

Working in partnership to conserve and enhance the Tamar Valley
eNews Bulletin - June 2009 (including July Events Guide)



TamarValley
Area of Outstanding Natural Beauty

In This Issue

[Tamar Valley Centre Open Day - Sunday 12th July](#)

[East Cornwall Tamar Trails - Walks Pack Now Available](#)

[Tamar Trails - Open!](#)

[Habit of a \(Healthy\) Lifetime](#)

[Summer Newsletter Out Now](#)

[Heath Fritillaries Thriving in Valley](#)

[Leave Your Car at Home, Enjoy West Devon's Mining Heritage by Train & Bus](#)

[Volunteer Tour Guides Needed This Summer](#)

[Bere Alston Hits the Jackpot!](#)

[Harrowbarrow Woodland Park - a £57,000 Investment](#)

[Dates for Your Diary](#)

Tamar Valley Centre Open Day - Sunday 12th July

Drop in to the new orientation centre at Drakewalls, near Gunnislake, on Sunday 12th July, for a guided tour of the building, to find out more about its construction and energy-saving features, and to find out how it may be of use to you.

The Centre will be a gateway for visitors to the Tamar Valley AONB, a space to showcase and celebrate all our landscape has to offer, through seasonally changing displays and exhibitions, and a resource for the community, with 100m² of exhibition space for local artists and public event organisers to hire, plus space to hold meetings. It is also the new home for the Tamar Valley AONB team, Calstock Parish Archive Trust, Calstock Parish Council and forthcoming Tamar Community Trust, who will own and manage the Centre.

The Centre will be open from 11am - 4pm on Sunday 12th July, and light refreshments will be available throughout the day.

On the afternoon of Monday 13th July, the Tamar Valley Centre will be officially opened by HRH The Princess Royal. HRH will get the chance to meet with the builders and architects involved in the creation of the Centre, and enjoy a tour of the building. This event is strictly by invitation only.

East Cornwall Tamar Trails - Walks Pack Now Available

Pull on your walking boots and explore East Cornwall, with the new Tamar Trails Walks Pack.

The pack, a result of the £1.8 million East Cornwall Regeneration Project to conserve and celebrate the mining landscape, features nine walks that lie within the Cornish side of the Tamar Valley AONB.

The walks vary in length and grading, from short strolls (less than two miles, taking less than an hour) to longer hikes (up to three miles, taking around two hours). For more adventurous walkers, the routes can be combined for a ramble that lasts the day.

The walks are printed on weatherproof paper held in a handy folder. There are also additional pages featuring fascinating background stories to the industrial and natural history of the Tamar Valley.

Packs are available from the Tamar Valley Centre at £5.95 or can be ordered by sending a cheque made payable to Cornwall Council to the Tamar Valley Centre, Cemetery Road, Drakewalls, Gunnislake, Cornwall, PL18 9FE. Please send a stamped addressed envelope for us to return your pack: ideally A4 packet with £1.30 worth of postage.

Alternatively, visit the website: www.tamarvalley.org.uk and click on Things To Do, East Cornwall Tamar Trails, to download individual walks.

Tamar Trails - Open!

Phase 1 of the new tracks and trails on the Devon side of the Tamar Valley will be open and ready to enjoy from **16th July**.

Part of the Tamar Valley Mining Heritage Project, these much-awaited trails will allow people to access new areas of the Tamar Valley that have been hidden and not open to the public until now.

The new trails are listed below. For more information on each of the walks, plus maps,

please visit www.tamarvalley.org.uk from 16th July.

- Devon Great Consols Mineral Railway Trail, multi-use, 6.5km, 3 hours
- Morwellham to Newquay Footpath, footpath only, 2km, 1 hour
- Chimney Rock Walk, footpath only, 2km, 1 hour
- Wheal Maria Trail, multi-use, 5km, 2 hours
- Morwellham Wildlife Trail, footpath (no dogs), 3km, 1.25 hours
- Wheal Josiah Walk, footpath only, 3.5km, 1.25 hours
- Maddacleave Woods Downhill Mountain Bike Tracks, www.woodlandriders.com
(must be a member of Woodland Riders - day pass/full membership available)

In addition, Dartmoor Outdoors have set up;

- Tree Surfers - complex of ladders, rope bridges, zip wires and walkways - www.treesurfers.co.uk

Habit of a (Healthy) Lifetime

Get ready to develop a habit... that's good for you!

A brand new walking group has just begun, for all ages and abilities. The **Tamar Valley Walk & Talk** group is aimed at anyone who wants to take the first steps towards a healthier lifestyle.

Growing medical evidence shows that access to the natural environment improves health and wellbeing, prevents disease and helps people recover more quickly from illness.

