



River Tees Route Card – Lower Dinsdale to the Barrage

By Dave Brown October 2021

Introduction

There are some great stretches of river to paddle on the Tees, so I have noted down some suggested routes, places to launch from, car parking, places to bail out on route if required (ie if someone is taken ill) and places to eat, drink and shop.

River Safety

We share the river with both Yarm school and Stockton rowing clubs, so please keep to the right and be observant about craft approaching from the rear.

There's also fishing boats, the Rivershack taxi and the Teesside Princess launch operating on the river. Also open water swimmers regularly use the Preston Park and Bowesfield areas.

In addition, the area between Queen Victoria bridge at Stockton and the barrage is used by water skiers, jet skiers and sailing dinghies. Guidance on accessing this area can be found on the Canal and River Trust website.

Carrying a whistle to alert other craft of your presence is recommended.

There is an online river gauging station at Yarm that can be used to monitor the river level. River levels above 0.6m at Yarm can be challenging, so please check before you travel.

The road and rail bridge arches at Yarm can sometimes be one massive log Jam, so check the situation before you launch if you intend to pass under the bridges.

In spring, summer and autumn Giant Hog Weed are quite prevalent on the river banks. This is a very tall green plant with thick stems, large leaves and small white flowers. The sap from this plant reacts with sun light to cause serious burns. Best option is to stay well clear but if you get sap on your skin, wash the area thoroughly with water and seek medical attention.

The immediate area around the jetty at Preston Park is ideal for learners and Route 1 on the next page would be suite for an initial adventure, as this section of the river is normally sheltered from the wind.

Travel

Most folks will travel by car but Eaglescliffe train station is only 10 minutes walk from the jetty at Preston Park with links to Middlesbrough, Darlington & Sunderland. There are also several bus stops close to the park with links to Stockton and Middlesbrough bus stations.

Suggested Routes

- 1. Preston Park [G] to Eaglescliffe Golf Course [F] & Return – Grade: Very Easy**
Distance – 2.4 miles
Paddling time – 1 to 1.5 hours
Best conditions – Southerly or Westerly wind
Map – 3.
- 2. Preston Park [G] to River Leven [D] Alpacas [E] & Return – Grade: Easy**
Distance – 5.2 miles
Paddling time – 2 to 3 hours
Best conditions – Southerly or Westerly wind
Map – 3.
- 3. Preston Park [G] to Foxy Corner at Bowesfield [H] & Return – Grade: Easy**
Distance – 5.0 miles
Paddling time – 2 to 3 hours
Best conditions – Northerly or Easterly wind
Map – 3 & 4.
- 4. Preston Park [G] to Yarm [C] via Leven Confluence[D] & Return – Grade: Medium**
Distance – 6.8 miles
Paddling time – 3 to 4 hours
Best conditions – Southerly or Westerly wind
Map – 3.
- 5. Preston Park [G] to Barrage [I] one-way – Grade: easy**
Distance – 5.0 miles
Paddling time – 2 to 3 hours
Best conditions – Southerly or Westerly wind
Map – 3 & 4.
- 6. Newsham Grange [B] to Preston Park [G] via Yarm [C] one-way – Grade: Medium**
Distance – 8.0 miles
Paddling time – 3 to 4 hours
Best conditions – Southerly or Westerly wind
Map 1b, 2 & 3.
- 7. Low Moor[A] to Yarm [C] one-way – Grade: Medium**
Distance – 7.0 miles
Paddling time – 2.5 to 3.5 hours
Best conditions – Southerly or Westerly wind
Map 1b & 2.
- 8. Lower Dinsdale [Z] to Yarm [C] one-way – Grade: Medium / Hard (Grade 1/2 River)**
Distance – 11.0 miles
Paddling time – 4 to 5 hours
Best conditions – Westerly wind
Map 1a, 1b & 2.

Map Key

VP (2) Verge side free parking, please respect residents (spaces)

