

The Valley



South West Gig Clubs set to fly flag in Jubilee Pageant

Two clubs make preparations for the Royal event
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Why Wacker Quay is so special

Volunteers work hard to enhance the area's beauty and attraction
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Let's get ready to ride

Chaz Curry explores the joys of bike riding in the Tamar Valley
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Aerial view of woodland © Ted Giffords.

Untapping our woodland's potential

Back in November, a six-month research project began looking at the small woodland resource across the AONB. The aim of the project is to find woodlands that have the potential to provide a range of benefits to local people, from fuel and recreation to education and employment.

The Tamar Valley has an estimated 1,800 hectares of woodland, much higher than the national average and many other protected landscapes. The woodlands vary in both size and condition, from large areas of commercially managed woodland, producing excellent quality timber, to very small unmanaged woodlands, many on farms, old mine sites and steep slopes.

The idea of communities managing woodland is nothing new. The Woodland Trust estimates that there are 600

community woods in Great Britain, with the majority in Scotland and Wales. This project has taken inspiration from the more familiar Community Supported Agriculture (CSA) model and initiatives in the Wyre Forest (www.wyrect.org.uk) and Brecon Beacons (www.thegreenvalleys.org). It also complements the work being undertaken by the AONB as part of the Cordiale project (see page 25 for progress with this project).

Meetings with landowners have taken place and over 20 woodland sites have been identified. The Silvanus Trust, who work in partnership with organisations to regenerate woodlands in the South West, have been carrying out surveys of some of the small unmanaged woodlands in the AONB.

Early results show that many of the woodlands have reached a fairly stagnant

point, with very little growth and complete canopy cover, which is bad for both biodiversity and future sustainability of the woodlands. By thinning out some of these woodlands, it may be possible to increase light levels and create a much healthier woodland.

Work has also begun on identifying the resources needed to further develop the project, for example, creating a new Community Land Trust to provide skills and technical know-how, legal support, insurance and specialised kit, such as harvesting and processing equipment. The next step is to begin to identify the people who are interested in getting more involved - either by setting up a woodfuel cooperative, a forest school or simply improving access.

If you want to find out more please contact the AONB team – 01822 835030. ■



Cllr Neil Burden, Chair,
Tamar Valley AONB
Partnership

Welcome

When you read this, Spring in the Valley will once again be vibrant with a newness of life and, no matter how long in the tooth you feel (or are!!), it always hits each one of us with surprise and puts a spring in our step. Surrounded with the richness of scent and colour, periodically relayed to us in the media with pictures of frolicking lambs, waves of spring flowers or young fledging birds, where better to absorb such a rich and diverse scene than being out and about in the Tamar Valley AONB?

By the time you get this newsletter, that newness is replicated in our management team, as we will have welcomed our new manager, Corinna Woodall, to the AONB. So, to all our Partners, please drop in to the Tamar Valley Centre to both welcome Corinna and to allow her to put a name to your face –that is unless you are a Facebook fanatic! Further on in this newsletter is a briefing of Corinna's career and, as you will readily gather, she comes with an excellent pedigree and we all look forward to working alongside her.

As we all realise, any national or locally publicly funded service is having to implement extreme caution in managing the revenue budget, as there seems to be a total absence of any 'slush fund' to call on, but the Cordiale bid has been successful, in partnership with 14 other European regions, and is yet another way of delivering creative new work building on local initiatives.

As you no doubt heard, the AONB Annual Conference was a full house in January and because so many people wanted to hear about the findings from the Community Dig that took place in Calstock last October, another evening has been arranged for Thursday 12th April at 7:30pm (call the AONB team for more details and to book your place).

The changing scene of green power generation has seen emerging fields of photovoltaic solar panels and a plethora of wind farm and single turbines presented for planning. At the moment of writing this, in the region of 500 applications have been submitted to the Cornwall planning authority, so there is now need for some immediate policy and guidance, and we hope this will be addressed very soon and be part of the new core plan.

Likewise, there is a growing concern from the two views of 'save the planet' - some are part of a sudden wave of cashing in on the tariff, while others feel protecting the environment is a higher priority. So, some close working and planning is needed in how we ensure the impact does not destroy the very essence of what protected landscapes is all about.

Over the next few months, our AONB Officers and Partners will need a productive dialogue with each planning authority in the Valley to ensure consistency at the highest level, inclusive of the planning inspectorate.

So, back to the future, enjoy your environs of your Valley and keep doing those things you are good at.

As ever,

Cllr Neil Burden
Chair, Tamar Valley AONB Partnership

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Above; 'The Cream of Cornwall' (sponsored by Roddas Creamery) and inset; Tamar & Tavy Club's 'Ginette'

South West gig clubs set to fly the flag in Jubilee Pageant

Two of the South West's gig clubs are busy preparing to take their place in the prestigious Thames Diamond Jubilee Pageant.

The *Cream of Cornwall* owned by Cotehele Quay Gig Club and sponsored by Roddas Creamery and the Tamar & Tavy Gig Club's *Ginette* are just two of the thousand boats chosen to take part in the historic event in celebration of the Queen's Diamond Jubilee this summer.

The pageant, which will take place on the afternoon of Sunday 3 June, will be the largest flotilla in modern times on the river Thames with rowing boats, working boats and pleasure vessels of all shapes and sizes beautifully dressed with streamers and Union Jacks, stretching for an estimated twelve and a half miles.

Cotehele Quay Gig Club is delighted to have its traditional pilot gig chosen. Gig Captain Jeremy Lawrence said, "This is such an exciting opportunity for the club to take part in a once in a lifetime event and it is a fantastic boat to be representing Cornwall."

The *Cream of Cornwall* is a six-oared 32 foot (9.8m) rowing boat, built in 2010 of Cornish narrow leaf elm. Cornish pilot gigs were originally used as general work boats, and for taking pilots out to incoming vessels off the Atlantic. Today, they are primarily used for sport, with around 100 gig clubs worldwide, mainly concentrated within Cornwall and the Isles of Scilly.

The pride and joy of the Tamar & Tavy Gig Club are their two traditional Cornish pilot gigs, the *Ginette* and *Tamar*. These beautiful craft can often be seen on the river between Saltash and Cotehele. But this summer, the *Ginette* will be flying the flag for Devon and the Tamar Valley as she too proudly takes her place in the flotilla alongside Her Majesty the Queen and other members of the Royal Family aboard the Royal Barge, The Spirit of Chartwell. ■

More Information

Anyone interested in trying out gig rowing at Cotehele Quay should contact Fiona Macinnes at f_macinnes@hotmail.co.uk or visit www.cqgc.org.uk
If you would like more information about the Tamar & Tavy Gig Club, please go to www.tamarandtavgigclub.co.uk.





From left to right: Teresa Driscoll, Brian Cooper, Charmian Saunders (Cotehele's Visitor Services & Volunteer Manager), Toby Fox (Cotehele's General Manager) and Simon Calder.
© Pyramid Torbay Photography

Cotehele, the National Trust's Tudor mansion, gardens and estate on the river Tamar, has scooped the Gold Award at the South West Tourism Excellence Awards 2011-2012.

Cotehele voted best 'large visitor attraction in the South West'

In the 'Large Visitor Attraction of the Year' category, Cotehele was awarded the top prize, alongside Trebah Garden, in recognition of the popular visitor attraction's 'excellent standard throughout.'

Last autumn, Cotehele also won a Gold Award at the 'Cornwall Tourism Awards' and was fast-tracked into the matching category in the South West ceremony that took place in February at the Riviera International Conference Centre, Torquay. Cotehele will now go on to represent the region at the national 'Enjoy England Awards for Excellence' later in 2012.

The South West is one of England's leading tourism destinations, with a diverse and top-quality tourist industry. The South West Tourism Excellence Awards celebrate the achievements of tourism businesses

and individuals representing the best of the region.

Cotehele has become a year round visitor attraction and last year saw over 130,000 visitors. Charmian Saunders, Cotehele's Visitor Services & Volunteer Manager, says, "We are absolutely thrilled to receive the top award and I was honoured to accept it on behalf of all the team at Cotehele, both staff and volunteers, in recognition of their hard work."

Robin Barker of Services for Tourism, who manages the awards programme, said, "Yet again the regional awards have highlighted the unending investment in the quality of the South West visitor experience. The number of joint awards this year amply demonstrates how hard it is now to judge between the region's very best." ■

Old Tavistock Railway Station wins heritage award

An innovative project to convert a former railway station into luxury holiday accommodation has received a top accolade in the National Railway Heritage Awards 2011.

Old Tavistock Railway Station, owned by Colin and Jenny Rogers, was the proud winner of the award for the most meritorious entry in the commercial sector for their project to convert the closed station into private and holiday accommodation, which comprises of three 5 star gold holiday cottages.

The Awards, which began in 1979 as the Best Restored Station Competition, aim to encourage and reward high standards of structural restoration and environmental care by amateur, commercial and private groups involved in preserving the country's rich heritage of railway and tramway buildings and structures.

Each year a team of judges visit preserved railways throughout Britain. By awarding marks for those aspects of most concern to visitors - facilities, scenery, cleanliness etc. - the judges draw up a 'league table' of the preserved railways, from which the winner is chosen.



The Tavistock (North) Railway Station opened in 1890, as part of the Plymouth Devonport & South Western Junction Railway. In 1968 the station closed down and in 1999, the building was Grade II listed by English Heritage and sold to a private family buyer.



Pentillie Castle & Estate, in St Mellion, Cornwall is celebrating after adding another award to its ever-expanding trophy cabinet.

Pentillie Castle & Estate continues winning streak

Pentillie picked up a coveted Gold award at the South West Tourism Excellence Awards 2012, building on its previous success at the Cornwall Tourism Awards 2011 where the Castle and Estate also won gold.

Pentillie – offering nine luxurious en-suite bedrooms in a breathtaking setting overlooking the River Tamar and Dartmoor – triumphed in the Bed & Breakfast and Guest Accommodation of the Year category for 2011. The South West Water-sponsored category recognises B&Bs, farmhouses, inns, restaurants with rooms and guesthouses “offering a high standard of accommodation”.

“We are thrilled to have been awarded Gold for B&B Guest Accommodation of the Year by Visit Cornwall,” said Pentillie’s managing director, Sammie Coryton. “Huge thanks go to all the Pentillie team who have enabled us to transform the Castle into a successful business enterprise within just two years. Being recognised for our efforts by our own county’s tourism leaders is important to us, and their enthusiasm is shared by all the people who love Pentillie, including those who stay here again and again.”

Pentillie was built in 1698 and was remodelled into a castle by the architect William Wilkins, in collaboration with

famous landscape designer Humphry Repton in 1810. By 1965, however, the castle and estate had fallen into disrepair and returned to being a home. In January 2009, the Grade II listed Pentillie Castle featured on the Channel 4 series Country House Rescue, which publicised the estate’s plight nationally, leading to a turnaround in fortunes for this magical riverside estate and gardens.

The Castle is also now entitled to enter the celebrated ‘Enjoy England Awards for Excellence’, which will be held later this year. ■



Arundell Arms is UK's No.1 fly fishing school

It's official...the Arundell Arms Hotel has secured the top spot in a recent review of the best fishing schools in the UK.

Recognised by The Field magazine, the fishing school in Lifton, Devon, welcomes students of all abilities from complete beginner to experienced angler.

The award is a real credit to instructors David and Tim and reflects their energy and passion for teaching, as well as the beautiful rivers of the Tamar Valley.

The award-winning hotel and its rivers were also the ideal spot to launch the UK campaign of the Fishing for Heroes charity. The inaugural event raised over £6,000 for this most worthwhile cause that uses fly fishing as therapy for injured servicemen.



Hard working local volunteers, including members of the Torpoint Explorer Scout Unit © Dave Readman

Wacker Quay Update by Dave Readman

Wacker Quay Community Group is making a huge contribution to putting this idyllic site well and truly on the map.

Sought after for many years by local people, the Tamar Community Trust is working with the local group to create a walking route from the quay on the river through to nearby Antony village. This is planned to come to fruition by May 2012.

At present, things are progressing well, with local contractors consolidating the great volunteer efforts by renewing boundary fencing and installing a short bridge and walkway to take the route across a stream. This will then link the sections of old railway track, old Green Lane and the woodland trail that the volunteer group has been energetically clearing for the past year. The plan is to create a scenic and easy connecting route from Antony village to the riverside without using the car!

The commitment and energy of the local volunteers is fantastic. Practical workdays have been well attended throughout the winter months (25 keen workers fuelled by tea, biscuits and a volunteers' hot lunch, can clear hundreds of yards of brambles and build several short flights of steps).

From June onwards we hope to welcome walkers to the new easy route down to the river and back.

Why

A gem within the Tamar Valley, Wacker Quay is one of the few places where people can enjoy stunning views and free public access to the River Lynher. However, few people who come to fish, picnic or birdwatch know its full history.

is Wacker Quay special?

The quay was first established in the mid 19th century as an agricultural dock complete with lime kiln. In 1886, the site changed completely when a military railway was constructed, which ran from the quay, along the river and up a steep incline to the twin forts of Scraesdon and Tregantle, (part of the 19th century fortifications of Plymouth). The quay would have been a very different place then, bustling and noisy, with rows of barges tied up between the two still visible piers ready for unloading.

The 2.5 mile long railway was finished by 1893 but only survived until 1905, largely due to high running costs. The newly cleared walkway takes visitors along the level bed of the railway track to the bottom of the incline. The route then passes other interesting and evocative railway remains such as turntables, an engine house and old sidings. There are plans to remove ivy and moss from these relics and reveal their story with an interpretation board. One curious aspect is that the locomotive, its trucks and engine shed had all been relocated from the Sudan where they had been used in the military campaign there after the fall of Khartoum in 1885.

Still owned by the MOD, the quay is used to train new recruits to HMS Raleigh. Since the 1970s, it has been managed by Cornwall Council as a car park and picnic site, but, in recent years, it has become rather run down. The site, together with the railway line and the pathway to Antony Village, has now been leased by the Tamar Community Trust. An enthusiastic local community group now manages the site and have transformed it through their hard work and dedication.

Wacker Quay is also a popular winter bird-watching site. Many shore birds, including waders and duck, come to the Lynher to over-winter and can be seen on the extensive mudflats that are easily visible from the quay. If you are lucky you may see little egrets and spoonbills too. The river here is also a good place to see passage birds on migration in spring and autumn as they stop to refuel on their long journeys.

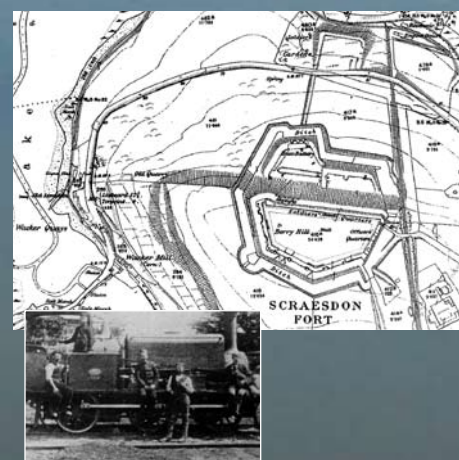
Finally, the river and its many secret side creeks are perfect to explore by canoe or kayak providing one carefully plans around the small tidal window.

Visiting and volunteering

The site is clearly signposted from the main A374 road from Torpoint to Trerulefoot and lies about 2 miles west of Antony village. Car parking is free and you are welcome to walk the new trail as far as it has been completed. Watch the press and the Tamar Valley AONB website for the opening of the completed trail. ■

More information

If you would like to volunteer at Wacker Quay, regular work parties are held throughout the year. Please contact **Dave Readman** for more details on 07792 483669 or email dreadman@tamarvalley.org.uk. ■



Old locomotive at Wacker Quay
© Keith Rawlings



Above left; Sorrel. top/middle; Alexander, bottom/middle; opposite leaved golden saxifrage, top right; young beech leaves, bottom right; three cornered leek © Lucy Turnbull

Springtime foraging for wild food

IMPORTANT NOTICE

Never eat anything which you cannot positively identify. Many very poisonous plants often look like similar edible plants.

A variety of habitats within the Tamar Valley offer rich pickings for the wild food forager and Spring is a great time to begin.

Cornish and Devon banks and hedgerows contain many sources of food, with several plants present throughout the winter just waiting to burst into growth as temperatures rise. There are a variety of garlics such as ramsons and crow garlic, which are easy to spot, along with the closely associated but non-native, three-cornered leek with its distinctive triangular stem. All three make a tasty addition to spring salads.

