

All times are approximate dependant on conditions and numbers

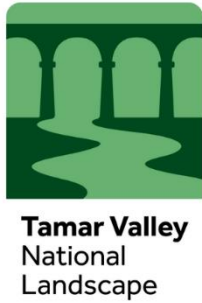
<i>Date</i>	<i>Time</i>	<i>Walk</i>	<i>Where to meet</i>
3 Jan 2024	10:30 - 12:30	Tavistock Railway and Canal	Pixon Lane car park (PL19 9AZ)
10 Jan 2024	10:30 - 12:30	St Dominick	St Dominick car park, near church (PL12 6TP)
17 Jan 2024	10:30 - 12:30	Weir Quay	Weir Quay riverside, near pylon (PL20 7BS)
24 Jan 2024	10:30 - 12:30	Calstock Circular via Three Bridges	Calstock Quay car park (PL18 9QU)
31 Jan 2024	10:30 - 12:30	West Down and Doublewaters	The Downs (PL19 9EQ)
7 Feb 2024	10:30 - 12:30	Kit Hill	Kit Hill, middle car park (PL17 8HR)
14 Feb 2024	10:30 - 12:30	NEW WALK Buckland Monachorum	The Downs, near Long Ash Garden Centre (PL20 7LL)
21 Feb 2024	10:30 - 13:00	Frogwell from Cadsonbury	Cadsonbury car park, left after Newbridge (PL17 7HL)
28 Feb 2024	10:30 - 12:30	Tamar Trails and Wheal Frementor	Tamar Trails (PL19 8JE), change for parking.
6 Mar 2024	10:30 - 12:30	Cotehele Circular via Bohetherick	Cotehele Quay car park (PL12 6TA). Cash/NT card for parking.
13 Mar 2024	10:30 - 12:30	Whitchurch Down boundary	Down Road, Tavistock (PL19 9AG)
20 Mar 2024	10:30 - 13:00	Hingston Down	Gunnislake Station (PL18 9EA)
27 Mar 2024	10:30 - 12:30	Deer Park Farm	Deer Park Farm, Lucket (PL17 8NW). Please car share if possible.



January - March 2024

A walking group for all ages.
A great way to meet new people, explore your area, and improve your health – and it's free!
Please meet for a 10.30am start unless stated.
Walks are approximately 2 hours long.
These walks are led by qualified walk leaders.
NO NEED TO BOOK!

Walk & Talk Tamar Valley - every Wednesday morning



<p>Tavistock Railway and Canal Meet 10:30am, Pixon Lane car park, PL19 9AZ. Up to top of viaduct passing bus station and scaling steps. Follow former railway, then estate to main road. Through another estate to reach canal. Cross bridge, follow tow path back to Meadows.</p>	<p>Frogwell from Cadsonbury Meet 10:30am, Cadsonbury car park, left after Newbridge, PL17 7HL. Walk across bridge and go left to reach stile and cross this into field. Two more fields and stiles, then road to Frogwell. Enter farmhouse gate and go left up footpath. One more stile, steep field then flatter fields with gates. Track down to road, bridge and car park.</p>
<p>St Dominick Meet 10:30am, St Dominick car park, near church, PL12 6TP. Join footpath opposite. Go left at fork over rickety bridge to Morden Valley on St Dominica Trail. Circular route, up and down lanes and grassy fields, several stiles.</p>	<p>Tamar Trails and Wheal Frementor Meet 10:30am, Tamar Trails, PL19 8JE (please bring change for car park). Circular walk along green trail on Tamar Trails map. Through woodland and up steep hill. Return via Wheal Anna Maria and around perimeter, can be muddy.</p>
<p>Weir Quay Meet 10:30am, Weir Quay riverside, near pylon, PL20 7BS. Begin upwards via a steepish footpath to hamlet of Clamoak. Then downwards beside farm buildings belonging to Lower Birch Farm. Follow road down to boatyard. Return alongside river.</p>	<p>Cotehele Circular via Bohetherick Meet 10:30am, Cotehele Quay car park, PL12 6TA. Please bring cash/NT card. Cross bridge and up towards Bohetherick and road, then join footpath on right through woods down to Cotehele weir.</p>
<p>Calstock Circular via Three Bridges Meet 10:30am, Calstock Quay car park, PL18 9QU. Follow Lower Kelly and then up Danescombe Valley, join narrow path on right, up, along then down, left near cottages. Three bridges. Return via Higher Kelly and Sand Lane.</p>	<p>Whitchurch Down boundary Meet 10:30am, Down Road, Tavistock, PL19 9AG. A walk on the downs. Boundary fence/wall on left. Return via golf course.</p>
<p>West Down and Doublewaters Meet 10:30am, on downs to walk downhill, PL19 9EQ. Turn right and follow River Walkham through woods. In second half follow River Tavy, then challenging uphill stretch via West Down.</p>	<p>Hingston Down Meet 10:30am, Gunnislake Station, PL18 9EA. Walk up through Drakewalls Mine and Crow Lane. Visit mine before descending Old Mine Lane and on behind pub. Follow lanes to Albaston.</p>
<p>Kit Hill Meet 10:30am, Kit Hill middle car park, PL17 8HR. Walk around hill via enclosure opposite, pass the quarry to join rocky path looking for gate on right. Follow trail down to boundary stone. Uphill via horse-rider trail to summit. Return past South Kit Hill Mine and then left to follow paths alongside fence.</p>	<p>Deer Park Farm Meet 10:30am, Deer Park Farm, Lockett, PL17 8NW. Guided tour with farmer to see animals, nature reserve and farmland.</p>
<p>Buckland Monachorum Meet 10:30am, on downs near Long Ash Garden Centre, PL20 7LL. Circular walk around the downs.</p>	<p><i>For further information on preparing yourselves for our walks, please visit www.tamarvalley.org.uk/free-walking-groups and scroll down to 'Be prepared', or email enquiries@tamarvalley.org.uk</i></p>

