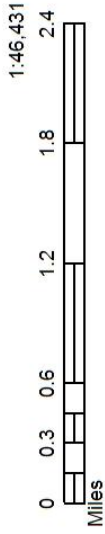


Route 10: Allenheads, Cowshill and Middlehope Moor



24 km / 15 miles

Recommended direction - anti clockwise



54000

39000

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 One of the AONB family

NORTH PENNINES
 Area of Outstanding Natural Beauty

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Route 10: Allenheads, Cowshill and Middlehope Moor

Length: 15 miles (24km) **Time:** 2 – 2.5 Hours
Start: Hemmel Café, Allenheads

Key: **R** = Right | **L** = Left | **TR** = Turn right | **TL** = Turn left | **SP** = Signposted | **T-j** = T-junction

1. From the Hemmel Café TR uphill to a crossroads in 200m. TR SP to Cowshill and head uphill over the moors.
2. Head downhill to pass the Cowshill Hotel on your L and cross the bridge. Immediately after the bridge and as the road bends R, leave the A689 and take the road straight ahead. Pass a house on your L and follow it uphill.
3. Where the road forks keep L. Take care on the steep S-bend, cross the bridge and continue to a T-j in Newhouses.
4. TL up the very steep hill and continue to climb for 1 mile, passing a tree plantation on your L at the top of the hill.
5. Head downhill over a bridge, then follow the road gradually uphill again. Ignore the next R, and at the bottom of the hill cross the stone bridge near Rookhope Arch.
6. TL at the T-j SP to Allenheads going gradually uphill.
7. Take care on the sharp bends on the descent back to Allenheads. At the bottom of the hill go straight over the crossroads and down the hill into Allenheads, and TL back to The Hemmel Café.

