



Welcome Guide

5D, The Bank, Barnard Castle

WELCOME,

Welcome to 5D, The Bank in the heart of Barnard Castle! We are absolutely thrilled to have you here to stay. Within this pack, you'll find a wealth of information about the property and the surrounding area, created to ensure you have the best stay possible. Whether you're here to relax, explore, or perhaps a bit of both, we hope this guide serves as your personal roadmap to a memorable experience in this beautiful part of the world. Enjoy your stay!



WiFi Information:

- Network: BTB-QWFMM2
- Password: LHRYG7g6ryLdT4
- Connection Instructions: Select the network named above from your device's WiFi settings and enter the password when prompted.

House Rules:

- No Smoking
- No Pets
- No Parties
- No unregistered guests or visitors allowed in the property.
- Please switch off all lights and electrical appliances when you leave the property.
- **Must relax and have fun!**



CONTACT INFORMATION

Need Assistance?

Should you have any questions or need assistance during your stay, please don't hesitate to contact us.

Message Danny on Air BnB

Or text 07982 902724



Checkout Instructions:

- Check out is at **11am**

Before you check out, may I kindly request that you:

- Wash up any used kitchen equipment
- Put used towels and bedding in the laundry basket in the bedroom.
- Switch off all lights

I wish you safe travels and would love to have you again as my guests! Please leave a review letting me know how your stay was.



Where is?

- **Bedding for sofa bed** - In the Rattan box below the TV

Overview / History of Barnard Castle

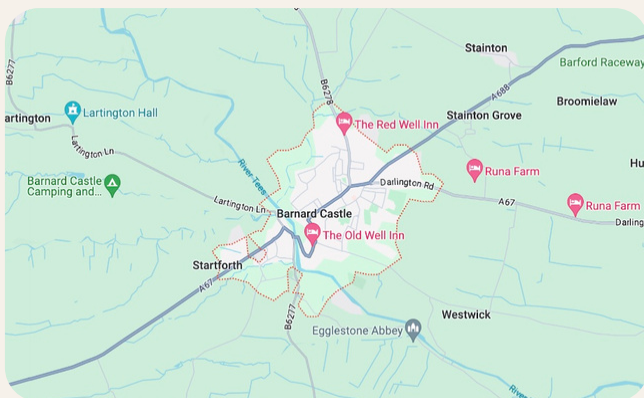
Welcome to Barnard Castle, a charming town in Teesdale, County Durham, steeped in history. Named after Bernard de Bailleul (Balliol), son of Guy de Bailleul, who valiantly fought alongside William the Conqueror in the Battle of Hastings.

In the 12th century, the Balliol family erected a modest wooden structure to safeguard a crossing over the River Tees. This was later transformed into a formidable stone castle around 1150, complete with impressive buttresses and a circular keep added in the 14th century. The 13th century saw John de Balliol ascend to the throne as the King of Scotland, bringing significant influence to the family.

The castle served as a royal fortification until the 17th century when Sir Henry Vane repurposed its buildings to enhance his own castle at Raby. Today, the castle ruins and grounds are managed by English Heritage and are accessible to the public.

The bustling market, established below the castle in the 13th century, played a pivotal role in the town's rapid growth. The Market Cross, an elegant octagonal stone pavilion constructed in 1747, served both as a shelter for market traders and a versatile space on its upper floor.

Barnard Castle boasts a captivating architectural heritage with stone dwellings, shops, and weavers' cottages dating back to the 16th to 18th centuries. Landmarks such as the 16th-century Blagraves House, distinguished by its exquisite stone-mullioned windows, and historic inns like the King's Head, where literary giants Charles Dickens and Walter Scott once stayed, add to the town's allure. Explore, enjoy, and immerse yourself in the rich tapestry of history that Barnard Castle has to offer.



Local Amenities

Supermarkets/Convenience Stores:

- Morrisons - 23 Galgate, Barnard Castle DL12 8EJ
- Lidl - A688, Barnard Castle DL12 8TD
- Heron Foods - 22 Market Pl, Barnard Castle DL12 8NB
- Co-op Food - 17 Horse Market, Barnard Castle DL12 8LY

Pharmacies and Medical Facilities:

- Day Lewis Pharmacy Barnard Castle - 86 Galgate, Barnard Castle DL12 8BJ
- Boots Pharmacy - 37-39 Market Pl, Barnard Castle DL12 8NE

Local Hospital:

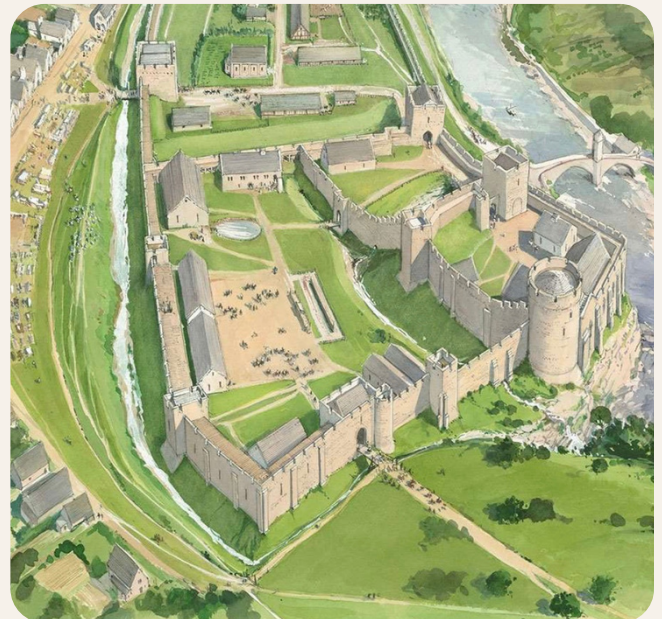
- Darlington Memorial Hospital (A&E department) - Hollyhurst Rd, Darlington DL3 6HX - **01325 380100**

