

# Middleton-One-Row & Dinsdale Wood

Dinsdale Wood

Walk

**Rural/Distance:** 3.6 miles (5.8km) **Grade:** easy/moderate **Time:** allow 3 hours



Enjoy a circular route, starting in the picturesque village of Middleton-One-Row, winding your way through Dinsdale Wood, home to the Old Spa house, now converted into attractive residential properties. At Low Dinsdale see the church of St John the Baptist, dating back to AD 638, as well as the medieval earthworks guarding the manor house. Please note that this walk, in particular, can be slippery and muddy in parts at any time of the year.

## Recommended route:

- From Middleton-One-Row Village Green, stand with your back to the Devonport Hotel, facing the River Tees, [down the slope] and turn right, following the pavement for approx 55 yards [50m]. On reaching the Teesdale Way sign, head diagonally to the right across the green. Before the end of the green, follow a path leading into trees, heading right and down towards the river. After descending steps, ignore a sharp left turn to the river and go through a gap in a fence onto a narrow path. Follow the full length of this path, alongside the river, exiting through a gap in the fence to a lay-by area and lane.
- Head left, through the Dinsdale Spa gateway, following the track, then the waymarked path, crossing a paved area in front of the house. Cross a stile and follow the main path through Dinsdale Wood, which is muddy in most seasons. The route roughly follows the line of the river but undulates through dense woodland [ignore waymarks pointing off to the right leading further into the wood]. Cross a stile and exit the wood into an open field.
- Head away from the river, diagonally crossing the field, to the right of a line of trees that juts out into the field. On reaching a footbridge you may like to take a short detour to see the Church of St John the Baptist, Low Dinsdale, (straight ahead). Otherwise, don't cross the footbridge, turn around (facing away from the church) and head up to the left hand corner of the field. The field to your left contains medieval earthworks. Cross the stile in the corner of the field, turn right and follow the field edge path uphill.



**Start & finish:** Middleton-One-Row Village Green (opposite the Devonport Hotel)

## Map Key

**How to get there:** From Darlington follow Yarm Road (B6280) then the A67. Take the first Middleton-St-George turn-off, to the right, just after the Old Farmhouse Pub on your right, following Station Road then Middleton Lane, which curves around to the left into Middleton-One-Row

- S Start & finish:** Middleton-One-Row Village Green (opposite the Devonport Hotel)
- P Parking:** Limited on-street parking
- Public Transport:** Public transport information **0871 200 2233** (calls cost 10p per minute plus network extras) **www.traveline.info Text 84268**
- Places of interest:** a St John the Baptist Church, Low Dinsdale  
b Dinsdale Spa
- Refreshments:** Devonport Hotel, Middleton-One-Row **tel 01325 332255**  
Shops and takeaways in Middleton-St-George Village
- Toilets:** Public toilets on The Green, Middleton-One-Row (not always open) and the Devonport Hotel, for patrons

- At the top of the hill, pause to look back and enjoy beautiful views of the surrounding countryside. Cross a stile, turn right and follow the field edge path. On reaching the wood continue on the field edge path to the left of the wood [ignore waymarks into the woods and do NOT take the steps down onto the golf course]. Follow the spur of the golf course, which bends round to the right, then enter the golf course and stay on this main track - be extremely vigilant for flying golf balls!
- On exiting the golf course, follow the lane to the right through 'The Courtyard' and downhill. At the bottom of the lane, cross a stile, to the right of a driveway. Follow the footpath to exit via a gate and turn left, following the lane alongside the river. Exit the main gates and take the footpath to the right, following the riverside path back. Where the path divides take the left fork uphill and back up steps to Middleton-One-Row.

