



### Stage 3 - NEWTON under ROSEBERRY to MIDDLESBROUGH

**Distance** - 15.3km / 9.5 miles

**Explorer maps** - North York Moors - OL26

**Time** - 4 - 4.5 hours average time based on Naismith's rule

**Total ascent** - 129m

**Total descent** - 227m

**Description** - The path leaves the village past St Oswald's church to reach the Tees Link path. Follow the Tees Link through heads north through the edge of Flatts Lane Country Park to the old railway line to Middlesbrough. The stage is easy going with only a moderate amount of hills to ascend. There is a cafe in the Country Park.

1 - From Newton under Roseberry turn left, direction Cross Keys pub 1.5 miles. Walk around Snow Hill farm and into the farm yard to the footpath T-junction. Turn right between the agricultural buildings to Spite Hall Farm.

2 - Turn left to pass the farm on the right and past Low Farm. Continue ahead to the road. Cross the road (very busy) and continue ahead, direction Eston Nab. Continue up the hill and through fields to reach a small forest ahead. Turn left with a stone wall on the left and silver birch trees on the right. The path can be boggy and waterlogged so follow the footpath deviations that have been made by other walkers.



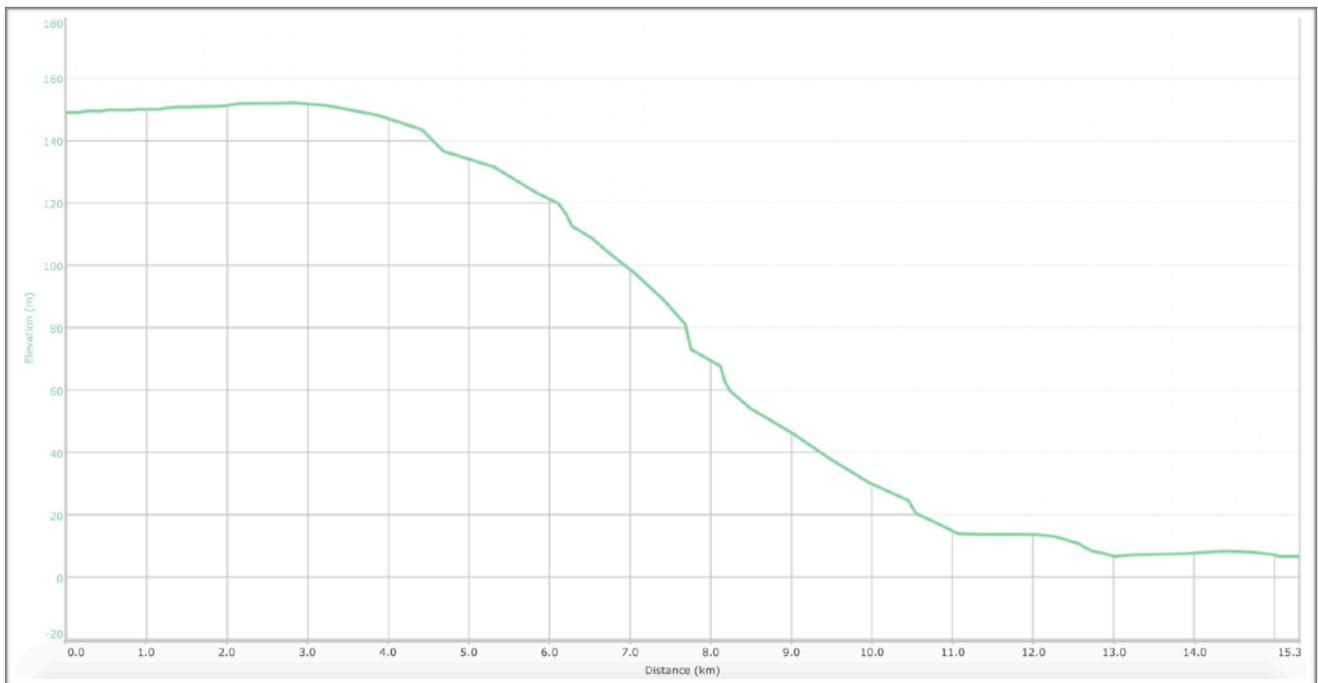
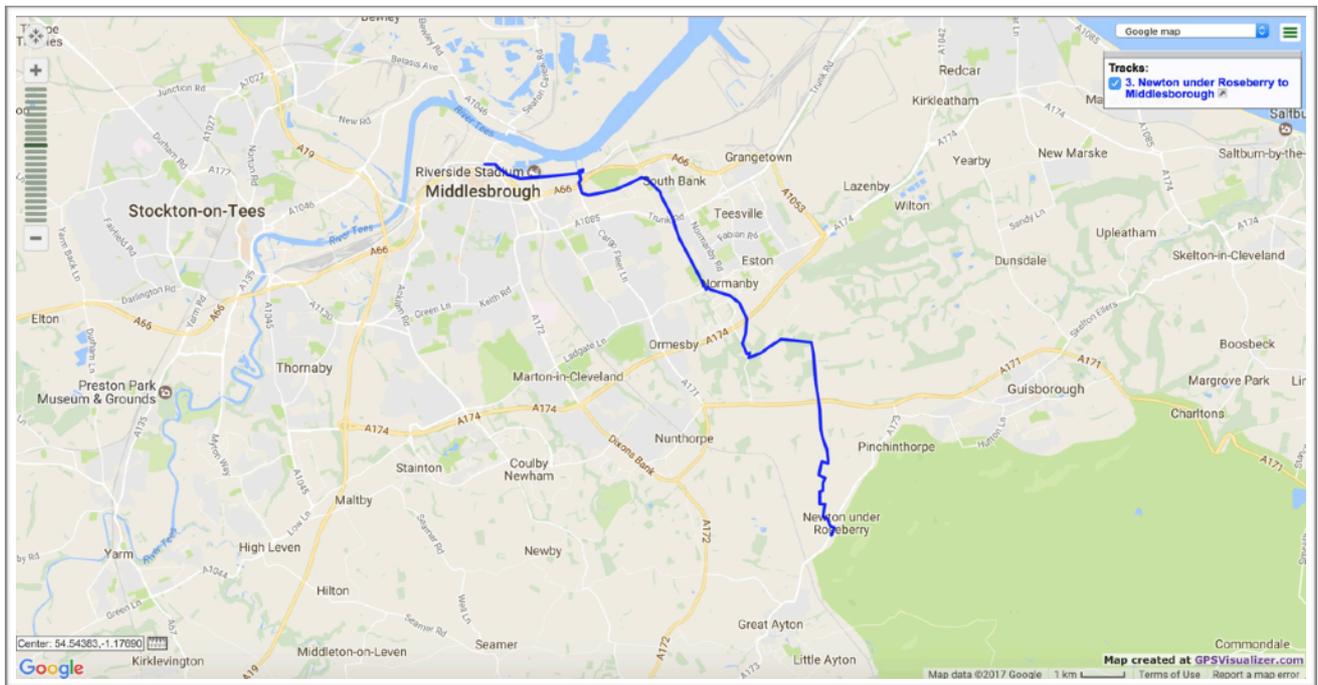
3 - At the end reach an open space. Continue ahead past two stone gate posts on the left, down the incline bearing slightly left to a metal gate. Continue ahead and then turn right, footpath down to the road. Turn right and then left in Flatts Country Park.

4 - At the path turn right down to and through the car park and the path into the trees to arrive at a green metal gate. Cross over the road and ahead towards the Tees Valley NHS and the bear left past the large metal compass onto the old railway line to a metal bridge



5 - Don't cross the bridge but turn left down to the road and cross over. Turn left to reach Outwood Academy delivery entrance. Turn right, passing a housing estate on the left and a stream on the right to reach a main road. Cross over and continue ahead through the industrial estate.

6 - Reach a main road with the Cargo Fleet Office ahead and to the right. Turn left to the roundabout. Then turn right to the next roundabout keeping on the right side of the road. Continue ahead taking the second right turn, direction Dockside Industrial Estate and football stadium.



7 - At the roundabout turn right to pass under the road, past the football stadium to the roundabout. Continue ahead along Winward Way to the T-junction. Turn left to the cross road and rail station and the end of the stage. Turn left into the town centre for accommodation.