LP (2) Road side free parking, please respect residents

PP (5) Pay and display car park

FP (4) Free car park

RP (2) Restricted parking, tickets issued for non-compliance

L Mud bank launch – can be muddy / slippery & steep

L Grass bank launch – can be slippery & steep

L Pontoon or Jetty launch

L Pontoon behind Sainsbury – call 07795613299 for access

E Emergency escape only

★ Blue Bell Pub, Yarm - with easy access to launch spot

☆ Good lunch / break spots in addition to launch points

I Location marker

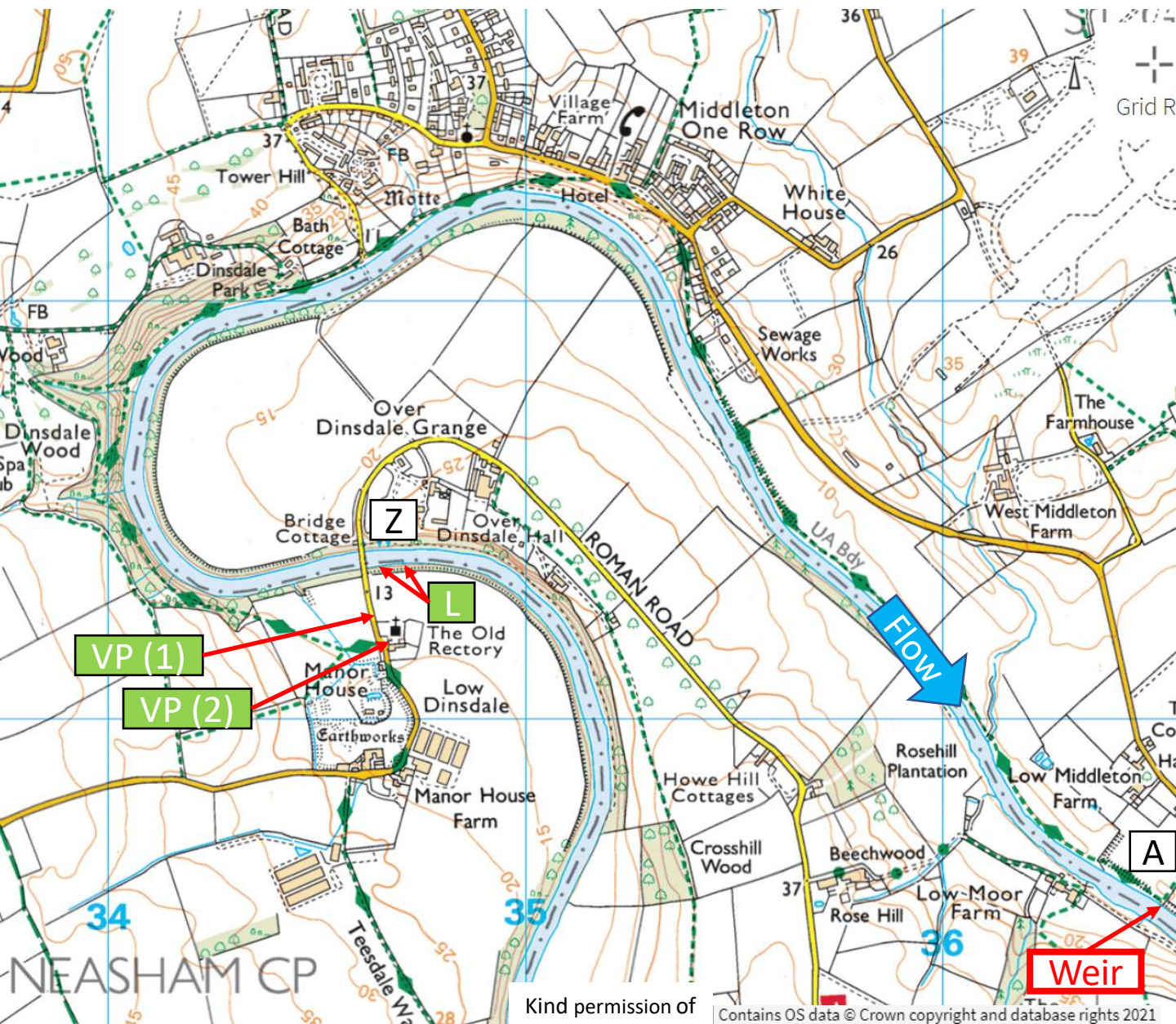
Good Places to Eat, Drink and shop in Eaglescliffe – great if paddling from Preston Park, refer to map 3

- ① Station 5 Deli, Station Road – great coffee, cakes & bacon rolls with indoor and outside seating.
- ② Claire's Kitchen & Deli, Lime Road – great sandwiches, cakes & meals. Take away only.
- ③ Locomotion Hotel, Station Road – great pub with beer garden and meals.
- ④ Waiting Room, Station Road – good vegetarian restaurant.
- ⑤ Family Choice, Elmwood Road – family run convenience store with great beer & wines selection at affordable prices!

Important Stuff

The information in this guide is given in good faith. It is recommended that users check the information is current and up to date. Paddle boarding like most sports carries an associated risk, all users shall undertake a risk assessment process to establish & maintain their own safety.

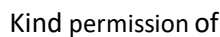
Route 8



Note: The river section between [Z] and [A] can vary from a gentle grade 1 to grade 2 conditions depending of the river level. Paddlers need to carry our their own risk assessment regarding the equipment to be used, ie river fin, quick release leash, PFD and helmet.

Parking is limited at Lower Dinsdale, so please be courteous.

