T405: Start in Harmire Road 20 yards beyond the Red Well pub at Telegraph Pole and proceed north from Barnard Castle on the B6278 towards Eggleston. Climb over Folly Top to descend to Lowson’s Garage at the bottom of Folly Bank (5.15 miles) follow the road around to the left and continue towards Middleton in Teesdale. Stay on the B6282 past the lay-by overlooking the River Tees, to bear right after the wooded bends at Whistle Crag (7.75 miles). Climb up Carlonin to the T-junction with the unclassified road from Middleton in Teesdale (8.30 miles) and turn right to descend to the Y-junction at Middle End (10.95 miles). Bear left and left again to rejoin the B6278 to climb up to the summit of Bollihope Common (13.10). Take care on the descent especially on the S-bend below the turning to Frosterley (15.15 miles) and again on the S-bends descending Unthank Bank into Stanhope. Over the level crossing to follow along the riverside and across the River Wear at Stanhope Bridge, proceed into Stanhope to the junction with the A688. (18.95 miles) Bear left up Weardale towards Alston to turn left after 2.25 miles onto the unclassified road to Horsley. (21.20 miles) Over the new Hag Bridge and left at the T-junction at the top of the rise, (21.50 miles) to climb up past Horsley Hall, before descending past two farms back to the junction with the B6278 at Stanhope Bridge (23.55 miles). Straight across at the junction, with care. To retrace back along the riverside and over the level crossing onto Unthank Bank (23.95 miles). Climb up Unthank Bank to retrace route back over Bollihope Common to Middle End, where straight on to pass through Eggleston on the B6278, and turn left at the bottom of Folly Bank (35.05 miles). Climb over Folly Top to descend into Barnard Castle to finish at Telegraph Pole 37 on Harmire Road, outside Glaxo (gsk), 200 yards past the start and just before the turning into the Social Club & Sports Centre. (40.30 miles)