

# Tamar Valley

## Walk and Talk Programme

October to December 2018

All walks approximately 2 hours unless stated.

### 3<sup>rd</sup> October Whitchurch Down **New Walk**

**Meet 10.00** Gunnislake station to car share or 10.30 Downs Road Tavistock to walk around Whitchurch Down passing The Pimple, the Golf Course and through a small wood with a coffee stop by a stream returning passing Tavistock Cricket Club.

Mainly good paths

### 10<sup>th</sup> October The Tamar Valley from Gunnislake station **W&T+**

**Meet 10.00** Gunnislake station to walk along lanes and paths down to the river Tamar and along the river to catch the 12.35 bus in Gunnislake back to the station, **change or bus pass needed**  
One stile one downhill and one gradual uphill

### 17<sup>th</sup> October Minions from Tokenbury Corner

**Meet 10.00** Callington free car park in Saltash Road or 10.30 Tokenbury Corner Pensilva to walk along the old railway to Minions with a coffee stop returning around Caradon Hill.

One uphill section, mainly good paths.

### 24<sup>th</sup> October Bere Alston station circular via Tuckermarsh

**Meet 10.00** Gunnislake station to car share or 10.30 Bere Alston station **limited parking** to walk along paths and through woods to the Tamar and along to Tuckermarsh returning along lanes and paths to the station.

One downhill and one uphill section. Can be muddy

### 31<sup>st</sup> October Calstock 8 v2

**Meet 10.30** Calstock village car park to walk along the Discovery Trail and to Okel Tor, passing through the station to walk along Higher Kelly to the Danescombe valley returning to Calstock.  
Mainly good paths. One uphill. Can be muddy

### 7<sup>th</sup> November Bere Ferrers to Lopwell Dam **W&T+**

**Meet 9.50** Gunnislake station to car share or 10.30 Bere Ferrers station. **Limited Parking** to walk along by the river Tavy to Lopwell Dam with views of the Maristow estate returning to Bere Ferrers.

**2.5 hours** Two uphill sections. Can be muddy

### 14<sup>th</sup> November Drakewalls to Calstock

**Meet 09.35** Calstock Quay to catch the 09.46 bus to Drakewalls returning to Calstock along lanes and footpaths and through Cotehele Woods.

Mainly good paths

### 21<sup>st</sup> November Weir Quay and Thorn Point **W&T+**

**Meet 09.50** Gunnislake station to car share or 10.30 Weir Quay lay by to walk along lanes and paths to Thorn Point returning to Weir Quay.

**2.5 hours** One uphill, 8 stiles and can be muddy

### 28<sup>th</sup> November Calstock circular v3. **New Walk**

**Meet 10.30** Calstock village car park to walk along lanes and paths around Calstock taking in the Danescombe valley and Cotehele woods.

Two uphill sections. Can be muddy

### 5<sup>th</sup> December Magpie Bridge and the river Walkham v3

**Meet 09.50** Gunnislake station to car share or 10.30 Bedford/Magpie Bridge A386 to walk along the river Walkham to Grenofen Bridge returning along Drakes Trail

One uphill section, mainly good surface but some uneven paths

## 12<sup>th</sup> December St Dominica Heritage Trail and Ashton

**With pre-ordered lunch at The Who'd Have Thought It**

**Meet 09.45** St Dominick church car park to walk along lanes and paths round the heritage trail to Ashton returning to St Dominick for **the pre-ordered lunch.**

Three hills, three stiles, some uneven surfaces. 2.5 hours

## 19<sup>th</sup> December Kit Hill Middle car park v1

**Meet 10.30** Kit Hill Middle car park to walk anti-clockwise around the hill via the quarry and summit with views to the north and south coasts.

Mainly good paths but some uneven surfaces. Two uphill sections

## 26<sup>th</sup> December Tavistock Canal

**Meet 10.00** Gunnislake station to car share or 10.30 Plymouth Road car park Tavistock. **£2.50 for parking.** To walk along the canal passing Shilla Mill to the lock gates and returning to Tavistock

Mainly good walking surfaces. Can be muddy in places

## 2<sup>nd</sup> January 2019 Calstock to Gunnislake v2

**Meet 09.30** Gunnislake station to catch the 09.38 bus to Calstock **change or bus pass needed.** To walk along lanes and paths back to Gunnislake station

Mainly good paths. Two uphill sections

**WALK &**



**TALK**

# WALK & TALK: TAMAR VALLEY

October – December 2018  
A walking group for all ages

Walks every **Wednesday** in the Tamar Valley

A great way to meet new people, explore your area, and improve your 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.

Some walks use short train or bus journeys to reach suitable walk routes. Please check the description and bring change and rail/bus passes if you have them.

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

For more information please contact Maggie Yarland on 01822 832364.

**TamarValley**  
Area of Outstanding Natural Beauty

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/>

*The group began under the 'Walking for Health' scheme, and the current walks are at a level of 'medium ability', many walks being quite energetic and lasting over 1.5 hours over varying terrain. The group is now a social walking group, with health and wellbeing in mind, but does not come under the official 'Walking for Health' scheme.*

