

All times are approximate, dependent on conditions and walkers' ability

Date	Estimated walk time	Walk route	Where and when to meet
7 Apr	70 mins	Harrowbarrow Coombe and Prince of Wales Mine Circular	10am Harrowbarrow Village Hall car park, PL17 8BQ
14 Apr	30 mins	Hingston Down Circular	10am Hingston Down Mine car park
21 Apr	90+ mins	Lockett/Greenscombe Woods	10am Lockett car park (centre of village, by the stream)
28 Apr	90+ mins	Bere Ferrers to Hallowell Wood Circular	Meeting by the river at Bere Ferrers (down from The Olde Plough Inn, PL20 7JL)
5 May	Up to 90 mins	Kit Hill Quarry Circular	10am first Kit Hill car park (left inside entrance)
12 May	Progression Walk* 90+ mins	Tamar Valley Centre to Calstock via Calstock Church	9:45am Tamar Valley Centre car park, PL18 9FE, returning to Centre on 79/79A bus or by train. Please check bus/train timetables in advance as timetables may change.
19 May	30 mins (option to extend)	Bere Alston Circular	10am Pilgrim Drive car park (no parking charges at time of writing) located in the centre of Bere Alston village, PL20 7DB
26 May	60 mins	Calstock Quay to Okeltor Circular	10am Calstock Quay by the bus stop. Note: parking at Calstock riverside car park, PL18 9QA
2 June	60 mins	Bere Alston to Wootens Farm Circular	10am Pilgrim Drive car park (see 19 May directions)
9 June	30 mins (option to extend)	Under Cadsonbury Circular	10am Callington Newbridge parking area (see route description)
16 June	60+ mins	Weir Quay Circular	10am Weir Quay, PL20 7BS (roadside parking)
23 June	Progression Walk* Up to 2hrs	Tamar Trails to Chimney Rock Circular	10am Tamar Trails car park (£2 parking at time of writing), PL19 8JE
30 June	90 mins	Gunnislake and Riverside Circular	10am Gunnislake car park opposite the Post Office (free parking for 2 hours)



Supporting you to get active and stay active

## TAMAR & BERE WELLBEING WALKS

Walks every **Thursday** in the Tamar Valley  
April - June 2022

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

Our walking group, with the support of Active Devon, is part of the new **Ramblers Wellbeing Walks** – the goal is for everyone to have access to a friendly, short, group walk, within easy reach of where they live, to help them become and stay active.

**No need to book**

### BE PREPARED

**All walkers participate at their own risk, therefore it is your responsibility to be fully prepared for the walk.**

This programme includes short walks for those who are less active and want to improve their fitness level. There may be an option to extend those walks, but only if it is appropriate, as the needs of those improving their fitness will always be prioritised. See the walks descriptions for more details.

Be aware that paths may be muddy and uneven 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.

All walks may be subject to change/being cancelled if government restrictions alter or if weather is not suitable.

Some routes include a short bus/rail journey and we may meet in public car parks. Car parks are free at time of writing, unless stated otherwise. Please check the description and bring money and travel passes if you have them in preparation for this.

These walks will be led by qualified walk leaders who are following the Ramblers Association guidance on how to enjoy walks in a COVID-safe way – [www.ramblers.org.uk/coronavirus](http://www.ramblers.org.uk/coronavirus)