Currently, there is only one other Walk & Talk scheme available to residents in and around the Tamar Valley, which is based in Tavistock, attracting more than 30 people to their regular strolls around the town.

The new group will be focussed on the Cornish bank of the Tamar, meeting every Wednesday in July. Starting points will be easy to find around south-east Cornwall and a friendly welcome is guaranteed for anyone who attends. All the walks last about one hour with rest stops along the way, following level routes aimed at new walkers.

The Tamar Valley Walk & Talk scheme will run for six months to assess its popularity. Several walks will take advantage of the scenic Tamar Valley Line train service to get to their starting points and the great news is that the train rides are free for all walkers who take part during July!

For a friendly chat to find out more, please call Bill Davies on 07825 365478. For a full list of walks coming up, see the Dates for your Diary in this News Bulletin.

Summer Newsletter Out Now

The summer issue of *The Valley* - the newsletter of the Tamar Valley AONB - is now available through public outlets in and around the Tamar Valley.

Packed with the latest news and events, this issue also includes a map of the area, helping you find your way around the Valley even easier this summer.

If you are unable to find a newsletter near you, please contact the AONB team and we will be happy to send you one - tel: 01822 835030, email: cdancer@tamarvalley.org.uk

If you have an article or event that you would like to be considered for inclusion within the next newsletter (due out end September), please also get in touch.

Heath Fritillaries Thriving in Valley

Following the release of Heath Fritillary butterflies at Blanchdown 2 years ago, we are pleased to report that some of the rare creatures have hatched this year. Four have been spotted so far, but if the weather stays good, we are hopeful of seeing more.

Leave Your Car at Home, Enjoy West Devon's Mining Heritage by Train and Bus

The Tamar Valley AONB team are working with the Devon & Cornwall Rail Partnership and the Cornish Mining World Heritage Site office to run a pilot bus service connecting Callington, Gunnislake Train Station, the new Tamar Trails and Morwellham Quay.

Starting on **27th July**, in time for the school holidays, the bus will run twice a day, Monday to Friday for 6 weeks. Buses will be timed to link with Tamar Valley Line trains, picking up and dropping off from Gunnislake Station.

Return tickets will be just £1 for adults and 50p for children, and under 5s travel for free.

Visit www.morwellham-quay.co.uk nearer the time to view the timetable.

Volunteer Tour Guides Needed this Summer!

If you have any spare time this summer, there is an opportunity for volunteers to help support the new pilot bus scheme to Morwellham.

Volunteers are needed to greet the bus at Gunnislake Station and introduce Morwellham Quay on the short journey to the village.

Volunteers are welcome to travel back to Gunnislake on the return journey. The bus leaves Gunnislake mid-morning and arrives back mid afternoon.

If you are interested in this or other Morwellham Quay volunteer opportunities please contact Jackie Cleaver at Morwellham Quay, telephone 01822 832766 ext 28.

Bere Alston Hits the Jackpot!

After 4 years of hard work and determination, the Regeneration Partnership has succeeded in raising £450,000 to redevelop the Parish Hall.

The last funding application from The Dartmoor Local Action Group was granted and full funding is now in place.

The Tamar Valley AONB has helped this project and provided funding, so we look forward to seeing the work begin.

For further information, please contact Sara Pike (Secretary) - davidandsarapike@tiscali.co.uk

Harrowbarrow Woodland Park - a £57,000 Investment

Local children from Harrowbarrow are enjoying their village's Woodland Park, a project that has so far cost £56,766.87.

The area of land, adjacent to the village hall, was planted with woodland 2 years ago, and is today looking very healthy. The park still needs fitting out with suitable equipment, but already the Park is a huge improvement and is helping to keep the children away from the contaminated mine site.

For information on how the money was raised, and a full list of sponsors (including the Tamar Valley AONB who invested £4,000), please contact John Briggs, jbmon@btinternet.com

DATES FOR YOUR DIARY

Your guide to events being held in the Tamar Valley throughout July.
For full and up-to-date events listings at the click of a button, visit
<http://www.tamarvalley.org.uk/eventscalendar.asp>

2nd, Thursday, 2:00pm - 3:00pm (then every Thursday until September)

Garden House Guided Tours

Meet: Front lawn of The Garden House, Buckland Monachorum

Cost: Normal admission

Information: Rachel Young, Administrator, The Garden House, 01822 854769

11th, Saturday, 10:00am - 4:00pm

Weaving for Gardeners, Hanging Baskets

Explore the possibilities for a range of woven willow projects with Lyn Edwards. Take home a unique hanging basket and maybe even a plant or two.

Venue: Buckland Abbey

Cost: £32 per person, to include lunch and most materials.