Routes 6 and 7.

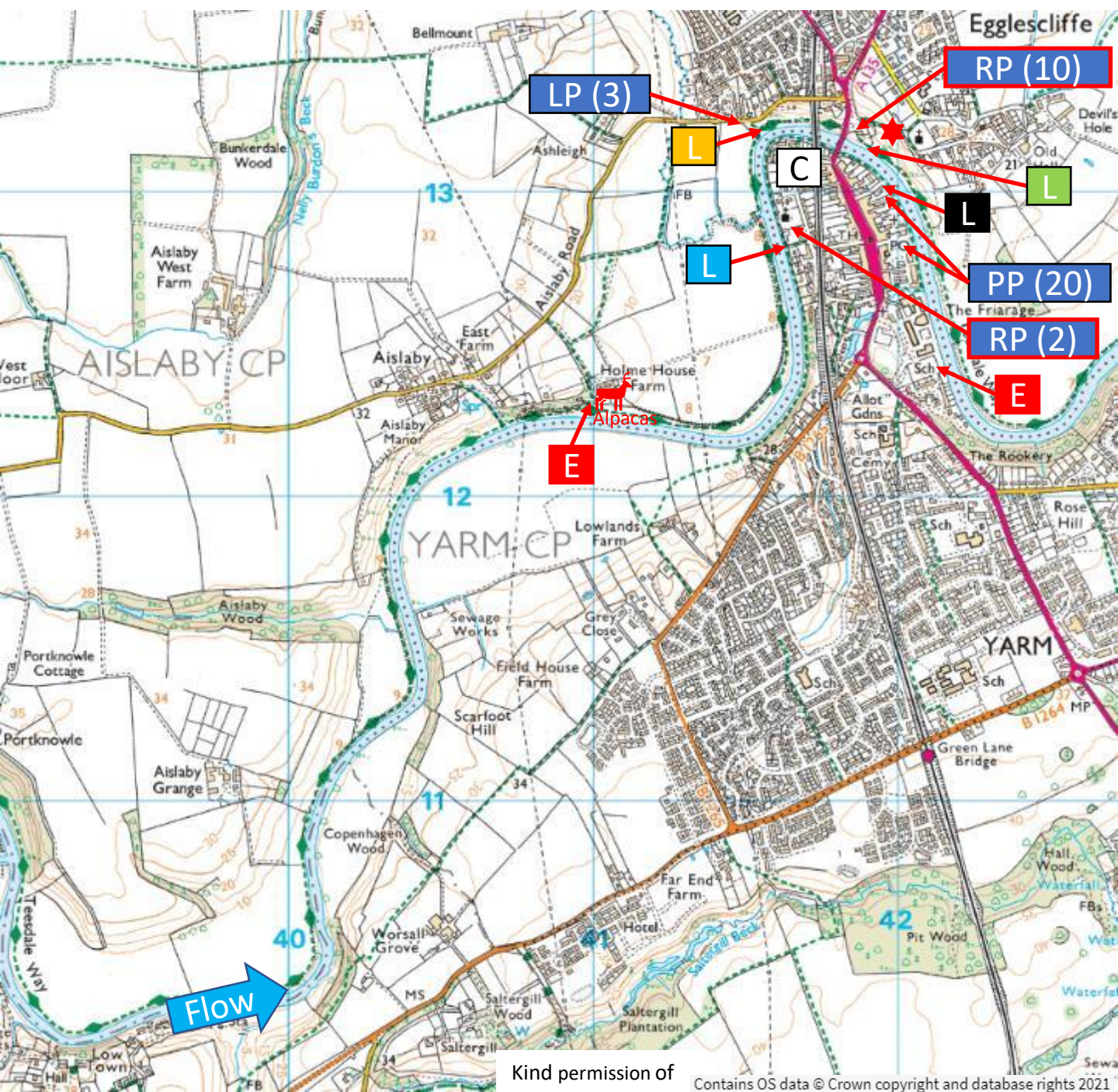


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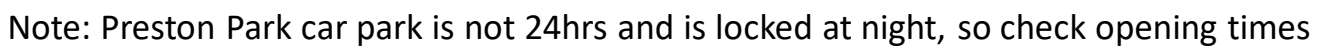
Map 2

Routes 4, 6 and 7.



Note: Yarm is loaded with places to eat and drink. There's also a Sainsburys and bakeries on the high street. The pontoon behind Sainsbuys offers a great place to launch with long stay parking only a stones throw away. The pontoon is owned by the Council but managed day to day by Rivershack, so its best to give them a bell (07795613299) the day before to get the key access code for the pontoon. ⁶

Routes 1, 2, 3, 4, 5, & 6.



Map 4
Routes 3 & 5.