Tasting like a cross between mustard and garlic, there's the aptly named 'garlic mustard' also known as 'jack-by-the-hedge'. Having a very round, slightly rough leaf, it later throws up a stalk bearing

small, four-petalled white flowers and is the food plant of the 'orange tip butterfly'. Many of these herbs are quite cleansing to the system so should be added to salads in moderation. Opposite leaved golden saxifrage and navelwort are less strong and are abundant all year round. Another easily identified leaf is sorrel, which makes a really refreshing sauce to accompany fish.

Recently spreading in from the coast, is the robust umbellifer, 'alexanders'. As with all members of the carrot family, identification is paramount and this group is probably one of the most important to recognise. It is a strong growing sturdy plant with shiny leaves, thick stems and distinctive greeny / yellow flowers. Having a celery-like taste, the stems are for good eating either cooked, in salads, made into pickles or even included in pasties with cheese.

Some young tree leaves like 'hawthorn' can be made into a salad with beetroot, while young beech leaves can be steeped in gin or vodka to make a brightly coloured green liqueur. Patches of hops occur in hedgerows and their tender young tips taste great in omelettes. Nettles are at their best eaten wilted as a green vegetable or can be made into a mild ale. They're wonderfully nutritious and full of iron. ■

Happy foraging!

Claire Roper
www.wildbydesign.co.uk

Claire is a local ecologist who regularly runs wild food foraging walks for the AONB.

A comprehensive survey of hedgerows in a number of Devon and Cornwall parishes is aiming to provide a fascinating insight into how early societies functioned.

Unlocking the secrets of our historic hedgerows



Norman Cundy flailing hedges in Gulworthy
© Chris Chapman, Natural England

As part of the Cordiale Project, Tamar Valley AONB and a group of volunteers will soon be carrying out a hedge survey in the parishes of Bere Ferrers, Buckland Monachorum, Calstock and St Dominick, gathering ecological and archaeological information, as well as assessing the contribution hedges can make as a sustainable source of fuel.

Our field boundaries can tell us much about the development of our surroundings. From changes in agricultural and horticultural methods to defining ownership and providing weather protection, hedge boundaries reflect the general health of the environment.

Devon and Cornwall boasts a wide range of different boundary types, and hedgebanks are a familiar feature of the local landscape.

Window into the past

A hedge's shape and age can hint at how the land was used in the past and give clear evidence of how early societies functioned. In Cornwall, the earliest fields were formed by curved stone banks like those of Middle Bronze Age settlements such as Leskernick on Bodmin Moor.

Larger strip enclosures like those near Harrowbarrow are an indication of earlier open field systems commonly found clustered around small settlements. Other fields characterised by an irregular shape, particularly those next to woodland, may indicate old assart boundaries, which are the remains of trees and shrubs cleared for agricultural land.

Food and fuel

Hedge management has long been an important practice in the rural landscape. It ensures they remain animal-proof and, historically, also provides wood for tool-making, wattle for building, pea sticks for crop growing,

Aerial image of fields in Bohetherick © Barry Gamble



firewood and winter fodder. This resource was maximised in a sustainable way using several techniques:

Coppicing: cutting shrubs and trees back to their bases according to an established cycle, providing long straight timber poles that can be used as fuel or a variety of other uses. Although coppicing is rarely performed regularly today, many hedges across the four parishes retain evidence of this past management such as 'multiple stemmed boles'.

Pollarding: a form of coppicing where the tree is cut back higher up, so that new growth is out of reach of grazing animals. New shoots produce light timber from the crown of the pollarded trunk.

Many small fields in our area are important to the character of the Valley but conversely, more fields mean more hedges, all of which require maintenance and management. The maintenance of hedges (other than by annual flailing) is now considered to be unprofitable principally due to cheap oil.

Survey

The Cordiale Significant Hedges Survey will involve analysing primary sources followed by fieldwork and assessing data of management. The geographical, geological and topological nature of the four parishes, along with any relevant socio-economic factors that may have brought about landscape changes, will also be taken into account. ■

The Cordiale Project was selected under the European Cross-border Cooperation Programme INTERREG IV A France (Channel) – England, co-funded by the European Regional Development Fund.

Want to get involved?

We are looking for volunteers to help with this research and to carry out the surveys. This study will appeal to anyone who wants to understand how their landscape has evolved, learn how to identify hedgerow flowers, trees and shrubs, and record local custom and tradition related to historic boundaries. Full training will be given in the survey techniques in April 2012.

For more information or to register an interest contact Simon Bates or Samantha Barnes at the Tamar Valley Centre sbates@tamarvalley.org.uk 01822 835035 / sbarnes@tamarvalley.org.uk 01822 835036



Above; The new drainage system and water course begins to take shape © Natural England

The final touches are now being carried out at Hayemmarsh to create a winter wet grassland site on the historic tidal floodplain near Cotehele House.

New winter grassland site at Hayemmarsh

Designed to provide temporary pools and the most favourable grassland conditions for winter and passage wildfowl and waders, the new site at Hayemmarsh is already showing signs of early success.

The operation, guided by Natural England and the Environment Agency has taken almost a year to research, plan and implement. Project managed by Panscape Environmental Consultancy, the scheme occupies land owned by the National Trust and has received support from both them, and tenants, Andy and Kate Maciver-Redwood.

Hayemmarsh is located on the western bank of the mid reaches of the Tamar Estuary. Until 1748, the newly wetted fields were subject to tidal flooding, but by 1809 they had been reclaimed and were part of Bohetherick and Hayemmarsh Farm.

Managed as grazing land from that date, the estuary defences are now maintained by the Environment Agency and consist of a tidal bank, which links other defences to the south and higher ground to the north (excluding tidal and fluvial floodwaters).

Following intensive physical and ecological surveys, the fields and ditches were found to be of moderate wildlife interest. However, there's huge potential for improving the area for wildlife, while maintaining the agricultural summer grazing and landscape quality both valued by local people and nationally recognised as part of the larger Tamar Valley Area of Outstanding Natural Beauty.

The scheme consisted of raising water levels within the site and redirecting flows into newly created meandering channels which link into the old tidal watercourses,

creating a diverse and attractive wildlife habitat. Sluice controls will be removed during the summer to make rich grazing available for cattle and sheep, (significantly important for fine produce from Riverford Organics).

Within days of installing the sluices, bird numbers had dramatically increased, with flocks of teal and lapwing recorded for the first time on the fields. Snipe numbers have increased five fold over the previous maximum winter counts, while little egrets and heron stalk the pools and barn owls patrol the open grassland at dusk .

Andy and Kate are keen to share the delights of their farm with visitors and educational guided walks may be arranged for schools and organised groups of six or more by telephoning **01579 351691** or emailing **info@hayefarm.co.uk** ■



Image © Natural England

2011 marked the 40th anniversary of the inauguration of the Friends of Morwellham.

Friends of the Tamar Valley – 40 and still going strong

Friends of Morwellham was formed in support of the then fledgling Morwellham Recreation Centre, now known as Morwellham Quay. After a tentative beginning under the chairmanship of Frank Booker – author of the well-known book “Industrial Archaeology of the Tamar Valley”, it was soon realised that the ‘Friends’ role needed to stretch further than Morwellham itself. They then sought to foster interest in the Tamar Valley, its history, its people and its environment.

In 1978 the ‘Friends’ produced their first ‘Tamar’ journal, to encourage a wider platform for articles and ideas about the Tamar Valley.

When looking at Devon and Cornwall as a whole, the Tamar Valley is a relatively small area, but the maritime significance of the Tamar, the relationship between the farmer and the seafarer, its mineral resources, its market garden tradition and the appeal of its scenery have all exerted an influence far beyond its geographical range. All of these factors and many more have been captured in the various editions of the ‘Tamar’, which reached its 33rd edition in 2011.

Over the years, the ‘Friends’ have evolved and changed as people’s life patterns and interests have changed. Whereas we were focused at the beginning on Morwellham, we have, over the last few years, become affiliated with the Tamar Valley AONB and, as the ‘Friends of the Tamar Valley’, we enjoy the warmth and comfort of the

Tamar Valley Centre at Drakewalls as a meeting place to hold our interesting and varied monthly talks.

Avoiding the temptation to regard the Tamar Valley just as a living museum and an area of nostalgic decay with its old mining areas, stacks, ruined walls and disappearing shipping quays, we regard the Tamar and its valley as a living entity, enjoying a richly characteristic way of life. Our talks and walks try to reflect all that is good about the Tamar Valley, whether it is its heritage, its history, its environment, its geography or its people.

If you are not already a member, why not give us a try. Our programme is posted on notice boards at the Tamar Valley Centre, Calstock and Bere Alston, and electronically in the AONB ebulletin (search on ‘Friends’) and the Events pages of their website www.tamarvalley.org.uk.

We welcome non-members for a small contribution, but members will also enjoy our newsletter and a free copy of our annual ‘Tamar’ journal. ■

For more information, please contact John Chilvers, Chairman at jandc.chilvers@tiscali.co.uk or telephone 01752 339637

Tamar Community Trust – a valuable asset to the community

Set up in 2009, the aim of the Tamar Community Trust (TCT) is to work with the Tamar Valley Area of Outstanding Natural Beauty (AONB) to protect, conserve and promote its landscape and heritage.

The Trust has been preparing to acquire ownership of the Tamar Valley Centre and consider managing a number of schemes and facilities created by the Tamar Valley Mining Heritage project.

One of the first projects to be passed to the Trust is Wacker Quay, popular with local dog walkers, kayakers, fisherman and bird watchers. It is hoped to have it fully opened to the public by April of this year (see article on page 6 and 7).

New initiatives are proposed for a range of other projects throughout the Tamar Valley. Detailed discussions are being held at this time, and the next two years will be an exciting and a challenging time for both the AONB and the Trust.

An open day is planned in late April or early May 2012 for all interested groups including parish councils, voluntary members and other community organisations associated with the Tamar Valley. This will provide an opportunity to discuss the projects the AONB and Trust are working on and bring together all who can help contribute towards their successful completion.

Bearing in mind the enthusiasm of the Trustees and a wide range of their skills and the continuing support of the AONB Manager and the team, I am sure that the Trust will grow, prosper and provide a valuable asset to the local community.

John Page
Vice Chairman,
Tamar Community Trust

TamarValley

Mining Heritage Project

Much behind-the scenes activity has taken place on the final phase of the Tamar Valley Mining Heritage Project since our last newsletter.

The following pages highlight just some of that work. We look forward to welcoming you to some of the many events we are planning to celebrate the end of this multi-million pound project, and the opening of the entire trails network and new Bedford Sawmills Hub. Look out for full details nearer the time.

New gateway signage

The Tamar Valley Mining Heritage Project is working with partners to deliver gateway signage across the project area, including the Tamar Valley and Tavistock areas of the Cornwall and West Devon Mining Landscape World Heritage Site.

Boundary Markers

Granite boundary markers are due to be installed at select key locations to provide a clear identity for the Tamar Valley AONB and shared WHS designation. This will highlight to both visitors and the local community that they are within areas of international importance.



Town Nameplates

New gateway town nameplates for Tavistock both proclaim its new designation, together with retaining its cherished market town status. Nameplates are available for several other larger settlements within the Tamar Valley, including Gunnislake, Calstock and Bere Alston.

Trailheads

TVMHP trails, and those across the east Cornwall part of the Valley will be unified with new way-marking roundels, the trailheads also carrying a new QR-code (details in our next issue).



Railway Signage

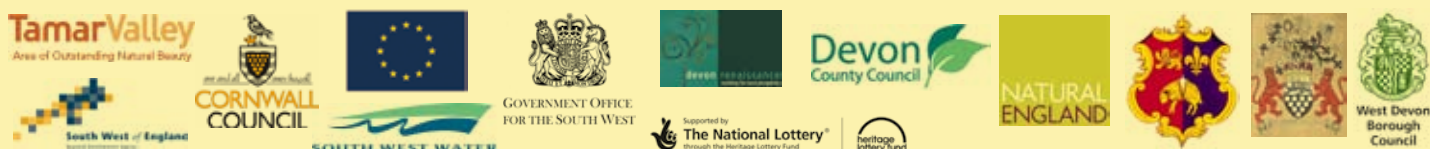
Railway station signage on the Tamar Valley Line will include large 3m-long running-in boards at Gunnislake, Calstock and Bere Alston stations. At Plymouth station, new gateway signage will be installed at the high-profile entrance to all platforms, adjacent to the Tamar Valley Line terminus, covering the Tamar Valley and its relationship to Plymouth. On the London platform, adjacent to the bicycle park, new signage will adorn the building, covering adventure in the Valley – from mining trails to mountain-biking and canoeing.

Design in development by the TVMHP, Devon & Cornwall Rail Partnership and Plymouth Station Manager (First Great Western).

New interpretive panels covering the TVMHP and the WHS areas and trails will also be installed at Gunnislake, Calstock and Bere Alston railway stations.



The Tamar Valley Mining Heritage Project is a partnership between the following;





The Seriously NOT Boring Tamar Trails Book

A new book, encouraging children to enjoy walking the Tamar Trails, will be launched in mid April, as part of the Spring Trail Festival.

The Seriously NOT Boring Tamar Trails Book, written by Sue Gearing and Les Davies from the Mendip Hills, features five activity trails for children and their families along the old mineral railways within the Tamar Valley.

The authors came up with the idea of a very special book for children, full of interesting walks and activities. Their aim was to put excitement into walking and the countryside, showing children that this can be anything but boring!

Sue and Les say, "We hope that the book will show you that history and country walking can be exciting – and certainly not boring! The walks are not just ordinary walks, but encourage exploring with fun things to do, such as making a compass in a puddle, trail art, building a mini shelter, and finding the age of a tree."

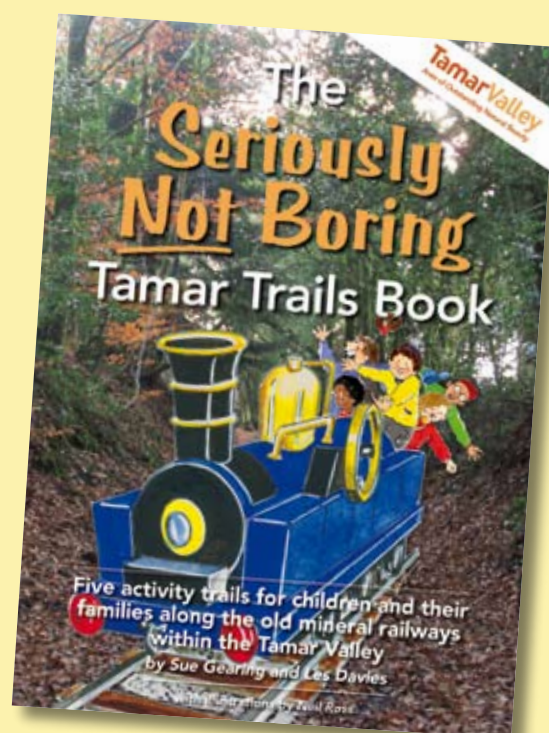
They devised, researched and wrote 'The Seriously NOT Boring Walks Book for Mendip' in 2010, and teamed up with designer and illustrator Neil Ross who brought the whole project to life. As this was such a success, the team was happy to bring the idea to the Tamar Valley.

The book will be available to buy from mid-April from the Tamar Valley Centre and other outlets in the Tamar Valley and Plymouth (call the Tamar Valley AONB team for further details, 01822 835030).

Sue Gearing is one of the leading walks writers in the West Country and for several years has devised, walked and written a weekly walk for the Western Daily Press. Sue has also written and published over 14 walks books.

Les Davies MBE is a well-known West Countryman in the Mendip Hills, having been Senior Warden for the Area of Outstanding Natural Beauty on Mendip for nearly 20 years. He now carries out countryside education with schools and adult groups through Yeo Valley Organic and Thatchers Cider. Les is a highly qualified and experienced orchardman.

Neil Ross runs Four Square Design, a graphic design and illustration studio in Portbury, North Somerset. He is also an enthusiastic walker. ■



Above image
© Suzi Ladbrook, Arthritis Research UK

"We hope that our book will show that history and country walking can be exciting"

Built in 1861, the Grade 2 listed Methodist chapel at Morwellham has been acquired by Devon Historical Buildings Trust and leased to the AONB as part of the Mining Heritage Project. Not in regular use since the 1990s, this wonderful and unspoilt building needs some urgent work to return it to its former glory.



Returning Morwellham Chapel to its former glory

The chapel, built of rubble and stone, sits cut into the hillside above the port of Morwellham Quay. With a rendered frontage, granite steps up to arched double doors lead into the ground floor where simple wooden box pews face a raised pulpit with a gothic-style bellows-powered organ below.

Above this is a timbered gallery, with tiered pews on three sides. While there is electric lighting, the old candle holders that formerly lit the building remain. The undercroft – site of the former Sunday School – has a separate entrance and is under the ground floor, while, at the rear, there is a small brick extension that housed the earth closet – the original seat remains.

Initial priorities are to make the building weathertight, replace defective guttering, plastering and re-decorate.

Much research has been carried out to try and establish the original colour of the building. Conversations with the local conservation officer, the archivist of the Russell (Duke of Bedford) collection and others suggest the current pea green of the front barge board and gutter is a Bedford Estate colour (seen around Tavistock), so the external woodwork and railings will be restored to this colour.

It seems quite likely that limestone, imported up the river from Plymouth, was converted to lime mortar and lime wash and used in the construction of the

building. Lime mortars were traditionally applied to give protection to walls built of poor quality rubble stone or to walls in facing the prevailing wind.

The chapel will house simple interpretation panels that will tell the story of the link between mid Victorian metal mining, Methodism and the migration of local people as the mines started to close with the discovery of easier-to-exploit ore deposits in new territories across the globe. Cornish-developed technology led the way here and, with it, came renewed hope and opportunity to a generation of miners and their families. ■



Images © Richard Halliwell, Tamar Valley AONB



The Mining Heritage Project and Devon Artists in Schools (DAIS) recently worked with sixteen year 8 and year 9 students from Tavistock College, involving them in creating their own poetic prose to be featured along the Tavistock Canal.

Reflections not just on the river...

We challenged the students to think on the hoof and learn more about the history of this familiar waterway that once transported mined ore to Morwellham Quay on the River Tamar.

The walk starts at Abbey Bridge, where the inlet of the canal is located and takes people to the Wharf, through Meadowlands Park, and gradually leads out into the countryside to meet a striding giant! The students walked the canal, stopping for impromptu poetry workshops, on two beautiful days in the company of James Crowden.

A poet and author himself, James grew up in Tavistock and used to walk along the canal as a school boy and so had lots of memories to share with the students as he worked with them. At the end of the two days, the students had generated heaps of great cryptic and esoteric words for us to work with. Thanks to all of you who took part and look out for your creations along the trail soon.

*Pondering down the envious green flow
The cold archway engraved in mossy old stone
Dipping and diving, rippling and hiding,
Peering over and under, as calm and collected as slumber.*

Hardy Hopkinson

*The arches ripple like an angered ocean
Yet still so silently immobile
Like a giant of stone filling up the valley
Shadowing over us in a colossal height.*

Anna Powell

Images © Fran Walker, Tamar Valley AONB

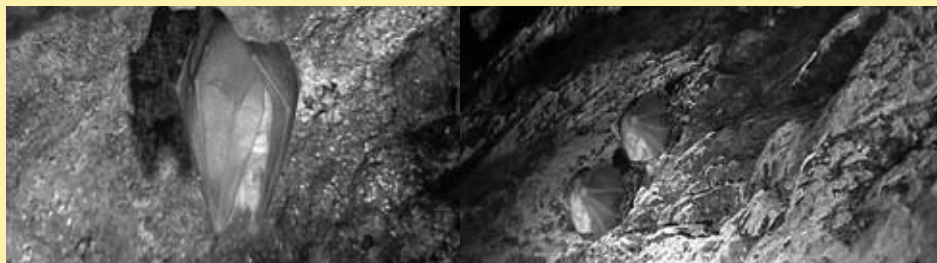


Photo of Greater Horseshoe Bats taken underground in Bedford United Mine (filmed in infra red, under licence, accompanied by a licensed bat expert).

Do you know the truth about bats?

Here in the Tamar Valley AONB Becki Lumbis, Education and Community Resource Officer is getting batty about bats. Bats are mysterious creatures, which we only ever get glimpses of at dusk as they dart around hunting for insects. Here is the truth behind some of the myths.

Bats are clean and sociable animals that spend hours grooming themselves. It was previously thought that bats were birds just without feathers, however we now know that they are mammals, just like us humans. We know this because bats are warm blooded, they nurse their babies with milk and their bodies are covered with fur or hair. However bats are extremely special as they are the only mammals that can naturally sustain periods of flight.

Bats use their wings to fly, but their wings are very unique as they are made of two thin layers of skin stretched over the bat's arm, thumb and four fingers. Its fingers are extremely long in comparison to their body, if we had fingers like a bat, they would be longer than our legs! When bats fly, they don't just flap their wings up and down like birds. In fact if you watch extra closely it looks like they're pulling themselves through the air, the movement is similar to the butterfly stroke in swimming. Cleverly their wings have another use, they can wrap their wings around insects or fruit to hold on to it while eating.

Bats have perfectly good eyes for seeing in the daylight. However as they do most of their hunting at night their ears are more important and are instead used for navigation. They make rapid high-pitched squeaks called "ultrasounds", and it is the returning echo that gives the bat information about what is ahead, including size, shape and direction of objects or insects, this is called "echolocation".

Did you know?

The horseshoe bats echolocate with their nose and they have special flaps of skin on their faces called "nose leaves". Scientists think that the nose leaves help the bats send the sounds in different directions. The nose leaves give the bats a rather odd appearance!

Bats in the Tamar Valley...

Bats rely on shelter to protect themselves from predators and for populations to thrive there is the need for a diverse range of sites where bats can forage and roost. They most commonly are found in areas of grassland, farmland and near waterways.

As part of the Tamar Valley Mining Heritage Project we have recorded 26 bat sites within structures such as ruins, chimneys, limekilns, ore shutes and leat tunnels, and 35 underground sites in mine shafts and tunnels, where a total of 8 different species were identified within the Lower Tamar Valley.

One of the rarest species of bat was found in the Tamar Valley, the Barbastelle. These mainly feed on small moths, some flies and beetles. There are very few breeding sites currently known in the UK but it is thought that they prefer pastoral landscapes with deciduous woodland, and areas close to water bodies such as woodland streams and rivers, thus making the Tamar Valley an ideal place for them.

Other species identified were the Greater and Lesser Horseshoe, Long Eared, Daubentons, and both the Soprano and Common Pipistrelle.

Getting involved on the Tamar Trails...

There will be great opportunities for everyone to get involved and learn more about bats as we enter Summer 2012 and open the new Trails Education Centre in partnership with Tree Surfers.

Inside will not only be home to interpretation about what to do, where to go and what you can see in and around the area, there will be wildlife cameras set so you can see and monitor the behaviour and activity of bats hidden deep in one of the local mines. There will also be a detector fitted to the mine entrance so you will be able to listen to their calls and try to identify what species of bats are around.

We will also have footage of bats flying, hunting and roosting that you will be able to watch when the bats are sleeping, as well as cameras set to spot other animals living within the woodland.

In the meantime why not join in with some of our events taking place during the Spring Trail Festival 2012 – these two are particularly batty...!

Creatures of the Night - Friday 13th April
Meet 7:00pm at Kit Hill Summit Car Park
£5 adult, £2 child, £12 Family (up to 3 children) to include hot soup or a drink.

Bat Box Building at Wacker Quay -
Sunday 15th April - 10.30am at
Wacker Quay car park, Antony
FREE (or £15 to take your box home)

Bat Timeline...

April: Bats start hunting during the night.

The Common Pipistrelle can eat up to 3000 tiny insects in one night!

May: Female bats start to cluster to form maternity roosts.

June – July: Mothers give birth and their young learn to fly at about 3 weeks old

Aug - Oct: Mating occurs after the summer months and swarming outside roosts can be seen.

Nov – Dec: As the weather cools bats become sleepy. Body temperature drops and they begin hibernation.

January – February: Bats generally hibernate during these colder months

March: Bats start to emerge as the weather warms.

We will be seeing a number of staff changes within the AONB team over the coming months. We say goodbye to Tim Selman in April, who has steered the team for the past 12 years, and welcome Corinna Woodall as new Tamar Valley AONB Manager. We officially welcome Sam Barnes, who joined the AONB in January to cover Project Officer Eloise Kane's maternity leave, and we bid a fond farewell to Rosemary Teverson in June, who will step down as AONB Project Manager to enjoy retirement.



Neil Burden & Tim Selman canoeing

Welcoming new team members

Corinna Woodall – New Tamar Valley AONB Manager

Presently Programme Manager for the North Wessex Downs

LEADER Programme, Corinna will be joining the team on 30th April. Corinna has worked in nature and landscape conservation for over 23 years. As UK-wide Policy Advisor for the Heritage Lottery Fund (HLF), she managed and developed the Landscape Partnerships Grant Programme and led on biodiversity issues for the Fund. Corinna was originally seconded to HLF from English Nature where she was Conservation Officer for Buckinghamshire and Oxfordshire, working, prior to this, in the North East and South West for the Nature Conservancy Council. As a volunteer, she is a Trustee and on the Conservation Committee for the Grasslands Trust. In her spare time she enjoys walking, horse riding, gardening and reading.



understand the historic landscape of the Tamar Valley. She will also be focusing on specific building types and materials which are characteristic of the AONB. These projects will encourage people to think about how the landscape was used in the past and what it looked like; what it is like today and whether what is valued from the past is under threat, or if there is the opportunity for enhancement; and looking forward to sustainably manage what we cherish for future generations.

Sam has been in post since January and will be working from the Tamar Valley Centre until the end of 2012.

Our best wishes go to Eloise Kane, AONB Project Officer, who is currently on maternity leave, looking after her beautiful daughter, Ada, who was born last November.

Sam Barnes – AONB Project Officer (maternity cover)

Sam joins us from English Heritage's Birmingham office where she has spent the last two years on the Historic Environment Manager traineeship scheme. She has a Masters in Historic Building Conservation and has worked in the historic environment sector - mainly focusing on historic building research and analysis - for seven years.

While in post, Sam will be continuing with the Heritage Lottery funded Calstock Parish project, but most of her time will be spent working with the Cordiale Project Officer on projects inspiring local communities to



Rosemary Teverson – AONB Project Manager

Rosemary, who retires in June, first began working for the Tamar Valley AONB on a freelance basis in 1999, visiting farmers and sorting out grants under a European scheme. She then became heavily involved in the bid work for the Tamar Valley Mining Heritage Project, and joined the team officially as AONB Project Manager in 2006.

Over the years, Rosemary has managed a number of land management and countryside projects, biodiversity,

invasives and planning & access work, as well as working closely with Natural England in delivering their priorities for the Valley.

One of Rosemary's greatest achievements during her time at the AONB was the success of the Greater Horseshoe Bat project, resulting in better protection for bats.

The community and access work at Wacker Quay is also close to Rosemary's heart. The combination of Rosemary's drive, Dave Readman's talents and Richard Halliwell's hard work and determination, has made this an exemplar project, pushing agencies to fund the work and encouraging strong community involvement.

One particular memory that always brings a smile to Rosemary's face, was a team canoeing trip from Calstock to Morwellham. Neil Burden & Tim Selman shared a canoe, and should have been working together, but their canoe seemed to go round and round in circles and kept ending up in the reeds; Tim's frantic paddling was in vain, as Neil sat back, enjoying the ride, unknowingly using his paddle as a brake!

We will all miss Rosemary greatly, both on a personal level and professionally; her wealth of knowledge and experience in all areas of land management, passion & enthusiasm for wildlife, and the contacts she has created, maintained and nurtured over the years, cannot be replaced, and will leave a huge gap within the team.

We wish Rosemary well in her retirement. She looks forward to having more time to spend walking, gardening and enjoying other interests, but will continue working in some capacity, freelance. ■

Crocadon holds a producer fair every 3rd Saturday of the month. There are a variety of stalls offering local farm produce, fish, arts, crafts, plants and always a wood fired barbeque and small café for tea, coffee and delicious cakes supplied by Food Dreckly.

Crocadon's producer fair success

Last autumn, Crocadon held three successful markets from October through to December. All were well supported by the local community and general public, some of whom travelled from as far away as Kingsbridge. December's Christmas market even produced a waiting list for stallholders.

The quality of stallholders has been superb and they talk about their produce with enthusiasm. Each month has seen a wide range of stalls with a core of regulars such as Tartendown Nurseries, Pomeroy Rare Breeds, Brilliant Fish and Cornish Willow. There has been positive feedback on all fronts and producers are regularly asked if they will attend the next date.

Many of the markets have additional attractions such as traditional rural skills demonstrations, exhibits and music. Set in a traditional courtyard, the market is open from 9am to 3pm.

Crocadon is keen for the Saturday market days to become a social occasion and something more than just the market itself. Last autumn's markets saw saxophonist, David Jackson perform, a demonstration of whole log building by Woodenways and an art exhibition was held in Crocadon's 12th century farmhouse by Drawn to the Valley.

The rare opportunity to see the historic house proved to be a popular attraction.

Crocadon's aim for future markets is to offer interest, variety and value, and to become part of everyone's weekly food shop. Mike Mann has acquired significant planning permission for the whole farm, which includes a farm shop, café, machine shop and a larger timber store for the sawmill, and restoration of the historic walled garden, which makes it an exciting place to keep visiting.

The working sawmill and timber store at Crocadon has extensive stocks in English hardwoods and offers a full, bespoke service. The developing traditional courtyard is an ideal location for unique courses, workshops and events such as 'Big Timber Structure' Courses and 'Traditional Boat Repairs'.

Crocadon will be hosting a series of seasonal and specialist markets this spring and summer. See the website for details. www.crocadon.co.uk or telephone 01579 350096.

**Mike Mann, Crocadon Sawmill,
St Mellion, Saltash, PL12 6RL.
Opposite St Mellion Golf Club. ■**

2012 dates

Market days -

Saturday 9am – 3pm

**January 21 • February 18 • March 17
April 21 • May 19 • June 16 • July 21
August 18 • September 15 • October 20
November 17 • December 15**



(Top) Food Dreckly cook up a treat at the fair, and (above) David Jackson

© Crocadon

Best foot forward for the Discovery Trail Challenge

Join the Tamar Valley AONB team this July for a fantastic opportunity to walk the entire length of the 25-mile Tamar Valley Discovery Trail, from Plymouth to Lifton.

On Saturday 28th July, walkers can enjoy the challenge of completing this picturesque trail, while raising money for the AONB's chosen charity, the Devon Air Ambulance Trust.

Becki Lumbis from the Tamar Valley AONB team says, "Many people frequently enjoy walking sections of the Discovery Trail, but we are setting the

challenge of completing one of the most varied and rewarding routes in the South West in just one day, safe in the knowledge that regular refreshment points will be available along the way, first aid is on hand if needed, and transport will take weary walkers back to start at the end of the walk."

The Discovery Trail, established in July 1998, is the flagship recreational trail in the Tamar Valley and supports the villages of the Valley along the way.

If you would like to find out more, or to get your sponsorship forms and

welcome pack, please call the Tamar Valley AONB team on 01822 835030 or email bookings@tamarvalley.org.uk

This year's Discovery Trail Challenge is kindly sponsored by Pure Dartmoor Water and Ginsters.





Encouraging you to Explore and Discover your AONB

About the events

Dress for the weather

Layers are often best in our changeable climate. Wear stout shoes or boots. Field guides and binoculars are always useful, but not essential.

Children

We welcome and encourage children at most events, but they must be accompanied by an adult who will be responsible for them.

Access

Most events are accessible for any reasonably active person, but unfortunately many are not suitable for pushchairs or wheelchairs. Please always check beforehand if you are unsure.

Booking

It is essential to book in advance where stated.

Cost

Unless a cost is stated, all events are free of charge, although donations would be appreciated.

Dogs

Please check with the organiser to find out if dogs are allowed, and if they need to be kept on a lead.

Map References

These refer to OS Explorer maps nos 108 (Tamar Valley and Plymouth) or 112 (Launceston and Holsworthy).

Transport

Please help to ease the burden of traffic on the narrow country lanes. Some events are specifically timed to connect with the scenic Tamar Valley Line and connecting buses. Otherwise, please try to share cars as much as possible.

Here's a selection of guided walks and events for you to enjoy throughout the Tamar Valley. New events and guided walks are being added all the time to our Events Calendar on-line. Visit www.tamarvalley.org.uk and follow the link for your up-to-date guide.

APRIL

2nd – 6th, Monday – Friday, 9:30am – 4:00pm

Kids Go Wild Adventure Days

Drop the kids off for a day of adventure! Kids only Adventure Days where you can spend the whole day or whole week with us 'hanging around in the trees and mucking about on the river'.

Cost: £30 a day or £140 for the week
Notes: suitable for children aged 8-17 years.

Venue: Tree Surfers, Woodlands, nr Gulworthy

Booking: 01822 833409, info@treesurfers.co.uk

3rd, Tuesday, 2:00pm – 5:30pm

Pentillie Guided Garden Tours

A bespoke guided tour of Pentillie's gardens. Numbers limited to 50 and all are welcome – small groups or individuals. Private tours can be arranged for groups of more than 25 people.

Cost: £12.50 per person including guided tour and afternoon tea.

Booking: essential, via the Pentillie office - contact@pentillie.co.uk, 01579 350044

Venue: Pentillie Castle & Estate, St Mellion

6th – 9th, Friday – Monday

Adventure Weekend for Adults and Families

Four days of fun packed adventure to develop new skills and break free from the treadmill. Boost your health and fitness with this invigorating weekend of adventure sports in the stunning setting of Dartmoor and the Tamar Valley.

Venue: Tree Surfers, Woodlands, nr Gulworthy

Cost: £280

Information: www.treesurfers.co.uk/events, 01822 833409

11th, Wednesday, 2:00pm-3:30pm
Spring Garden Tour

Take a tour of our Grade I listed gardens and historic buildings while they are surrounded by beautiful spring blooms.

Cost: £4

Venue: Mount Edgcombe House & Country Park, Cremyll, nr Torpoint

Booking: essential – 01752 822236, marieclaire.ward@plymouth.gov.uk

11th – 7th May

Tavistock Music & Arts Festival – Tavistock Sings!

Art exhibitions, drama performances, dance performances, art, literary & music workshops, poetry readings, plus much more.

Includes:

'Tin' from Miracle Theatre – 11-12 April
Tamar Valley Resounding Images Exhibition – 11-15 April
Tavistock Canal Project – poetry-based self-guided tour launched

Information:

www.tavistockmusic.co.uk, 01822 611166 or 01822 835030

12th – 15th, Thursday – Sunday

Tamar Valley Spring Trail Festival

Over 30 events for all ages and abilities, including Otter Spotting, Trail Hunting, Stone Walling, Quarry Tours and Guided Walks. Visit www.tamarvalley.org.uk for your FREE programme

Information: 01822 835030

Organiser: Tamar Valley AONB

13th, Friday, 7:00pm

Friends of the Tamar Valley AGM

Followed by a talk by Jenny Tunley Price from Maristow Walled Garden.

Venue: Tamar Valley Centre, Drakewalls, nr Gunnislake

Information: 01822 834964 (Jane Kiely)

14th, Saturday, 10:30am

Spring Birds

Guided walk with Cornwall Wildlife Trust's Peter Kent, to enjoy the spring birds at Churchtown Farm Community Nature Reserve.

Meet: Cecil Arms, Saltash

Information: 01752 846407 (Hazel Rawlings)

15th, Sunday, 10:30am – 5:30pm

Sheep Day at Buckland Abbey

A day of fun for all the family with rural crafts and live sheep and lambs!

Information: 01822 853607

Venue: National Trust Buckland Abbey, Garden & Estate, nr Yelverton.

15th, Sunday, 11:00am – 4:00pm

Pentillie Garden Open Day

Pentillie's gardens will be open (non-guided). No dogs please. Refreshments available in Castle.

Cost: £6 per person (children under 12 free)

Venue: Pentillie Castle & Estate, St Mellion

Information: contact@pentillie.co.uk, 01579 350044

MAY

Until 7th May

Tavistock Music & Arts Festival – Tavistock Sings!

See 11th April for details

1st, Tuesday, 11am – 1:30pm

Bluebell Walk at Buckland Abbey

Join one of our estate team for a walk through the woods to admire our stunning array of bluebells.

Notes: please wear sturdy footwear

Venue: National Trust Buckland Abbey, nr Yelverton

Information: 01822 853607

1st, Tuesday, 2:00pm – 5:30pm

Pentillie Guided Garden Tours

A bespoke guided tour of Pentillie's gardens. Numbers limited to 50 and all are welcome – small groups or individuals. Private tours can be arranged for groups of more than 25 people.

Cost: £12.50 per person including guided tour and afternoon tea.

Booking: essential, via the Pentillie office - contact@pentillie.co.uk, 01579 350044

Venue: Pentillie Castle & Estate, St Mellion

7th, Monday, 2:00pm – 4:00pm

Wild Food Hunt

Learn what is edible in spring in the countryside.

Meet: Drakewalls (SX425706)

Notes: please bring weatherproof clothes and a drink

Booking: essential – www.cornwall.gov.uk/events (click on summer brochure) or call 0300 1234 202.

Persons who participate in events do so at their own risk. Neither the Tamar Valley AONB team, other organisers, nor landowners shall be liable for any death, loss or damage sustained. Participation in events is at the discretion of the leader. No responsibility can be taken for inaccurate information in this newsletter.



12th, Saturday, 4:30am – 7:00am
Dawn Chorus

Awaken to the delights of the avian world here at Mount Edgcumbe. Join our expert guide to experience the amazing sounds of dawn birdsong within the gardens of the estate.

Cost: £6.50

Notes: breakfast included at the end of the walk. Suitable walking shoes and warm clothing is essential. Don't forget your binoculars.

Meet: Barrow car park, Mount Edgcumbe House & Country Park, Cremyll, nr Torpoint

Booking: essential – 01752 822236, marieclaire.ward@plymouth.gov.uk

12th, Saturday, 4:45am
Dawn Chorus

Join Cornwall Wildlife Trust's Peter Kent at Churchtown Farm Community Nature Reserve for a melodic start to your day.

Meet: Cecil Arms, Saltash

Booking: essential – 01752 846407 (Hazel Rawlings)

12th, Saturday, 10:00am – 3:00pm
Nature's Spring Larder

Explore the woodlands and hedgerows at National Trust's Cotehele to identify and collect edible plants. Together with freshly baked bread from the Mill, enjoy a feast using the fruits of your labours.

Notes: Wear suitable walking boots/shoes

Cost: £15 adult, £5 child

Booking: essential – 01579 351346

Meet: Cotehele Quay, nr St Dominick, Saltash

18th – 20th, Friday – Sunday
Wild in the Woods

A full weekend of countryside living. Bring your tents and pitch up on the National Trust's Cotehele Estate. Nightwalks, trails, workshops, treeclimbing, bush craft and much, much more!

Notes: please bring your own tents, sleeping bags, etc. Assistance dogs only are welcome.

Cost: £65 adult, £45 under 16s (under 5s free)

Booking: essential – 01579 351346

Meet: Cotehele Quay, nr St Dominick, Saltash

19th, Saturday, 8:00pm – 11:00pm
Port Eliot by Candlelight

Port Eliot will be opening its doors to the public at night time, for a rare opportunity to see the house, its rooms and pictures, lit by glowing fires and soft candlelight. Part of the nationwide Museums At Night.

Cost: £8 adult, £4 child

Venue: Port Eliot Estate, St Germans
Information: 01503 230211, info@porteliot.co.uk

25th – 26th, Friday – Saturday
BioBlitz!

Are you the next David Attenborough? Be a naturalist for the day and unearth a species new to science! Suitable for all ages. Venue to be confirmed.

Register your interest: 01822 835030, sbates@tamarvalley.org.uk (Simon Bates)

Organiser: Cordiale Project, within Tamar Valley AONB

26th, Saturday, 1:00pm
Tamar Protection Society AGM

Venue: Mary Newman's Cottage, Culver Rd, Saltash

Information: 01752 842132

26th, Saturday, 8:00pm – 10:30pm
Going Bats at Mount Edgcumbe

Join us for a nocturnal adventure and let our colonies of bats be your guide. With rare species calling Mount Edgcumbe home, you could be in for a real treat with this expedition.

Cost: £5

Notes: hot soup provided at end. Please wrap up warm and wear suitable footwear for the walk.

Meet: terrace at front of house, Mount Edgcumbe House & Country Park, Cremyll, nr Torpoint

Booking: essential – 01752 822236, marieclaire.ward@plymouth.gov.uk

26th – 27th, Saturday – Sunday
St Germans May Tree Fair

A revived fair, dating back to 1284 at least, combining the traditions of the past with huge community involvement, innovation, and fun.

Venue: Port Eliot Estate

Information: 01503 230211, info@porteliot.co.uk

JUNE

1st – 2nd, Saturday & Sunday
10:00am – 5:00pm

Arts & Crafts Garden Festival

British makers and growers, from all over the country, have been invited to exhibit their craft, from plantmen to carpenters, to celebrate a 21st century 'Arts & Crafts' resurgence.

Venue: Coombe Trenchard Estate
Information: 01363 84514 (Jenny)

2nd, Saturday and 4th, Monday
Charles Causley Festival

The 3rd Charles Causley Festival, celebrating the life & work of Launceston's most prized writer, and promoting the best of literature and arts from across the region.

Venues: various, around Launceston
Information: www.charlescausleyfestival.co.uk

Tickets: www.crbo.co.uk

3rd – 4th, Sunday – Monday
10:00am – 4:00pm

Tavistock Garden Festival

Grow it, Eat it, Enjoy it! Mini garden displays and demonstrations. Expert horticultural advice from participating nurseries and the Devon branch of Plant Heritage (NCCPG).

Venue: Tavistock Pannier Market and Town Hall

Information: www.tavistock.gov.uk, or call 01822 613529

4th – 8th, Monday – Friday
1:30pm – 3:30pm

Family Fun Days

Join in with outdoor family activities at the National Trust's Cotehele; making flowerpot people, pond dipping, woodland trails, monster making and making willow bird feeders.

Cost: normal admission charge applies

Venue: Cotehele, nr St Dominick, Saltash

6th, Wednesday, 12:30pm – 2:00pm
Seashore Explorer

Join the rangers to explore the creatures of the deep, and not so deep. Explore the huge amount of sea life that lives above and below the water mark.

Cost: £4

Notes: slippery underfoot, so please wear appropriate footwear and wet weather gear. Children must be accompanied by an adult (max 3 children per adult).

Venue: Mount Edgcumbe House & Country Park, Cremyll, nr Torpoint

Booking: essential – 01752 822236, marieclaire.ward@plymouth.gov.uk

7th, Thursday, 10:00am – 4:00pm
Churchtown Farm Community

Nature Reserve Maintenance Day

Meet: Wearde Road entrance to the Reserve, Saltash

Information: 01752 846407

(Hazel Rawlings)

7th, Thursday, 11:30am – 12:30pm
History & Heritage of the

Earl's Garden

Discover all about the beautiful Earls Garden and what's hidden away in all the nooks & crannies.

Cost: £5

Venue: Mount Edgcumbe House & Country Park, Cremyll, nr Torpoint

Booking: essential – 01752 822236, marieclaire.ward@plymouth.gov.uk

7th – 10th, Thursday – Sunday
Calstock Festival

A range of entertainment & activities to join in with over the 4 days.

Venue: Calstock

8th, Friday, 7:00pm for 7:30pm
Friends of the Tamar Valley Salmon & Strawberry Supper

Non members are very welcome

Cost: £21 per person

Venue: The Barn Restaurant, Cotehele

Booking: essential: 01822 834964 (Jane Kiely)

9th, Saturday, 10:00am – 3:00pm
Family Bushcraft Day

Enjoy a family adventure with our experienced rangers learning all about the great outdoors. Learn how to build a shelter, light a fire without matches and forage for food.

Cost: £18 (1 adult & 1 child), £25 (1 adult & 2 children)

Notes: children must be accompanied by an adult with no more than 2 children per adult. Please wear suitable clothing and footwear and bring packed lunch and drink.

Meet: Penlee Battery car park, Mount Edgcumbe House & Country Park, Cremyll, nr Torpoint

Booking: essential – 01752 822236, marieclaire.ward@plymouth.gov.uk

9th, Saturday, 12:00noon – 4:00pm
Plant & Tool Swap,

Mary Newman's Cottage

Information: 01752 842132

Venue: Mary Newman's Cottage, Culver Road, Saltash

Organiser: Tamar Protection Society

12th, Tuesday, 2:00pm – 5:30pm
Pentillie Guided Garden Tours

A bespoke guided tour of Pentillie's gardens. Numbers limited to 50 and all are welcome – small groups or individuals. Private tours can be arranged for groups of more than 25 people.

Cost: £12.50 per person including guided tour and afternoon tea.

Booking: essential, via the Pentillie office - contact@pentillie.co.uk, 01579 350044

Venue: Pentillie Castle & Estate, St Mellion

15th – 17th, Friday – Sunday
The Final Whiteford Music Festival

A fantastic selection of entertainment over 3 days. Choose from Big Band Spectacular, Saturday Proms and Sunday Chill Out.

Venue: Whiteford, nr Stoke Climsland (just off the A388 a few miles north of Callington)

Tickets: from Stoke Climsland Post Office, or 01726 879500 or via the website

Information: www.whitefordfestival.co.uk

**15th – 31st July, 11:00am – 5:00pm,
Fridays, Saturdays & Sundays
'Sculptural' at Coombe
Trenchard Gardens**

Celebration of new, British sculptural art forms and garden furniture. Curated by the William Benington Gallery.

Entrance: £5

Information:

www.coombetrenchard.co.uk

19th, Tuesday, 7:00pm

**Milton Combe – A Village Walk with
Richard White**

Part of Yelverton & District Local History Society events programme.

Cost: £3 for non-members.

Meet: Castle Inn car park, Milton Combe
Information: 01822 853260

Organiser: Yelverton & District Local History Society

**23rd, Saturday, fire lit - 10:00pm,
see local press for times of
entertainment before.**

Midsummer Bonfire

Traditional Cornish gathering celebrating Midsummer with verses in Cornish and English, singers and other entertainment.

Meet: Kit Hill Summit (no parking at summit, allow time to walk up from lower car parks)

Notes: please bring warm clothing and a torch

Information: 01579 370030,

clemarchant@cornwall.gov.uk

Organiser: Old Cornwall Society

**23rd, Saturday, doors open 6:30pm
for 7:30pm start**

Stand Up Shakespeare

Funniest moments from the Bard's comedies performed in the garden of Mary Newman's Cottage.

Tickets: £9

Booking: essential – 01579 384381

Notes: Drinks & snacks will be on sale, but picnics are welcome, too.

Venue: Mary Newman's Cottage, Culver Road, Saltash

Organiser: Tamar Protection Society

**23rd – 24th, Saturday – Sunday,
10:00am – 4:00pm**

**Duchy College Open Day &
Summer Food Festival**

Venue: Duchy College, near Stoke Climsland

Information: www.cornwall.ac.uk/duchy and click on 'events'

**30th, Saturday, 10:30am – 12:30pm
Dowsing for Beginners**

Try out the ancient art for yourself.

Cost: £4

Notes: Bring your wire coat hangers!

Meet: Terrace in front of Mount Edgcumbe House & Country Park, Cremyll, nr Torpoint

Booking: essential – 01752 822236,
marieclaire.ward@plymouth.gov.uk

**30th, Saturday, 10:30am
Wild Flowers**

A close look at the wild flowers at Churchtown Farm Community Nature Reserve, with Ian Bennallick

Meet: Wearde Road entrance to the Reserve, Saltash

Information: 01752 846407

(Hazel Rawlings)

JULY

**Until 31st July, 11:00am – 5:00pm,
Fridays, Saturdays & Sundays
'Sculptural' at Coombe
Trenchard Gardens**

see 15th June for details

**3rd, Tuesday, 2:00pm – 5:30pm
Pentillie Guided Garden Tours**

A bespoke guided tour of Pentillie's gardens. Numbers limited to 50 and all are welcome – small groups or individuals. Private tours can be arranged for groups of more than 25 people.

Cost: £12.50 per person including guided tour and afternoon tea.

Booking: essential, via the Pentillie office - contact@pentillie.co.uk, 01579 350044

Venue: Pentillie Castle & Estate, St Mellion

**6th, Friday, 2:30pm
Friends of the Tamar Valley
– Maristow Gardens Visit**

Guided walk, Q&A session, tea & cake. Please bring along a plant or seed, or anything else of interest for the garden. Optional lunch beforehand at the newly opened Lopwell Dam café.

Cost: £5 per person (extra for lunch)

Booking: 01822 834964 (Jane Kiely)

**8th, Sunday
St Mellion Cherry Feast**

Venue: St Mellion, near Saltash

**14th, Saturday, 2:00pm
Butterflies**

Join John Randall to enjoy the butterflies at Churchtown Farm Community Farm Nature Reserve.

Meet: Cecil Arms, Saltash

Information: 01752 846407

(Hazel Rawlings)

**19th to 22nd
Port Eliot Festival**

A literary festival with the feel of a garden party, mixed eclectically with music, fashion, and an alternative flower show.

Venue: Port Eliot Estate, St Germans

Tickets & Information:

www.porteliotfestival.com

**21st, Saturday
Discovery/Open Day at Wearde Park**
Churchtown Farm Community Nature Reserve, Saltash, open day
Information: 01752 846407

**21st, Saturday, 6:30pm for 7:00pm
Salmon Supper at Mary
Newman's Cottage**
Tickets: £7.50

Booking: essential – 01579 384381

Venue: Mary Newman's Cottage, Culver Road, Saltash

Organiser: Tamar Protection Society

**21st – 22nd, Saturday – Sunday
Bere Alston Community
Archaeology Project**

We are inviting the residents of Bere Alston to dig 1m test pits in their gardens to find out what might have been there before. There will be archaeologists and a finds expert present to help you discover more about anything exciting you discover.

Information: 01822 835036, sbarnes@tamarvalley.org.uk (Sam Barnes)

Organiser: Tamar Valley AONB, as part of the Festival of British Archaeology

**21st – 4th August,
11:00am – 4:00pm
Buckland Abbey, Garden & Estate
Archaeology Festival**

Try your hand at being a real archaeologist with a variety of activities including mini digs and reconstruction.

Cost: normal admission, plus £2 per child

Venue: School room, Buckland Abbey, nr Yelverton

Information: 01822 853607,
bucklandabbey@nationaltrust.org.uk

**28th, Saturday
Discovery Trail Challenge**

Join the Tamar Valley AONB team for a fantastic opportunity to walk the entire length of the 25-mile Tamar Valley Discovery Trail, from Plymouth to Lifton, while raising money for the Devon Air Ambulance Trust.

Notes: regular refreshment points will be available along the way, First Aid is on hand if needed, and transport will take weary walkers back to start at the end of your walk.

Information & Sponsorship forms: 01822 835030, bookings@tamarvalley.org.uk

Organiser: Tamar Valley AONB team

**28th, Saturday
Latchley, Chilsworthy &
Cox Park Show**
Information: www.lccpshow.org

**28th, Saturday – 29th Sunday,
11:00am – 4:00pm**

Small holders weekend at Cotehele
This weekend will include stalls, displays, workshops, information and much more.

Information: 01579 351346

Venue: National Trust Cotehele, nr St Dominick, Saltash

AUGUST

**1st – 4th, Wednesday – Saturday
Gunnislake Festival**

Events, exhibitions, competitions and musical entertainment over 4 days.

Venue: in and around Gunnislake village centre

Information:

www.gunnislakefestival.co.uk or call 01822 832062 (Dorothy Kirk)

**3rd, Friday, 6:30pm
Friends of the Tamar Valley Walk**

4-mile walk from Churchtown Farm to Forder. Optional supper at Cecil Arms afterwards.

Meet: The Cecil Arms, Saltash

Information: 01822 834964 (Jane Kiely)

**7th, Tuesday, 10:00am – 12:00noon
Adventure Hunt**

A morning of fun with a combination of challenges, activities and trails.

Cost: £1.50 per child

Meet: Kit Hill Summit car park (SX375713)

Notes: children must be accompanied at all times. Sorry, no dogs. Please bring sunscreen, hat and refreshments.

Booking: essential – www.cornwall.gov.uk/events (click on summer brochure) or call 0300 1234 202.

**8th, Wednesday, 10:00am – 12:30pm
Orienteering on Kit Hill**

Learn to find your way around Kit Hill's rough terrain using a map and compass.

Cost: £15 first child, £12 for subsequent children for half day. Whole day - £25/£20.

Meet: Kit Hill Adit car park, second on left (SX379714)

Notes: suitable for children aged 9 years and over. Please bring sensible shoes, weatherproof clothes, drink and snack (packed lunch if staying for both events)

Booking: essential – www.cornwall.gov.uk/events (click on summer brochure) or call 0300 1234 202.



8th, Wednesday, 1:00pm – 3:30pm

Raft Building in Kit Hill Quarry

Be prepared to get wet when you try to create a raft to get you all the way across the lake in the quarry.

Cost: £15 first child, £12 for subsequent children for half day.

Whole day – £25/£20.

Meet: Kit Hill Adit car park, second on left (SX379714)

Notes: suitable for children aged 9 years and over. Please bring sensible shoes, weatherproof clothes plus a change of clothes and towel, drink and snack (packed lunch if staying for both events)

Booking: essential – www.cornwall.gov.uk/events (click on summer brochure) or call 0300 1234 202.

8th – 12th, Wednesday – Sunday, 10:00am – 4:30pm (4pm close on Sunday)

Drawn to the Valley Exhibition

Exhibition of high quality works to showcase pieces from selected artists and makers taking part in the forthcoming Open Studios event.

Venue: Town Hall, Tavistock

Information: www.drawntothevalley.co.uk

11th, Saturday

Children's/Family Activity Day at Wearde Park

The Churchtown Farm Community Nature Reserve team organise plenty of activities, events and good fun throughout the day

Venue: Wearde Park, Saltash

Information: 01752 846407 (Hazel Rawlings)

12th, Sunday, 3:00pm

The Sword in the Stone, Cambridge Touring Theatre

A children's production of this magical tale. Gardens open, refreshments and bar available from 1pm. Performance starts at 3pm on the terrace.

Tickets: Adult £14, Children under 12 £9, Family (2 adults, 2 children) £42. Workshop for 5yrs+ at 1:45pm, £3/child.

Venue: Pentillie Castle & Estate, St Mellion

Booking/Information: contact@pentillie.co.uk, 01579 350044

14th, Tuesday, 10:00am – 12:00noon

Earth Magic

Explore the many wonders of the Old Drakewalls mine site.

Meet: Tamar Valley Centre, Drakewalls (SX425706)

Notes: children must be accompanied by an adult. Sorry no dogs. Please bring sunscreen, hat and refreshments

Booking: essential – www.cornwall.gov.uk/events (click on summer brochure) or call 0300 1234 202.

15th, Wednesday,

10:00am – 3:30pm

Splash & Clamber

Canoe and climb in Kit Hill quarry with the experts from the Delaware Centre.

Cost: £25 first child, £22 for subsequent children, for the whole day.

Meet: Kit Hill Adit car park, second on left (SX379714)

Notes: suitable for children aged 7 years and over. Please bring sensible shoes, weatherproof clothes plus a change of clothes and packed lunch.

Booking: essential – www.cornwall.gov.uk/events (click on summer brochure) or call 0300 1234 202.

21st, Tuesday, 7:00pm

Tavistock – an Historical Town Walk with Alex Mettler

Part of Yelverton & District Local History Society events programme.

Cost: £3 for non-members.

Meet: outside Tavistock Museum

Information: 01822 853260

Organiser: Yelverton & District Local History Society

22nd, Wednesday,

2:00pm – 4:00pm

Pond Dipping & Mini Beast Safari

Come and poot, dip and sweep at Kit Hill Country Park and find out about a bugs life.

Cost: £1.50 per child

Meet: Kit Hill Summit car park, SX375713

Notes: all children must be accompanied by an adult. Sorry, no dogs. Please bring sun cream, hat and refreshments.

Booking: essential – www.cornwall.gov.uk/events (click on summer brochure) or call 0300 1234 202.

25th – 2nd September

Drawn to the Valley Open Studios

Over 60 artists will open their venues – a great chance to explore the Tamar Valley and be inspired by the work of some of the best artists and makers working in the area.

Information: www.drawntothevalley.co.uk, the Open Studios Guide will be available from early August from local outlets.

SEPTEMBER

2nd, Sunday, 2:00pm – 4:30pm

Wonderful Heathland

A walk around Kit Hill's beautiful heath looking at the plants and birds that live here and how and why we manage it.

Learn more about the uses of heaths, past and present.

Meet: Kit Hill Adit car park, second on right (SX377715)

Notes: please bring a drink and a snack. Dogs on leads welcome.

Booking: recommended – 01579 370030, clemarchant@cornwall.gov.uk

8th, Saturday, 10:30am

Wild Food Foraging

Join Andy Pearson at Churchtown Farm Community Nature Reserve to look for food during your walk

Meet: Cecil Arms, Saltash

Information: 01752 846407 (Hazel Rawlings)

15th, Saturday – 16th, Sunday, 11:00am – 4:00pm

Apple Weekend at Cotehele

A weekend of all things apples, including tastings, trails and family fun.

Cost: normal admission charge applies

Information: 01579 351346

Venue: National Trust Cotehele, nr St Dominick, Saltash.

Port Eliot House, St Germans

Open daily (except Fridays) until 8th July (except 8th – 10th June), 2:00pm – 6:00pm. New this year, Art Gallery. Admission is free to the gallery, but people may like to visit the house, gardens or lovely church. The tea room and gallery are open from 12:30pm.

Admission: House & Gardens - £8 adult, £4 child, £7 OAP and eco traveller, £6 student. **Garden only** - £5 adult, £2 child

Information: 01503 230211

Mary Newman's Cottage & Garden, Saltash

15th century cottage and Elizabethan garden open to the public from April until the end of September, every Wednesday, Thursday, Saturday and Sunday, 12noon – 4pm.

Admission: £2.50 adult, £1.00 child

Information: 01752 842132, Tamar Protection Society

Elliott's Store Museum, Lower Fore Street, Saltash

Learn the history of the Elliott family at the legendary local shop, preserved from when it was 'open all hours'. Open from April until the end of September, every Wednesday, Thursday and Saturday, 2pm – 4pm.

Admission: £2.00 adult, £1.00 child

Information: 01752 842132, Tamar Protection Society

Walk & Talk Groups

Keep up to date with the walk programmes in the Tamar Valley by checking the website: www.tamarvalley.org.uk/walkandtalk

You will find the latest dates for the groups based in Gunnislake (Wednesday walks) and in the Saltash area (Monday walks). Regular walks take about 90 minutes at an easy/moderate pace: all are welcome! If you'd like to meet up with like-minded people, have an excuse (we all need one sometimes!) just to get outside, and to explore some of the many beautiful sites in the Valley, please come along to one of the free walks. There's no need to book, full details are on the website or you can call the Tamar Valley walks coordinator Dave Readman on 07792 483669.

So far this year we have had walks from Bedford Sawmills to Chimney Rock and to Devon Great Consols, from Gunnislake station to Calstock, around Kit Hill, from Bere Alston and along the wooded Tamar as well as around Churchtown Farm nature reserve near Saltash, to Antony Passage, around St Germans and along old bridleways to Trematon village. We have also had a couple of special walks around the Pentillie Castle estate, which followed on from a couple of days learning the art of restoration pruning of historic apple trees in the old walled kitchen garden at Pentillie. The trees certainly felt a lot lighter and the walkers who attended had a very enjoyable time as well as learning new skills.

We hope to see you out there soon!

Local Train Times

First Great Western - Tamar Valley Line Until 13th May 2012

GUNNISLAKE TO PLYMOUTH - Mondays to Fridays

Gunnislake	d 0550	d0731	d0929	d1145	d1345	d1545	d1729	d1913	d2221
Calstock	d 0601	d0742	d0940	d1156	d1356	d1556	d1740	d1924	d2232
Bere Alston	d 0610	d0751	d0949	d1205	d1405	d1605	d1749	d1933	d2241
Bere Ferrers	d 0615	d0756	d0954	d1210	d1410	d1610	d1754	d1938	d2246
St Budeaux Victoria Road	d 0624	d0805	d1003	d1219	d1419	d1619	d1803	d1947	d2255
Keyham	d 0626	d0754	d0807	d1005	d1221	d1421	d1621	d1643	d1805
Dockyard	d 0628x	d0756x	d0809x	d1007x	d1223x	d1423x	d1623x	d1645x	d1807x
Devonport	d 0631	d0758	d0811	d1009	d1225	d1425	d1625	d1647	d1809
Plymouth	a 0636	a0804	a0817	a1014	a1230	a1430	a1630	a1652	a1814
								a1819	a1958
								a2120	a2306

PLYMOUTH TO GUNNISLAKE - Mondays to Fridays

Plymouth	d0506	d0641	d0702	d0814	d0840	d0921	d1042	d1054	d1254	d1454	d1557	d1638	d1704	d1817	d1823	d2131
Devonport	d0644	d0707	d0817	d0843	d0924			d1057	d1257	d1457	d1600	d1641	d1707	d1820	d1826	d2134
Dockyard	d0645x			d0844x				d1058x	d1258x	d1458x	d1601x	d1642x	d1708x	d1821x	d1827x	d2135x
Keyham	d0647			d0846				d1100	d1300	d1500	d1603	d1644	d1710	d1823	d1829	d2137
St Budeaux																
Victoria Road	d0512	d0651		d0850				d1104	d1304	d1504		d1648			d1833	d2141
Bere Ferrers		d0658		d0857				d1111	d1311	d1511		d1655			d1840	d2148
Bere Alston	d0527	d0707		d0906				d1120	d1320	d1520		d1704			d1849	d2157
Calstock	d0534	d0714		d0913				d1127	d1327	d1527		d1711			d1856	d2204
Gunnislake	a0550	a0727		a0926				a1140	a1341	a1540		a1724			a1909	a2217

GUNNISLAKE TO PLYMOUTH - Saturdays

Gunnislake		d0731	d0929	d1145	d1345			d1545	d1729	d1917		d2221	
Calstock		d0742	d0940	d1156	d1356			d1556	d1740	d1928		d2232	
Bere Alston		d0751	d0949	d1205	d1405			d1605	d1749	d1937		d2241	
Bere Ferrers		d0756	d0954	d1210	d1410			d1610	d1754	d1942		d2246	
St Budeaux Victoria Road			d0805	d1003	d1219	d1419		d1619	d1803	d1951		d2255	
Keyham		d0732	d0807	d1005	d1221	d1421		d1621	d1805	d1953	d2100	d2257	d2301
Dockyard		d0734x	d0809x	d1007x	d1223x	d1423x		d1623x	d1807x	d1955x	d2102x	d2259x	d2303x
Devonport		d0736	d0811	d1009	d1225	d1425	d1452	d1625	d1809	d1957	d2104	d2301	d2305
Plymouth		a0742	a0817	a1014	a1230	a1430	a1458	a1630	a1814	a2002	a2110	a2306	a2312

PLYMOUTH TO GUNNISLAKE - Saturdays

Plymouth	d 06 40	d 09 02	d 10 59	d 12 54	d 14 48	d 16 38	d 18 23	d 21 31
Devonport	d 06 43	d 09 05	d 11 02	d 12 57	d 14 51	d 16 41	d 18 26	d 21 34
Dockyard	d 06 44 x	d 09 06 x	d 11 03x	d 12 58 x	d 14 52 x	d 16 42 x	d 18 27 x	d 21 35 x
Keyham	d 06 46 x	d 09 08 x	d 11 05 x	d 13 00 x	d 14 54 x	d 16 44 x	d 18 29 x	d 21 37 x
St Budeaux Victoria Rd	d 06 50	d 09 12	d 11 09	d 13 04	d 14 58	d 16 48	d 18 33	d 21 41
Bere Ferrers	d 06 57	d 09 19	d 11 16	d 13 11	d 15 05	d 16 55	d 18 40	d 21 48
Bere Alston	d 07 06	d 09 28	d 11 25	d 13 20	d 15 14	d 17 04	d 18 49	d 21 57
Calstock	d 07 13	d 09 35	d 11 32	d 13 27	d 15 21	d 17 11	d 18 56	d 22 04
Gunnislake	a 07 26	a 09 48	a 11 45	a 13 40	a 15 34	a 17 25	a 19 09	a 22 17

GUNNISLAKE TO PLYMOUTH - Sundays

Gunnislake	d1025	d1245	d1445	d1654	d1844		
Calstock	d1036	d1256	d1456	d1705	d1855		
Bere Alston	d1045	d1305	d1505	d1714	d1904		
Bere Ferrers	d1050	d1310	d1510	d1719	d1909		
St Budeaux Victoria Road	d1059	d1319	d1519	d1728	d1918		
Keyham	d1101	d1321	d1521	d1730	d1920		
Dockyard	d1103x	d1323x	d1523x	d1732x	d1922x		
Devonport	d1105	d1325	d1525	d1734	d1924	d2056	
Plymouth	a1110	a1330	a1530	a1739	a1929	a2100	

PLYMOUTH TO GUNNISLAKE - Sundays

Plymouth	d0915	d0930	d1015	d1140	d1345	d1536	d1540	d1743	d1745
Devonport		d0933	d1019	d1143	d1348	d1539	d1543	d1746	d1748
Dockyard		d0934x		d1144x	1349x	d1540x	d1544x	d1747x	d1749x
Keyham		d0936		d1146	d1351	d1542	d1546	d1749	d1751
St Budeaux Victoria Rd		d0940		d1150	d1355	d1546	d1550	d1753	d1755
Bere Ferrers		d0947		d1157	d1402	d1553	d1557	d1800	d1802
Bere Alston		d0956		d1206	d1411	d1602	d1606	d1809	d1811
Calstock		d1003		d1213	d1418	d1609	d1613	d1816	d1818
Gunnislake		a1016		a1226	a1431	a1622	a1626	a1829	a1831



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Information

For timetable information from 14th May 2012 onwards, please call National Rail Enquiries on 08457 48 49 50 or visit www.carfreedaysout.com

Rail improvement work may affect the services in this timetable, particularly at weekends. Please check before travelling. For full details of train times and fares, visit www.firstgreatwestern.co.uk or call National Rail Enquiries on 08457 48 49 50 (24 hours, calls may be recorded).

Notes:

- x stops on request. Customers wishing to alight must inform the on-train staff and those wishing to join must give a hand signal to the driver
- a arrival time
- d departure time

Bus Times:

0871 200 22 33 (Traveline)

As the Bere Ferrers Community Shop and Café approaches its 6th birthday, we take a look at the many facilities on offer to the local community.

Bere Ferrers community shop serving the community for six years

Open every week for the past six years, customers have enjoyed a wealth of food and produce stalls as well as a range of innovative homemade crafts and stalls supporting charitable causes.

Where else can you enjoy a cup of delicious tea or coffee for only 50p, accompanied by a large slice of homemade cake, again for only 50p – this has to be the best value in the county!

The shop's vegetable stall provides a great variety of produce and many seasonal vegetables, grown by Amanda and Ian on their peninsula farm, while Christine and Norman provide delicious eggs from their chickens. And the pets and garden birds are well catered for by Maurice.

The health food stall, run by Carol and Bruce, has been helping visitors to the shop to eat well and clean their homes with environmental friendly products. Carol has added an extra 'refill service' for many of the Eco products she sells. Bring your own plastic bottle and save yourself money every time you buy.

Diana's Fair-trade stall, which supplies the café with all its tea, coffee and sugar, has a wonderful variety of food and gifts, supporting third world producers. Mavis sells beautiful cushions, handmade gifts and cards she makes, and she also runs the cheese stall, which is bought from the award winning Tavistock Cheese Shop. Other hand painted cards can be bought from Pearl's stall, together with her own beautifully knitted mittens and hats, bunting, children's wooden toys, home made cakes and meringues.

Special 'treats' are made by Lesley who each week sells yummy fudge and chocolates, while the bread stall, run by a rota of volunteers, takes orders and sorts them out each week, selling 'spares' to those who forget to think ahead!

Every fortnight Hamilton's Fresh Fish van parks outside the shop and brings a wide range of fresh fish all caught in local waters.

With so many Bere Ferrers residents buying so much from the Community Shop and Café, they are making fewer journeys in their cars, saving both time and money. So much that is bought is locally produced, so they are also saving food miles and supporting local entrepreneurs. The Café brings much added value to the whole enterprise as it has become an opportunity to meet with friends and neighbours, catch up with peninsula news and promote parish events.

If you haven't discovered the Bere Ferrers Community Shop and Café yet, why not come along any Saturday between 10am and 12noon, enjoy a coffee or tea and a chat, and do all the shopping you need. ■

Calling all community shops out there!

We know that there are a number of other community shops being set up throughout the Valley. Let us know if your village is setting up something similar and we'll feature it in a future issue of The Valley.

MAVIS – Milton Abbot Village Independent Store

MAVIS opened in 2010 and was the brainchild of Romilly Cousins and Justine Ridley (local ladies who grew up in the village).

Before MAVIS, the site was originally a butchers for 20 years, then a ready-meal store for 2 years.

Local people and passing trade now use the store, which is particularly popular with walkers using the Tamar Valley Discovery Trail.

Opening Times – 8:00am – 5:00pm (Monday – Friday), 9:00am – 1:00pm (Saturday)

Available at the shop – Groceries, Local Meat and Vegetables, Local Milk, Cheese and Butter, Fresh Pasties, Pies, Paninis, Sandwiches, Cafe for Coffee, Cakes and Lunches, free WiFi.

25 Fore Street, Milton Abbot - www.miltonabbotshop.co.uk
01822 870460



A master grafter and an eager audience at La Fete du Grefage © Cordiale Project.

Our 'woody core' got technical on all aspects of cutting, chipping, storing and burning wood from Normandy hedges. We met Gérard Cousin at the village of Raids. He has a 50 ha farm and 8 km of hedge. Every year, he spends 5 days with a chainsaw, cutting wood about 30 cm in diameter and stacking it alongside. A contractor then takes about 8 hours to chip the wood and store it on site. In the store, fungi in the bark begin to ferment sugars, generating up to 80°C of heat. Over a 12-16 month period, the moisture in the chip drops to 20% and it's ready to burn.

Cordiale project – something for everyone this summer!

Simon Bates, Cordiale Project Officer, recalls activities at the start of the New Year, and what's in store for the summer.

The year began with a highly successful visit to France where the focus was on apples and fuel from hedges. Spring saw 17 householders open their doors to the public to showcase 'energy saving and generation'. We also witnessed a fine first radio interview by Samantha Barnes, drumming up support for our hedge survey (see article on page 9).

This summer we will be starting our farm wood fuel audits and assessing the feasibility of a wood chip boiler for Harrowbarrow. We'll be attempting to set up four 'food buying groups', where bulk orders can be raised for locally-sourced fresh produce, to include meat (beef, pork and lamb), vegetables, honey and apple juice. Our proposed BioBlitz on 25th & 26th May will thrill the kids, and Anne-Marie Culhane is looking for 'players' of all ages for a reconstruction of market gardening across the Tamar, as part of Calstock Green Festival (7-10 June).

Two small delegations from the Tamar Valley visited Brittany and Normandy in early February. Our 'apple corps' went to the fabulous grafting festival run by Les Mordus de la Pomme (the fanatics of the apple)! Chris Groves and Simon Platten



Gérard Cousin (green top) and his woodchip, enough to heat his house for 3 years © Cordiale Project.

We think this system can be applied in the valley. We are working on setting up co-operatives for sharing machinery and skills, demonstrating the business case to land managers, and enhancing the landscape, wildlife and historic value of hedges (that's where our hedge survey comes in, and we need your help).

wasted no time in applying their knowledge at the Cotehele 'Graft, Sow & Grow' fair. More than 200 people grafted scions, a great success!

So, what's a BioBlitz?

Well, it's when everyone becomes a naturalist for the day and unearths species new to science (well, new to your neighbourhood anyway)! Experts will help young and old identify everything from 'apple tree lace bugs' to 'greater horseshoe bats'. It's fun, but it also has a purpose; to improve the parish biodiversity audits that are in draft, and to recruit volunteers to complete a map to safeguard wildlife for the future.

We are hoping to launch an artistic challenge called "Harvesting Time", in collaboration with Drawn to the Valley.

Can you create a contemporary piece that celebrates the community and heritage of the Valley? We are particularly keen to explore change by reference to landscape paintings of the area.

Finally, look out for the roving roadside stall! As an icon of the Valley's proud market gardening heritage, we will be building one in collaboration with Tamar Grow Local. Anne-Marie Culhane will stock it with games, mysterious objects, and fresh seasonal produce. All you have to do is visit, play, look, listen and feel, tell us your stories, your hopes and fears for this vibrant Valley and its people.

Do read about us at www.cordialeproject.eu/ or call **Simon Bates 01822 835030** to get involved.



The Cordiale Project was selected under the European Cross-border Cooperation Programme INTERREG IV A France (Channel) – England, co-funded by the European Regional Development Fund.



Sometimes getting started is the hardest part of any journey. Things can feel daunting and leaving the front door can seem like a tough challenge. More often than not, once you do get moving you look back and wonder what all the fuss was about.

Let's get ready to ride

Chaz Curry, Mountain Bike Development Officer, Tamar Valley AONB

Riding a bike is all about the journey. There is often no ultimate destination, but each time you ride you learn something new, get a bit fitter and see something you otherwise wouldn't have. Bike riding travels with you through life and lets you experience the world from a different perspective.

My bike rides frequently challenge me, bring pure joy and allow me to see creatures, vistas or places I simply would not have seen using another mode of transport.

My very first ride on two wheels saw me hurtle down my uncle's garden towards an unforgiving patch of stinging nettles. During that ten-second trip I quickly managed to master using the brakes. It was challenging and exhilarating all in one breath.

I also remember my first bike race. I arrived at the BMX track in Plymouth and was instantly overwhelmed by the size of the obstacles and jumps. The throng of brightly kitted out riders and the smell of the burger van are vivid to this day and the odour of a quarter pounder cooked on a hot plate still gives me flash backs. I felt out of my depth in my BHS tracksuit and riding an £80 bike

from a Littlewoods catalogue. Despite the blind panic, I saw it through and ended up in 3rd place. I don't think I have ever been so proud of myself as I stood on that podium and the thoughts of that day still act as a constant refuge for me in times of self doubt.

The Tamar Valley is an outstanding place to ride a bike. Whether you are

a family looking for something to do at the weekend or you're looking for more of a challenge, the Valley offers a wealth of resources. There are also plenty of people and organisations out there ready to help. At Tamar Valley AONB, we can find rides and experiences that will suit your needs and provide helpful advice, route suggestions and useful maps.



The Valley's resources are ideal for everyone © Tamar Valley AONB

Cycling clubs like Tavistock Wheelers, Woodland Riders or Okehampton CC are happy to offer advice on routes and rides. We are also very lucky to have great shops such as Lifer BMX, Dartmoor Cycles and Tavistock Cycles who all provide advice about the right kit for your needs. Mountain bike skills training is offered to all ages and abilities by Woodland Riders and Dartmoor Outdoors (Treesurfers). The Valley has truly world-class facilities, landscapes and resources suitable for both short and long rides.

I have a saying, "I never regret getting on my bike" and my journey so far has been inspiring and truly enriching. Riding a bike has let me experience the world in all its splendour as a part of it rather than someone just passing through. I have no idea where my journey will take me in the years to come but I know one thing, the road ahead will be just as exciting and fantastic as the ride itself. We are here to help you with your journey, so let's get ready to ride! ■

The Mountain Bike Development Project is a partnership between SWRDA, Greater Dartmoor LEAF, Defra, Leader and DR.

Useful Information

Chaz Curry, Mountain Bike Development Officer, Tamar Valley AONB
Tamar Valley Centre, Cemetery Road, Drakewalls, Nr Gunnislake, PL18 9FE (for maps and general information)
e-mail: ccurry@tamarvalley.org.uk
tel: 01822 835030
Website: www.tamarvalley.org.uk

Sustrans
Website: www.sustrans.org.uk
e-mail: info@sustrans.org.uk
1 South West Interactive Cycling Map
Website: www.1sw.org.uk
Tel: 01392 834220
e-mail: nicola.cave@forestry.gsi.gov.uk

Clubs
Woodland Riders Downhill Mountain Bike Club
(Membership and Passes for Mountain Bike tracks, Training and Racing)
e-mail: info@woodlandriders.com
website: www.woodlandriders.com
01822 618178 (Dartmoor Cycles)
Tavistock Wheelers (Road Cycling Club)
e-mail: rideinfo@tavywheelers.co.uk
Website: www.tavywheelers.co.uk

Okehampton Wheelers (Road Cycling Club)
Tel: 01837 871309
e-mail: Robertszembek@talktalk.net
website: www.okehamptoncycleclub.co.uk

Shops and hire centres
Dartmoor Cycles
(Shop, Hire and day passes for Woodland Riders MTB tracks)
Atlas House, Tavistock, Devon, PL19 9DP
Tel: 01822 618178
Website: www.dartmoorcycles.co.uk

Lifer BMX (Shop)
4 North Street, Tavistock, PL19 0AN
Tel: 01822 616240
Website: www.liferbmx.co.uk

Tavistock Cycles (Hire and Shop)
Paddons Row Tavistock, PL19 0HF
Tel: 01822 617 630
Website: www.tavistockcycles.co.uk

Treesurfers (Hire and Training)
Woodlands, Gulworthy, Tavistock, Devon PL19 8JE
Tel: 01822 833409
Website: www.treesurfers.co.uk



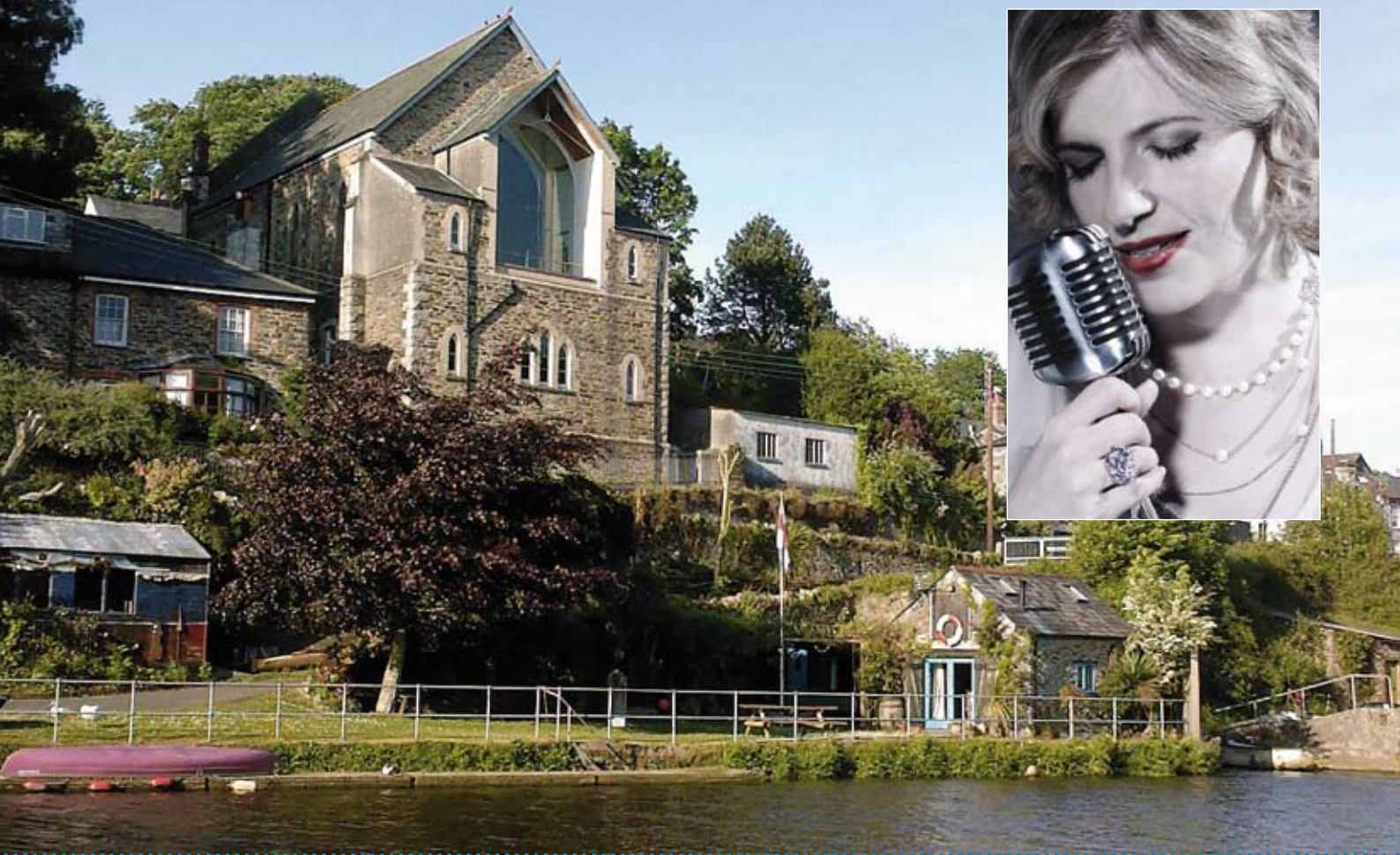
Labour of love

Mountain bike tracks don't just appear, they all have a story. Some are ridden in by young whippersnappers (with an aversion to manual labour) and some are paths cleared by wild animals. Usually, 'trail centre' style tracks built for the purpose are dug, either by paid employees or, more commonly, by enthusiastic volunteers. The new track at Gawton definitely falls in to the latter of these categories.

The Gawton track is the first on this particular hill to be dug entirely to the Woodland Riders' own specifications. From start to finish, it took more than eighteen months to complete, but marks a real 'coming of age' for Woodland Riders.

Over the building period, unpaid men and women clawed their way through piles of rocks, while the freezing rain did its best to destroy spirits. Track 4 is a triumph of endeavour and an awesome achievement. Its chief track designers have used the hill's natural features to impressive effect, creating a multi-line multi obstacle course that can be ridden and enjoyed by almost everyone.

This track is the first at the world-famous Gawton site to be built solely by Woodland Riders. Experienced riders have described it as 'exceptional'. Its first race will be the South West Championships, which Gawton will host for the second year running this summer. If you can't wait for that, then you can purchase a membership to Woodland Riders to see what all the fuss is about.



The Old Chapel, Calstock © Patti Henry and inset, Clare Teal

Calstock Arts has been at the forefront of a cultural renaissance in the Tamar Valley since 2009.

Cultural renaissance in the Valley

Founded as a Community Interest Company, Calstock Art's vision is to create a dynamic, popular arts and community centre that offers high quality arts, cultural, educational and social activities and encourages and supports artists within the region.

In January 2010, Calstock Arts successfully acquired the beautifully converted Old Chapel in Sand Lane, Calstock. This superb venue, with its breathtaking views of the River Tamar and stunning scenery of the Tamar Valley, has been the perfect location for a wide range of events. These have included classical, folk and jazz music, theatre, comedy, literature and poetry, often attracting internationally recognised artists and performers.

The venue's musical experience will be further enhanced shortly with the installation of a new bespoke sound system. There are also plans to convert the large basement at The Old Chapel into a cinema area and additional performance space, as well as provision of catering facilities.

These are all exciting developments, representing very positive news for the Tamar Valley, which will help to enhance the reputation and appeal of this very beautiful area.

For more information
Email mail@calstockarts.org
Website www.calstockarts.org
Phone: 01822 833183 ■

Forthcoming events...

Calstock Jazz and Blues Festival
26-28 October featuring international jazz star, Clare Teal.

The Friday night Gallery Bar
Features free entertainment from local artists.

Cream Teas
Mothering Sunday, Easter Sunday, The Queen's Diamond Jubilee, August Bank Holiday and also in conjunction with Tamar River boat trips and walks.

Life in the Past Lane – An exhibition overview



The Shamrock at Cotehele Quay © The National Trust, Cotehele

An exhibition at Cotehele House for 2012-13 will focus on Edgcumbe family members, tenants and servants who had a close association with Cotehele.

Entitled "Life in the Past Lane – the People of Cotehele", the exhibition will feature a series of showrooms representing individuals from particular time periods. Visitors will receive a pack containing an illustrated, self-guided tour explaining how each character influenced the house and its development. Guides will also be on hand to answer questions.

Exhibition highlights:

- Discover what Cotehele meant to the Edgcumbe family
- Design, create and photograph your own antiquarian display, inspired by William 4th Earl's endeavours, and enter a special competition
- Crawl (via a play tube) into a secret room behind the tapestry
- Play Ernestine Edgcumbe's favourite music on the organ
- Enjoy art exhibits accompanied by narration of an Edgcumbe-inspired story
- See Cotehele through the eyes of those who loved and cared for the house



Lady Hilaria Gibbs who was the last remaining daughter of the 6th Earl and lived to be 101 years old
© The National Trust, Cotehele



Cotehele House pictured from the Dovecote © The National Trust, Cotehele.

Leather treasures from wreck go on display

Historic artefacts and Russian leather recovered from the wreck of the Danish Brigantine Die Frau Metta Catherina von Flensburg are to go on display at Mount Edgcumbe House and Country Park thanks to a lottery grant.

The Metta Catherina foundered off the Cornish coast in 1786 with cargo including tanned reindeer hides from St Petersburg to Genoa. She lay almost completely buried in a deep tomb of silt off Mount Edgcumbe until she was discovered by divers in 1973.

Now Mount Edgcumbe House and Country Park has secured £41,000 from the Heritage Lottery Fund to conserve and display the artefacts. The total cost of the project will be £60,500, with additional funding coming from the Friends of Mount Edgcumbe, the Metta Catherina Trust and Mount Edgcumbe.

The exhibition will include interactive displays, an introductory film and outdoor activities, including shoreline walks and a 'Seashore Finds' day, so people of all ages can learn more about the wreck. Learning

resources will be developed for schools, and pupils will be invited to a history talk by members of the Metta Catherina Trust and other local dive teams.

Ian Skelton, Chairman of the Metta Catherina Trust and one of the divers who found the wreck said, "It is wonderful news that after 32 years of diving and research, the story of the Metta Catherina can finally be told. Mount Edgcumbe is a fitting location for the artefacts to be displayed." ■



Tamar Grow Local (TGL)

TGL is a 'not for profit' Community Interest Company (CIC) set up on co-operative principles for the benefit of the community. Established five years ago to create and manage the allotment site at Calstock, the company is now an umbrella organisation for all sorts of local produce projects, including orchards, vegetable growing, livestock co-operatives, beekeeping and honey production, farmers markets and events, community supported agriculture (CSA), low-carbon distribution, and of course allotments. Here are some of the projects in more detail.

Local food communities in the Tamar Valley

Tamar Grow Local is supporting lots of local food projects up and down the Valley. Here is a taster of projects underway.



All images © Tamar Grow Local

Harrowbarrow and Metherell Agricultural Society (HaMAS)

Harrowbarrow and Metherell Agricultural Society is now in its fourth year of growing vegetables as a community. The group has 65 members and cultivates a six acre field, planting an amazing 42 different kinds of vegetables for all members to share. They contract in the local farmer to do the heavy work with his tractor, but do all the rest of the planting, weeding and harvesting through workdays and weeding parties.

The project runs essentially as a pick your own veg box system, though membership is considerably cheaper than a weekly veg box, and members pay only £30 a year for a share of the harvest. The group is affiliated to Tamar Grow Local and sell some of their surplus potatoes through our producers' co-operative, which helps to keep membership.

Harrowbarrow and Metherell Community Orchard

Founded in 2011 with funding from the East Cornwall Local Action Group, much of the six-acre Harrowbarrow and Metherell Community orchard site was overgrown with eucalyptus and willow. Helped by both people and pigs, half the site was cleared and then fenced to allow livestock in to graze and keep the grass down. As part of the plan to plant the orchard with local variety apples, pears, cherries and other fruit, the first 22 trees were planted in November 2011, and 'wassailed' in December. The orchard is also home to a community beekeeping venture that sells honey locally to raise funds.

The site is open to everyone, although shares of the harvest when the trees mature will be through a membership subscription.



Pig Society

The Pig Society is a group of like-minded folk who have joined together to keep pigs. The first 'round' of pigs were six lovely Oxford Sandy and Blacks, which were kept on the Harrowbarrow and Metherell Community orchard. The pigs did a fantastic job of clearing and digging over the field ready for the first apple trees to be planted. They were very friendly and really enjoyed human company, especially the buckets of apples and apple pomace they received!

Twelve households were involved and all shared the costs of rearing the pigs as well as the daily tasks of feeding and general care. The first round of pigs remained happy till the end, and members of Pig Society all enjoyed some fantastic pork, and experimented with making bacon, sausages and brawn.

The second round of pigs began at the end of February, this time with eight pigs.

Box of Beef CSA

Community supported agriculture (CSA) is about creating direct relationships between producers and consumers, relationships which benefit both parties. As a consumer, you commit to buy from a particular farmer who then has a predictable income and can manage his resources appropriately. In return, you get the produce at a lower than market rate, and the farmer gets a better price for his produce than if he sold it wholesale.



Tamar Grow Local has started developing CSA relationships for members with Tamar Valley producers. With Bohetherick Farm, we have developed two such arrangements, 'Half-a-pig' CSA and 'Box of Beef' CSA. For the beef CSA, you commit to buy a share of a home bred, farm assured, Hereford grass-fed steer, a native breed renowned for its tenderness and flavour. The shares are roughly 15kg of beef and you get a selection of cuts from the animal. You pay a deposit in advance and the local farmer will advise you when your box of beef is ready for collection from the farm.



St Budeaux Church Community Allotments

St. Budeaux Church Community Allotments was set up in 2009, following grant funding from the Devon Community Foundation (Grassroots grants) and other donations and support. This has allowed us to transform the bramble-infested site, adjacent to the historic St. Budeaux Parish Church, to its current use.

The site has 21 plots, including a community plot, a plot for St. Budeaux Foundation School and Tamarside Community College.

Tamar Valley Honey Co-operative

The Tamar Valley Honey Co-operative was founded in 2011. It is a not-for-profit co-operative initiated by beekeepers for beekeepers (primarily, but not exclusively) in the Tamar Valley (Devon & Cornwall).

The co-operative aims to create a regional brand for Tamar Valley Honey and access new markets for honey and bee-related products. Members also benefit from discounts on materials through bulk purchasing, and can sell their honey through the honey co-op if their hives are in the Tamar Valley. The honey co-op sells the honey mainly to restaurants, such as River Cottage, and retail customers. These are markets of a scale that hobby beekeepers do not usually have the volume of honey to supply on their own.



SailTrade

Tamar Grow Local has been working with an emerging community interest company called SailTrade to provide a low carbon distribution system for Tamar Valley produce. SailTrade is committed to using the river to transport produce, and uses sail, oar and tidal power over fossil fuels, wherever possible. The boat it is using was built in 1890 and has a rich maritime history of working in and around Plymouth and South Devon.



Events and markets

Tamar Grow Local is working to create a number of produce related events and markets up and down the Valley. Earlier this year, in conjunction with National Trust Cotehele, we put on an apple grafting and allotment fayre 'Graft, Sow and Grow'. The event included a producers' market, plant sales, compost and gardening tools, with guest speakers in the TGL yurt including John Harris (Moon gardening) and Charles Dowding (No Dig Gardening). Visitors could also graft their own apple tree to take home for £5. All the varieties that were available to graft either originated in the Tamar Valley or were traditionally grown in the Valley and do well in our climate.

Check the TGL website for details of projects, events and markets that are happening near you
www.tamargrowlocal.org





Lucy and part of the Buckland Food Growers © Apex.

"I've had an idea...I'm going to start a community farm!" Lucy Wood

I am a nurse, married with four children and I live in Buckland Monachorum, a community that is very close to my heart as I grew up there. As a working mother I found it difficult, time consuming and expensive to source food grown locally and, frustratingly, like most people, I found myself buying food flown in from all over the world because it was convenient.

So, a couple of years ago I thought I would jump on the 'self-sufficient' bandwagon and grow some veg in my garden. I spent a small fortune on patio potato bags, veg bags, potting compost, seed potatoes and some small pea plants. It was quite an exciting summer, I watered my growing plants often, tended them and the excitement built for the day of harvest. However, much to my disappointment I had enough potatoes to last a couple of meals, but not enough peas to even cover the bottom of the saucepan (especially after the kids had been helping themselves to peas fresh from the pod). My hopes and dreams of self sufficiency were dashed.

I lacked the skills and knowledge, land or time to produce my own food, which made me wonder if other people were in a similar situation. The more I thought about this the more it made sense to encourage like-minded people to join with me to find some land and start a community farm.

About 20 people came forward after I put some posters up around the parish and we formed a steering group to take the idea forward. A representative from the National Trust helped get the project off the ground and Buckland Food Growers (BFG) was created. In January 2011, BFG then signed a five year lease with the National Trust, acquiring a couple of acres of land on the Buckland Abbey Estate along with their cider orchard.

BFG is open to people living in Buckland Monachorum and now over 40 households in the parish are members. People can join our various produce groups including; pigs, bees, chickens, cider and fruit and veg. Members contribute time and skills to these groups to produce



Lucy Wood knows her onions © Apex.

a 'harvest', sharing the work and sharing the produce.

We have successfully been awarded funding from Tamar Valley AONB, Hog Co, and Dartmoor Sustainable Development Fund for our start up costs and are now up and running.

Our first growing season produced 14 pigs, a prolific veg harvest, 14 jars of honey, three tonnes of apples (presses into juice and cider) and we collect around eight eggs a day from our chickens. Produce is shared out between members and any surplus is sold.

In 2012 we plan to increase production and are currently redesigning our land to accommodate this. Our members have spent more time doing outdoor activities and less in supermarkets. There's a real sense of value regarding the food we've grown ourselves and we've all learned new skills, made new friends and strengthened our community.

My idea of starting a community farm has become a reality. Though it has been very hard the rewards have been rich for the community. It has been a very exciting and rewarding journey. I can say now that I had absolutely no idea how much work would be involved or that it would take over my life and I would have to give up work for a while, but the rewards are vast and far reaching, but most of all I value the fact that BFG has enabled my community to have the opportunity to learn how to grow and produce their own food locally. I believe it is vital that communities are encouraged to set up projects like this as food and oil prices continue to rise, local shops close and the future of our small rural communities are uncertain. If you'd like to find out more, please visit www.bucklandfoodgrowers.co.uk ■



Healthy rows of peas © Apex.



Pigs enjoying the apples at Buckland © Apex.



Step into a secret world at Buckland Abbey

Early 2012 has seen staff and volunteers busily preparing Buckland Abbey Garden and Estate for the new season.

The National Trust's newly acquired Cider House Gardens with their beautiful herbaceous borders, fascinating walled kitchen garden and stunning views across the Abbey estate are open to the public for the first time. The 'wild' garden is particularly spectacular in the spring, with a whole host of wildflower bulbs bursting into life.

There's a newly refurbished restaurant too, the design of which has been inspired by the beautiful estate. Why not enjoy a lovely walk through the gardens and call in for a cup of tea and some delicious, home-cooked food? Buckland Abbey, Garden & Estate is near Yelverton, PL20 6EY; Tel: 01822 853607; www.nationaltrust.org.uk/buckland

A refreshing change

Set within the Old Pump House on the Dam, the new café at Lopwell Nature Reserve is now open for delicious light lunches, snacks, hot drinks and refreshments daily from 10.30am to 4pm. It's the perfect way to complement your walk in the Reserve and you may even spot a seal from its terrace.

The café, which also offers cream teas (made with local Langage cream), homemade cakes and ice cream, hosts an exhibition about the building and its beautiful surroundings.

From the A386 follow the signs to Lopwell Nature Reserve, The Old Pump House, Lopwell Dam, PL6 7BZ
E-mail: theoldpumphouse@live.co.uk
If you're making a special journey, please check on local weather conditions first by calling 01752 695978



(Above from l-r) The barn owl finds its prey on old pastureland. Frog in a wildlife pond. Peacock butterfly on buddleia.

© Rowena Millar, www.naturalword.co.uk

Wildlife friendly plants for spring and summer in the Tamar Valley:

Primroses and scented primulas are welcomed by newly emerged butterflies and grow particularly well in our local moist conditions. They look lovely around ponds and on hedgebanks.

Cuckooflower (lady's smock) is another wild flower that often pops up in gardens by itself. Luckily it looks pretty and is good for butterflies.

Foxgloves like the scented native bluebells that flower just before them, look handsome in the garden as well as in hedgebanks. Their tube-shaped flowers attract bumble bees.

Marjoram keeps its leaves all year round and its profuse white or pinkish flowers attract bees and butterflies in summer. Small butterflies are particularly partial to marjoram flowers, and you can use the leaves in pasta sauce.

Rowena Millar, www.naturalword.co.uk

Writer and wildlife enthusiast Rowena Millar suggests using our local countryside for gardening inspiration.

Creating a Tamar Valley inspired wildlife garden

Wildlife gardening can mean many things to many people. You could have a bird table, put up nest boxes, create a pond, build a compost heap or just let nature take over. Whatever your style, your Tamar Valley garden will be home to some local wildlife too. Usually, if you want your garden to be alive with the vibrant sights and sounds of nature then simply relax and allow it to live.

In the Tamar Valley we are blessed with a mostly mild and temperate climate. We've a varied geology with neutral to acid soils that support a wide range of plant life. There is shelter for birds and rare bats amongst our wooded hills and a varied mosaic of Cornish hedges, woodland, patches of scrub, heath, rivers, banks, puddles, pools, old mine workings, orchards and former market gardens. We retain some remnants of old pasture land with a tussocky mix of traditional grasses and meadow plants, ideal for voles and the barn owls that hunt them. Thanks to places like these, we live in a stronghold for wildlife, including a miscellany of endangered species.