Booking: essential - 01822 853607

Organiser: Buckland Abbey, The National Trust

11th, Saturday, 2:00pm start

Discover Butterflies

Walk on the Churchtown Farm Community Nature Reserve, Saltash, with John Randall, managed by the Cornwall Wildlife Trust.

Meet: Wearde Road entrance

12th, Sunday, 11:00am - 4:00pm

Tamar Valley Centre Open Day

Come along for a guided tour around the building, presentations and refreshments. See main News Bulletin for more details.

Information & Organiser: Tamar Valley AONB, 01822 835030

12th, Sunday, from 12 noon

Walk, including visit to Tamar Valley Centre Public Open Day

After visiting the Centre and lunch, enjoy a short social walk through Albaston, down the Danescombe Valley and along Lower Kelly to Calstock, with Stephen Docksey. Return to Gunnislake station, 15.51 from Calstock station; to Plymouth, 16.22.

Notes: Bring packed lunch, stout walking shoes or boots. Unsuitable for dogs.

Meet: 12 noon, Gunnislake station car park (meeting 11.17 train from Plymouth, 11.51 from Calstock).

Information: 01822 834454 (Stephen Docksey)

Organiser: Calstock Footpath Society

12th, Sunday, from 10:30am

Morwellham Nature Day

Re-launch of the Morwellham Nature Reserve. Explore, enjoy and discover this special and peaceful pocket of the Tamar Valley.

Creepy Crawly Critters

Make your own creepy crawly sculpture with help from wood artist Nic Ridley.

Recommended for children aged 7 years and over.

Times: 10:30am - 12noon, 1pm - 2:30pm, 3pm - 4:30pm

Cost: £3 per child per session

Farmer Drama

Workshop with MED Theatre. Weave your own stories using Morwellham Quay's historic farm and folklore for inspiration. Recommended for children aged 10 years and over.

Time: 10:30am - 1:30pm

Cost: £3

Notes: parental supervision required. Car park charge for Morwellham Quay, £2 for whole day.

Meet: Morwellham Farm

Booking: essential for workshops - 01822 835030, bookings@tamarvalley.org.uk

Organiser: Tamar Valley Mining Heritage Project

12th, Sunday, 9:00am - 12 noon

Heathland Birds on Kit Hill

Learn about the birds who live on the heath with local bird expert Dr Malcolm Wright and the Kit Hill Wardens.

Meet: Kit Hill entrance car park (SX 383 713)

Notes: please bring binoculars and drink.

Information: 01872 323468, booking not essential but preferred

Organiser: Kit Hill Country Park

15th, Wednesday, 11:15am - 12:15pm

Tamar Valley Walk & Talk - Kit Hill

Enjoy the best views in the Tamar Valley, from Kit Hill. A chance to enjoy a chat and cuppa in the tea room after the walk.

Notes: short, steep incline over rough ground, followed by gentle slopes on footpaths to summit. Please wear comfortable clothing, sturdy shoes and be prepared for the weather!

Bring a drink/snack to make the rest stops more enjoyable.

Meet: outside Louis' Tea Room, Kit Hill

Information: 07825 365478 (Bill Davies, Caradon NHS Health Trainer)

15th, Wednesday, 2:30pm start

The Plant Hunters

Illustrated talk by Sue Minter, former Curator of Chelsea Physic Garden and former Director of Biomes at the Eden Project, about some of the extraordinary people whose explorations influenced the gardens of Britain.

Venue: The Garden House, Buckland Monachorum

Cost: £12 per person

Information: Rachel Young, Administrator, The Garden House, 01822 854769

18th, Saturday, 10:00am - 1:00pm

Apple Tree Pruning Course

Learn the art of summer tree pruning with Charles Staniland, to enhance fruit production and manage trees in a sustainable method.

Notes: please wear suitable strong clothing and boots/strong shoes. Please bring suitable tools, if you have them.

Cost: £10

Venue: orchard between Bere Ferrers and Bere Alston

Booking & information: 01822 841309, Briankay1@tiscali.co.uk (Brian Lamb)

Organiser: Tavy & Tamar Apple Group

22nd, Wednesday, 9:00am - 5:30pm

Barn Owl Ecology, Surveys & Signs

One-day course, designed for environmental professionals involved in Barn Owl survey work.

Cost: £175 per person, refreshments & lunch included

Venue: farm, near Ivybridge, South Devon

Booking: essential - helen@barnowltrust.org.uk

Organiser: Barn Owl Trust

22nd, Wednesday, 11:15am - 12:15pm

Tamar Valley Walk & Talk - Calstock Parish

Discover the mining past as we walk along old lanes and bridleways. Finish in Calstock to meet the bus or train returning to Gunnislake Train station.

