
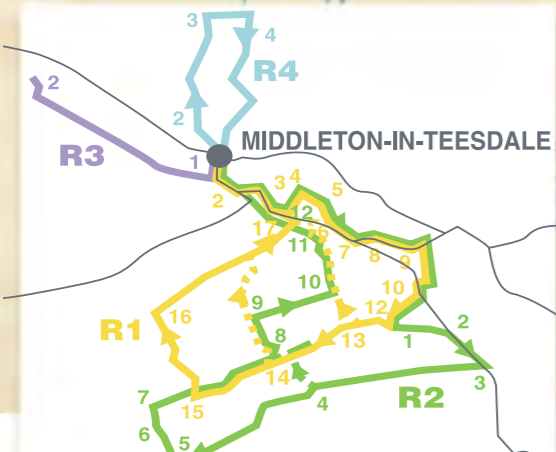
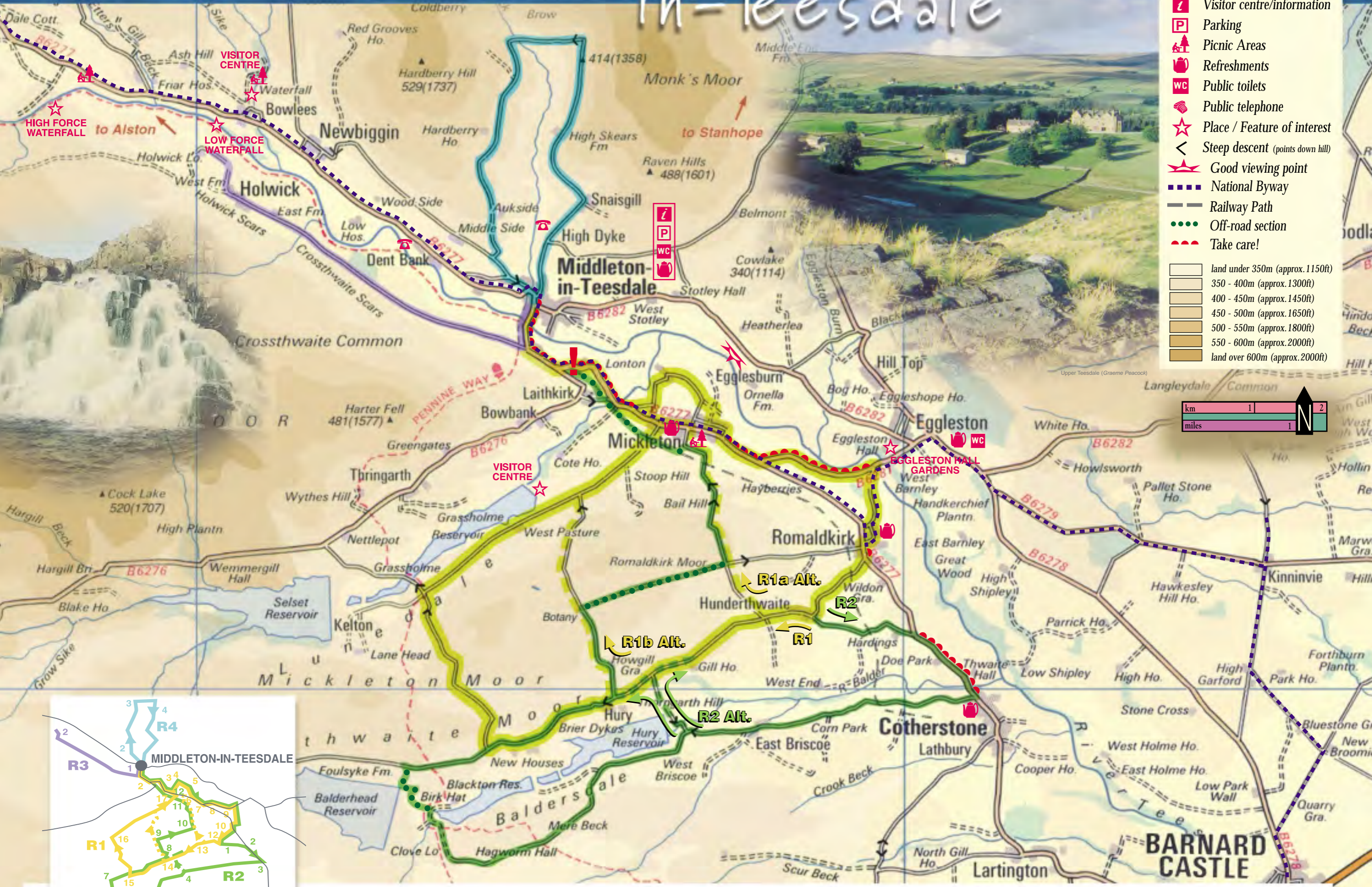


MIDDLETON-in-Teesdale

KEY

-  Visitor centre/information
 -  Parking
 -  Picnic Areas
 -  Refreshments
 -  Public toilets
 -  Public telephone
 -  Place / Feature of interest
 -  Steep descent (points down hill)
 -  Good viewing point
 -  National Byway
 -  Railway Path
 -  Off-road section
 -  Take care!
-
-  350 - 400m (approx. 1300ft)
 -  400 - 450m (approx. 1450ft)
 -  450 - 500m (approx. 1650ft)
 -  500 - 550m (approx. 1800ft)
 -  550 - 600m (approx. 2000ft)
 -  land over 600m (approx. 2000ft)



ROUTE 2 utilizes the first part of R1 (as far as 1-12) but then

ROUTE 4 follows a rectangle