

What might I see?

Spring

In spring, wading birds such as lapwing and oystercatcher return to the North Pennines to breed. Dipper, common sandpiper and grey wagtail can be seen along the river. Woodland plants such as bluebell and wild garlic (ramsons) start to emerge and flower in the woods around Low Force.



Summer

Trees are fully in leaf and in early summer hay meadows are awash with flowers. Small birds including spotted flycatcher, chiffchaff and willow warbler will be busy rearing young prior to their migration later in the year.



Autumn & winter

The River Tees is often in full spate making an impressive spectacle at the many waterfalls. Migratory Salmon pass Low Force in autumn, occasionally jumping on their way upstream when river conditions are suitable. The native broadleaf woodland around Low Force turns golden brown as leaves start to fall. Towards the end of winter, aconites and snowdrops emerge in the Bowlees Visitor Centre grounds.



The North Pennines Area of Outstanding Natural Beauty (AONB) is one of England's most special places – a stunning, upland landscape of wide open moors, flower-rich hay meadows, intimate woods, dark night skies, charismatic wildlife, industrial heritage, tumbling rivers and dramatic waterfalls. In recognition of its world-class Earth heritage and efforts to make the most of this for tourism and education, it is also designated as a UNESCO Global Geopark.

Low Force

A walk from Bowlees

DISTANCE & TIME: ½ mile (0.9km), 30 minutes

DIFFICULTY: EASY/MODERATE - along paths, some slopes, steps (that can be avoided) and gravel paths. Suitable for off-road mobility scooters and some wheelchairs

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Bowlees Visitor Centre is run by the North Pennines AONB Partnership.
Open daily from: **Mid-March to the end of October**
For winter opening times, visit:
www.bowleesvisitorcentre.org.uk

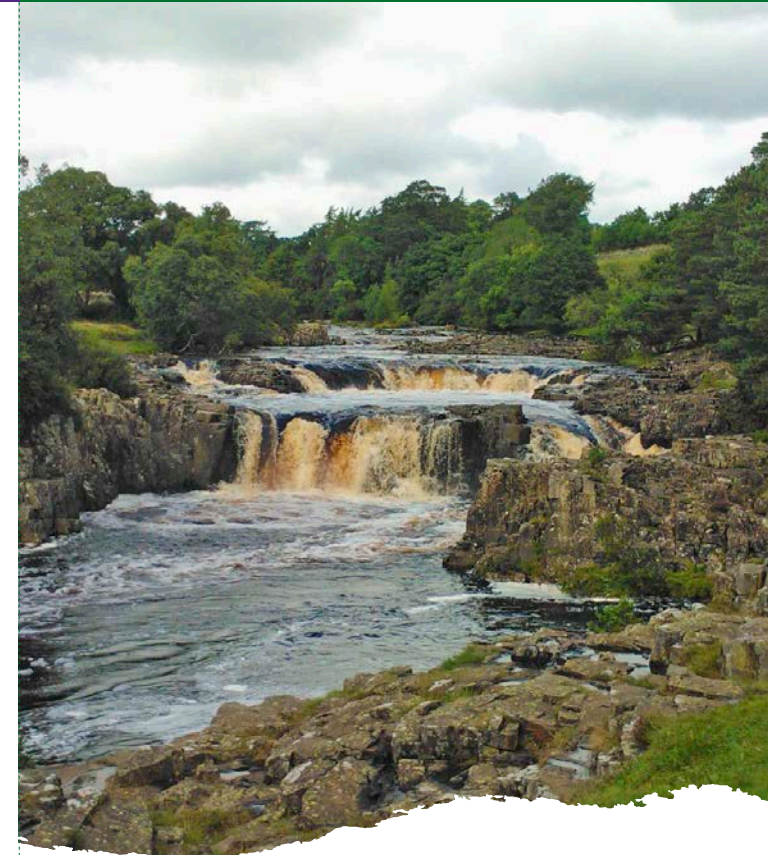


Supported by Northumbrian Water's Bluespaces Fund and the Teesdale Area Action Partnership.

bluespaces



recycle



NORTH PENNINES
Area of Outstanding Natural Beauty



P **Parking:** Bowlees Visitor Centre car park (donate and display). Bowlees, Newbiggin, Barnard Castle, DL12 0XE.

Public transport: Service 75 (Wednesday only).

Facilities & Refreshments: Toilets and café are available at the Bowlees Visitor Centre, High Force Hotel and nearby Middleton-in-Teesdale village.

Route description

- 1** Start from the front entrance of Bowlees Visitor Centre and follow the lane to the main road.
- 2** Take care crossing the road and pass through the gate to follow the path through two fields.
- 3** You can either go through the stile in the wall (two large boulders) followed by steps, or take the gate to the right and use the easier access of the zig-zag path down the slope into the woodland and on to Low Force to the right.
- 4** You can cross the Wynch Bridge and turn right for different views of the waterfalls (not suitable for mobility scooters or wheelchairs). Return to the start by retracing your steps to the Visitor Centre.

