

Barnard Castle occupies a fine position above the River Tees, its main street, lined by dignified stone buildings, sloping down to the old bridge over the river. In the town stands the 18th-century Market Cross, once used for the selling of dairy produce, hence its alternative name of Butter Cross. The town gets its name from the castle built by Bernard de Balliol in the 12th-century. Almost the whole of this 8½ mile (with 575ft of ascent) **BLACK** walk is along the well-waymarked Teesdale Way. The outward route keeps above the south bank of the river to the attractive village of Cotherstone and crosses the Tees a little farther on. The return leg is above the north side and, after descending the steep wooded banks, the final 1½ miles is beside the river itself, a delightful and relaxing finale. With magnificent views up and down Teesdale, beautiful woodland and grand riverside walking, it is worth savouring this outstanding and highly memorable walk.

