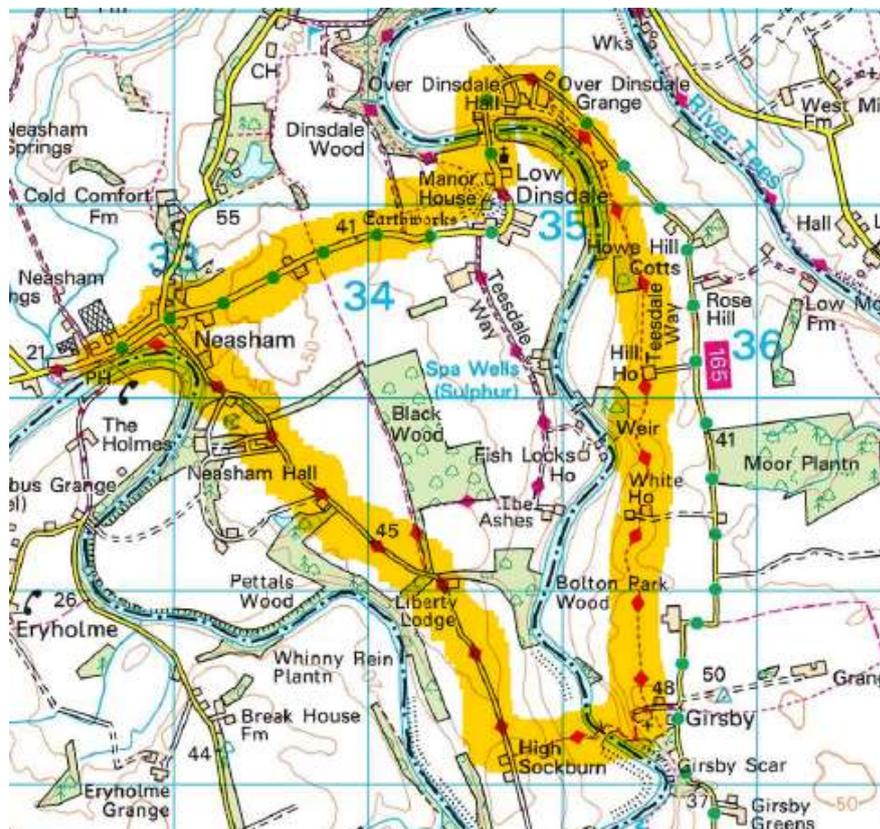
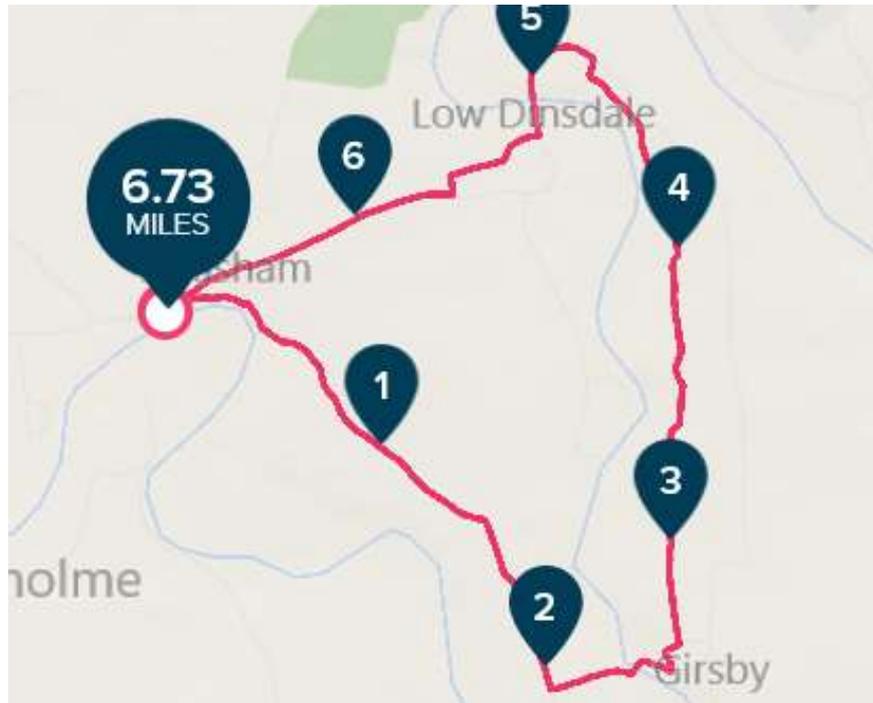