Local Taxis:

- Ace Taxis - 07760490700
- Alan's Taxis - 01833 695860
- Hodgsons Taxis - 01833 630730
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Public Transportation, Bus routes:

- X75/X76 to Darlington
- X79 to Richmond
- Service 85 to Bishop Auckland
- 95 lines Middleton in Teesdale



Activities to do locally



The Bowes Museum - Standing proudly in the heart of Teesdale, The Bowes Museum is the vision of a pioneering woman, Joséphine Bowes and her husband John. A romantic history, stunning galleries, great location, fine dining, top-class exhibitions, family fun events, a thriving toddler group – all these can be discovered inside this fabulous listed building which resembles a French chateau. And that's not all. It's surrounded by parkland, woodland walks, formal gardens and a children's play area. Enjoy a browse in the shop, or a delicious snack in Café Bowes.
Location - Newgate, Barnard Castle DL12 8NP



Teesdale Alpacas (Open by Appointment Only) -

The Alpaca Farm offers year-round Alpaca Treks and Farm Visits, weather permitting. Treks and visits can be customized upon request. Advance booking is recommended due to high demand, especially on weekends and holidays. Weather and animals may necessitate last-minute cancellations. Alpaca Walks cost £25 per person (extra charges may apply for additional guests and children, with a two-person minimum). On-site waiting is not allowed due to insurance, but Cross Lanes Organics Farm Shop is nearby. Farm visits are £15 per person (minimum 2 people). More information is available on the farm's website.

Location - Under Kilmond Barn, Barnard Castle DL12 9SP



Barnard Castle -

Set on a high rock above the River Tees, Barnard Castle takes its name from its 12th century founder, Bernard de Balliol. It was later developed by the Beauchamp family and then passed into the hands of Richard III. With fantastic views over the Tees Gorge this fortress sits on the fringe of an attractive working market town also known as 'Barney' so there is plenty to do for families on a day out. Try and spot Richard's boar emblem carved above a window in the inner ward or play on our extensive lawns planted with sapling fruit trees. Explore the ruins, take in the stunning views over the Tees Gorge and visit the sensory garden.

Location - Flatts Rd, Scar Top, Barnard Castle DL12 8PR



Eggleston Hall Gardens -

Four acres of garden full of surprises with winding paths, borders, organic vegetables and fell views.

Location - Eggleston Ln, Barnard Castle DL12 0AG



Egglestone Abbey -

The atmospheric ruins of Egglestone Abbey located on the banks of the River Tees. There are traces of a 13th-century church and some living quarters here. There is free parking on-site, or the Abbey makes for an easy and pleasant circular walk from Barnard Castle.

The Abbey is maintained by English Heritage but is free to enter.

We recommend you follow the river from the Desmesnes on the Barney side of the river and return on the Abbey side, stopping into the clubhouse of the excellently located and well-maintained Riverside Caravan Park for a well-earned beer.

Or stretch your legs and walk from Egglestone Abbey to the 12th century Barnard Castle. The walk partly follows the river, and takes around 40 minutes. Open daily, 10am-6pm. £2 parking charge applies to non-members.

Location - Abbey Lane, Barnard Castle, County Durham, DL12 9TN



The Witham -

The Witham is a vibrant Arts Centre for cultural, community and commercial use, offering a 240 seat performance venue, a gallery space, function and meeting rooms, a cafe bar, a visitor information point and studio space for creative businesses.

Location - 3 Horse Market, Barnard Castle DL12 8LY



Cross Lanes Organic Farm -

Cross Lanes Organic Farm is a pioneering green initiative dedicated to promoting an eco-friendly lifestyle, placing organic, local, and sustainable practices at the core of its mission. The farm takes pride in offering simple and rustic dishes prepared with locally sourced, organic, and seasonal ingredients, ensuring that every meal is freshly cooked to order. By actively supporting local producers, the farm shop extends its commitment through a traditional butchers counter, a deli, and a general store featuring a diverse range of organic fruits, vegetables, wines, beers, and eco-friendly cleaning products. Embracing a holistic approach to sustainable living, Cross Lanes Organic Farm is a haven for those seeking both delicious, consciously crafted meals and environmentally responsible products.

Location - Cross Lanes, Barnard Castle DL12 9RT



Rokeby Park -

Completed in 1735 by its owner, Sir Thomas Robinson, a leading amateur architect of his day, Rokeby Park represents the heyday of the Palladian-style country house. A unique collection of 18th century needlework pictures by Anne Morritt (1726 – 1797) are on display as well as a very rare surviving print room.

Location - Barnard Castle, Greta Bridge DL12 9RZ



Teesdale Sports Centre -

This modern family friendly centre offers a good standard swimming pool with swimming lessons available if needed and loads of space to build fitness and skill or just splash about, or a healthy mix of both!

Aside from these, elsewhere on site there is also an indoor climbing wall, 2 sports halls, an all weather pitch!

There's an indoor play area too with classic fun features in a bright and colourful setting spread over several tiers. Great for keeping smaller ones or those who don't like the wet stuff amused while the other grown up takes everyone else swimming or for a boot about!

They also have a skate park suitable for beginners through to intermediate skaters (who must all wear appropriate protection) - and a multi purpose games area too. The skate park features a wealth of surfaces and purpose edging to keep everyone of every ability wheely happy!

Location - Strathmore Road, Barnard Castle, County Durham DL12 8DS



Wetheriggs Animal Rescue -

Giving unwanted or injured creatures the gift of a home is what Wetheriggs Animal Rescue is all about. It makes it a must see for all animal lovers! This small family run animal rescue centre was set up in 2006 and now takes domestic pets, farm animals and native wildlife who are in need of nurturing in a safe, open space, while giving them a new chance at life. Get up close and interact with them in small handling sessions and meet fluffy little fellas like rabbits, guinea pigs, chicks and rodents, or some slightly slimier, but just as sweet, snakes and lizards!

There are education and hand feeding sessions to help you learn how best to take care of your pets and support a fantastic cause. The site has a large indoor barn and an outdoor paddock which you can take a tour of, as well as a playground with mini quad bikes, a café and seasonal events.

Visit and support adorable animals, Get close and cuddly in handling sessions. A playground with quad bikes!

Location - Thorpe Farm Centre, Greta Bridge, Barnard Castle, DL12 9TY



Deepdale Nature Reserve -

A few minutes walk from Barnard Castle, Deepdale Wood is one of Teesdale's finest and most beautiful woodlands. The nature reserve is privately owned and is managed for nature conservation by volunteers. Responsible public access is encouraged, and there is a good network of footpaths with footbridges and stepping stones across the Deepdale Beck and the Ray Gill.

Location - Lartington Ln, Barnard Castle DL12 9AZ



Explore the Barnard Castle Market -

The town has been a market town for many years. Market Day Barnard Castle is **Wednesday** when the cobbled area in the center of Horsemarket is set up with stalls. There are fresh fruit and vegetables, meat, fish, local delicacies, clothing, and also bric a-brac stalls. Market day in Barnard Castle is particularly busy, parking is generally at a premium as the market is set up on "the cobbles" where there is usually free parking. Park instead in the (paid for) Morrisons supermarket Barnard Castle car park.



Go to the Barnard Castle Farmers Market -

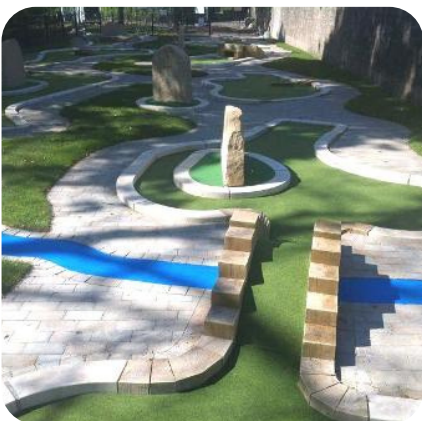
On the **first Saturday of each month** see's the farmers market, Barnard Castle. It's held on the cobbles during the better weather and inside the Witham Hall during winter. There's a wide range of artisan foods – handmade cheese, hand-reared meat, free-range eggs, homemade jams, fudges, and wines.



Play Golf at Barnard Castle Golf Course -

The Barnard Castle Golf Club has a par 73 course with numerous natural hazards such as streams and ponds with a pleasant outlook over woods and farmland. Visitors are welcome, with daily green fees starting at £27. Buggies are available for hire to visitors and you'll also get access to the full clubhouse facilities.

Location - Harmire Rd, Barnard Castle DL12 8QN



Play Mini Golf in Barnard Castle -

If 18 holes are too many for you, you can always take in the 9-hole mini-golf on the Scar Top near the castle and the children's playground area—open Weekends and Holidays.



Visit Barnard Castle Pubs -

There are 12 pubs in Barnard Castle catering to a variety of tastes. Many pubs also serve food, or at the least will let you bring in a bag of award-winning fish and chips from one of the town's chip shops. The 12 puns are:

- The Bluebell, Bridgegate
- The Old Well, Barnard Castle, located on the Bank
- The Black Horse, Barnard Castle, Newgate
- The Raby Arms, Barnard Castle located on Horsemarket
- The Turks Head, Barnard Castle, found on Horsemarket
- The Golden Lion, Barnard Castle, found in Horsemarket
- The Three Horseshoes, Galgate
- The Coach and Horses, Barnard Castle, located on Galgate
- The Commercial Hotel in Barnard Castle, Galgate
- The Cricketers, Barnard Castle, Galgate
- The Red Well, Harmire Road



Go Shopping -

Barnard Castle town shops are primarily independent retailers. The town is well catered for with two independent butchers, a greengrocer, and several bakeries as well as two national supermarkets. Barnard Castle town shopping incorporates furnishing stores, a pet store, a hardware store, florists, and clothing stores.

