

148 YHA Langdon Beck Teesdale

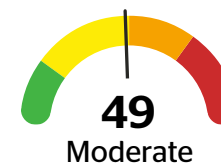
Scan or click to view this route on the OS Maps App – also a route profile and GPX

Moor and river walk

Distance: 8.4 miles (13.5km) **Ascent:** 297m (974ft) **Time:** Allow 3h 45m to 6h 15m

Map: OS Explorer 1:25k (OL31) North Pennines and OS Explorer 1:25k (OL19) Howgill Fells & Upper Eden Valley

Start/Finish: OS Locate NY 860 304 **what3words** ///speaks.foot.lunch



A lovely walk over Cronkley Fell and back along the River Tees. From the hostel driveway turn left onto the road and take the first track on the right to join the Pennine Way at Saur Hill Bridge. Follow the left bank of the River Tees downstream and cross the Tees at the next bridge. Bear left and head uphill around Cronkley farm, pass marker stones and turn right to leave the Pennine Way up the broad grassy path along Birk Rigg onto the Cronkley Fell plateau. Cross this by a cairned path down to the Tees. Turn right and follow an often narrow and board walked path alongside the river under Raven Scar to return back to the bridge near Cronkley farm. Retrace your steps to the hostel.

Hazards

Long sections of path are close to the river bank and the normal water level, these may be impassable when the river is flooded. The plateau is hemmed by crags and the Tees is difficult to cross other than at bridges. Once over the

bridge near Cronkley Farm, escape routes and shortcuts are either carry on or back the way you came (whichever is shortest).

Accessibility

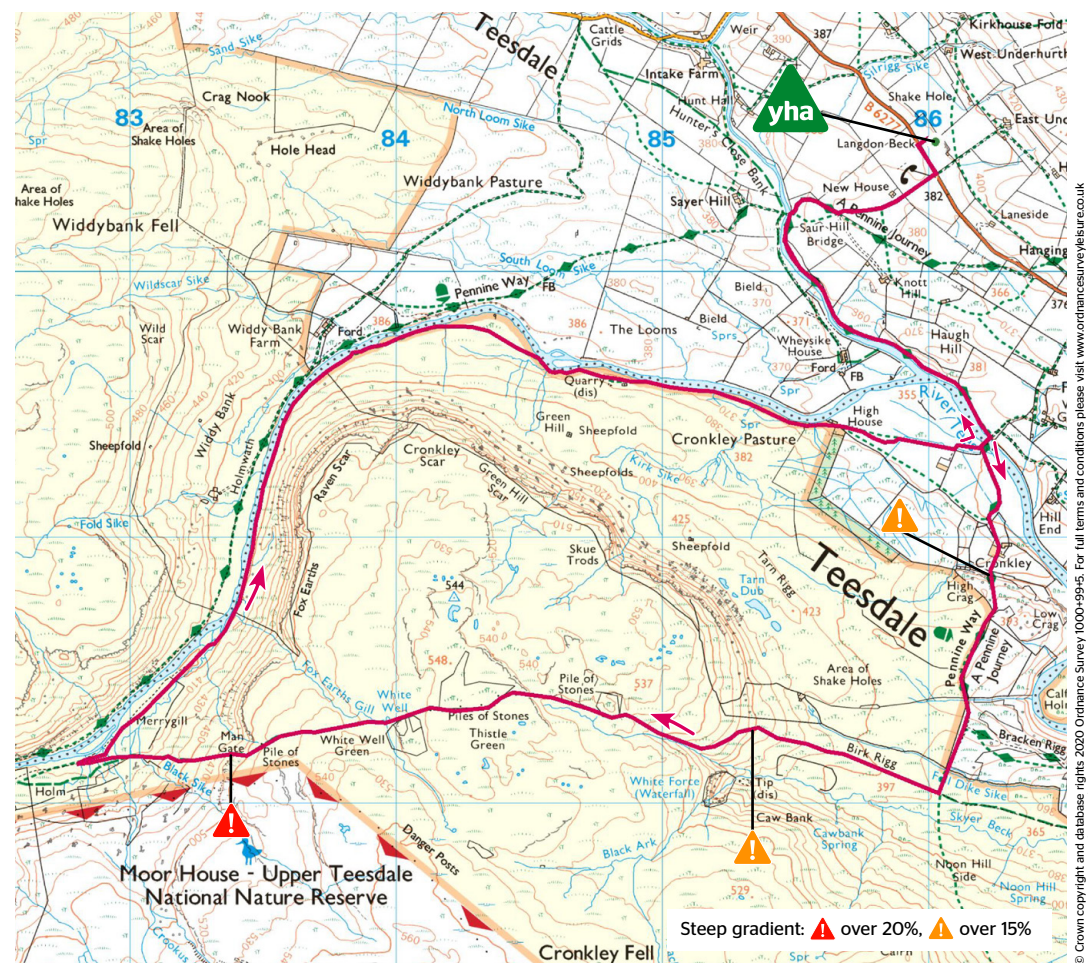
There are stiles on the route, gates and paths less than one metre wide, steps exceeding 10cm and rough path with ruts or stones exceeding 10cm.

Points of interest

Multiple floriferous Sites of Special Scientific Interest (SSSI) designated areas. Traditional hay meadows at low level and occasional rabbit-fenced moorland on Cronkley Fell. Many moorland birds. Expansive views throughout. The beautiful River Tees.

Facilities

No facilities on the route. Water and toilets available at the YHA.



This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for an OS Map or the OS Maps App to navigate your walk safely. Digital maps are a guide and do not always reflect the conditions on the ground, ensure you are aware of your immediate surroundings.

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Route Country Walking (adapted), David Willey & Myriam Wood



Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the local weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate and what3words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- Plan your walk by completing the YHA route notification card it helps Emergency Services if you get into difficulties or fail to return from your walk when anticipated (yha.org.uk/route-card).
- Ensure your entire group have the fitness and skills to complete the route.
- For further information on how to stay safe visit adventuresmart.uk

For more walks or information on route grading and timings go to yha.org.uk/walks

If you encounter problems with this route contact walking@yha.org.uk



Scan or click to shop
for OS maps online
osmaps.com/yha

Share your walks



What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy if you wear glasses).
- Walking poles.

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 (or text 999 if pre-registered) and ask for the Police.
- Use OS Locate or what3words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.