

<b>All times are approximate dependant on conditions and numbers</b>			
<b>Date</b>	<b>Time</b>	<b>Walk</b>	<b>Where to meet</b>
<b>1 Apr 2024</b>	10:30 - 12:30	Antony Passage	St Stephen's Church, Saltash (PL12 4AP)
<b>8 Apr 2024</b>	10:30 - 12:30	Wembury	Wembury Two Moors Way National Trust car park (PL9 0HP)
<b>15 Apr 2024</b>	10:30 - 12:30	Saltram House	Coypool park & ride car park, Plympton (free) (PL7 4TB)
<b>22 Apr 2024</b>	10:30 - 12:30	Minions	Cheesewring car park through Minions (PL14 5LE)
<b>29 Apr 2024</b>	10:30 - 12:30	Millendreath to Looe	On road at Millendreath (PL13 1PD)
<b>6 May 2024</b>	10:30 - 12:30	St Germans	St Germans station platform (PL12 5LU)
<b>13 May 2024</b>	10:30 - 12:30	Golitha Falls to Siblyback	Golitha Falls car park (free) (PL14 6RX)
<b>20 May 2024</b>	10:30 - 12:30	Plymbridge Woods	Coypool park & ride car park, Plympton (free) (PL7 4TB)
<b>27 May 2024</b>	10:30 - 12:30	Mount Batten	Mount Batten car park (free, far end) (PL7 9SJ)
<b>3 Jun 2024</b>	10:30 - 12:30	Cargreen	Landulph Church (PL12 6NG)
<b>10 Jun 2024</b>	10:30 - 12:30	Noss Mayo	Warren National Trust car park (PL8 1HB)
<b>17 Jun 2024</b>	10:30 - 12:30	Liskeard	Morrisons car park, Liskeard (PL14 3PR)
<b>24 Jun 2024</b>	10:30 - 12:30	Railways and Castles	St Stephen's Church, Saltash (PL12 4AP)



## April - June 2024

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

## Walk & Talk Saltash - every Monday morning



**Tamar Valley  
National  
Landscape**

<p><b>Antony Passage</b>  <b>Meet</b> 10:30am, St Stephen's Church, Saltash, PL12 4AP.  Walk down to Forder and along the estuary to Antony Passage, then through woods and over fields to Trematon Castle before returning to the church.</p>	<p><b>Plymbridge Woods</b>  <b>Meet</b> 10:30am, Coypool park &amp; ride car park, Plympton (free), PL7 4TB.  A figure-of-eight walk through Plymbridge Woods, returning on a walk/cycle track.</p>
<p><b>Wembury</b>  <b>Meet</b> 10:30am, Wembury Two Moors Way National Trust car park, PL9 0HP (NT card or £5).  Circular walk starting along the South West Coast Path east towards Warren Point on the River Yealm before returning overland back to the car park.</p>	<p><b>Mount Batten</b>  <b>Meet</b> 10:30am, Mount Batten car park (free, far end), PL7 9SJ.  Circular walk starting on the South West Coast Path to Jennycliff, then inland returning along the sea front.</p>
<p><b>Saltram House</b>  <b>Meet</b> 10:30am, Coypool park &amp; ride car park, Plympton (free), PL7 4TB.  Walk from Plympton through woods to Saltram House for a coffee stop before returning on a shorter route.</p>	<p><b>Cargreen</b>  <b>Meet</b> 10:30am, Landulph Church, PL12 6NG.  Circular walk through fields, tracks and lanes returning via Cargreen.</p>
<p><b>Minions</b>  <b>Meet</b> 10:30am, Cheesewring car park through Minions, PL14 5LE.  A choice of various walks around Bodmin Moor depending on conditions.</p>	<p><b>Noss Mayo</b>  <b>Meet</b> 10:30am, Warren National Trust car park, PL8 1HB. Drive to Newton Ferrers then Noss Mayo and take the lane to the Coast Path.  Circular walk starting on the South West Coast Path to the River Yealm and Newton Creek for a coffee stop before returning overland on a footpath.</p>
<p><b>Millendreath to Looe</b>  <b>Meet</b> 10:30am, on road at Millendreath, PL13 1PD.  A walk from Millendreath to Looe along the South West Coast Path with spectacular views. Longer coffee break in Looe before returning on a slightly different route.</p>	<p><b>Liskeard</b>  <b>Meet</b> 10:30am, Morrisons car park, Liskeard, PL14 3PR.  Circular walk starting over field by Premier Inn, then lanes to a stream and footpaths to Pope's Mill then returning to the car park.</p>
<p><b>St Germans</b>  <b>Meet</b> 10:30am, St Germans station platform, PL12 5LU. Park on road in front of the church and walk to the station.  A figure-of-eight walk with views of the Lynher and Tiddy going down to the quay. Then climbing up the hillside above St Germans for a break before returning to the village.</p>	<p><b>Railways and Castles</b>  <b>Meet</b> 10:30am, St Stephen's Church, Saltash, PL12 4AP.  A longer walk along creeks towards Antony Passage then through woods and fields to Elmgate before returning on a different route.</p>
<p><b>Golitha Falls to Siblyback</b>  <b>Meet</b> 10:30am, Golitha Falls car park (free), PL14 6RX.  Circular walk along footpaths to Siblyback for a coffee break before returning along a different route.</p>	<p><i>For further information on preparing yourselves for our walks, please visit <a href="http://www.tamarvalley-nl.org.uk/discover-explore/walking/#walk-talk-anchor">www.tamarvalley-nl.org.uk/discover-explore/walking/#walk-talk-anchor</a> and scroll down to 'Be prepared', or email <a href="mailto:enquiries@tamarvalley.org.uk">enquiries@tamarvalley.org.uk</a></i></p>