There are a large number of antique shops in Barnard Castle. From the Mission Hall Antiques Centre Barnard Castle located at the bottom of the Bank to Ingnet Antiques. Barnard Castle is also the home of BBC TV antique presenter David Harper.

You should make a beeline for the following shops in Barnard Castle:



1. **The Teesdale Mercury Shop** – pick up the weekly Teesdale Mercury here as well as good quality souvenirs of the town and all your stationery requirements.
2. **Barnard Castle Charity Shops** – There are a variety of charity shops in Barnard Castle – all excellently located in Galgate or Horsemarket.
3. **MacFarlane's Butchers** – award-winning butchers, with great homemade sausages, traditional tray baked black pudding, a superb variety of pies and pasties, and a source for the locally made Cotherstone Cheese.
4. **Peats Butchers** – it's hard to choose between Peats and Macfarlanes – the home-cooked ham and locally sourced produce from here are also excellent.

Local Walks

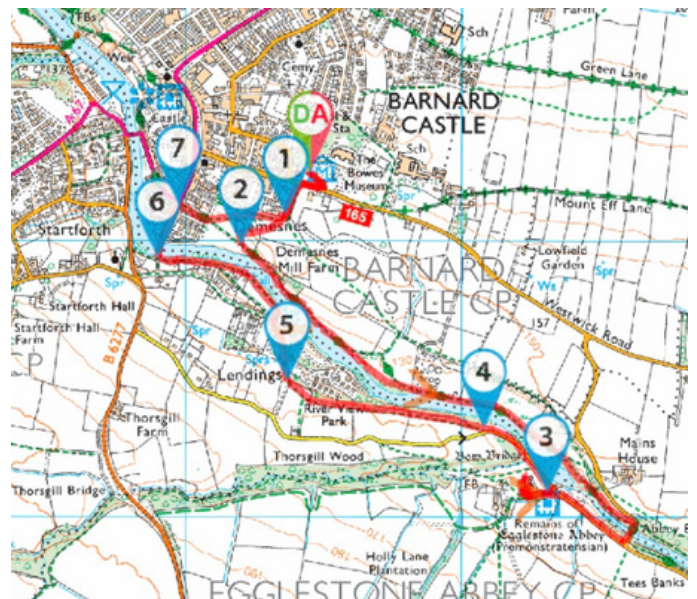
1. Bowes Museum to Egglestone Abbey Circular Walk (5.99km, Approx. 1hr 50mins, Easy Difficulty)

Directions:

- Starting Point at Bowes Museum:** Begin your journey by parking on the grounds of the Bowes Museum. As you exit the gates, take a right turn and embark on the path leading into the historic Barnard Castle. Upon reaching a church on your right, cross the road to a welcoming driveway, guiding you to an open meadow known as Demesnes, marking the start of your picturesque adventure.
- The Meadow and Beyond:** In front of you, you'll notice fenced-off allotments. A path cuts diagonally across the meadow to align with the right boundary of these allotments. For an alternative route, you can also take the path that skirts the edge of the meadow, which you will follow on your return journey. From the edge of the allotments, navigate down a short, steep bank to reach a more level ground, where you'll find a play area to your right. This descent leads you onto a well-trodden track.
- Riverside to Egglestone Abbey:** Turning left, continue along this track, passing the historic remnants of Mill Farm—keep an eye out for the old millstones. Your path then weaves through gates as necessary, with the tranquil River Tees accompanying you on your right. The route offers a choice at a point where the official path veers away from the river to bypass a ruined barn, though we recommend sticking to the riverside path, navigating a simple wooden stile if needed. Journey past the waterworks, then meander through a gate into a serene woodland area. The path gradually ascends to meet the road beside the picturesque Abbey Bridge. Exercise caution while crossing the bridge, then turn right and follow a minor road to a track on the left that leads you up to the historic Egglestone Abbey.
- Exploring Egglestone Abbey:** Upon reaching Egglestone Abbey, take some time to explore the ruins freely. The Abbey offers a perfect spot for a leisurely picnic amidst its historic walls. After soaking in the ambiance, return to the minor road, walking back towards a scenic bridge, adjacent to the old Bow Bridge. The path continues, gently ascending and curving to the left, leading you to an intriguing opening marked by two upright stones.
- Journey Through the Fields:** Squeeze past these stones to find a well-defined path. Following this path to the left, you'll cross lush, grassy fields with the River Tees flowing peacefully below. This route offers stunning views as you pass above a quaint caravan park, eventually arriving at a road that leads down into it.
- Navigating the Caravan Park:** The caravan park might seem a bit complex at first glance, but your aim is to head downwards and to the left, towards the park's bottom left corner. If you find yourself uncertain of the directions, local residents are usually around to help. Your goal is to reconnect with the path beside the River Tees, which will lead you to a pedestrian bridge.
- Return to Barnard Castle:** After crossing the bridge, you'll find yourself back in Barnard Castle. Walk up the street on the right-hand side, keeping an eye out for a narrow passageway between houses. This lane, flanked by stone walls, guides you back to the Demesnes. Alternatively, if you miss the passageway, look for Gray Lane just before the town's main road for a detour back to the meadow.
- Concluding the Circular Walk:** From the Demesnes, retrace the lane to the road, cross over, and turn right, making your way back to the Bowes Museum to complete your circular journey.

