

4. Sockburn Loop 1

Length	3.2 miles
Duration	1 hour – 1 ½ hours
Start	Facing the Millennium Garden with the road behind you
Terrain	Easy pavements, country roads, public footpath and bridleway
Note	After wet weather, the path to Sockburn Lane can become muddy in section a) and also the public bridleway in section c)



- Take the gentle slope to your left up onto the flood bank and turn left. You will have a lovely view of the River Tees. This is part of the Teesdale Way. Walk along the bank to the end of the village green until you come to a stile and cross over. Follow the path until another stile crossing over to arrive in Sockburn Lane.
- Turn right and follow Sockburn Lane as it gently climbs for about 100 metres where it then flattens out. There is a bench here should you feel the need to rest. At various points from here you will see the North York Moors in the distance to your left and on a clear day Roseberry Topping. Continue on Sockburn Lane for approximately 1 mile and turn left at the public bridleway sign marked Teesdale Way.
- Follow the bridleway on the field edge with the tree and fence line to your right for approximately 1 mile passing through 5 field boundaries to arrive at a metalled road, Neasham Hill.
- Turn left and walk towards Neasham passing Neasham Hill Farm on your right. You will see the hills of Teesdale in front of you in the distance. The route continues downhill into the village to the crossroads with the Pump House on your right. Cross over and carry straight on through the village back to the start.