Notes: mostly downhill with short hill section, footpaths and lanes, some uneven terrain. Please wear comfortable clothing, sturdy shoes and be prepared for the weather! Bring a drink/snack to make the rest stops more enjoyable.

Meet: Tamar Valley Centre car park, Drakewalls

Information: 07825 365478 (Bill Davies, Caradon NHS Health Trainer)

22nd, Wednesday, 1:30pm - 3:30pm

Mount Edgcumbe Garden Tour

Guided tour of the formal gardens by one of the experienced staff. Learn how they were created, who designed them, where the shell seat came from, as well as viewing rare and unusual plants.

Meet: Cremyll Gates

Cost: £3 per person

Booking: 01752 822236, mt.edgcumbe@plymouth.gov.uk

Organiser: Mount Edgcumbe Country Park

24th, Friday, 8:30pm - 10:30pm

Polapit Tamar Noctule Bat Roost Count

Venue: Grid ref: SX331887 in lane off to the field to the left on the road from Lady Cross to Eggbear (past entrance drive to Polapit Manor)
Information: 01579 370433, mid-tamargroup@hotmail.co.uk
Organiser: Mid Tamar Wildlife Group

25th, Saturday, 7:30pm start

Botany, Bats and Moths

Use specialist sonar and night-vision equipment to spot the aerial acrobatics of various bats in the Valley, on this guided walk. Get a close-up view of the beautiful and bizarre moths that are a valuable food source to the winged creatures. Join geologist, botanist and woodland ranger, Martin Summers, on this fascinating walk to learn about the plants and flowers along the way and use sonar equipment to listen to the many varieties of bats that call the Tamar Valley home.

Notes: Please wear sturdy shoes and suitable clothes.

Cost: £3 adults, £1.50 children.

Venue: Churchtown Farm Community Nature Reserve, Saltash, Grid reference: SX 419 575

Booking: essential, 01822 835033, rdavies@tamarvalley.org.uk

Organiser: Tamar Valley AONB

26th, Saturday - Sunday 2nd August, 10:30am - 5:00pm

Digging the Dirt!

Take a peek at the hidden history behind Buckland (part of the Festival of British Archaeology). Family trails, displays and activities. Will vary each day.

Venue: Buckland Abbey

Cost: normal National Trust admission charge

Information & Organiser: Buckland Abbey, The National Trust, 01822 853607

27th, Monday, 10:30am

Wildlife Awareness Project

Walk, practising habitat recording at an interesting local site.

Meet: The Old School, Stoke Climsland (SX 3601 7445)

Notes: please bring stout shoes.

Organiser: Cornwall Wildlife Trust Mid-Tamar Valley Group

28th, Tuesday, 2:00pm - 4:00pm

Pond Dipping and Mini Beast Safari

Come and poot, dip and sweep and find out about a bugs life.

Notes: All children must be accompanied by an adult. No dogs. Please bring sun cream, hat and refreshments.

Meet: Kit Hill Summit car park (SX 375 713)

Booking: essential - 01872 323468

Organiser: Kit Hill Country Park

29th, Wednesday, 11:15am - 12:15pm

Tamar Valley Walk & Talk - Danescombe Valley

Join us as we walk through woodland in the Danescombe Valley. Finish in Calstock to meet the bus or train, returning to Gunnislake Train Station.

Notes: mostly downhill with short hill section, footpaths and lane, some uneven terrain. One stile on this route. Please wear comfortable clothing, sturdy shoes and be prepared for the weather! Bring a drink/snack to make the rest stops more enjoyable.

Meet: Tamar Valley Centre car park, Drakewalls

Information: 07825 365478 (Bill Davies, Caradon NHS Health Trainer)

30th, Thursday, 2:00pm - 4:00pm

Earth Magic

Come and use all your senses to explore the wonders of Kit Hill.

Notes: Children must be accompanied by an adult. No dogs. Please bring sun cream, hat and refreshments.

Meet: Kit Hill adit car park, second on left (SX 379 714)

Booking: essential - 01872 323468

Organiser: Kit Hill Country Park

Access For All

If you would like this bulletin in Braille, audio or large text format, please call the AONB office on 01822 835030.

Quick Links

[Register Now](#)
[Newsletter Archive](#)
[Related Topics](#)

Keep In Touch!

If you have any events or information that you would like to be considered for inclusion within the next eBulletin, please send details by 27th July to;

Charlotte Dancer
Information & Communications Officer

01822 835030
cdancer@tamarvalley.org.uk

[Forward email](#)

[SafeUnsubscribe®](#)

This email was sent to cdancer@tamarvalley.org.uk by cdancer@tamarvalley.org.uk.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Kingdom