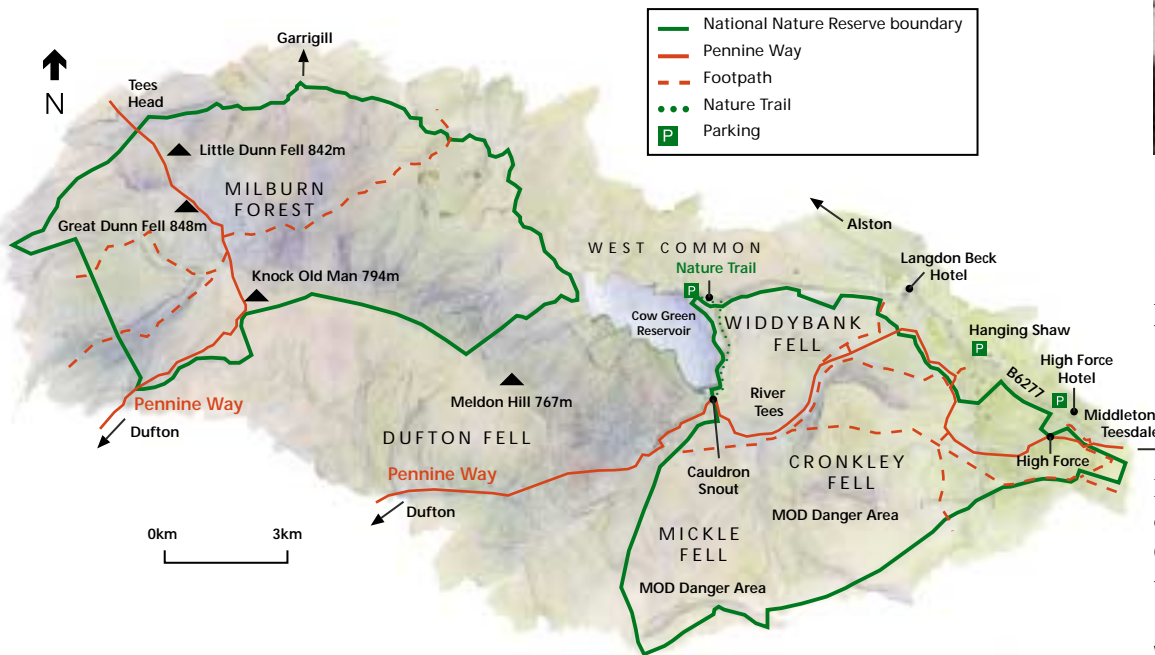


Moor House-Upper Teesdale National Nature Reserve



- For your own safety, please keep to the waymarked routes - there are hidden mine shafts in the area. Beware of unexploded ammunition in the MOD Danger Areas.
- The weather can deteriorate rapidly - carry weather-proof clothing and know how to use a map and compass.

- Follow the Country Code, in particular, keep dogs on a lead to avoid disturbance to ground nesting birds and grazing livestock.
- Do not camp or light fires.