



## Walk Directions

From the Bainbridge Fountain in Middleton-in-Teesdale, cross the County Bridge (via the B6277) passing the cattle market until you come to a Pennine Way/Public Footpath sign on your right. Go through the gate and follow the Pennine Way westwards. The footpath follows the course of Tees crossing several stiles and Crosthwaite Beck Bridge until you reach Low Force.

From Low Force, cross the Tees via the Winch Bridge, cross two fields and a road (the B6277) and follow the signs for the Bowlees Visitor Centre. The Visitor Centre in the old chapel, with its Ford Kitchen provides refreshments, information and public toilets. Starting from the Bowlees Visitor Centre car park, a Nature Trail follows Bowlees Beck and leads to Summerhill Force and Gibson's Cave. The first part of the trail is an easy path to the quarry, after a flight of steps the footpath becomes more uneven as it follows the banks of the beck to reach Summerhill Force. Bowlees Beck cascades over limestone to create a fine waterfall where the softer shale has been worn away to form Gibson's cave.

You may return by reversing the route from Bowlees to Middleton or complete the circuit by visiting Holwick, which is signposted from the South side of the Winch Bridge. For Holwick, follow the waymarked footpath through the fields to the road that takes you up to Holwick scar, the large house on your right is Holwick Lodge. Once at Holwick Scar, walk down the road towards Middleton. You will pass the Strathmore Arms and the Low Way Farm Tea Rooms. From the Strathmore Arms continue for a mile and a half down the road until you come to a finger post on your left. A footpath crosses fields through several stiles to re-join the Pennine Way towards Middleton Auction Market.

Continuing for a mile and a half along the Pennine Way from Low Force offers a spectacular view of High Force from the South Side of the Tees. There is also a footbridge on this path, just before High Force, a steep set of steps leads to the High Force Hotel and Raby Estate's walk on the North bank (there is a charge to use the Raby Estates' walk and their car park). If you cannot undertake the whole walk you may drive to several points for shorter walks: Bowlees, Holwick, High Force and Newbiggin. You can also reach Newbiggin, Bowlees and High Force by bus from Middleton-in-Teesdale on Wednesdays but please check the current timetable.

[walkmiddleton.info](http://walkmiddleton.info)



## Middleton Bowlees Holwick Circular Walk

This walk takes in one of the most beautiful stretches of the River Tees as well as the waterfalls at Low Force and Bowlees. Completing the circular walk gives fine views both up and down the dale, especially from below Holwick Scar. Much of the walk requires the use of high stiles. Even in the Summer the weather in the Dale can turn inclement, stout footwear and outdoor clothing are recommended. As ever in the Dale there are many animals grazing in the fields. Walkers are reminded of the Countryside Code and the need to keep all dogs under close control. The walk offers several options for start points and distances. The complete circular walk including the nature trail at Bowlees takes five hours at a steady pace. For more details see [walkmiddleton.info](http://walkmiddleton.info) and [visitmiddleton.co.uk](http://visitmiddleton.co.uk), O.S. Map details are provided overleaf.

The Bowlees Visitor Centre is housed in an old chapel. It opened as a picnic area in 1976 and now houses the Ford Café and information point with regular exhibitions. Nearby Newbiggin, was first documented in 1200. Its population grew to over 600 when the lead mining industry expanded in the 1700's only to decline in the early 1900s. You can cross the Tees to and from Holwick by the Winch Bridge and to and from Newbiggin at Scorberry Bridge. Used by miners crossing from the Holwick side of the river to the mines on the Bowlees side, the current Winch bridge dates from 1830 but the original bridge was built in 1741.

The Methodist chapel in Newbiggin was built in 1759 and until recently, was the oldest Methodist chapel in use in Britain. It contained a pulpit used by John Wesley. Holwick is towered over by the Whinsill of Holwick Scar and the nearby quarries. The Strathmore Arms is the most Northerly inn in the ancient county of North Yorkshire.

for more information visit [walkmiddleton.info](http://walkmiddleton.info)

