

113. Harter Fell & Lune Moor

Distance **9.5 miles/15km**

Ascent **372 metres**

Start/finish **Middleton-in-Teeside, DL12 0SN**

Follow Bridge Street south from the town centre up to the road junction. Continue straight to join the Pennine Way, heading south up Intake Hill and onto Crossthwaite Common. Keep L at the path junction, leaving the Pennine Way and following the edge of the open moor to the walled summit of Kirkcarrion. Stay beside the wall behind Kirkcarrion to cross the wall with the Pennine Way and fork R to the trig point of Harter Fell at 481 metres (2 miles/3.1km). Keep alongside the wall past the summit and cross the next two fields, then join the track in Rake Gill which meets the bridleway at Brown Dod. Turn R and follow this north-west then north across Green Fell and Holwick Fell, passing some old buildings and dropping steeply into the valley below Holwick Scars. Turn R along the track to the road and continue on this to a L onto a footpath, descending through two fields to the Pennine Way beside the River Tees. Turn R and follow this back to the road and the outbound route, turn L to return to the start.

Miles	Km	Directions
0.0	0.0	Follow Bridge Street south from the town centre up to the road junction where you can continue straight to join the Pennine Way.
0.4	0.6	Follow it uphill heading south up Intake Hill and onto Crossthwaite Common. Keep left at the path junction, leaving the Pennine Way and following the edge of the open moor to the walled summit of Kirkcarrion.
1.2	1.9	Follow the wall west to the Pennine Way.
1.7	2.7	Turn left crossing the wall then fork right to the trig point of Harter Fell.
1.9	3.1	Keep alongside the wall past the summit and cross the next two fields, then join the track in Rake Gill.
2.6	4.2	Turn right onto the track and follow it west to a junction with a bridleway and wall at Brown Dod.
3.2	5.1	Follow this north-west then north across Green Fell and Holwick Fell, passing some old buildings and dropping steeply into the valley below Holwick Scars.
5.3	8.6	Turn right along the track to the road and continue on this to a left onto a footpath.
5.8	9.3	Follow this downhill through two fields to the Pennine Way beside the River Tees.
6.1	9.8	Turn right and follow this back to the road and the outbound route, turn left to return to the start.