

Middleton One Row and Girsby - In this relatively flat area, entrenched meanders on the River Tees are so convoluted that within a short distance the river flows north, south, east and west. The Romans built a bridge across the Tees near Middleton One Row. Sulphurous spa waters were discovered by accident in 1789, and by 1842 a bath house was constructed at Dinsdale Park. Starting from Front Street opposite the Devonport Hotel, DL2 1AS, this 9-mile **ORANGE** walk (with 272ft of ascent) leads upstream from Middleton One Row, following the Tees to a bridge at Dinsdale, crossing into Yorkshire. The walk continues to Girsby, where another bridge crosses back into County Durham. The entire circuit is marked as part of the Teesdale Way, and from the higher parts there are views of the North York Moors.



A short stretch of road is encountered beside the River Tees near the start of this walk. Pounteys Lane is named after 'Pons Tesie', a Roman bridge that once spanned the River Tees, but of which no trace remains. Further up the lane is an earthwork, marked on maps as a 'motte' which may have been associated with the defence of the old bridge.

Miners exploring for coal in 1789 released a spring of smelly, sulphurous water from the rock. This was reckoned to be a cure for all sorts of ailments and was used locally. However, with the increasing popularity of spas in other parts of the country, a decision was made to develop one at Dinsdale. A specially constructed bath house was in place in 1842, then a large hotel was built at Dinsdale Park to accommodate all the visitors who were 'taking the waters'. Dinsdale Station was constructed on the nearby railway to offer an alternative to horse-drawn transport. The station survives and the former hotel is now a housing complex.

