

Start: at Bent House lay by, Sherburn Road, Sherburn, Co Durham.

Distance: 4 miles.

Walking Time: 2 hours.

1. From the lay by on Bent House Lane, walk to your right. Head down the road, with the main field to your left and houses to your right. Continue down this road, passing Bent House Farm to your left. Just after this, take the road to your right, which cuts through the centre of a farmer's field. You are now walking towards Old Durham Farm and will see Durham Cathedral straight ahead.
2. On reaching Old Durham Farmhouse, walk straight past. Take the path that leads round to the left onto the shale path. The old garden walls will be on your right. As the road curves round to the right you will see the old gardens on your right.
3. Follow the path round. At the bottom of the gardens, take the first turning to the left. You will see what looks like two walls standing side by side. Go through here. This used to be an archway passing under an old railway line.
4. Follow the path to a small footbridge crossing the river and leading onto the university playing field. On reaching the edge of the playing field, walk diagonally across and head towards a larger bridge on the other side. Walk over the bridge, which crosses the River Wear.
5. After the bridge, a little way further down and to the right, is a gateway in the fence leading onto a footpath at the edge of Maiden Castle Wood. Go through the gateway, and follow the road round to the right. The River Wear will be on your right. Continue following the river, staying on the main footpath.
6. You will pass the rugby ground on your left, and you will pass through another old railway line archway. Again this looks like two short walls, one on each side. Straight ahead you will see some allotments. Keep to the edge of the allotments, taking the cut to your right through the pine trees.
7. As you emerge from the woods, cross the road. Go through the gateway, then turn right. Follow the road with the rugby ground to your left. You will come to a boathouse to your right. Pass the boathouse and go through the gate. Keep on the path that runs by the edge of the rugby ground.
8. Shortly after passing the bowling green you will come to Baths Bridge. Cross the bridge, turn right, and head back on the other side of the river.
9. After approximately half a mile, you will see the boathouse again to your right across the river. Keep on the main shale path that leads away from the river bank. Follow this path for about four hundred yards. As the path curves round to the left, you will see Old Durham Gardens to your left. You are now heading back in the same direction as you came.
10. On reaching Old Durham Farmhouse on the right, go straight past it, and continue on the path uphill. You will see Sherburn Estate on the horizon. As you follow the path the incline is quite steep. You will have open fields on either side.
11. On reaching the T-junction, bear left uphill for approximately four hundred yards, back to you starting point at Bent House Lane.