8. Sockburn Loop 3

Length	6.7 miles
Duration	2 ½ hours – 3 ½ hours
Start	Facing the Millennium Garden with the road behind you
Terrain	Easy pavements, country roads and, public footpaths and bridleway
Note	After wet weather, the public footpath sections of this route can be muddy



- a) Take the gentle slope to your left up onto the flood bank and turn left. You will have a lovely view of the River Tees. This is part of the Teesdale Way. Walk along the bank to the end of the village green until you come to a stile and cross over. Follow the path until another stile crossing over to arrive in Sockburn Lane.
- b) Turn right and follow Sockburn Lane as it gently climbs for about 100 metres where it then flattens out. There is a bench here should you feel the need to rest. At various points from here you will see the North York Moors in the distance to your left and on a clear day Roseberry Topping. Continue on Sockburn Lane for approximately 2 miles and turn left at the public bridleway sign marked Teesdale Way.
- c) Follow the track down to the River Tees, cross the bridge and walk up the steep hill with All Saints church at Girsby on your right. At the end of the track, turn right through a small gate and continue straight on for a short distance. Opposite the 2nd house on the right, turn left through a gap in the hedge signposted Teesdale Way.
- d) Continue straight ahead, crossing through one field boundary sometimes marked with yellow tape and then another waymarked field boundary. Continue straight ahead to where the path joins a field track, and continue straight ahead to a waymarked stile. Cross the stile and continue straight ahead down the incline through the copse of trees. At the bottom, cross the ditch and walk upwards 15 meters to the waymarked post and go through to the field.
- e) Walk diagonally left across the field towards the roof of a house and cross a waymarked stile. Walk diagonally right across the field and through the gap in the hedge. Keep to the left hand hedge boundary and continue to the gate posts to join a track. Walk ahead for 10 metres to pick up the path to the right of the house and to the left of the conifer hedge.
- f) Follow the left hand hedge boundary underneath the telegraph wires and just after it veers right, turn left and go through a waymarked metal gate. The path follows the edge of the small wood to your left, follow it until you see a fingerpost marked with yellow tape in the middle of the field. From the fingerpost, walk diagonally right to the far right hand corner of the field.
- g) Go through the waymarked gate and then straight ahead and cross over the stile. Continue straight ahead following the conifer hedge on your right to go through a small metal gate. Continue straight ahead across the field passing to the left of the lone tree and to the field boundary where you cross a waymarked stile. Go across the field to the far right corner of the wood and pass through a waymarked gate to enter the wood. Follow the path to emerge through a gate gap.
- h) Continue straight ahead across the field which is sometimes marked by a line of canes. Go through an unwaymarked metal farm gate and follow the path in front of the house on your right and go through a small waymarked gate. Continue straight on to go through a gate to join a single track metaled road. Follow the road to a T-junction with The Avenue (lined with daffodils in spring). Turn left and follow the road over the bridge over the River Tees until you reach St. John the Baptist church at Dinsdale.
- i) Go through the metal kissing gate directly opposite the church and continue over the small bridge, then veer left to the far telegraph pole at the boundary and go through a set of two metal gates in the hedge. Turn right and walk uphill on a poorly defined path on the field edge and pass through another metal kissing gate onto a track. Turn left and follow the track to the metaled road. Turn right and walk towards Neasham passing Neasham Hill Farm on your right. You will see the hills of Teesdale in front of you in the distance. The route continues downhill into the village to the crossroads with the Pump House on your right. Cross over and carry straight on through the village back to the start.