Additional Information:

- While there are few shelters along the route, Egglestone Abbey's vaulted ceilings provide a cozy refuge in case of rain.
- The Bowes Museum café is a delightful spot for tea and cakes. Alternatively, both the museum and abbey grounds offer picturesque settings for a picnic.
- The walk is primarily easy, with the only challenging sections being the navigation through the caravan park and finding the path off the road near point 4.
- While we've timed this walk at approximately 1 hour and 30 minutes, first-time visitors or those preferring a leisurely pace might wish to allocate around 2 hours and 30 minutes to fully enjoy the walk and explore the abbey.



2. Teesdale Way Circular Walk from Barnard Castle (13.66km, Approx. 4 hours 10 mins, Moderate Difficulty)

Embark on a delightful circular journey from the historic town of Barnard Castle, tracing the scenic Teesdale Way along the south bank of the River Tees before crossing north near Cotherstone village. This moderately challenging walk offers a mix of flat riverside paths, woodland trails, and open farmland, providing a comprehensive exploration of the Teesdale landscape.

Directions:

- 1. Commencing at Galgate Carpark:** Your adventure begins at the Galgate Carpark in Barnard Castle, situated conveniently beside the supermarket (DL12 8EP, Grid ref. NZ 051 165). With the supermarket to your right, proceed southwest down Star Yard Road, past the working men's club, towards the A67, the town's main shopping street.
- 2. Journey Across the River Tees:** Follow the Teesdale Way signage, descending past the historic Buttermarket towards the bridge. Here, a path tucked beneath the castle walls leads through dense woodland to a footbridge, offering your first river crossing.
- 3. Towards the Village of Cotherstone:** After the bridge, continue on the right-hand pavement, soon veering right again, guided by Teesdale Way markers. A charming path meanders through woods, offering glimpses of the old railway viaduct before reaching Towler Hill Farm.
- 4. Countryside Exploration:** At the farm, a left turn leads you along a track bordered by an old hedgerow. Follow this boundary to a metal gate, then diagonally across the field, navigating through traditional farmland towards Cooper House.
- 5. The Return Path:** Beyond Cooper House, choose the right-hand path descending towards the river. Traverse the serene woodland, passing by an old quarry, to join a track that meanders through the picturesque countryside.
- 6. Riverside and Open Fields:** The path continues, skirting narrow fields and an intriguing old mill building by the river. Navigate through gates, including one beside an old wooden barn, to a path that divides. Opt for the left-hand trail, contouring the hillside with views of the ancient Cotherstone Castle site.
- 7. Crossing Back Over the River:** Find your way to a footbridge over the River Balder, then onto a bridge crossing the River Tees. Here, a finger post directs you around the meadow's edge, leading into woodland above Cotherstone Crag.
- 8. Passing through Farmland:** The trail winds along woodland edges and across fields to West Holme House. Continue diagonally right, crossing into more farmland, eventually reaching East Holme House.
- 9. Towards the Walk's Conclusion:** Maintain your course, bypassing a locked track, and proceed through gates to a meadow beside the river. The path ascends gently to the old railway viaduct, signaling the nearing end of your journey.
- 10. Completing the Circular Route:** After descending some stone steps, cross back over the footbridge to the bridge near waypoint 2. Follow Vere Rd, passing leisure areas, back to the castle's grand entrance.
- 11. Finale at Galgate Carpark:** Conclude your exploration by returning to the Galgate Carpark, perhaps detouring through Barnard Castle's charming main street for a well-deserved rest or to browse the local shops.

Useful Information:

- Parking Options:** Primary parking at Galgate Carpark (DL12 8EP), with additional options including Queens Street for more economical rates.
- Trail Conditions:** The walk is predominantly sheltered but can be muddy or waterlogged in places, especially after rain. Wearing sturdy boots is advisable for a comfortable experience.
- Refreshment Stops:** Enjoy local hospitality in Cotherstone at establishments like The Red Lion or Fox and Hounds, or await the array of options available in Barnard Castle upon your return.

This extended route not only showcases the natural beauty of Teesdale but also immerses walkers in the rich history and vibrant community life of the area, making it a rewarding experience for those seeking a moderately challenging day out in the countryside.



3. River Greta Circular Walk - Moderate Difficulty, Circular, Approx. 3 Hours 35 Mins, 11.48km

Embark on a captivating journey around the River Greta, characterized by its moderate difficulty level, a mix of serene riverbanks, lush woodlands, and ancient ruins. This 11.48km trek is a perfect blend of natural beauty and historical exploration, offering walkers a unique opportunity to connect with the landscape and the past.

