

All length times are approximate dependant on conditions and numbers

Date	Time	Walk	Where to meet
9 July 2018	10.30 – 1pm	Railways and Castles	St Stephen's Church, Saltash, PL12 4AP
16 July	10.30-1pm	Tamar Riverside	Mutton Cove car park, PL1 4LB.
23 July	10.30 - 1pm	China Fleet	Free car park upstream of both bridges, Saltash, PL12 6BJ
30 July	10.30 - 1pm	Saltram House and woods	Park and Ride free car park, Coypool, Plympton, PL7 4TB. (meet by toilets/bus stop).
6 August	10.30 - 1pm	St Germans	St Germans Station, PL12 5LU
13 August	10.30 - 1pm	Tamar Bridge to St Budeaux	St Stephen's Church, Saltash, PL12 4AP
20 August	10.30 - 1pm	Wilcove via Antony Woods	Torpoint Cemetery Car Park, PL11 2QA
27 August	10.30 - 12.30	Churchtown Farm Nature Reserve	St Stephen's Church, Saltash, PL12 4AP
3 Sept	10.30 - 1pm	Maker Church/ Mount Edgcumbe	Far car park at Maker Church, PL10 1JB
10 Sept	10.30 – 1pm	Antony Passage	St Stephen's Church, Saltash, PL12 4AP
17 Sept	10.30-1pm	Latchbrook and Trematon	Ploughboy Inn, Liskeard Rd, Saltash, PL12 4HG
24 Sept	10.30 – 1pm	Seaton Valley OR Seaton to Keveral Manor	Seaton Valley car park, PL11 3JT
1 October	10.30 – 12.30	Wacker Quay	Carpark at Wacker Quay, PL11 3AH

WALK &



TALK

WALK & TALK: SALTASH

A walking group for all ages

Walks every **Monday** in Saltash and surrounding area.

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

Please wear comfortable clothing and be prepared for the weather! It is essential that you wear appropriate footwear, bring a drink and snack for the rest stop.

Some walks use short train or bus journeys to reach suitable walk routes and may stop for lunch along the route. Please check the description and bring monies and rail/bus passes if you have them in preparation for this.

For more information please contact the Tamar Valley AONB info@tamarvalley.org.uk or call 01822 835030.

The group is supported by the Tamar Valley AONB, and this programme and more information is available on their website: <http://www.tamarvalley.org.uk/explore/events/walkandtalk/>

TamarValley
Area of Outstanding Natural Beauty

<p>Antony Passage Meet 10.30am, St Stephen's Church, Saltash, PL12 4AP. Walk alongside Forder Lake from Forder village to Antony Passage, up steps through woods and fields to Trematon Castle. One steep downhill at start, some hills with an alternative to St. Stephen's Hill on the return.</p>
<p>Plympton to Saltram House & Woods Meet 10:30am, Park and Ride free car park, Coypool, Plympton, PL7 4TB. (meet by toilets/bus stop). This time through woods to Saltram House and coffee stop then shorter route back.</p>
<p>Seaton Valley Country Park Meet 10.30am Seaton Valley PL11 3JT. Off road easy riverside side walk to Hessenford and back OR Lanes and track up to Keveral Manor (Can be slippery/muddy when wet), lane and fields to access SW Coast Path back to Seaton. <i>(Depending on conditions underfoot on the day).</i></p>
<p>Wacker Quay to Antony Meet 10.30am, Wacker Quay car park, Antony, PL11 3AH. Walk through woods by the river Lynher past the old military railway and Abbottscourt Lane to Antony. Level walk with a coffee stop at the Community Cafe in Antony before returning.</p>
<p>China Fleet Meet 10.30am Free car park upstream of both bridges, Saltash, PL12 6BJ. An easy walk on good paths to China Fleet Club then through woods to the river. Return the same way.</p>
<p>Maker Church/ Mount Edgcumbe Meet 10.30am, Far car park at Maker Church, PL10 1JB. Scenic circular walk from Maker Church through Mount Edgcumbe Estate. Cafe and toilets midway. Can be muddy in places</p>

<p>Wilcove via Antony Woods Meet 10.30am Torpoint Cemetery car park, PL11 2QA (1.4 miles out of Antony village towards Torpoint on right). Paths and tracks through Antony Estate (Can be slippery/muddy when wet), lanes to Wilcove and back to cemetery via lanes and paths.</p>
<p>Tamar Bridge to St Budeaux Meet 10.30am, St Stephen's Church, Saltash, PL12 4AP. See the Tamar from above and from the other side! Riverside walk with option of public transport return. Return by bus, train, or walk.</p>
<p>Tamar Riverside Meet 10.30am, Mutton Cove car park, PL1 4LB Flat pavement walk along riverside to Royal William Yard. Coffee break then flight of steps to Devils point. Return along the road.</p>
<p>Railways and Castles Meet 10.30am, St Stephen's Church Saltash, PL12 4AP A longer walk along creeks to Antony passage, Shillingham and Wiveliscombe before returning past Trematon Castle. Several stiles and inclines.</p>
<p>Churchtown Farm Nature Reserve Meet 10.30am, St Stephen's Church Saltash, PL12 4AP Various walks depending on conditions. Some short hills, good views across rivers Tamar and Lynher.</p>
<p>St Germans Meet St Germans Station platform at 10.30am. Park on the road (other side from meeting), or in front of the church and walk to the station. Extensive views of the Lynher and Tiddy including down to the quay. A steepish climb up the hillside above St Germans where we usually have a break and admire the views.</p>
<p>Latchbrook and Trematon Meet 10.30am, Ploughboy Inn, Liskeard Rd, Saltash, PL12 4HG. A longer walk on footpaths to historic Trematon, the high point of Longlands and back beside the peaceful, wooded Latchbrook Leat. A walk on quiet lanes and footpaths, hills, stiles and possibly muddy bits!</p>

