

The East to West Adventure

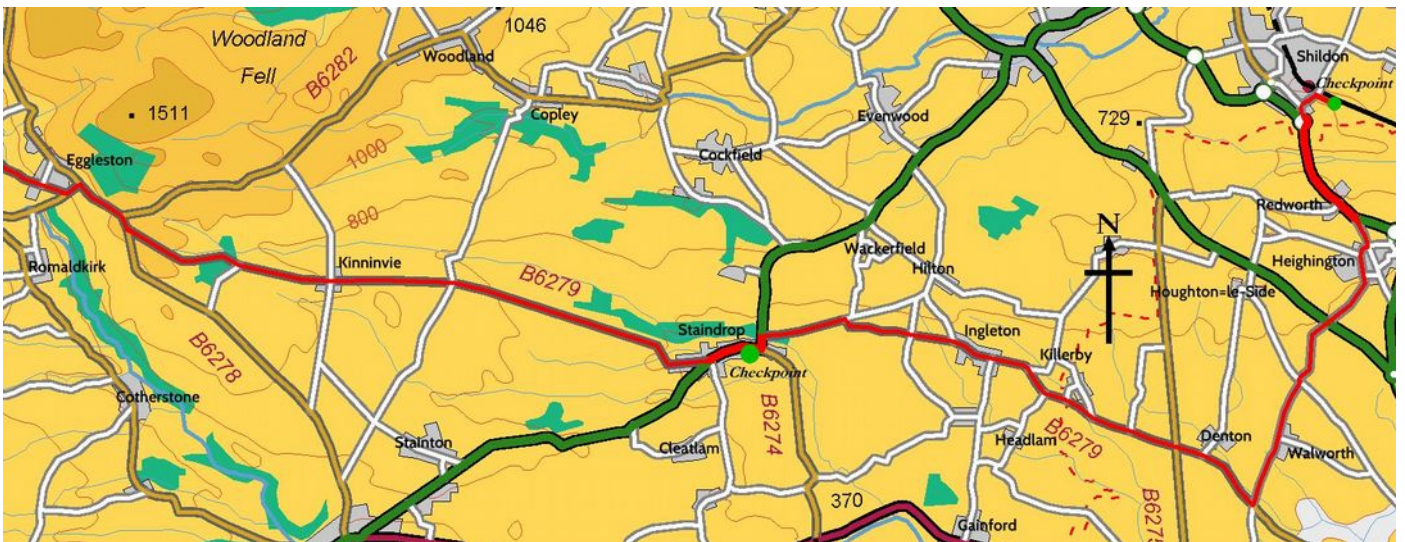
Day one – 22 June 2019

Route marked in red going from right to left

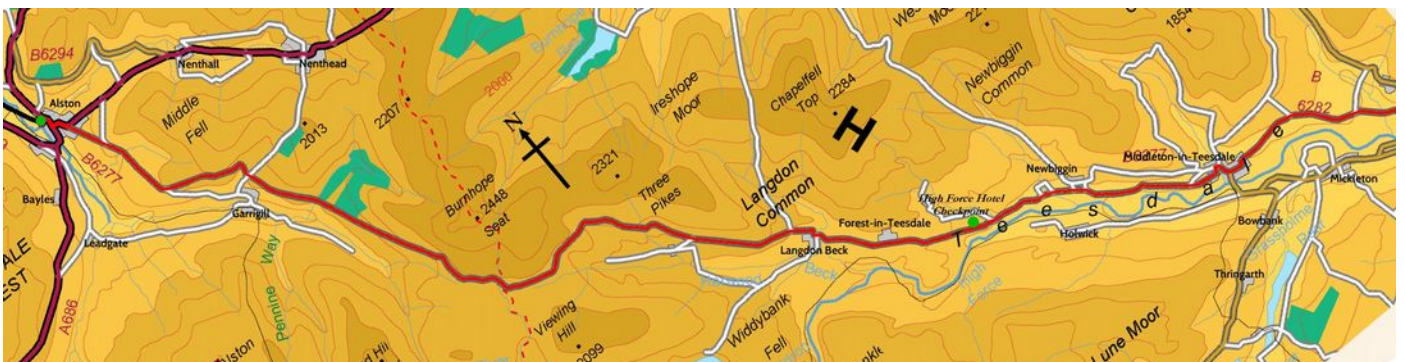
Crimdon Dene to Shildon – Checkpoint at Shildon



Shildon to Eggleston – Checkpoint at Staindrop



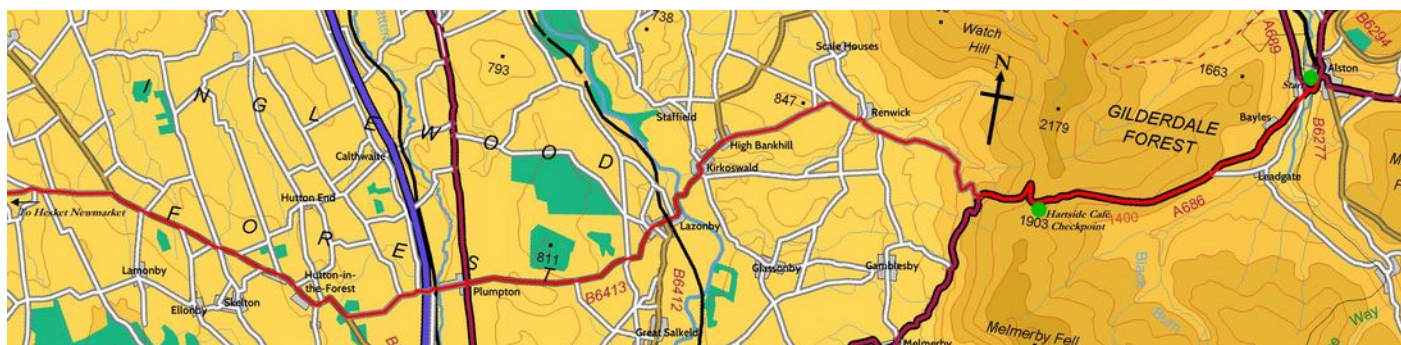
Middleton-in-Teesdale to Alston – Checkpoint at High Force



Day two – 23 June 2019

Route marked in red going from right to left

Alston to Hesket Newmarket



Hesket Newmarket to Pardshaw – Checkpoint at the Lakeside Distillery



Pardshaw to Whitehaven – Finish at The Beacon

