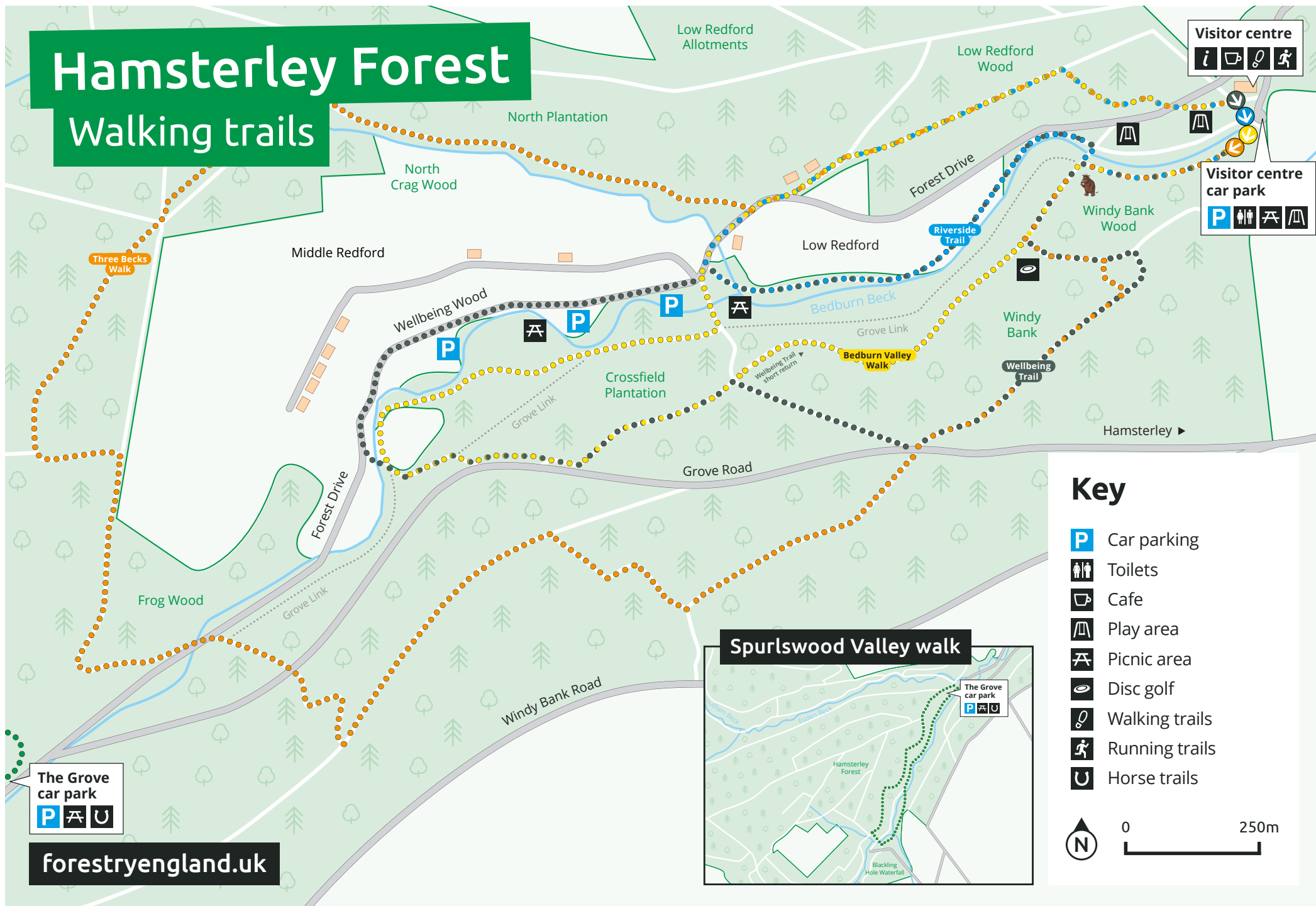


Hamsterley Forest

Walking trails



Key

- P** Car parking
- Toilets
- Cafe
- Play area
- Picnic area
- Disc golf
- Walking trails
- Running trails
- Horse trails



The Grove car park
P

forestryengland.uk



Forestry England

Walking trails at Hamsterley Forest

The walking trails will take you deep into the heart of the valley, through mixed woodland and you may be fortunate to spot some wildlife!

Riverside Trail ●●●

2.4km (½ miles)

The Riverside Trail takes you along the valley floor, through a mixed woodland, following the Bedburn Beck to Low Redford Picnic area.

From here, you will travel along the forest drive for a short time before ascending for the final leg of the trail through an oak wood that was planted in 1937 to commemorate the coronation of King George VI.

Compacted paths and tarmac roads.
Suitable for pushchairs and wheelchairs.

Bedburn Valley Walk ●●●

4km (2½ miles)

This route follows the Bedburn Beck for a short distance before climbing through beautiful mixed woodland above the valley floor. You will then descend through coniferous trees and a mixed woodland, joining the Grove Link and meeting the Bedburn Beck again at Low Redford picnic area. From here you will join the other trails and return to the visitor's centre.

Mixed terrain of compacted paths, uneven and rough forest roads with a narrow bridge crossing not suitable for pushchairs or wheelchairs.

Starting from Grove Car Park

Spurlswood Valley Walk ●●●

7.2km (4½ miles)

Starting 2 miles from the visitor centre, this route follows the old forest drive through mixed woodland, crossing Spurlswood Beck onto a narrow, unsurfaced trail with steep sections and steps.

Visit Blackling Hole Waterfall before climbing to the Silver Mile, then return via steps to Grove car park. Look out for wood ant nests along the way.

Mixed terrain with uneven roads, narrow paths, steep ascents, descents and steps.

Three Becks Walk ●●●

7.2km (4½ miles)

This challenging route climbs high above the valley, offering rewarding views across the forest, Hamsterley Common and Cabin Hill. Descend into the valley before climbing through Frog Wood for more great views, then continue uphill before descending through Potato Hill and crossing Ayhope Beck.

The final section follows mixed woodland alongside Ayhope Beck before joining the other trails back to the visitor centre.

Mixed terrain including uneven and rough forest roads, narrow unsurfaced paths, steeper ascents, descents and steps. Includes road crossings.

Wellbeing Trail ●●●

Short Route: 3.4km (2 miles)

Long Route: 5km (3 miles)

The short route follows Bedburn Beck before climbing through mixed woodland, offering peaceful spots to pause, relax and recharge. The long route adds 3km through coniferous and mixed woodland, crossing Bedburn Beck at Arnold's Bridge and passing Wellbeing Wood and the flower-rich Low Redford Meadows. Mixed terrain with uneven forest roads, narrow unsurfaced paths and some steep ascents and descents.

Emergency info

Key location:

Visitor centre

Grid ref: NZ 0916 3125

What3Words:

///turned.evolution.spells

Nearest A&E hospital:

Darlington Memorial Hospital,
Hollyhurst Road, Darlington, DL3 6HX
T: 01325 380 100

Nearest access road:

Redford Lane, via Bedburn

In case of an emergency call 999.

Inform Forestry England
as soon as you can.

T: 0300 067 4200

The forest code

- Protect and respect wildlife, plants and trees.
- Guard against all risks of fire.
- Keep dogs under control.
- Take your litter home.
- Make no unnecessary noise.
- Take only memories away.
- The forest is for everyone.
Please be aware of other visitors.

Join today

As a member you'll be supporting Hamsterley Forest and get free onsite parking, forest updates and discounts.

[forestryengland.uk/
membership](https://forestryengland.uk/membership)