead

Length: 9 miles (14.4 km)
Grid Ref: NZ0985949150



Starting at the Hownsgill Viaduct Café the follow the Waskerley Way west across the impressive 130 year old, 175 foot high Hownsgill 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 A68 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 heather moors of the North Pennines, you are rewarded with another food and drink stop at the Parkhead Station tea rooms, nestled on the fells above the market town of Stanhope.



0 1km
MAP SCALE

Section 2: Knitsley to Hownsgill

Section 3: Hownsgill to Parkhead

LOVE FOOD

Taste Trails

Food Highlights

Lanchester Garden Centre Café,
Bargate Bank, Ford Road, Lanchester (01207 521206)

Knitsley Farm Shop and Restaurant,
East Knitsley Grange, Consett (01207 592059)

Hownsgill Viaduct Café,
Hownsgill Farm, Consett (01207 503597)
(closed Tues)

Parkhead Station Tearooms, Parkhead Station House,
Stanhope Moor (01388 526434)
(closed in winter season)

Broom House Farm Shop & Café
Witton Gilbert, Durham (0191 371 9697)

The Kings Head

Station Road, Lanchester (01207 520054)

ON THE TRAIL OF GREAT BRITISH FOOD

We believe in real British food, simply prepared using seasonal produce, at good value. The ingredients that go into our kitchen come from local talent, such as Sue Archer in Walworth. And our recipes are based on real British dishes with heritage. Open from noon, straight through, for lunch, earlybird and evening.

Oldfields Durham | 0191 370 9595
www.oldfieldsrealfood.co.uk

oldfields
NOTED EATING HOUSE



Café at Parkhead Station (©Parkhead Station)