

Tamar Valley

Walk and Talk Programme

January – March 2019

All walks approximately 2 hours unless stated.

2nd January 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 including the Danescombe valley back to Gunnislake station. Two uphill sections

9th January Cotehele circular v1

Meet 10.30 Cotehele quay car park **£3 for parking or NT cards** to walk around the grounds to the weir, the mill and Bohetherick woods. Three uphill sections

16th January Lockett, Horsebridge and Sydenham Damerel

Meet 10.30 Lockett village car park to walk along the Discovery Trail to Horsebridge and Sydenham Damerel returning along the trail to Lockett. Can be muddy, one uphill section

23rd January Meavy, Burrator and Yennadon Down W&T+

Meet 09.45 Gunnislake station to car share or **10.30** Meavy Village Green to walk along lanes and paths and by Drakes Leat to Burrator Dam, and around Yennadon Down via the waterfall returning to Meavy. Allow up to 3 hours. Two uphill sections, mainly good paths

30th January Calstock and Cotehele Woods v4 **new walk**

Meet 10.30 Calstock village car park to walk to the Danescombe valley and through Cotehele woods. Three uphill sections. Can be muddy

6th February Grenofen Bridge and Double Waters v1

Meet 10.00 Gunnislake station to car share or **10.30** Grenofen Bridge car park to walk up through Sticklepath Wood to Bucktor and Double Waters returning along the River Walkham. Two uphill sections, one rocky section. Mainly good paths

13th February Whitchurch Pimple

Meet 10.00 Gunnislake station to car share or **10.30** the main car park in Bedford Road Tavistock, **£2.50 for parking** to walk along roads and paths up to Whitchurch Pimple, returning along the river Tavy. Good surfaces, two uphill sections

20th February Minions and the Cheesewring

Meet 09.45 Callington free car park to car share or **10.30** first car park on the right in Minions coming from Upton Cross. To walk around the Cheesewring along moorland paths and old railway tracks. Fairly level walking

27th February Hingston Down and the Danescombe Valley v1

Meet 09.45 Calstock Quay bus stop to catch the 09.54 bus to Drakewalls. **Change or bus pass needed.** To walk up to Hingston Down, then to St Ann's Chapel and back to Calstock via the Danescombe valley. One gradual uphill, one steep downhill, stile and steps

6th March Kit Hill from the lay by on A390 **Limited Parking**

Meet 10.30 Layby on A390 car share where possible. To walk up and around Kit Hill enjoying the views taking in the summit and the quarry. Enjoy a cup of tea afterwards in Louis tea rooms. Gradual up hill and some uneven sections

13th March Cotehele Woods, Paper Mill and the Morden Valley
Meet 10.30 Cotehele House car park £3 or NT cards for parking

To walk through Cotehele Woods and up to the Paper Mill returning via Norris Green, Newton and the Morden Valley.

Two uphill sections

One uphill section, mainly good surface but some uneven paths

20th March Bere Ferrers and Hallowell Wood

Meet 9.45 Gunnislake station to car share or **10.15** Bere Ferrers station **Limited Parking**. To walk to the river Tavy and the Discovery Trail to Hallowell Woods and Hole Farm returning via Shutcombe.

Lent lunch in Bere Ferrers church hall. Book with Juliette

Mainly good walking surfaces

27th March Chimney Rock and Morwell Rock W&T+

Meet 10.15 Gunnislake station to car share or **10.30** Tamar Trails car park. **£2.50 for parking** To walk along the Tamar Trails to Chimney Rock with views of Gunnislake and onto Morwell Rock.

Returning along the Trails to the car park.

Allow 2.5 hours

Mainly good paths. One narrow section two uphill sections

3rd April Cotehele Circular v1

Meet 10.30 Cotehele Quay car park to walk around the estate taking in the weir, the mill, Bohetherick Wood and Dung Quay

Can be muddy. Two uphill sections



WALK & TALK: TAMAR VALLEY

January - March 2019
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.



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.