

<p>Distance: Approx. 13.5 miles</p> <p>Time Taken: 5-6 hours depending of time stopped to enjoy the views.</p> <p>Terrain: Good paths, but a lot of ascent and descent.</p> <p>Total ascent / descent: 1200 ft</p> <p>Dog Friendliness: Extremely dog friendly. Dogs can be off lead for most of this walk. Be mindful of any livestock in the area.</p> <p>Toilets / Refreshments: None</p> <p>Parking: Parking at Cow Green Reservoir</p> <p>OS Maps: OL19</p>	<h3 style="margin: 0;">Cow Green Reservoir to High Cup Nick</h3> <p>Background: Cow Green, a two mile long reservoir was built between 1967 and 1971 to supply the industries of Teesside. Environmentally speaking this part of Upper Teesdale is of National importance, and the plan to construct this reservoir had been strongly opposed by local conservationists. Their main concern was the protection of the rich flora and fauna of the district and especially rare alpine plants like the unique Teesdale violet.</p> <p>The dam is about 1/4 mile long, took three years to build and holds back 40,000 million litres of water. In 1984 a drought caused the water level to fall so low that a Bronze Age farmstead was uncovered and studied before it was once again lost underwater.</p> <p>At the eastern end of Cow Green Reservoir, beyond the dam, the Tees rushes in a series of cataracts over a 200 yard long rocky 'stairway' called Cauldron Snout. The vertical distance from the first cataract to the last is 200 feet, making this waterfall the highest in England.</p> <p>From Cauldron Snout the Tees makes its way towards High Force, which is undoubtedly England's biggest waterfall and one of the most impressive sights of the region.</p> <p>High Cup Nick is a classic U-shaped valley high on the western flanks of the North Pennines Area of Outstanding Natural Beauty (AONB).</p> <p>A deep chasm on the Pennine fellside, this famous nick, a dramatic geological formation at the top of High Cup Gill is part of the well-known Whin Sill, and overlooks the best glaciated valley in Northern England. Here you can see the grey-blue dolerite crags which also form High Force and Cauldron Snout.</p> <p>Route Description: The route starts and ends at the car park at Cow Green Reservoir. From the car park follow the road for a few meters until you see a footpath sign on your right. Follow this path along the eastern edge of the reservoir until you reach Cow Green Dam. The path then drops down, crosses the weir and joins the Pennine Way. It is worth a little detour at this point to see Cauldron Snout.</p> <p>Once you are on the Pennine Way the path is very easy to follow, it is a good clear path and very difficult to lose at this section. Pass Birkdale and continue on the Pennine Way following high above Maizebeck. The path then drops down and you cross Maizebeck using the wooden footbridge again following the Pennine Way around to the top of High Cup Nick. The views from High Cup Nick are spectacular and it's a definite place to stop for lunch (remember to take your rubbish with you).</p> <p>Once you've enjoyed the views you just reverse the route and go back the way you came (recommended). We did a slight detour and looped around High Cup Plain, however we wouldn't recommend this after doing it. The path disappears and it's very easy to get lost.</p> <p>Follow the route you have just taken or, if you want to add miles to your route you can follow the Pennine Way and drop down into Dufton which has an excellent pub.</p> <p>Points of Interest: Cow Green Reservoir, Cauldron Snout and High Cup Nick</p>
--	---

Map:

