

# ♥ LOVE FOOD

## Taste Trails Bradley Burn to Stanhope



This guide has been compiled by the Love Food Project, which supports the production, promotion, use and appreciation of locally grown or reared food in Teesdale, Weardale, The Allen Valleys and Derwentside.

## LOVE FOOD On the Taste Trail

When you are out walking this guide will help you find the best in fresh, wholesome local food along the way.

The Love Food project has worked with its partners to identify some great walking trails.

And so you don't grow weak on the way, we have also pinpointed some great places to have a hearty local lunch, a comforting cup of coffee or just a snack to keep you going.

Love Food cares about the quality and traceability of food throughout the North Pennine Dales - we think you do too.

Area covered by the Love Food Taste Trail  
Guide: Bradley Burn to Stanhope



Walkers in Weardale (Simon Wilson/ NPAP)

**Route Introduction** - This walking route is a linear trail that takes you along the course of the river Wear. You can return to the starting point using the train or bus. The route is an excellent way to experience the beauty of the dale that nestles below the open moors of the North Pennines Area of Outstanding Natural Beauty, while indulging in some great local food. Along the way you will pass through the pastoral lamb and cattle producing farmland of the dale. Remnants of the quarrying and mining heritage of the area lies all around as you follow the River Wear upstream.

This route starts at Bradley Burn Farm Shop and Café, near Wolsingham and follows mainly rights of way alongside the Weardale Railway and the River Wear. There are a number of great places along the way to stop for a bite to eat and a brew. Stanhope, Frosterley and Wolsingham are also good places to join the route and it can be done in shorter sections.

Local fish lunch (Nicky Rogerson © Love Food)



**Terrain** - This route follows public rights of way, so has some unsurfaced sections. There are some stiles, steps and steep gradients. At all times please follow the Countryside Code. Dogs must be kept under close control (on a lead through fields with livestock), please also be sure to leave gates as you find them.

**Public Transport** - Bus service 101 operates Monday to Saturday through Weardale.

The Weardale Railway operates a heritage service at certain times between Stanhope and Wolsingham. For timetable information call Traveline on 0871 200 2233 or log on to [www.traveline.info](http://www.traveline.info).

**Useful Maps**  
1:25,000 Outdoor Leisure 31 North Pennines  
1:25,000 Explorer 305 Bishop Auckland



The Black Bull at Frosterley (Simon Wilson/NPAP)

**Food, Farming and the Environment** - Farming is a large part of the life of Weardale. Food production in the dale is dominated by sheep farms, with some beef herds, including native breeds like Short horn. The Northern sheep breeds such as Swaledale are the breeding stock for much of the lamb produced in the UK.

Traditionally the ewes of the hill breeds are crossed with rams from breeds such as the Bluefaced Leicester to produce a 'mule' ewe (cross breed). This mule ewe has the best mix of qualities to produce much of the lamb we eat through further breeding with a ram from a breed such as Texel. The Sheep farming industry has its own vocabulary, with terms such as Gimmer Ewe (a female sheep that has not yet had offspring), Tup (a breeding male ram) and Shearling (a lamb up to its first shearing). The Farming industry is a cornerstone of communities in areas like the North Pennines and play a large part in shaping the landscape and economy.

Farming is a big part of the celebrations in the dales, with agricultural, sheep and even hay shows throughout Weardale in the summer. Much of the farming in Weardale is carried out in balance with the environment, through government stewardship schemes, working with conservation organisations and generations of custody and good husbandry of the land. Much of Weardale is within the North Pennines Area of Outstanding Natural Beauty, designated in recognition of its high landscape value and diverse wildlife.

[www.lovefood.me](http://www.lovefood.me)

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01388 528801



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NORTH PENNINES  
Area of Outstanding Natural Beauty



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### Food Highlights

#### BRADLEY BURN

Bradley Burn Farm Shop & Café (01388 529488)

#### WOLSINGHAM

No10 Cafe, 10 Market Place (01388 528344)  
Peggotty's, 1 Angate Street (01388 527093)  
Buon Appetito, 8 West End (01388 529124)  
The Black Bull, 27 Market Place (01388 527332)  
The Bay Horse Hotel, 59 Uppertown (01388 527354)

#### FROSTERLEY - PUBS

The Frosterley Inn, 98 Front Street (01388 528493)  
The Black Bull Inn, Bridge End (01388 527784)

#### STANHOPE - CAFES

Old Weardale Tearoom, 3-7 Front Street (01388 526113)  
Durham Dales Centre, Castle Gardens (01388 527650)  
Market Café, 27 Front Street (01388 526013)  
Weardale Railway Station Café, Station Rd. (01388 526203)

#### STANHOPE - PUBS

The Packhorse Inn, 8 Market Place (01388 528407)  
Queens Head Hotel, 89 Front Street (01388 528160)  
The Bonny Moorhen, 25 Front Street (01388 528214)



*Bradley Burn*  
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Housed in a beautiful log cabin, tables on our terrace overlook the burn flowing past. Enjoy home cooked fayre beside the wood stove. We specialise in the best of local and regional food and offer a wide variety of quality fresh food. All our café dishes are home cooked in the kitchen. We make soups, quiches and scrumptious puddings and cakes.

