

River South Tyne

Tracing the course of the River South Tyne downstream from Alston, this route provides an excellent short introductory ride to the area. It first heads out along the fell lanes on the eastern side of the river steadily gaining height to Barhaugh Hall then descending by Blackcleugh Burn to the banks of the River South Tyne. The river bank makes an excellent spot for a rest or a picnic, after which the road bridge just south of Slaggyford allows the other side of the river to be reached. The return to Alston involves another climb to start with but once height is gained glorious views open up across the fells and down into the valley where you might just spot steam trains on the South Tynedale Railway, England's highest narrow-gauge railway.

CAUTION: this route features a steep descent going into a tight bend, just past Barhaugh Hall going N.

- 1 From the market place in Alston head downhill on the main cobbled street, turn R at the jct and follow the A686 out of the town.
- 2 After about 1km turn L signed to Kirkhaugh Church and Randalhome and follow the lane as it meanders alongside the river.
- 3 After a short steep uphill to a T-jct, turn L for Barhaugh and Slaggyford.
- 4 After Barhaugh Hall take care on the steep downhill going into a sharp left bend. Follow the lane alongside the river, passing through two gates to come to a T-jct after crossing the River South Tyne.
- 5 Turn L onto the A689 and follow it back to Alston.

Longer route option

Start/finish: Alston
GR NY 718 465

Distance: 10 miles (16km)

Grade: Short - Challenge

Refreshments:
Cafés: Alston **Pubs:** Alston