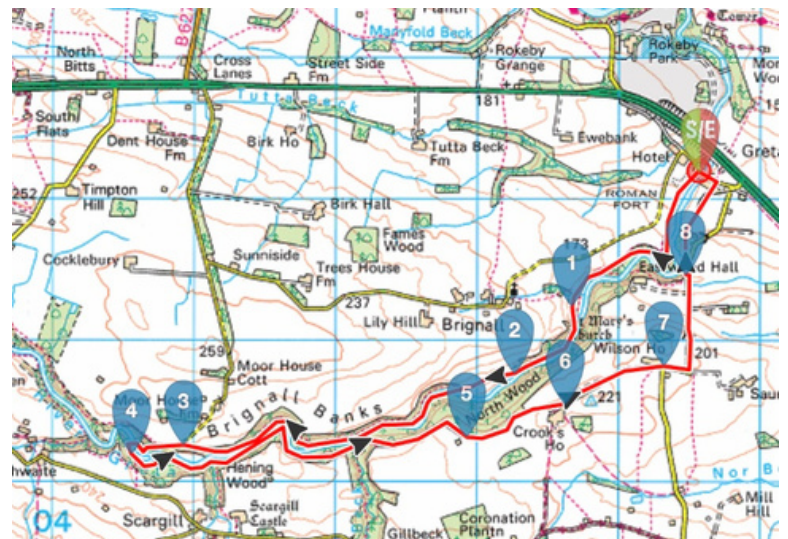
Directions:

- 1. Initiating the Adventure:** Your journey begins just north of the bridge, where stepping stones invite you across a wall into a verdant field. A clearly marked footpath guides you upwards, passing an iconic Horse Chestnut tree. The path, with the wall to your left, offers elevated views of the river before descending towards the atmospheric ruins of Saint Mary's Church.
- 2. Exploring Saint Mary's Church Ruins:** Take a moment to wander through the ruins of Saint Mary's Church, entering and exiting via the gates or stiles on either side. From here, head towards the riverbank, passing through a gate into the embrace of the forest. The path, shaded by trees, eventually opens up into rolling fields, marking your departure from the woodland's tranquility.
- 3. Ascend and Traverse the Forest Trail:** As the landscape unfolds, climb to a juncture of two walls, choosing the path that lies to the right. Navigate through additional stiles to re-enter the forest, hugging the river's edge. The trail meanders through the forest before emerging to skirt the edge, leading you to a paved road.
- 4. Brignal Mill and the Crossing of an Ancient Bridge:** Upon reaching the road, a left turn brings you down to Brignal Mill, now a private residence. Follow the path behind the mill, descending to the river to cross an ancient bridge. Beyond the bridge, the path zigzags upwards, bringing you to a crucial junction in the path.
- 5. Forest Branch to Open Fields Transition:** At the junction, opt for the left path, following the river downstream. The trail offers scenic views across Henning Scar and Gill Beck. Post Gill Beck, prepare for a steep climb to a boundary wall. This portion of the trail, running alongside the forest, eventually leads you through a gate into expansive fields.
- 6. Beyond Crook's House and Farm Track Exploration:** Exiting the forest, turn left to cross a wall, making your way out below Crook's House. A farm track then guides you past the left of the farm buildings, leading to another track which turns left.
- 7. Journey from Wilsons House to Eastwood Hall:** The path continues, transitioning from a farm lane to a road. As you bear left, the route descends, passing Wilsons House and extending beyond Eastwood Hall.
- 8. Final Descent through Forest to Main Road:** Leaving the road, a left turn over a stile brings you into the forest. A rightward descent towards a wall, and then crossing into a field, directs you between two buildings and out onto the main road where your circular trek commenced.

Useful Information:

- **Parking Considerations:** Parking can be challenging on busy days; however, mid-week parking at the nearby hotel is typically feasible. Additional off-road parking options are available at the north end of the village or along the lane towards Brignall.
- **Post-Walk Refreshments:** The Greta Hotel warmly welcomes walkers, offering a range of food and drink options suitable for relaxing in the bar or the inviting beer garden.
- **Recommended Equipment:** It is advisable to equip yourself with full walking gear for this trail. Ensure you have enough food and drink for the journey.
- **Trail Conditions and Safety:** Be prepared for steep sections along the footpath. Particular care is needed when conditions are wet or muddy, to ensure a safe and enjoyable experience.

This River Greta circular walk is an excellent expedition for those looking to immerse themselves in the beauty of the natural landscape, enriched with historical sites. The trail's diverse environments, from the river's peaceful flow to the silent whispers of ancient ruins, create a memorable adventure for every walker.



4. Teesdale Way Circular Walk from Eggleston - Easy Difficulty, Circular, Approx. 3 Hours 20 Mins, 9.97km

Discover the charm of Teesdale with this accessible circular walk starting and finishing at Eggleston Hall Nursery and Café. This route takes you along the Teesdale Way, traversing the north side of the River Tees, crossing at a footbridge north of Cotherstone village, and then looping back to pass through the picturesque village of Romaldkirk before concluding at Eggleston Hall. This walk offers flexibility, with potential start points from Romaldkirk or Cotherstone for a varied experience.

