

All times are approximate dependant on conditions and numbers

Date	Time	Walk	Where to meet
4 Apr	10:00 - 11:15	Kit Hill Circular	First free Kit Hill free car park, PL17 8HS - left inside main entrance
11 Apr	10:00 – 11:30	Cotehele Circ.	National Trust Cotehele Quay car park, PL12 6TA (NT card, non-members pay)
18 Apr	10:00 12:00	Scrubtor Circular	Free Scrubtor car park, Gulworthy, PL19 8PF (cyber.putty.banks). Car sharing is advisable
25 Apr	10:00 – 11:15	Bere Ferrers riverside to Hallowell Wood Circular	Bere Ferrers Quay, PL20 7JN (downhill from pub)
2 May	10:00 – 11:30	Harrowbarrow Wheal Brothers Lane Circular	Harrowbarrow Village Hall free car park, PL17 8BQ (computer.texts.serenade)
9 May	10:00 – 11:30	To Calstock via Danescombe Valley	Tamar Valley Centre free car park, PL18 9FE
16 May	10:00 – 12:00	NEW WALK Siblyback Reservoir Circular	9:20am, Tamar Valley Centre free car park (PL18 9FE) to car share to Siblyback, or 10am at the dam end parking (outdoor.deciding.unimpeded)
23 May	10:00 – 11:30	Gunnislake village and riverside Circular	Gunnislake car park opposite the Post Office, PL18 9JS. Free parking for 2 hours (but ticket still needs to be obtained)
30 May	10:00 – 11:30	Calstock Higher Kelly Lane Circular	Calstock Quay by the bus stop. Free parking at riverside car park, PL18 9QA
6 Jun	10:00 – 12:00	Up and Around Hingston Down Circular	Tamar Valley Centre free car park PL18 9FE
13 Jun	10:00 – 12:00	Tavistock Canal Circular	Free car park off Pixon Lane, Tavistock, PL19 9FD (hurry.singer.transfers)
20 Jun	10:00 – 12:00	NEW WALK Morwellham Circular	9:40am Tamar Valley Centre to care share or 10am Morwell Rock layby - from Gulworthy roundabout, take road to Bere Alston. Take second right and continue 100 yds to layby (companies.supple.level)
27 Jun	10:00 – 12:00	NEW WALK Boheterick & Cotehele Mill Circ.	National Trust Cotehele Quay car park, PL12 6TA (NT card, non-members pay)



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!

These walks are led by qualified walk leaders. The goal is for everyone to have access to a friendly, short, group walk, within easy reach of where they live, to help them become and stay active.

NO NEED TO BOOK!

Tamar & Bere Wellbeing Walks - every Thursday morning



Tamar Valley National Landscape

<p>Kit Hill Circular Estimated time 90 minutes (ca. 1.7 miles) This is a fabulous walk with amazing views across the Tamar Valley. We will be following the path from the lowest car park around to the back of the hill, then gradually working our way up to a short incline. The walk is on uneven footpaths, but definitely worth it when you reach the top!!</p>	<p>Gunnislake village and riverside Circular Estimated time 90 minutes (ca. 2.4 miles) A varied walk from the centre of Gunnislake village down to the Tamar riverbank footpath. The path can be very muddy and slippery in places with steep, rough ground, so good footwear is essential. No stiles. Well worth the effort with lovely views of the river and of the valley across to Chimney Rock as we climb back up to the centre of the village. Option to stop for refreshments in the village at the end of the walk.</p>
<p>Cotehele Circular Estimated time 90 minutes (ca. 2.2 miles) Starting at the Quay car park, taking the footpath up into the woods, passing the small chapel, then continuing uphill until turning back to pass through the upper car park and joining the road away from the house, before taking the gate on the left down through the woods to the river and back to the quay.</p>	<p>Calstock Higher Kelly Lane Circular Estimated time up to 90 minutes (ca. 1.6 miles) Lovely walk along footpaths and through wooded areas. Option to stop for refreshments in village afterwards.</p>
<p>Scrubtor Circular Estimated time 2 hours A lovely walk, through woodland, whilst passing remnants of the rich mining heritage of the area, with occasional glimpses of the River Tamar. Easy underfoot, mostly firm but muddy in places, with one steep section. Parking at Scrubtor car park is limited, so car sharing is advisable.</p>	<p>Up and Around Hingston Down Circular Estimated time up to 2hrs (ca. 2.93 miles) A walk along public footpaths up to Hingston Down with stunning views from the heathland across to Plymouth Sound. After reaching the Down, we take the lane back to the main road, before taking a footpath and country roads back to Albaston. Some steps and a small stream crossing, so appropriate footwear needed.</p>
<p>Bere Ferrers riverside to Hallowell Wood Circular Estimated time up to 75 minutes (ca. 1.8 miles) A very scenic route taking us along the Tavy riverbank with uninterrupted views of the estuary and then a short loop into the woodland. Using country lanes and public footpaths, moderate effort is required with some inclines but no stiles. Can be very muddy. No stiles.</p>	<p>Tavistock Canal Circular Estimated time 2hrs (ca 4.3 miles) The walk will follow the disused railway line along to Crowndale Viaduct. A path then drops down to the canal, through an old tunnel and under the canal and up to the towpath. We will then return to Tavistock along the canal, walking past historic Crowndale farm. Look out for the kingfisher and other water birds. Boots are recommended as the railway cutting can be wet in one area. One very steep short climb up to the canal.</p>
<p>Harrowbarrow Wheal Brothers Lane Circular Estimated time up to 90 minutes (ca. 2.6 miles) Fairly easy going on roadways, cart track, public footpaths through woodland and field with kissing gate and stiles. Some climbs and descents. Can be muddy so suitable footwear recommended.</p>	<p>Morwellham Circular Estimated time 2hrs (ca. 4 miles) An interesting walk full of the history of Morwellham, starting on road, but mostly on tracks, including railway tracks, and footpaths. First half downhill, second half uphill, but we will take it at an easy pace. No stiles.</p>
<p>To Calstock via Danescombe Valley Estimated time 90 minutes (ca. 2.3 miles) This is a fantastic walk through the Danescombe Valley ending in Calstock. On footpaths this walk does include some small downhill sections, including a steep field that can be slippery. Stiles and steps and a narrow path along the stream bank that can be very wet. Please bring bus fare or pass for return to Centre on 79/79A bus.</p>	<p>Boheterick & Cotehele Mill Circular Estimated time up to 2hrs (ca. 2.25 miles) A moderate walk ascending through old market gardens to Bohetherick, a once bustling hamlet on the Edgcumbes' Cotehele estate, before returning to the Quay via Cotehele Mill.</p>
<p>Siblyback Reservoir Circular Estimated time 2hrs (ca. 3.11 miles) An easy level walk around this scenic reservoir on a good path, may be some puddles but otherwise very clean track. Toilets and a café are available part way around.</p>	<p><i>For further information on preparing yourselves for our walks, please visit www.tamarvalley-nl.org.uk/discover-explore/walking/#walk-talk-anchor and scroll down to 'Be prepared', or email enquiries@tamarvalley.org.uk</i></p>