

Tamar Valley Walk & Talk Diary

April - June 2013 Full walk details over the page

Date	Time	Walk	Where to Meet
3 rd April <i>TAMAR TRAIL FEST</i>	10.30am-12.30pm	Devon Great Consols Mine workings	Bedford Sawmills (postcode PL19 8JE). Pay and display car park £2
10 th April	10.30am-12.00	Kit Hill, 90 mins	Kit Hill <i>Lower</i> car park (postcode PL17 8AX)
17 th Apr W&T+	10.30am-1.00pm	Pentillie Castle, 2hrs+	Pentillie Castle car park PL12 6QD
24 th April	10.30am-12.00	Discovery Trail & Okel Tor, 1 hour +	Calstock Station platform (postcode PL18 9QY)
1 st May	10.30am-12.00	Danescombe Valley 90 mins +	Gunnislake Station (postcode PL18 9DZ)
8 th May	10.30am-12.00	Discovery Trail, Greenscombe Woods 90 mins	Lockett village car park. (postcode PL17 8NJ)
15 th May W&T +	10.30am-12.30pm	Danescombe and Cotehele Woods 2hrs	Calstock quay bus stop (postcode PL18 9QA)
22 nd May	10.30am-12.00	Calstock Church 90 mins +	Gunnislake Station (postcode PL18 9DZ)
29 th May	10.30am-12.30	Chimney Rock 2 hours	Bedford Sawmills (postcode PL19 8JE). Pay and display car park £2
5 th June	10.30am-11.30am	Old Kelly Lane, 90 mins	Gunnislake Station (postcode PL18 9DZ)
12 th Jun W&T +	10.30am-1.00pm	Calstock Circular 2 hrs +	Calstock quay bus stop (postcode PL18 9QA)
19 th June	10.30am – 12.30	Cotehele, 2 hrs	Cotehele Quay car park (postcode PL12 6TA)
26 th June	10.30am-12.00	Higher Kelly & Limekilns 90 mins	Calstock Station platform (postcode PL18 9QY)



WALK & TALK: TAMAR VALLEY

A walking-for-health group for all ages and abilities

Walks every **Wednesday** in
Gunnislake and Calstock.

A great way to meet new people, explore your area, improve health, and it's **free!**

Please wear comfortable clothing, sturdy footwear, and be prepared for the weather! Bring a drink and snack for the rest stop.

Once a month each walk is a Walk & Talk Plus (WT+), which is longer and a little more energetic!

Some walks use short train or bus journeys to reach suitable walk routes. Bring change and rail/bus passes if you have them. If you need more information please call Dave Readman (Walks Coordinator) on 07792 483669 or email walkscoordinator@tamarvalley.org.uk. This programme and more detail is available to download at www.tamarvalley.org.uk/walkandtalk

Note the earlier start times for many of the walks!

Tamar Valley Walk and Talk: Wednesdays April - June 2013

Note the earlier start times for many of the walks!

Devon Great Consols Mine (3rd April 10.30) TAMAR TRAIL FESTIVAL

Meet: Gunnislake station for lift share, 10.15am, or Bedford Sawmills pay and display car park (PL19 8JE). Follow the Tamar Trails network on a guided circular walk past mines in the woods with extensive views.

Level/Grade: 2 hrs, one gradual uphill section; gravel surface, some mud

Kit Hill: (10th April 10.30am)

Meet: Kit Hill **lower** car park (PL17 8AX). Huge views across the Tamar Valley! And Louis' Tea Rooms after for a cuppa and chat.

Level/Grade: Approx 1.5 hour circular walk. Uneven footpaths.

Tamar Discovery Trail at Calstock (24th April 10.30am)

Meet: Calstock Station platform (PL18 9QY). Easy walk by the river, with optional loop to the old mine workings at Okel Tor

Level/Grade: 45 min level circular walk, or 90 minutes with slopes and steps on Okel Tor loop

Danescoombe Valley (1st May 10.30am)

Meet: Gunnislake Station (PL18 9DZ). Walk down the beautiful wooded valley to Calstock, catch train or bus back. Bring change for fare.

Level/Grade: 90 minute walk. Downhill and a short uphill. Footpaths, lane, some uneven ground, one stile.

Tamar Discovery Trail to Greenscombe Woods (8th May 10.30am)

Meet: Luccett village car park, (PL17 8NJ). Follow the Discovery Trail to the butterfly reserve at Greenscombe. Watch out for an early Fritillary!

Level/Grade: 90 mins, Longer route, one steep uphill then downhill on paths and woodland trails,

Calstock Church (22nd May 10.30am)

Meet: Gunnislake Station (PL18 9DZ). Quiet lanes and bridleways past the church to HareWood, an optional last section on riverside trail, and finishing in Calstock. Catch train or bus back, bring change for fare.

Level/Grade: 90 minutes walk, level and gentle downhill. Good surface.

Free walks in Gunnislake & Calstock

Chimney Rock (29th May 10.30am)

Meet: Gunnislake station for lift share, 10.15am, or Bedford Sawmills pay and display car park (PL19 8JE). Take the disused Morwellham Railway, part of the Tamar Trails, to the outstanding view point of Chimney Rock.

Level/Grade: 2 hours walk, good trail surface and footpath, 1 steep section.

Old Kelly Lane (5th June 10.30am)

Meet: Gunnislake Station (PL18 9DZ). Bridleways and quiet lanes down to Calstock, before catching train or bus back

Level/Grade: 90 mins walk; level, one steep downhill.

Cotehele (19th June 10.30am)

Meet: Cotehele Quay car park (PL12 6TA). Around the estate past the chapel and House through wooded valleys either to Danescombe or past Cotehele Mill. Bring a drink.

Level/Grade: 2 hour+ walk on woodland paths, one uphill and down

Higher Kelly & Calstock Limekilns (26th June 10.30am)

Meet: Calstock Station platform (PL18 9QY). Walk by the limekiln and tramway remains of past industry, and up the wooded Danescoombe Valley.

Level/Grade: 90 minutes, 2 short hills, footpaths, pavements, some uneven

Walk and Talk Plus: Pentillie Castle (17th April 10.30am)

Meet: Pentillie Castle (PL12 6QD), off A388 Saltash to Callington road at Paynters Cross. Go to parking at left of house

Level/Grade: 2 hours, couple of steep climbs, can be muddy

Walk & Talk Plus: Danescoombe & Cotehele Woods (15th May 10.30am)

Meet: Calstock Station platform (PL18 9QY). Take footpaths and quiet lanes up the wooded Danescoombe Valley and back through Cotehele Woods.

Level/Grade: 2 hours, gradual climb up and steeper down, good surfaces.

Walk & Talk Plus: Calstock Circular Walk (12th June 10.30am)

Meet: Calstock quay bus stop (PL18 9QA). Walk on footpaths, quiet lanes and bridleways taking in the rich history of Calstock

Level/Grade: Up to 2hrs 30 minutes with stops, up and down.