

East Allen Valleys



The East Allen Valley at Sinderhope and West Allen Valley at Bearsbridge



East Allen Valley at Allenheds & The 1 in 4 Lonkley Bank out of Allendale Town

A good introductory route to cycling in the stunning Allendale Valleys covering the small country lanes in the East and West Allen Dales. The area around Whitfield is often called Little Switzerland as it is set against a beautiful scenic background. On the return journey the route crosses into the Wear Valley returning down the main valley road to Stanhope.

Allendale Valleys 48 miles

- 1 Leaving the Dales Centre turn RIGHT onto A689
- 2 Continue for 2.7 miles to Eastgate
- 3 Turn RIGHT to Rookhope (*Linzgarth Arch*)
- 4 Continue over Wolfcleugh Common to Allenheds (*The Hemmel*)
- 5 Take B6295 road through the East Allen dale to Allendale Town
- 6 In Allendale Town take road to Catton. After Catton in half mile turn LEFT towards High Staward
- 7 Continue on local road to Common Bank, Whitfield (*Whitfield Village Pantry*) and Bearsbridge
- 8 Turn LEFT onto A686 and continue for 3 miles to Ninebanks

9 Continue to Chapel Bank and on for 4.2 miles to Carr Shield

10 Climb to Cowberry Hill and towards Coalcleugh

11 At Coalcleugh turn LEFT and continue on local road for 5 miles descending Shivery Hill to Allenheads

12 At Allenheads take B6295 road to Cowshill climbing over Allendale Common

13 At Cowshill join A689 Wear Dale road and continue for 4.5 miles to Westgate

14 Continue on main valley road to Stanhope

Elevation profile: Allendale Valleys Circuit height gain 6299 ft

The Hills

Wolfcleugh Common

Height 1745 ft

Length approx 5 miles

Steepest section 1 in 10

Starting from the arch at Lintzgarth the hill climbs gradually up past the redundant lead mine on Wolfcleugh Common.

A long climb but not difficult, wonderful views of the Rookhope valley.

Cowberry Hill

Height: 1820 ft

Length: approx 1 mile

Steepest section 1 in 7

Starting from Carrshield climbing up to Coalcleugh with a short steep section at Shieldrigg Bridge.

Allendale Common

Height: 1935 ft

Length: 1.5 miles

Steepest section: 1 in 10

The climb starts on leaving the village of Allenheads and climbs gradually to the summit through the trees and over Allendale Common to the border of County Durham.