

The Pot & Glass River Walk 2009



CLEVELAND TEAM

The pick up point is near the clock tower, Yarm High Street, at 9.30am, Sunday 27th September 2009

Remember to bring these

- A small rucksack lined with a plastic bag to keep rain out.
- Waterproof jacket and trousers. Try to borrow some if you don't own any.
- Good strong footwear, make sure boots are worn in to reduce the chance of blisters.
- A warm sweatshirt or jumper.
- A small first aid kit – you may want to include plasters, aspirin or paracetamol. Remember any personal medication such as inhaler.
- Sun tan lotion (we live in hope).
- Food and drink
- Mobile Phone

Route

The start point is near the village of Low Dinsdale. The route follows part of the 'Teesdale Way' downstream to Yarm. Distance is 9 miles, The footpath follows the North bank of the river for most of the walk – except after Middleton-One-Row where the path diverts from the river for approximately 1 mile. The Teesdale Way is well signposted but a map will be loaned on the day. If you want to buy your own map then 1:50,000 Ordnance Survey map is recommended – sheet number 93 Middlesbrough Darlington & Hartlepool.

Hazards

This is not an arduous walk for the seasoned walker/hill user. However, it does follow uneven tracks that can be slippery, especially when wet. The river is an obvious hazard. Please act sensibly and supervise children, especially when near the river and livestock.

Flooding

After very heavy rainfall the route can become flooded. Whilst every effort will be made to find diversions to enable the walk to go ahead, the organisers reserve the right to cancel the walk if no practical alternative can be found.

Food glorious food! If you fancy some good nosh at the end of the walk then please consider pre-booking a Sunday lunch with the pub – contact Landlord Dave on 01642 651009.