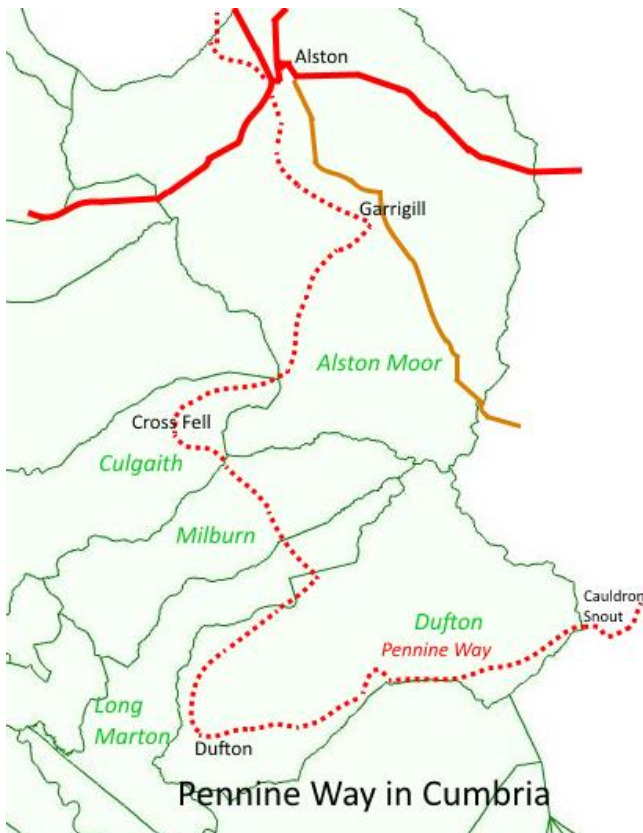


APPENDIX 1 THE PENNINE WAY



The Cumbria section of the Pennine Way runs from Cauldron Snout on the River Tees crossing the fells to Dufton, then climbing back again to the ridgeline before descending to the valley of the South Tyne, leaving Cumbria at Gilderdale Bridge. The extent of the Pennine Way in Cumbria is limited to 47.6 km, 29.3 miles. (*Wainwright quotes 32½ miles.*)¹

Parishes through which the Pennine Way passes with features of interest in them—*click on name to access the Digest page with full access to the history of the parish*.

[Dufton](#) ([Cauldron Snout](#), [High Cup Nick](#)) [LongMarton](#)
[Milburn](#) (Great Dun Fell, Little Dun Fell, Tees Head) [Culgaith](#) ([Cross Fell](#))
[Alston Moor](#) (Garrigill, Alston Town)

¹ <http://www.nationaltrail.co.uk/pennine-way>; [accessed 1 July 2019]