

Teesdale



Middleton in Teesdale and Cauldron Snout



Beware falling sheep!

This cycle route climbs out of Weardale over the relatively unused road over Swinhope Head and down into the Tees Valley at Newbiggin. From here we head to the market town of Middleton in Teesdale. From Middleton we take the quiet local roads through Mickleton and up towards Eggleston passing Eggleston Hall. From Eggleston Hall we climb Folly Top and follow the small lanes towards Woodland and Bedburn and over the climb of Shull Bank to Wolsingham in the Wear Valley. Following the back lanes from Frosterley we arrive back in Stanhope.

Middleton in Teesdale 41 miles

- 1 Starting from the Dales Centre turn RIGHT onto A689
- 2 After half mile turn LEFT onto local roads
- 3 After 400yds turn RIGHT onto local road to Brotherlee
- 4 Continue through Brotherlee until cross roads at Westgate
- 5 At crossroad turn LEFT on unclassified road over Swinhope Head
- 6 In village of Newbiggin continue on local road above village climbing 1 in 4 hill of Miry Lane to T junction turn RIGHT follow road into Middleton in Teesdale
- 7 In Middleton turn RIGHT on B6277 to Mickleton
- 8 After Mickleton take the first LEFT towards Egglestone
- 9 Passing Egglestone Hall Gardens turn RIGHT at T junction onto B6278
- 10 Climb to summit of Folley Bank and turn LEFT on B6282 towards Woodland
- 11 After 3.9 miles bear LEFT at fork in road

- 12 After 1 mile Turn LEFT along Windy Bank Road
- 13 Continue for 3.3 miles then turn LEFT
- 14 After 1 mile turn left in Bedburn Bottoms to climb Shull Bank
- 15 At summit turn LEFT to descend Wear Bank into Wolsingham.
- 16 At T junction in Wolsingham turn LEFT on A689 to Frosterley
- 17 In Frosterley turn LEFT towards White Kirkley & Hill End
- 18 After crossing Bridge turn RIGHT onto local roads and continue to junction of A689
- 19 Turn LEFT into Stanhope arriving at the Durham Dales Centre

Elevation profile: Middleton in Teesdale Circuit total gain 4908 ft

The Hills

Swinhope Head

Height: 1997 ft

Length: 3 miles

Steepest section 1 in 5

The climb of Swinhope from Weardale is more difficult than climbing from Teesdale.

Starting from the cross roads the unclassified road climbs steeply from the bottom. The climb is in two sections the first section having a sting in the tail towards the top.

A short descent to the bottom of the second climb with a short section to a farm gate that must be negotiated before the next section of the hill. Starting again the hill winds over the moor to the summit with another steep section towards the top.

Miry Lane Hill

A short, sharp, 1 in 4 climb out of the village of Newbiggin.

Windy Bank

A long grippy drag past Hamsterley Forest before descending into Bedburn.

Shull Bank

Height: 930 ft

Length: 3 miles

Steepest section 1 in 7

From Bedburn Shull Bank climbs through a wooded area with rhododendron bushes at the side of the road then over the fell to the summit of Wear Bank.