<p><b>Harrowbarrow Coombe and Prince of Wales Mine Circular</b>  <b>Estimated time 1 hour 10 mins</b>  A scenic walk along public footpaths, quiet roads and through mining heritage land. This is a circular walk with a couple of steady uphill and downhill descents. Three kissing gates. Can be muddy at times, so good walking shoes/boots are recommended.</p>
<p><b>Hingston Down Circular</b>  <b>Estimated time 30 minutes</b>  This is a circular walk, all on footpaths, with the option to take in Hingston Mine &amp; some archaeology at the end.</p>
<p><b>NEW WALK Lockett/Greenscombe Woods</b>  <b>Estimated time 90+ minutes</b>  New route with a short walk on a quiet lane, leading to a beautiful riverside path in the woods incorporating many old mine workings and a steep track up to an ancient hill fort. Steep, rough and slippery in places, but well worth the effort. No stiles. Good boots essential.</p>
<p><b>Bere Ferrers to Hallowell Wood circular</b>  <b>Estimated time a 90+ minutes</b>  A very scenic route taking us along the Tavy riverbank with uninterrupted views of the estuary and then a short loop into the woodland. Using country lanes and public footpaths, moderate effort is required with some inclines but no stiles. Can be very muddy.</p>
<p><b>Kit Hill Quarry Circular</b>  <b>Estimated time up to 90 minutes</b>  Another fabulous walk with amazing 360° views. We will follow the road uphill for a short way, then take the path on the right-hand side to the quarry, then on to the stack. The walk is on uneven footpaths and partly road.</p>
<p><b>Tamar Valley Centre to Calstock via Calstock Church</b>  <b>Estimated time 90+ minutes</b>  A walk along public roads, heading down to Gunnislake Station, Sandways railway crossing, then on to Calstock Church. Short, reasonable, uphill sections, the only difficult parts being the very steep downhill sections near Calstock.</p>
<p><b>Bere Alston Circular</b>  <b>Estimated time 30+ minutes</b>  A short walk on the village outskirts using village streets, lanes and footpaths, gradual uphill section. The possibility of extending the walk (total 1.9 miles including a stile) to enjoy Dartmoor views (depending on who turns up). Can be very muddy on footpaths.</p>

<p><b>Calstock Quay to Okeltor Circular</b>  <b>Estimated time 45-60 minutes.</b>  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 Okeltor Mine and County Wildlife Site, increasing the walk time to approximately 60 minutes.</p>
<p><b>Bere Alston to Wootens Farm Circular</b>  <b>Estimated time 60 minutes</b>  This walk offers a great view of the Lower Tamar Estuary towards Plymouth on footpath to Wootens Farm. A moderate effort walk from the village on country lanes and footpaths. Some uphill sections. Village allotment on route. One of the field sections can be very muddy and slippery after rain. One stile.</p>
<p><b>Under Cadsonbury Circular</b>  <b>Estimated time 30 minutes</b>  This is a very pleasant circular walk on footpaths and quiet lanes following the River Lynher. Option to continue along route making it a longer walk depending on the requirements of the walkers. Directions to Callington Newbridge: travelling on A390 from Callington to Liskeard, immediately after the bridge, take first country lane on left. Small area for parking further along this road on the left.</p>
<p><b>Weir Quay Circular</b>  <b>Estimated time 60+ minutes</b>  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. Mostly good walking surfaces but uneven in places. No stiles.</p>
<p><b>Progression Walk*</b>  <b>Tamar Trails to Chimney Rock Circular</b>  <b>Estimated time 2 hours</b>  A lovely walk along the Tamar Trails towards Morwellham, returning via Chimney Rock. Good tracks, one section with narrow path and one steep uphill. Part of walk on single track (not advisable for those with vertigo or small children). Please bring change for the car park if parking at Tamar Trails.</p>
<p><b>Gunnislake &amp; Riverside Circular</b>  <b>Estimated time 90 minutes</b>  A varied walk from the centre of Gunnislake village down to the Tamar riverbank footpath. The path can be very muddy in places so good footwear is essential. Lovely views of the river and valley across to Chimney Rock as we climb back up to the centre of Gunnislake village. Option to stop for refreshments at the end of the walk. 2 hours free car parking in the village car park.</p>

*\*Progression Walks are not official Walking for Health walks. They are longer and more challenging, and are not covered by the Walking for Health insurance. Please take extra care. For further information please email enquiries@tamarvalley.org.uk*

