

Bere Alston Healthy Walks Group Programme January to March 2019

8th January: Bere Alston Reservoir, Dartmoor View Return.

Length 1.53 miles/Estimated time 45 minutes

An easy to moderate effort walk on the village outskirts using village streets, lanes and countryside footpaths. Fantastic wide view of Dartmoor at the turning point. Uphill sections and one stile. Can be muddy on footpaths in winter so walking boots or wellies needed.

15th January: Top of Tuckermarsh Road and back to Bere Alston Circular

Length 1.14 miles/Estimated time 30 minutes

An easy to moderate effort walk on the village outskirts using village streets, lanes and country roads. Great view over the Tamar Valley towards Kit Hill at the turning point. Uphill sections and no stiles.

22nd January: NEW ROUTE Weir Quay, Clam Oak, Lower Birch Circular.

Length 2.1 miles/ Estimated time 60-75 minutes

Meeting at Pilgrims Drive car-park in Bere Alston for a 10:00am departure, to car share to the riverside layby by the old mine site at Weir Quay (or you can meet at 10:20am at the riverside layby).

A very scenic route starting along the Tamar river bank with uninterrupted views of the water and then climbing to enjoy fantastic views of the Tamar river valley. This walk requires greater effort as a third of the walk is a long, steep uphill climb. Using country lanes and public footpaths with no stiles. Mostly good walking surfaces, uneven in places. Toilets (and possibly refreshments) at the boatyard.

29th January; Wottens Farm, Pentillie View, Cornwall Street Circular

Length 2.12 miles/ Estimated time 45-60 minutes

An easy to moderate effort walk on the village outskirts using village streets, lanes and countryside footpaths. Some uphill sections. Great view of Lower Tamar Estuary towards Plymouth on footpath to Wottens Farm. Village allotment on route.

5th February: Zig-Zag footpath, Broadpark Road, The Down Circular

Length: 1.15 miles/ Estimated time 30-45 minutes

An easy walk to stretch the legs around Bere Alston along village streets, footpaths and country lanes. Uphill sections.

12th February: Tuckermarsh bridge to Mount Tamar Circular

Length 2.29 miles/ Estimated time 60-75 minutes

An enjoyable walk, through the countryside north of Bere Alston village with great view across to Calstock and the viaduct This is an all-road route, requiring greater effort, as there are steep hill sections, both down and up. No stiles. A walking stick is recommended.

19th February: Denham Wood Return

Length 1.6 miles/ Estimated time 60-75 minutes

Meeting at Pilgrims Drive car park in Bere Alston for a 10:00am departure, to car share to the Forestry Commission's roadside car park on the road to Denham Bridge (or you can meet at 10:20am at the Forestry Commission car park- please note the car park is not at Denham Bridge).

A nice walk on a well maintained track in the Forestry Commission owned woodland, with some nice views down the Tavy Valley. This route requires moderate to greater effort, with one long incline but no stiles.

26th February: Top of Tuckermarsh Road and back to Bere Alston Circular

Length 1.14 miles/Estimated time 30 minutes

An easy to moderate effort walk on the village outskirts, using village streets, lanes and country roads. Great view over the Tamar Valley towards Kit Hill at the turning point. Uphill sections and no stiles.

5th March: Cornwall Street, Pentillie Rise Circular

Length: 1.1 miles/Estimated time 30-45 minutes

An easy walk to stretch the legs around Bere Alston along village streets, footpaths and country lanes. Beautiful river and countryside view points. Uphill sections.

12th March: Bere Ferrers Circular (with possible Hallowell Wood extension)

Length 1.34 miles (to 1.83 miles with extension)/Estimated time 45-60 minutes

Meeting at Pilgrims Drive car-park in Bere Alston for a 10:00am departure, to car share to Bere Ferrers (or you can meet at 10:20 am at Bere Ferrers by the river, beside the pub)

A very scenic route taking us along the Tavy River bank with uninterrupted views of the estuary. Using village lanes and public footpaths, moderate effort is required with some inclines but no stiles. Can be very muddy, particularly along the river so good walking boots/wellies are essential.

19th March: Tuckermarsh Road, bridlepath to Bere Alston Station Circular

Length: 1.97 miles/ Estimated time 75-90 minutes

An enjoyable walk, through the countryside and woodland north of Bere Alston on country roads and footpaths. This route requires greater effort, as there are steep hill sections, both down and up. No stiles. A walking stick is recommended.

26th March: NEW ROUTE Tamar Trails to Devon Great Consols

Length 2.14 miles/Estimated time approximately 2 hours

Meeting at Pilgrims Drive car-park in Bere Alston for a 10:00am departure, to car share to Tamar Trails Centre car park, Gulworthy (or you can meet at 10:20am at the Tamar Trails car park)

Greater effort required on this route. Enjoy a circular walk using the Tamar Trails network, passing mine workings. Wonderful views. One gradual uphill section, along well-maintained paths, no stiles. Refreshments at Beech Café, Tamar Trails, afterwards. **Please bring change for refreshments and car park if parking at Tamar Trails.**

For more information please contact the Tamar Valley AONB enquiries@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/walking>

BERE ALSTON HEALTHY WALKS GROUP

A walking group for all ages

Walks every **Tuesday** around Bere Alston, on the Bere peninsula and just beyond.

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

Walkers should come prepared; It is essential that you wear appropriate footwear and comfortable clothing as routes may be muddy and conditions can change. A walking stick is useful too. Walkers are responsible for bringing personal equipment and medication in case needed. Also consider bringing a drink and snack, should you require it, particularly for longer walks.

Some walks use car-sharing to reach suitable walk routes. There is also the option to stop for a refreshment at the end of each walk, usually at Hope Cottage Café in Bere Alston. Please check the description and bring money in preparation for this.

- All walkers participate at their own risk.
- Most walks approximately 30 to 75 minutes, dependant on route, conditions, stiles, hills and number of walkers (see programme details).
- If conditions are unsuitable (e.g. weather warning issued) walk leaders reserve the right to cancel the walk or change the route (to an equivalent effort route). Please ring the Tamar Valley AONB before 8:30am on the morning of the walk for confirmation if needed.
- **Always meeting Tuesday mornings, for a 10:00am start, at the Pilgrim Drive car park (no parking charges) located in the centre of Bere Alston village, PL20 7DB. For car-sharing see walk descriptions for more details of where to meet.**



TamarValley
Area of Outstanding Natural Beauty