[www.bradleyburn.co.uk](http://www.bradleyburn.co.uk) Tel: 01388 529488  
Summer Opening Hours 9am - 5pm 7 days a week  
Winter Opening Hours 9am - 4pm CLOSED SUNDAY



The River Wear (Simon Wilson/NPAP)

### Section 1: Bradley Burn to Wolsingham

Length: 2.6 miles (4.2 km)

Grid Ref: NZI0555 36458



Bradley Burn Café (© Bradley Burn Farm)

From Bradley Burn Farm Shop, head south across the main road and follow the public footpath to the railway. Follow the public footpath west between the river and the railway to Wolsingham. There are a number of good pubs, cafes and restaurants in Wolsingham.

### Section 2: Wolsingham to Frosterley

Length: 3.1 miles (5.0 km)

Grid Reference: NZ 0280 3698



From Wolsingham head south across the river bridge to rejoin the public footpath heading west between the river and the railway. Cross the river on the road bridge to the east of Frosterley to enter the village. For a meal or refreshing drink you will find the Frosterley Inn at the east end of the village and the Black Bull at the west.

### Section 3: Frosterley to Stanhope

Length: 3.4 miles (5.5 km)

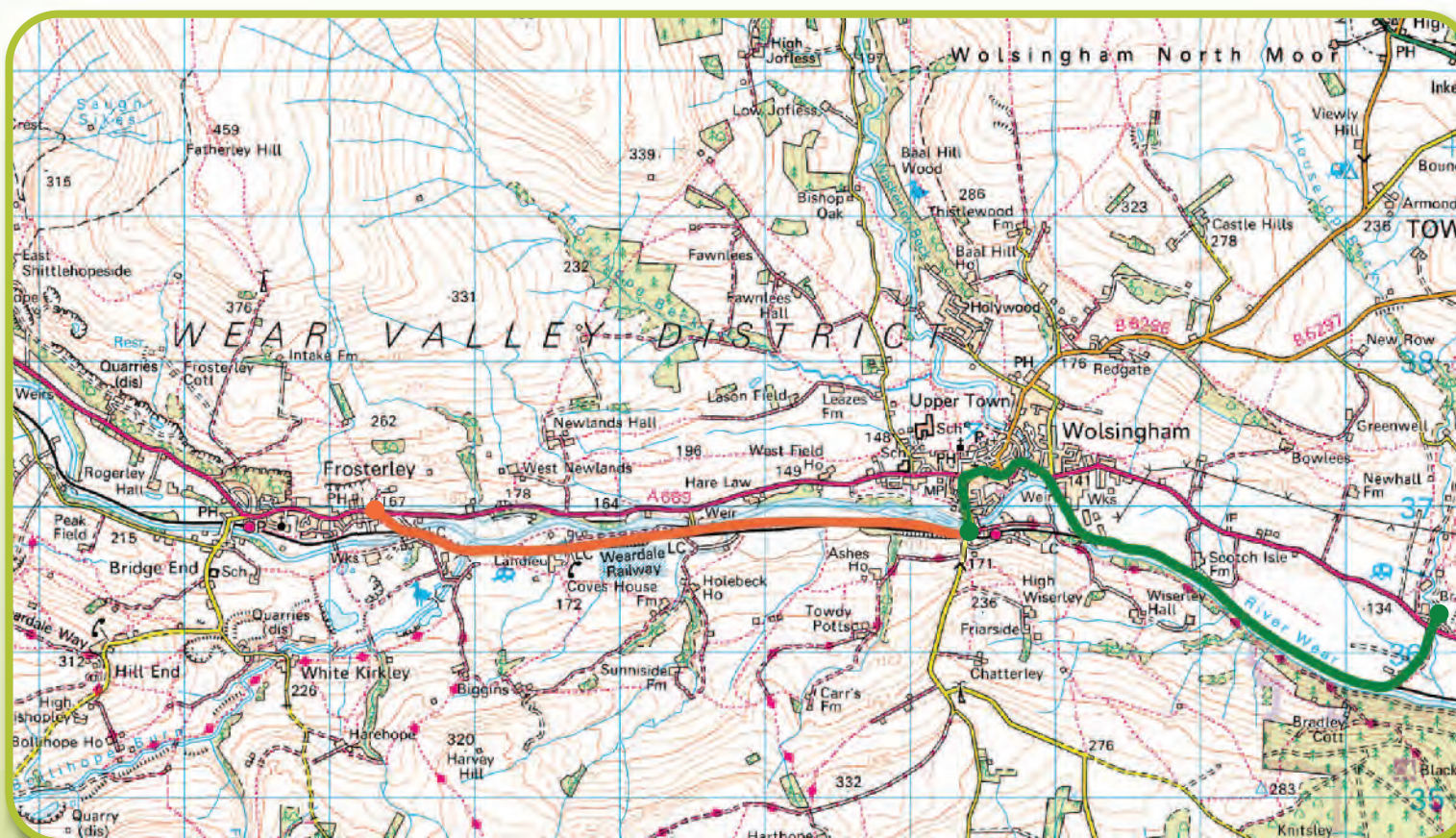
Grid Reference: NY 99331 39348



Steam Train on Weardale Railway

Leave Frosterley and head south across the river bridge, turning west along the minor road to Stanhope. At Stanhope, cross the railway and the river and enter the village at the east end. There is a good selection of tea rooms and pubs in Stanhope.

From Stanhope why not take the Weardale Railway back to Wolsingham, or catch the bus back to Bradley Burn.



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MAP SCALE  
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### Section 1: Bradley Burn to Wolsingham

### Section 2: Wolsingham to Frosterley



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### Section 3: Frosterley to Stanhope