

Tamar & Bere Walking for Health Group November 2020

A weekly walk in the Tamar Valley

A great way to enjoy the outdoors and improve your health!

These walks will be led by qualified walk leaders who are following the Ramblers Association and Walking for Health Scheme Guidance on how to start walks in a Covid-safe way. For more information on the Ramblers guidance on running and taking part in Covid-safe walks please visit

<https://www.ramblers.org.uk/coronavirus>

BOOKING ESSENTIAL

Numbers are limited to a maximum of 15 walkers. For further information and to book, please email enquiries@tamarvalley.org.uk at least 48 hours before the walk date. We will contact you to request booking information and to confirm your place. Please note, bookings cannot be arranged over the phone.

BE PREPARED

All walkers participate at their own risk, therefore it is essential that you are fully prepared for the walk. It is your responsibility to bring your own personal equipment (masks, hand sanitiser, medication such as inhalers) - please do not share. Be aware that routes may be muddy and conditions can change so wear appropriate footwear and comfortable clothing. A walking stick is useful too. Also consider bringing a drink and snack, should you require it, particularly for longer walks. Comfort facilities may not be available.

Programme: Please take careful note of the day and meeting place as these vary depending on the route.

TUESDAY 3rd Bere Alston Recreation Ground to Reservoir Circular (option to extend, depending on walkers)

Estimated time 30+ minutes (45+ minutes with optional extension)

A short walk out of the village outskirts using country lanes and footpaths, gradual uphill section. The possibility of extending the walk to enjoy Dartmoor views depending on walkers. Can be very muddy and slippery on well-used village footpaths. One stile.

Meeting 10am in the Pilgrim Drive car park (no parking charges) located in the centre of Bere Alston village, PL20 7DB

THURSDAY 12th Kit Hill Circular

Estimated time 90 minutes

A fabulous walk with amazing views across the Tamar Valley. We will be following the path from the lowest car park around to the back of the hill, then gradually working our way up to a short incline. Uneven footpaths, but definitely worth it when you reach the top!!

Meeting at 10am in the lower car park on Kit Hill (on the left just inside the main roadside entrance).

TUESDAY 17th Tamar Trails to Devon Great Consols

Estimated time 90 minutes

Enjoy a circular walk using the Tamar Trails network, passing mine workings. Wonderful views. One gradual uphill section along well-maintained paths. Please bring change for car park.

Meeting 10am at Tamar Trails Centre car park, Gulworthy

THURSDAY 26th Calstock Quay Circular (with option to extend to visit Okel Tor Mine and County wildlife Site)

Estimated time 45 minutes (90 minutes with optional extension).

We will be walking around by the river and looping back into the village along the lane. This walk also includes an optional addition around Okel Tor Mine depending on the walkers.

Meeting 10am at Calstock Quay by the bus stop.

Please note, we reserve the right to cancel the walk or alter the route, if conditions are unsuitable or to comply with government guidelines. Those who have a confirmed booking will be notified by email.