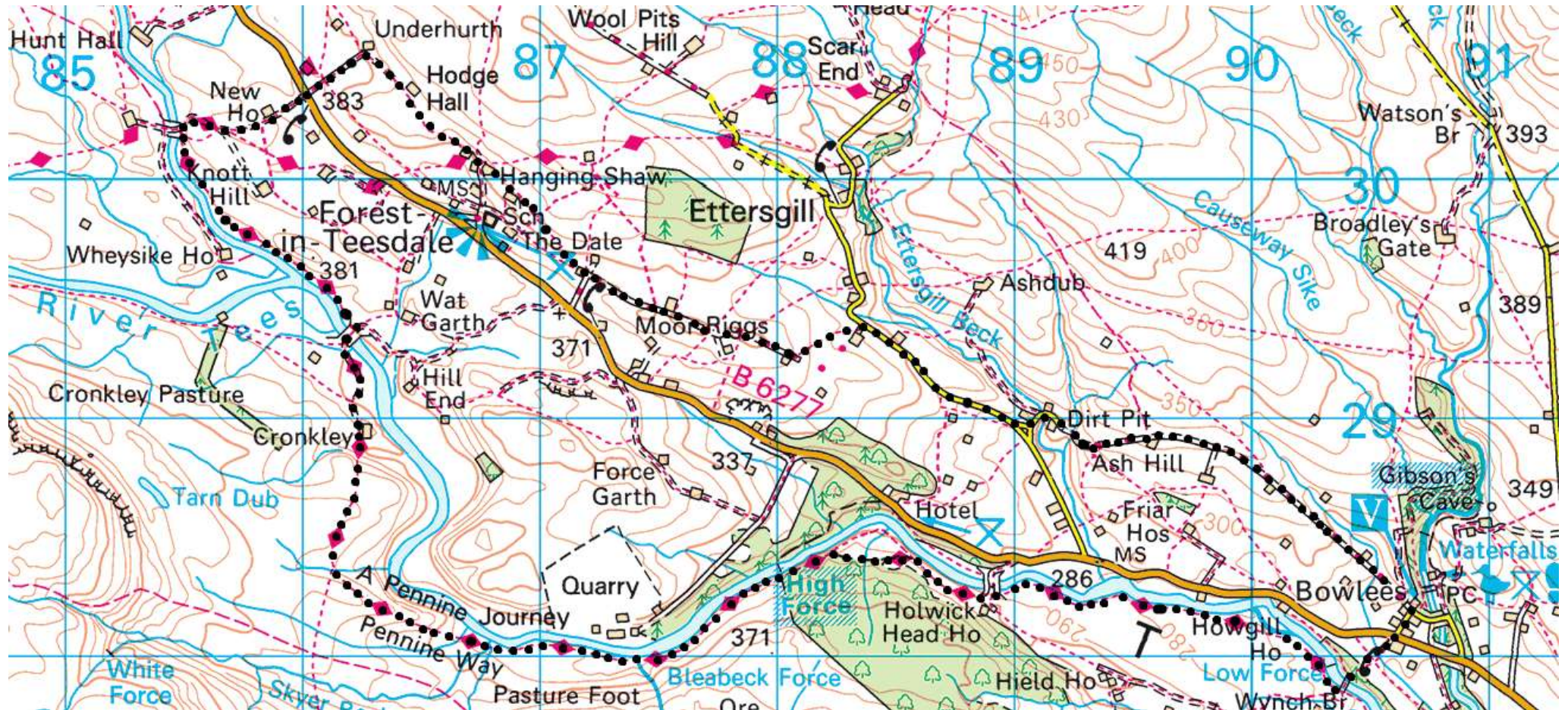


Teesdale - The River Tees is a river of contrasts beginning its life on the isolated flanks of Cross Fell and entering the North Sea surrounded by industry. Commencing from Bowlees Visitor Centre, DL12 0XE the 9-mile **[BLACK]** clockwise route (involving 987ft of ascent) will visit the equally spectacular Wynch Bridge, Low Force, High Force, Bleabeck Force & Gibson's Cave. The return is on little-used paths and byways along the north side of the valley and is equally enjoyable. There are several options to shorten this walk should this prove necessary.



An alternative 7.5 mile **BLACK** anti-clockwise walk (involving 850ft of ascent) includes two fine waterfalls, pleasant rural surroundings, two fine examples of public art and a return across open country to the small village of Holwick.