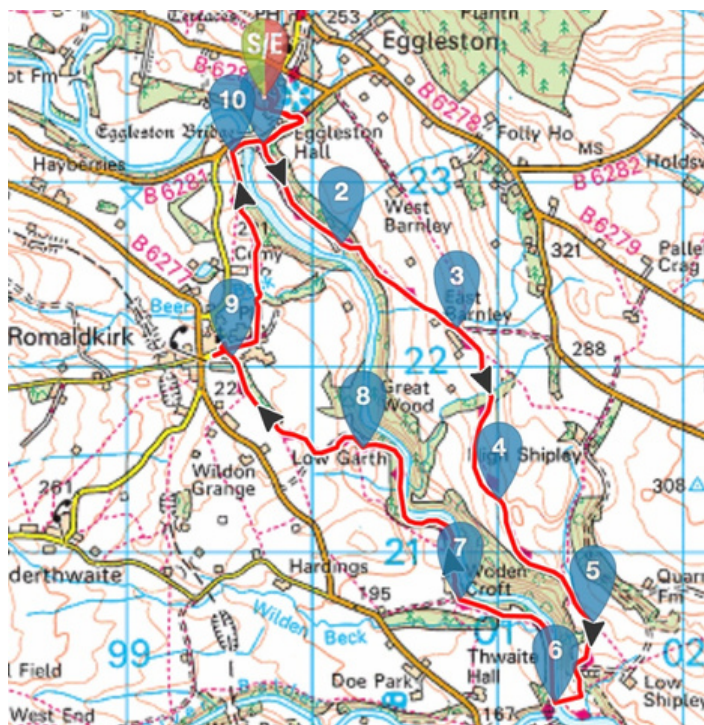
Directions:

- 1. Beginning at Eggleston Hall:** Start your journey at Eggleston Hall Café and Gift Shop (DL12 0AG, Grid ref. NY 997 234). From the parking area, head back along the entrance road to the B6281, cross over, turn right and descend, passing a quaint waterfall and beneath a stone bridge. Near the river, you'll find a gate on the left marked for the Teesdale Way/Cotherstone.
- 2. Into the Woods and Fields:** Turn left, following the road until it ends. The path, marked on the left, ascends through woods and crosses a stream before entering a field. Navigate towards a metal gate and wooden stile, crossing to reach East-Barnley farm.
- 3. Crossing Farmland:** From East-Barnley, follow yellow markers across fields, navigating through gaps in stone walls and gates. The path splits; take the right fork, cross a stream, and aim for a wooden kissing gate.
- 4. Along the Riverbank:** After exiting the woods, the trail hugs the river, passing landmarks like glacial erratic boulders. Follow yellow markers and navigate through fields and gates, maintaining proximity to the river.
- 5. Marwood Caravan Park:** The path leads through gorse bushes into Marwood Caravan Park. Descend and curve left towards the river, looking for a right turn to a finger post and bridge over the river.
- 6. Return Along the River Tees:** Once across, turn right and follow the path beside the river. It ascends through fields and woodland, featuring a series of kissing gates and offering splendid riverside views.
- 7. Woden Croft to Romaldkirk:** The path veers left, ascending past a Georgian farmhouse at Woden Croft. Navigate through gates and past holiday cottages, following markers to rejoin the path that leads through the woods and along the river.
- 8. Low Garth and Into Romaldkirk:** Exiting the woods, the track ascends to Low Garth. Follow the track, keeping the field boundary to your right, and enter Romaldkirk, a village worth exploring for its charming pubs and historic church.
- 9. Final Leg Back to Eggleston Hall:** From Romaldkirk, follow the lane with a village green on your right. The path crosses fields back towards Eggleston Hall, with the journey concluding at the café for well-deserved refreshments.

Useful Information:

- **Parking:** Available at Eggleston Hall Café and Gift Shop (DL12 0AG). Alternative parking in Eggleston village or Romaldkirk if starting from there. Always check the café's winter hours.
- **Terrain:** The walk is sheltered and mostly low-level but can be muddy and boggy in places, especially after rain. Boots are recommended for comfortable walking.
- **Refreshments:** Enjoy offerings at The Kirk Inn and The Rose and Crown in Romaldkirk. It's courteous to patronize the Eggleston Hall Café after utilizing their parking.

This Teesdale Way circular walk invites you to immerse in the natural and historical beauty of the area, with easy trails suitable for a leisurely day out in the countryside. Whether starting from Eggleston, Romaldkirk, or Cotherstone, each leg of the journey promises its own unique delights and scenic views.



