

Saltash

Walk and Talk Programme

January to March 2019

All walks approximately 2 to 2.5 hours, dependant on conditions, stiles, hills and number of walkers.

7th January, 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.

14th January, 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.

21st January, Saltram House

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 back with a café stop.

28th January, 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.

4th February, **NEW WALK** Tokenbury Corner

Meet 10:30am, Tokenbury Corner, above Pensilva on side of Caradon Hill. One of several walks depending on conditions. Some short hills, good views, possible café stop depending on route.

11th February, 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.

18th February, 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 Keveral 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).

25th February, 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.

4th March, 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.

11th March, Latchbrook and Trematon

Meet 10.30am, Ploughboy Inn, Liskeard Rd, Saltash, PL12 4HG. A quiet walk on footpaths to historic Trematon, the high point of Longlands and back beside the peaceful, wooded Latchbrook Leat. Some hills and possibly muddy bits!

18th March, 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.

25th March, Churchtown Farm Nature Reserve

Meet 10.30am, St Stephen's Church, Saltash, PL12 4AP. Various walks depending on conditions. Some short hills, good views.

1st April, 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.



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