

Saltash

Walk and Talk Programme

October to December 2018

All walks approximately 2.5 hours, dependant on conditions and numbers.

1st October, 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.

8th October, Plymbridge Woods

Meet 10:30am Park and Ride free car park, Coypool, Plympton, PL7 4TB (meet by toilets/bus stop). This time through woods to Plymbridge and back.

15th October, 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. Several stiles and inclines.

22nd October, 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.

29th October, 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.

5th November, St Germans

Meet 10:30am St Germans Station platform PL12 5LU
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.

12th November, 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.

19th November, 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.

26th November, Cargreen

Meet 10.30am, Landulph Church PL12 6NG (follow signs to Cargreen then Landulph Church). Lovely circular walk through fields, tracks and quiet lanes. One track has been extremely muddy in the past but can be avoided by use of a lane.

3rd December, Seaton Valley Country Park

Meet 10.30am, Seaton Valley, PL11 3JT
Off road easy riverside walk to Hessenford and back OR Lanes and track up to Keval Manor (can be slippery/muddy when wet), lane and fields to access SW Coast Path back to Seaton. (Depending on conditions underfoot on the day).

10th December, 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!

17th December, 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.

24th December

NO WALK

31st December, 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.

7th January 2019, Maker Church/Mount Edgumbe

Meet 10.30am, far car park at Maker Church, PL10 1JB
Scenic circular walk from Maker Church through Mount Edgumbe Estate. Cafe and toilets midway. Can be muddy in places.

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