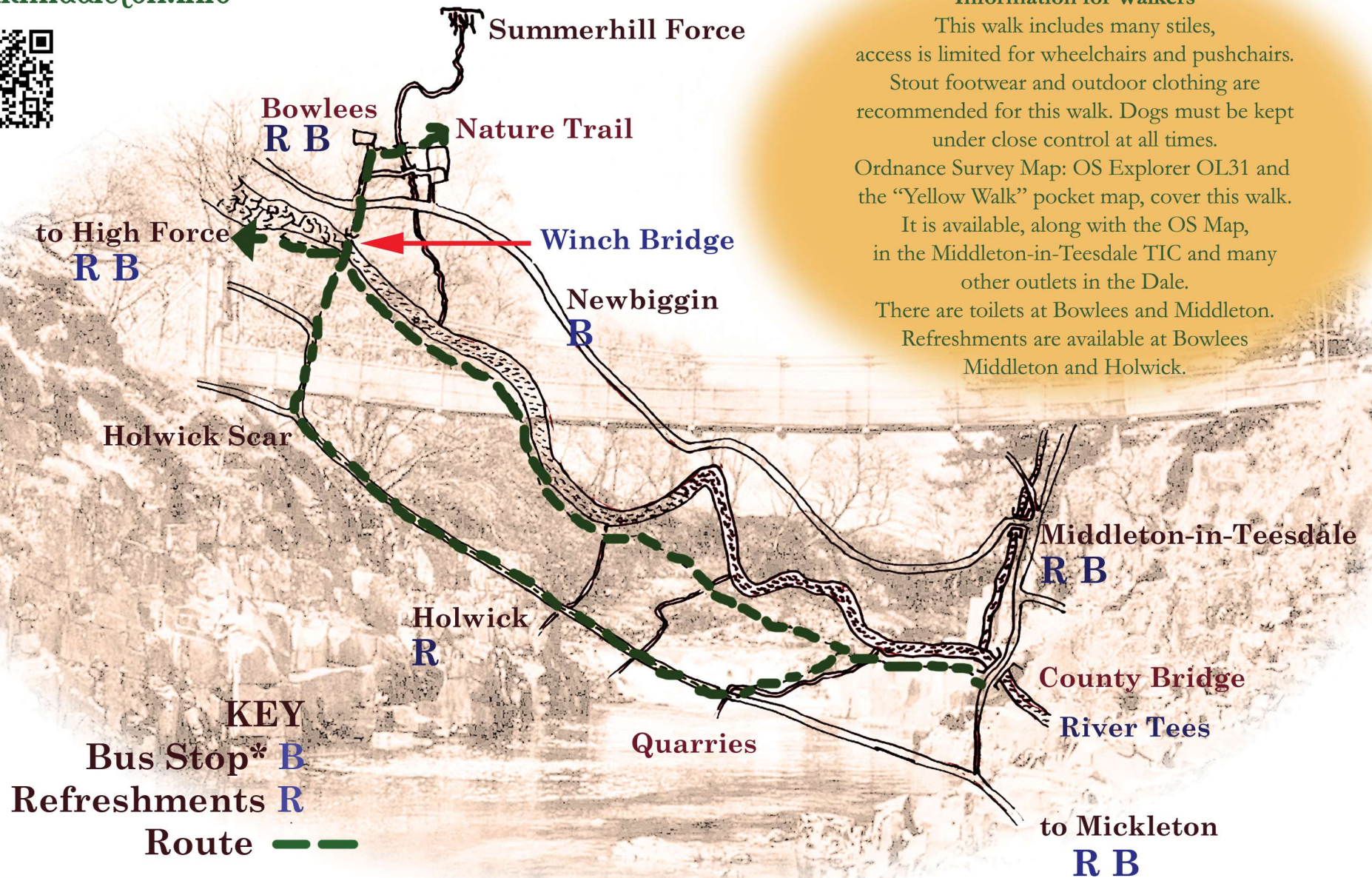


## A Walk Through Time





walkmiddleton.info



### Information for Walkers

This walk includes many stiles, access is limited for wheelchairs and pushchairs.

Stout footwear and outdoor clothing are recommended for this walk. Dogs must be kept under close control at all times.

Ordnance Survey Map: OS Explorer OL31 and the "Yellow Walk" pocket map, cover this walk.

It is available, along with the OS Map, in the Middleton-in-Teesdale TIC and many other outlets in the Dale.

There are toilets at Bowlees and Middleton.

Refreshments are available at Bowlees Middleton and Holwick.

\* Wednesday only bus service  
always confirm bus information at [www.traveline.info](http://www.traveline.info)