Places to eat



Cafes/Coffee spots - good for breakfast and lunch -

- **Rise Artisan Bakehouse & Cafe** - Freshly baked bread, our family favourite! Breakfast sandwiches, pastries. Top tier - sit in or take away. - 13 Horse Market, Barnard Castle DL12 8LY
- William Peat Master Butchers Bakery - Brilliant breakfast sandwiches - 25 Horse Market, Barnard Castle DL12 8LX
- The Butty Market - extremely convenient - quick sandwiches - 5A The Bank, Barnard Castle DL12 8PH
- Golden Lion - Perfect for a fry up to cure any hangover! 30 Market Pl, Barnard Castle DL12 8NB
- Moments Cafe - 8a Market Pl, Barnard Castle DL12 8ND
- The Stables - 18 Horse Market, Barnard Castle DL12 8LZ
- Clarendon's - 29 Market Pl, Barnard Castle DL12 8NE
- N03 - 3 Galgate, Barnard Castle DL12 8EQ
- No. 15 Coffee House & Deli - 11 Market Pl, Barnard Castle DL12 8NF
- Mad Hatter's Tea Room - 42 Horse Market, Barnard Castle DL12 8NA
- Nobia and Sons - 19 Horse Market, Barnard Castle DL12 8LY
- Costa Coffee - 26 Horse Market, Darlington, Barnard Castle DL12 8LZ
- Cafe Bowes - The Bowes Museum, Newgate, Barnard Castle DL12 8NP
- The Artisan Corner Bistro - Classy and great lunch with a couple of drinks - 8 The Bank, Barnard Castle DL12 8PQ
- Gelato tutti - great for a quick bite, great for kids - 5 Market Place, Barnard Castle DL12 8NF
- The Witham, Arts centre and cafe - 3 Horse Market, Barnard Castle DL12 8LY
- Andalucia coffee shop - 82A Galgate, Barnard Castle DL12 8BJ

Restaurants - lunch and dinner spots -

- Valentine's Restaurant - Local cuisine, British, Vegetarian Friendly, Vegan Options - Lunch, Dinner, Brunch - 11 Galgate, Barnard Castle DL12 8EQ - 01833 637146
- The 149 Fish and Chips Shop Barnard Castle - There's a sit-down café and a takeaway.- 36 Galgate, Barnard Castle DL12 8BH - 01833 637332

- The Old Well Inn - Pub food - 21 The Bank, Barnard Castle DL12 8PH - 01833 690130
- Babuls Indian Restaurant, Barnard Castle - Indian street food and cocktails- 9 Market Pl, Barnard Castle DL12 8NF - 01833 630575
- The Three Horseshoes Hotel - Highly recommend - Pub food, lunch and dinner - 7 Galgate, Barnard Castle DL12 8EQ - 01833 631777
- Bengal Merchant - Indian Restaurant - 7 The Bank, Barnard Castle DL12 8PH - 01833 695857
- Capri Italian Pizza and Pasta - Excellent Italian at Capri, on Newgate. A great selection of wine and fantastic lunchtime set meal deals are available too. - 25 Newgate, Barnard Castle DL12 8NJ- 01833 637926
- Blagraves Restaurant, Barnard Castle - English cuisine - 30-32 The Bank, Barnard Castle DL12 8PN - 01833 637668
- The Red Well Inn - Pub food - Harmire Rd, Barnard Castle DL12 8QJ - 01833 695907

Evening drinks -

- Crobar - Bar
- The Blue Bell - pub
- Coach & Horses - pub
- Golden Lion - pub
- The Cricketers Arms - pub
- The Raby Arms - pub
- The Old Well Inn - pub
- The Red Well Inn - pub
- Three Horseshoes Hotel - bar

Takeaways -

- Barnard Castle Fisheries - 01833 638282
- Castle Pizza - 01833 631499
- The Butty Market - 01833 316244
- Pizza Cottage - 01833 631784
- Babul's Barnard Castle - Indian takeaway - 01833 630575
- Rce Go - chinese takeaway - 01833 637444
- The Golden Gate - chinese takeaway - 01833 638942

Other

Play Parks -

- Bowes Museum play park and grounds - family favourite!
- Barnard Castle playground

Complimentary Toiletries



✓ Hand Soap

Cussons Pure Moisturising Hand Wash With Chamomile and Vitamin E

Ingredients - Aqua, Sodium Laureth Sulfate, Cocamidopropyl Betaine, Glycerin, Sodium Chloride, Polyquaternium-7, Parfum, Chamomilla Recutita Flower Extract, Tocopheryl Acetate, Styrene/Acrylates Copolymer, Lactic Acid, Tetrasodium Glutamate Diacetate, Sodium Benzoate, Propylene Glycol Dicaprylate/Dicaprate, Benzyl Salicylate, Limonene, Alpha-Isomethyl Ionone, Hexyl Cinnamal, Butylphenyl Methylpropional, Linalool



✓ Shampoo

Original Source Coconut Shower Gel

Ingredients - Aqua, Sodium Laureth Sulfate, Sodium Chloride, Cocamidopropyl Betaine, Glycerin, Cocos Nucifera (Coconut) Fruit Extract, Polyquaternium-7, Lactic Acid, Parfum, Sodium Benzoate, Tetrasodium Glutamate Diacetate, Styrene/Acrylates Copolymer, Benzotriazolyl Dodecyl p-Cresol, Benzyl Salicylate, Coumarin, Hexyl Cinnamal, Caramel



✓ Body Wash

Timotei Pure Shampoo

Ingredients - Aqua, Sodium Laureth Sulfate, Cocamidopropyl Betaine, Sodium Chloride, Aloe Barbadensis Leaf Juice Powder, Cocos Nucifera Oil, Sine Adipe Lac, Cocos Nucifera Fruit Extract, Parfum, Citric Acid, Sodium Benzoate, Guar Hydroxypropyltrimonium Chloride, Disodium EDTA, PPG-6, Sodium Hydroxide, Benzyl Alcohol, Coumarin, Limonene, Linalool.