

<p>Distance: Approx. 11 miles</p> <p>Time Taken: Approx. 5 hours</p> <p>Terrain: Rough uneven terrain with ascents and descents.</p> <p>Total ascent / descent: 693ft</p> <p>Dog Friendliness: Very dog friendly, be aware there may be livestock in some fields.</p> <p>Toilets / Refreshments: Toilets, pubs and cafes in Middleton-in-Teesdale. One pub at High Force.</p> <p>Parking: Middleton-In-Teesdale and High Force</p> <p>OS Maps: OL31</p>	<p>Middleton-In-Teesdale to High Force</p> <p>Background: Middleton-in Teesdale is a village which has been in existence since at least the 12th century for this is the date of the earliest record of a church. According to its Anglo-Saxon name, however, it seems likely that it was established much earlier. Over the years Middleton served as a farming centre and during the 18th and 19th centuries became the hub of lead mining in the upper dale. With the decline of this industry at the end of the 19th century Middleton's main role reverted to that of farming centre and market town. Improved transport also has had an influence leading to an increase in the number of visitors to the area.</p> <p>High Force is a great place to see the famous Whin Sill. This is a layer of a hard, dark rock called dolerite, known locally as 'whinstone'. The Whin Sill formed about 295 million years ago, when molten rock at over 1000°C rose up from within the Earth and spread out between layers of limestone, sandstone and shale. The molten rock cooled and solidified underground to form a flat sheet of rock, known as a 'sill'. After million of years of erosion the Whin Sill is now exposed at the Earth's surface, forming dramatic landscape features such as High Force and nearby Holwick Scars.</p> <p>Route Description: This is a lovely linear walk from Middleton in Teesdale to High Force taking in Low Force along the way. We started this walk from our hotel but can be started anywhere in the village. We headed south out of the village over the bridge and took the Pennine Way footpath just after the Auction Market buildings.</p> <p>This path goes all the way to Low and High Force and is very easy to follow. Once you reach the metal footbridge around a mile after Low Force you can choose to either cross it and head across the field and up the steep steps through the woods, which brings you out to the hotel and then down to High Force or you can carry straight on which will bring you to the top of High Force.</p> <p>We went to the top of High Force and then came back on ourselves and went to the Hotel for refreshments and then followed the path back. You can do it whichever way you feel.</p> <p>The path is very clear and easy to follow, although if done in cold weather and after snowfall it gets very slippery.</p> <p>Points of Interest: High Force, Low Force, Raby Castle, and Bowlees.</p>
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