So, why not give your wildlife garden a theme based on a favourite local habitat? You could re-create a woodland edge, favoured by birds and butterflies, by growing plants of various heights including a variety of flowering plants, shrubs and small trees or, trellis if space is tight. As long as your walls are structurally sound,

ivy can protect rather than cause damage and is a valuable source of shelter for birds, as well as providing nectar late into the autumn. You can grow heathers to complement the ones growing wild on Kit Hill, or mimic a natural lake edge by creating a wildlife pond (preferably without ornamental fish, which eat small pond creatures). You can imitate a meadow of tall native grasses and flowers with paths mown through if you have a large area. There's even inspiration in cliffsides, old spoil heaps and quarry landscapes if you have slopes, banks and walls in your garden.

Sometimes it's difficult to know what to choose when faced with rows of seed packets or potted plants at a garden centre. Not all packets and labels specify if a plant is good for wildlife. The best clues as to what will both grow well and encourage wildlife in our region can be gleaned from walking in the countryside. Try to observe which flower scents, shapes and colours attract the most insects such as bees, butterflies and hoverflies, then attempt to mimic this within your garden.

We garden owners have a tendency to categorise groups of wildlife into 'friends' and 'enemies'. Life is not that straightforward however, and 'minibeasts' cannot necessarily be judged by the way they look. Some types of slug would rather make compost out of decaying matter than munch through new seedlings.



The beautiful demoiselle is found by local streams © Rowena Millar.

Many bugs help gardeners by eating other creatures that damage our veg. Beautiful garden birds such as bullfinches are capable of eating precious buds. Other birds may eat beneficial insects or soft fruit. Rather than trying to judge what is good and what is bad, it's better to create a healthy balance between predators and prey by providing homes and food for a wide variety of wildlife.

Whatever the size and design of your own patch, watching the busy lives of our amazing local wildlife can be one of the most fascinating and rewarding ways of enjoying a Tamar Valley garden. ■

(Above) Garden flower and hoverfly
© Rowena Millar



(Below) Roadside woodland edge habitat in Kelly Bray © Rowena Millar



Get involved...

If you are interested in wildlife, consider joining Devon Wildlife Trust: (01392) 279244, www.devonwildlifetrust.org.uk, or Cornwall Wildlife Trust: (01872) 273939, www.cornwallwildlifetrust.org.uk.

This year both Trusts are holding a number of extra special events to celebrate their 50th anniversaries. Both Trusts have groups of volunteers who organise local events. The contact for Cornwall Wildlife Trust's Mid-Tamar Valley group, based at Stoke Climsland, is Caroline Vulliamy on 01579 370411, or midtamargroup@gmail.com.

Uncovering the past...

Findings from the Calstock community dig

A local archaeological dig, supported by the Heritage Lottery Fund (HLF) and led by the Tamar Valley AONB, has uncovered important parts of the area's rich heritage.

Part of the Calstock Parish Heritage Project, the community dig that took place last October in Calstock, led by Dr Chris Smart of the University of Exeter, trained 20 volunteers from varying backgrounds in excavation and recording.

The project was originally going to look at a suspected Iron Age settlement close by, but a geophysical survey showed a lack of archaeological evidence, so the decision was taken to shift the focus back to the Roman Fort.

Dorothy Kirk, a local resident who took part in the dig, says: "The dig was one of the best things I've done in my life. I can't praise Chris and Helen and their team enough for giving us what was a tremendous experience that few people have the opportunity to enjoy."

Two weeks of excavation provided significant insights into the longevity of human activity on Church Hill, Calstock, which can now be projected further back in time than previously thought. The excavation focused on two trenches in the field southeast of the parish church.

One trench assessed the relationship between a large enclosure that surrounds the known Roman fort, and a probable road that led from the fort's east gate. The team managed to record a full profile of the massive enclosure ditch, which, after two weeks of hard labour, proved to be a defensive ditch due to its size and depth.

The shape of the ditch, as well as the large array of 1st century Roman pottery recovered from it, suggest that, like the fort, it was dug by the Roman army.

What was believed to be a road entering the east gate of the fort actually turned out to be the remains of a post-medieval hedgebank! However, the real surprise was the discovery of three small pits, one of which produced Late Neolithic/Early Bronze Age pottery, which pushes activity on Church Hill way back into prehistory, sometime during the 3rd millennium BC.

The second area of excavation identified four different ditches, all situated between the fort and the large surrounding enclosure. Frustratingly, none gave up any dating evidence in the form of pottery or charcoal, but one large v-shaped ditch possibly relates to a pre-fort marching camp, built by the Roman army and only used for a short period.

A piece of pottery is gently lifted from the site



Meticulously checking the position of one of the main trenches





"The dig was one of the best things I've done in my life. I can't praise Chris and Helen and their team enough for giving us what was a tremendous experience that few people have the opportunity to enjoy." Dorothy Kirk, local resident

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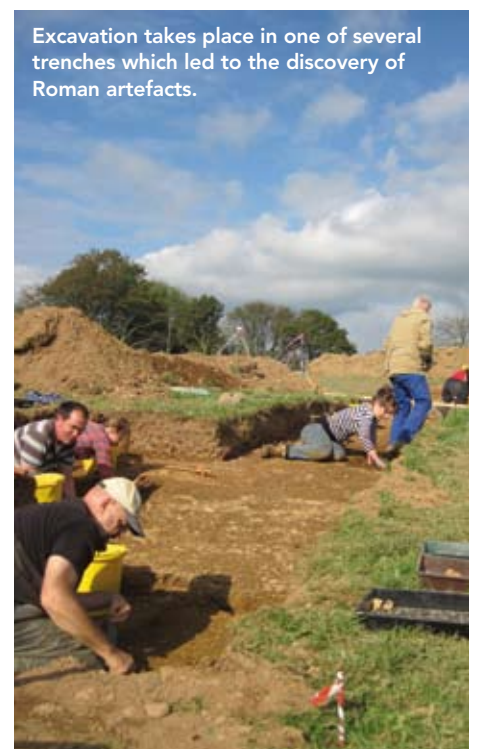
The most interesting and unexpected feature was a large hollow that had been the site of metalworking activity. It is too early to tell what the function of the furnace(s) was, or what metalworking was taking place, but analysis will answer these questions. It may relate to post-medieval activity, but could also be Roman or medieval in date. The excavations were originally looking for the site of 14th century lead-silver smelting.

Dr Chris Smart said: "Helen, Steve and I each had a marvellous time, and it was extremely rewarding not only in terms of my archaeological research, but due to the enthusiasm which each of the volunteers showed. I believe that everyone left the excavation with a new perception about the value of archaeology, and of how it is carried out. Armed with only Time Team as a guide, most remarked on how much recording has to take place, which you do not see on television!"

Commenting on the progress of the project, HLF's Acting Head of Region, Richard Bellamy, said: "One of HLF's main aims is to ensure that as many people as possible have the opportunity of hands-on experience with a part of their own heritage. That's why it's so exciting for us to be able to watch the progress of fascinating projects like the one at Calstock, which is involving the community in literally uncovering a part of its own history."

If you would like to develop a greater understanding of the heritage of this area, please visit heritage.tamarvalley.org.uk to look at Cornwall's record of archaeology in the parish. This is an interactive map displaying the heritage and archaeology of Calstock and has been created by the Tamar Valley AONB supported by a grant of £35,500 from the Heritage Lottery Fund (HLF).

You can search the map for specific sites and time periods, or even landowner and land use information as recorded in the 1840s. There is also the opportunity to tell the AONB about historic sites you know by adding your own information to the map, and to highlight special places of importance, whether those are views, trees or buildings. ■



Excavation takes place in one of several trenches which led to the discovery of Roman artefacts.



(Left) A pair of back-to-back late 18th / early 19th century rubble stone limekilns at Weir Quay.

(Right) Pointing permeable stone with cement commonly causes the stone surface to blast away through the freeze-thaw process. If lime mortar is used it is sacrificial to the stone, requiring repointing rather than the more lengthy process of replacing stones.

Glimpsed across the river or passed on a riverside path, limekilns remain a familiar feature of the Tamar Valley. Many kilns have been surveyed and recorded or are designated as listed buildings or scheduled monuments, but what do they tell us as monuments of a past industry?

Limekilns at Halton Quay: a 'lymkylne in the manner of Halton' was recorded in 1411 but these examples were built in the early 19th century. They are Grade II listed buildings. All images © Sam Barnes, Tamar Valley AONB

Monuments of a bygone industrial age...

Lime-burning sites were usually associated with transport networks, such as rivers and railways, and the lime trade is one of the Valley's earliest industries. Lime-rich river mud and sea sand for fertilising the fields was brought in by barge years before lime burning as an industry began. As there is no limestone in the Tamar Valley, vessels later brought it in from Plymouth's quarries, returning to the docks with mining and market garden produce.

A versatile and multi-purpose material, lime has been used as a building mortar since Roman times. Powdered lime mixed with tallow and linseed oil also made a wash for walls that resisted the damp Valley climate. Furthermore, it has been used as a calcium-rich fertiliser since the medieval period and in the 18th century, lime dressing the acid soils of the Tamar Valley was specifically recorded in leases. In the early 20th century, powdered lime was made available for gardeners to buy by the barrow load directly from the kiln.

Since the 1800s lime has been widely used in a variety of industries and household products. During the 19th century

limestone exceeded every other product transported on the Tamar.

Basic raw limestone or chalk is prepared into useable lime by burning and slaking. When burnt at a temperature of 1000°C, the stone releases carbon dioxide, leaving quicklime. When slaked (mixed with water) this can be turned into a stable lime putty or powder and, when mixed with horsehair and aggregates, used as a mortar or render.

Most of the kilns that survive in the Tamar Valley were built between 1770 and 1830 out of slate, immediately recognisable by their rows of arches. The best-known kilns are perhaps those at Morwellham, Cotehele and at Halton Quay. There are many others scattered around the quays and banks of the Tamar as monuments to this great trade. Although the everyday uses of lime have declined, the realisation that hard cement mortars and modern plasters were causing damage to historic buildings led to a revival in the use of lime in both repair and new build.

The links between why there are so many limekilns in the Tamar Valley, how they

worked, what the product was used for and their inherent link to the river and its quays, contributes to our understanding of the development of the landscape and its heritage. Some survey work has already been completed, and, as part of the Cordiale project, a team from the Tamar Valley AONB is hoping that further surveys, together with practical lime days for homeowners and contractors, can encourage lime to be more widely used as a sustainable material in new build, conservation and repair.

The information will also help enhance the Historic Environment Record and our newly-launched interactive map <http://heritage.tamarvalley.org.uk/>

Further details of how you can get involved will be available through the monthly AONB e-bulletin, and updates will be posted on our website – keep an eye out as we will be organising events and workshops over the summer!

For more information contact Samantha Barnes, Project Officer at the AONB on 01822 853036 or sbarnes@tamarvalley.org.uk



CORDIALE
Managing Landscape Change
Bosbury | South West England | Cornwall



The Cordiale Project was selected under the European Cross-border Cooperation Programme INTERREG IV A France (Channel) – England, co-funded by the European Regional Development Fund.



Thanks to nearly £2 million of funding, the East Cornwall Local Action Group is actively supporting a wide range of community-led projects, helping to improve the quality of life and strengthen the local economy in the Tamar Valley.

(Above) Members of East Cornwall Local Action Group. All images courtesy of East Cornwall Local Action Group

Action Group active in the Valley

One of 15 Local Action Groups across the South West and part of the Rural Development Programme for England, the East Cornwall Group has so far offered nearly £800,000 worth of support to 40 different projects across the wider east Cornwall area. Here we showcase some of their success stories in and around the Tamar Valley.

Delaware Community Learning Centre

To help finish the low energy features on the community building, £12,843 was awarded to the trustees of the Centre, to install photovoltaic panels on the roof to reduce energy consumption and running costs.

Calstock Community Composting study

Tamar Grow Local CIC approached the group to support a feasibility study to research if a community composting scheme was viable in the Calstock area. Just over £4,000 was awarded to fund the study, with the results showing a scheme is a viable proposition.

Treragin Community Orchard

The Local Action Group was approached to support training and learning opportunities related to developing a community orchard at Metherell. Over £1,000 was awarded to Tamar Grow Local CIC to implement the project.

Calstock Cricket Club

The cricket club at Calstock was successful in applying for £4,560 to purchase covers so that the ground could be used more by youngsters and for youth teams to develop.

Cotehele bakery

At Cotehele Mill, the National Trust was awarded over £20,000 to reinstate the bakery room. The works will give visitors to the Mill an additional reason to come, and so improve its long-term sustainability.

St Germans shop

In St. Germans, a new fridge and freezer were funded by the Local Action Group to support the Community shop, and reduce its on-going running costs.

The Local Action Group is always looking for projects to support. Projects need to be innovative, co-operative, sustainable, contribute to low energy usage and offer wider benefits. It can support town and parish councils, charities, private businesses and voluntary groups (with a constitution).

If you like the things the groups supports, then why not consider joining?

For more information, contact Linda Emmett on 01208 265719 or email linda.emmett@cornwalldevelopmentcompany.co.uk



Cotehele Bakery.



St. Germans Shop.

About Us

The Tamar Valley AONB Partnership helps to conserve and enhance the natural beauty of the Tamar Valley Area of Outstanding Natural Beauty, by offering advice and assistance to community groups, landowners, farmers, residents and visitors.

There are 38 AONBs in England and Wales. The Tamar Valley itself covers an area of 75 square miles (195 sq km) and is the youngest of all AONBs, designated in 1995.

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Help Us Keep the AONB Special

We hope you enjoy exploring the Tamar Valley. Please follow The Countryside Code when you're out and about, to keep this living, working landscape special;

- Be safe – plan ahead and follow any signs
- Leave gates and property as you find them
- Protect plants and animals, take your litter home
- Keep dogs under close control
- Consider other people when travelling around the area, or when using any of the public rights of way, footpaths or trails within the Valley.

Your Valley, Your News

If you have a story that you would like to be considered for the next issue of *The Valley* (autumn/winter 2012), please send details to Charlotte Dancer, Information & Communications Officer for the Tamar Valley AONB – cdancer@tamarvalley.org.uk
01822 835030.

If you would like this newsletter in other formats, please call 01822 835030 to discuss your requirements.

Keep In Touch

Sign up to receive monthly e-bulletins from the Tamar Valley AONB – a great way to keep up-to-date with progress of projects and calls for volunteers in between issues of *The Valley* newsletter. Please visit www.tamarvalley.org.uk and click on 'News' to sign up

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 @TVAONB

The countryside must be a "thriving and prosperous" part of the economic recovery but new planning laws will protect important habitats, Environment Secretary Caroline Spelman has insisted.

Countryside must be thriving and prosperous

In her keynote speech to the Conservative Party Conference, Mrs Spelman said the economy had become "unbalanced" in favour of urban areas, but green growth was now vital. Defending the controversial proposals to change the planning system, she told the gathering in Manchester that the Government would maintain protection for the green belt, Areas of Outstanding Natural Beauty and National Parks.

Mrs Spelman said: "For far too long, the economy of this country has been unbalanced. Not just 'north-south', but 'rural-urban'. It's one of the factors that's brought us to where we are today and we need to fix it. That's why we're investing £530 million in rural broadband. We're refocusing grants and funding streams so that they actively promote new kinds of rural enterprise. That means using rural grants to generate new business start-ups, new tourism opportunities, new markets for local produce and we want to help

existing businesses become more competitive, more innovative, and more prosperous."

Part of that would be a "more sympathetic planning system", but she added: "We will maintain protections for the green belt, for National Parks and Areas of Outstanding Natural Beauty."

We are particularly delighted that the Secretary of State has made the link between AONBs, a flourishing countryside and economic recovery. This is a reflection of one of the key messages promoted by the National Association for AONBs on behalf of the AONB family. ■

Singing in the Valley



Formed five years ago, the Tamar Valley Male Voice Choir is working hard to promote and revive the tradition of singing in the Valley.

The 30-strong group based in Callington has helped to promote the idyllic Valley and its history with tours stretching from Shropshire, Aberfan and Anglesey to as far as the Czech republic. Further concerts are planned this year, with the choir travelling to the Isle of Wight, Brittany and Denmark.

Closer to home, the choir has sung at many concerts in the Valley and surrounding area, raising many thousands of pounds for charity.

The choir welcomes any male singer, experienced or not, to attend practice sessions at the Callington Methodist Church Hall on Tuesday evenings at 7.30pm. For further details, contact Henry Sharp on 01752 842763.