



Northumberland National Park

Walk to Wellbeing

... Get out and get healthy in Northumberland National Park



A partnership project ...

TYNEDALE
HEALTHY *Life*

at Active
Tynedale
www.activetynedale.co.uk



Walk to Wellbeing

Active Tynedale has brought together Northumberland National Park, Tynedale Healthy Life Team and Tynedale Walking the Way to Health Initiative to create this programme of 15 short walks.

Each route has been designed to introduce you to the superb landscape that makes Northumberland National Park so special.

The walks are led by experienced health walk leaders who will ensure that the pace of the walk is suitable for everyone, talk about points of interest and even point out the best places to relax with a cup of tea and a piece of cake afterwards!

You may already enjoy regular walks with your local Walking Your Way to Health Initiative group, want to find out more about your national park, or just want some good company when out walking. Whatever your reasons, a Walk to Wellbeing is:

- free
- sociable & fun
- something most people can easily do
- situated in some of the most inspirational and tranquil landscape in England

Regular walking can:

- help weight management
- reduce stress, depression and anxiety
- reduce the risk of up to 20 chronic diseases and disorders including obesity, heart disease, type 2 diabetes and certain cancers



PLEASE NOTE:

- The walks are free
- Each walk has details about the terrain to help you decide how suitable it is for you
- Refreshments are not provided as part of the walk.
- Some of the meeting points can be reached by public transport. For further information tel: 08712 002233
- Please wear clothing and footwear (preferably boots with a good grip) appropriate for changeable weather and possible muddy conditions.
- Only registered assistance dogs allowed
- For further information contact Alison Carter, Health Walks Co-ordinator (01434 613227)



All photographs ©: David Taylor; Roger Coulam; Simon Fraser; Marcus Byron.
March 2009

Some useful websites:

Find out about Active Tynedale at: www.activetyndale.co.uk

For more information on your local Walking the Way to Health Initiative group visit: www.whi.org.uk or www.northcountryleisure.org.uk

To find out the latest news from Northumberland National Park visit: www.northumberlandnationalpark.org.uk

Come and join us. Stretch your legs, breathe in the fresh air and wonder at the scenery

When and where

Crag Lough

Date: Wednesday 22 April

Time: 1pm

Distance: 4.5 miles

Meet: **1** Steel Rigg Car Park (charge payable)

Terrain: Some rough ground and potential for mud

Refreshments: Drinks available at Once Brewed National Park Centre

The route circumnavigates Crag Lough, providing impressive views of Hadrian's Wall.

Walltown Quarry

Date: Friday 1 May

Time: 1pm

Distance: 3 miles

Meet: **2** Walltown Quarry Car Park (charge payable)

Terrain: Surfaced paths and some grass, with some ascents and descents

Refreshments: Walltown Quarry car park or in Greenhead Village

For 100 years Walltown was the site of a busy productive quarry. During 1977 it was transformed into a peaceful haven for flora and fauna. The walk starts by exploring the old quarry site then heads up onto a section of Hadrian's Wall with great views and returns along the old Military way.



Simonburn

Date: Wednesday 3 June

Time: 1pm

Distance: 4 miles

Meet: **5** Simonburn Village Car Park

Terrain: Gentle

Refreshments: Simonburn tearoom

A circular walk through peaceful countryside. This North Tyne Valley village has changed little over the past century and a half, making this the ideal location for several of the Catherine Cookson TV adaptations. The walk is through woods and farmland. Along the way there are spectacular open views and a chance to see the ruins of Simonburn Castle.



Stonehaugh

Date: Saturday 13 June

Time: 1pm

Distance: 3.75 miles

Meet: **6** Warks Burn Car Park, Stonehaugh

Terrain: Some rough and potentially muddy paths

Refreshments: Simonburn tearoom

A wild, romantic walk above the Warks Burn to Holywell Cottage.

Sidwood

Date: Saturday 9 May

Time: 1pm

Distance: 4 miles

Meet: **3** Sidwood Car Park

Terrain: Distinct paths and country lanes (no stiles)

Refreshments: Cafe or pub in Bellingham

This walk is along the Tarsset Burn, exploring reminders, such as Black Middens Bastle, of the border wars and reiving times. There is a wide variety of flora and fauna to be admired within the forest, along the burn and on the edges of the fells.

Falstone

Date: Thursday 21 May

Time: 1pm

Distance: 4 miles

Meet: **4** Falstone tearooms

Terrain: Fields and tracks, with slight incline

Refreshments: Falstone tearooms

An easy walk taking in Europe's largest man-made lake. We will walk along the waterside, through fields and forest looking out for a disused mine, passing a wave chamber and sculptures and returning to the village via the old railway line.



Cawfield to Steel Rigg

Date: Wednesday 24 June

Time: 1pm

Distance: 3 miles

Meet: **7** Cawfield Quarry Car Park (charge payable)

Terrain: Mainly good paths, potentially muddy in parts. Some ascents and descents. Some rough ground.

Refreshments: Pub lunches at the Milecastle Inn. Drinks at Once Brewed National Park Centre

Walk in the footsteps of the Romans following one of the best-preserved sections of Hadrian's Wall, including milecastles, turrets and fabulous views. This is a one-way route so why not make use of the Hadrian's Wall bus getting off at the Milecastle Inn to start your walk and then picking it up at Once Brewed National Park Information Centre at the end of the walk? The bus stops are a 15min easy walk from Cawfields and Steel Rigg. If arriving by bus, walk up the minor road opposite the Milecastle Inn to the meeting point at Cawfields Quarry. Bus timetables from Hexham TIC.





