

**ALSTON MOOR WALKERS ARE WELCOME - [www.walkalstonmoor.com](http://www.walkalstonmoor.com)**

**FROM TYNE TO TEES, SUNDAY 13<sup>th</sup> JANUARY 2019**

The walk will start from the cattle grid above Tynehead (Grid Ref: NY 757 384) and will follow the bridleway signposted Knock out along the road/track past the Source of the Tyne to the Tees, the Upper Teesdale National Nature Reserve and eventually Moor House where we will stop for a packed lunch before returning the same route.

<b>ESSENTIAL INFORMATION</b>	
Start time and location	Please meet at the Cumberland Hotel at 10.30 or Garrigill Village Green at 10.50 for car-sharing to the start of the walk where there is limited parking.
Route length	8 miles
Difficulty	Easy. The entire route is along a solid vehicle access track although we are highly unlikely to meet any vehicles. There are no stiles although there are a couple of gates to go over but these are not difficult. Total walking time is expected to be between 3.5 and 4.5 hours.
Who can take part?	If you think the walk is suitable for you, then you are welcome to take part! There is no membership, or commitment to come on future walks, and no need to register in advance, just turn up on the day. The walk is free however you are more than welcome to make a voluntary donation of £1.50 to help cover our insurance costs, and other overheads.  The suggested minimum age for participants is 14 for this walk, but all under-18s must be accompanied by a responsible adult.  Dogs are permitted on the walk but should be kept on a short lead as we will be crossing open access land and entering a Nature Reserve.
What to bring	It can be cold and wet. Additionally weather conditions can change quickly, so it is strongly recommended that you wear quick drying long trousers, and that you bring a waterproof jacket and trousers, hat, gloves plus a spare upper layer (e.g. a fleece) in a rucksack.  Bring a packed lunch and something to drink.
Further information	Website: <a href="http://www.walkalstonmoor.com">www.walkalstonmoor.com</a> Email: <a href="mailto:DrKeithWalton@aol.com">DrKeithWalton@aol.com</a> Tel: 01434 382798 Mob: 07531 128535