

118. Hamsterley Forest

Distance **5 miles/8km**

Ascent **239 metres**

Start/finish **Forest visitor centre, DL13 3NL**

This route follows the Three Becks Trail; a signed walking map is available from the visitor centre.

Take the trail north from the start, turning L on a forest track through Low Redford Wood. Follow this to the buildings at Low Redford and turn R along Ayhope Beck. Turn L over a footbridge at NZ 071313 (1.4 miles/2.3km). Continue, trending R to a crossroads. Turn L then right past Euden Beck Cottage and south to a footbridge. Don't cross the bridge but turn L and cross the bridge after that then turn right and cross the road, ascending to a track junction. Turn L here and go along the forest road then a surfaced road to a crossroads. Bear L and follow the same track north-east into Windy Bank Wood. Turn L and then R, heading downhill to the Bedburn Beck, then R to return to the start.

Miles	Km	Directions
0.0	0.0	Take the trail north from the start, turning left on a forest track through Low Redford Wood. Follow this to the buildings at Low Redford.
0.7	1.2	Turn right along Ayhope Beck to a footbridge at NZ071313 on the left.
1.4	2.2	Cross and continue on the path, trending right to a crossroads at NZ065304.
2.1	3.3	Turn left then right past Euden Beck Cottage and head south to the footbridge.
2.5	4	Don't cross, turn left and cross the bridge after that and then turn right up to a road.
2.8	4.5	Cross and ascend to a track junction.
2.9	4.7	Turn left and go along the forest road then a surfaced road to a crossroads.
3.8	6.1	Bear left and follow the same track north-east to a path junction in Windy Bank Wood.
4.2	6.8	Turn left then right and follow the track to a bridge over Bedburn Beck.
4.5	7.3	Turn right and follow the path along the brook then left back to the start.