Roman Wall Loughs

Date: Friday 3 July

Time: 1pm

Distance: 4 miles

Meet: 10 Old Repeater Station

Terrain: Undulating terrain on grassy and rough tracks

Refreshments: Old repeater station, Milecastle Inn, Twice Brewed Inn

This is a route which is not often frequented by walkers, giving a unique atmosphere of remoteness. We take in Folly Lake, Halleypike Lough and some disused limekilns in the Sewing Shields area of the Roman Wall.

Elsdon

Date: Saturday 11 July

Time: 1pm

Distance: 4.5 miles

Meet: 9 Elsdon Village Hall

Terrain: Rocky streamside section. One long steep climb and descent. Some stiles

Refreshments: Cafe or pub in Elsdon

Join a retired, local farmer to hear first hand experience of living and working in the historic village of Elsdon. After visiting what Lewis Carroll described as the prettiest burn in England, a steady climb is rewarded with a glorious view of the Cheviot Hills.



Wark Forest

Date: Saturday 12 September

Time: 1pm

Distance: 4 miles

Meet: 6 Warks Burn Car Park, Stonehaugh

Terrain: Field and woodland paths. Some ascents and descents. Some stiles

Refreshments: Simonburn tearoom

Enjoy the natural delights of Warks Burn and see evidence of the foresters, farmers and famous reiver families that made this picturesque place their home.

Melkridge Common

Date: Wednesday 23 September

Time: 1pm

Distance: 4.25 miles

Meet: 7 Cawfield Quarry Car Park (charge payable)

Terrain: Includes some steep sections but alternative routes are available.

Some stiles, and parts of the route are rough and possibly wet underfoot

Refreshments: Milecastle Inn, Herding Hill Farm Shop

This walk takes in some fantastic views along Hadrian's Wall, with some glimpses of Roman milecastles.



Thirlwall Castle

Date: Saturday 8 August

Time: 1pm

Distance: 3.5 miles

Meet: **8** Greenhead Village, by war memorial

Terrain: Mainly on grassy tracks, several stiles, two ascents

Refreshments: Cafe or pub in Greenhead

This walk begins and ends by the Tipalt Burn. A stop at Thirlwall castle reminds us of the border wars. This ruin retains several of its original features including a dungeon, evidence of the harsh and dangerous living conditions in 14th Century Northumberland. Reminders of the earlier Roman period can be seen in good views of Hadrian's Wall and the vallum.

Greenhaugh

Date: Thursday 20 August

Time: 1pm

Distance: 3.75 miles

Meet: **11** Burdonside

Terrain: Some rough, tussocky ground, some ascent and descent, some stiles.

Refreshments: Cafe or pub in Bellingham

Explore the moorland habitats to the north of Bellingham with great views over the surrounding countryside.



Hareshaw Linn

Date: Saturday 10 October

Time: 1pm

Distance: 3 miles

Meet: **12** Outside Bellingham tourist information centre

Terrain: Good paths with a steady ascent, narrowing to paths which can be muddy

Refreshments: Cafe or pub in Bellingham

A pleasant walk through a wooded gorge over several bridges ending with a spectacular view of Hareshaw Linn waterfall.



Brocolitia

Date: Wednesday 21 October

Time: 1pm

Distance: 4.5 miles

Meet & Park: **13** Brocolitia Car Park (charge payable)

Terrain: Some stiles and one easy ascent

Refreshments: Old Repeater Station. Cafe at Chollerford

This circular walk, offering beautiful views of the North Tyne Valley, takes us along part of the Hadrian's Wall National Trail to Limestone Corner before turning northwards passing close to farms with such evocative names as Black Carts, Teppermoor, Sharpley and Uppertown before returning to Brocolitia, the site of the temple to the Roman god, Mithras and Coventinas Well, a pre Roman religious site.

Directions to meeting points

1 Steel Rigg Car Park

From Chollerford, follow the B6318 westwards for 12 miles. Turn right down the minor road opposite the national park visitor centre at Twice Brewed.

2 Walltown Quarry

Take Greenhead turning from A69 then turn right on B6318 following signs for Roman Army Museum & Walltown.

3 Sidwood

From Bellingham head for Kielder on the B6320. At Lanehead turn right and continue through Greenhaugh. Continue straight on along the minor road for a couple of miles to the car park.
GR: NY 777 890

4 Falstone

From Bellingham head for Kielder on the B6320 for about 8 miles. Falstone village is signposted on right.

5 Simonburn Village Car Park

Take B6320 north, at Nunwick turn left following signs for Simonburn. Go straight on in village and park to left of church.

6 Stonehaugh (Warksburn Car Park)

Follow B6320 north. Before Wark, turn left and follow road to Stonehaugh.



7 Cawfields

From Chollerford follow B6318 westwards. About 2.25 miles past the Once Brewed National Park Centre, turn right.

8 Greenhead

Follow signs to Greenhead from A69. Park in centre of village on roadside.

9 Elsdon Village Hall

North on A696, before Otterburn follow right turn B6341 to Elsdon.

10 Old Repeater Station

From Chollerford follow the B6318 westwards for 7 miles. Turn left down a minor Road towards Haydon Bridge. The repeater Station is the building on the left.

11 Burdonside

From Bellingham head for Kielder on the B6320. At Lanehead turn right and through Greenhaugh. After the village turn right on to a minor road to Lane End and then right again until you reach Burdonside Farm.
GR: NY 802 903

12 Bellingham Tourist Information Centre

In Bellingham village take the road to West Woodburn. The TIC is in 'Station Yard' about half a mile from the village centre.

13 Brocolitia Car Park

From Chollerford follow the B6318 westwards for 3 miles. The car park is signposted on the left.