

# Calstock Wetlands

Apart from a flight of 6 steps close to the start, this is a level walk along a flood defence bank with the River Tamar on one side and a recently created wetland nature reserve on the other.



Scan for a detailed video about the route

## Factoids:

- The wetlands were created in 2021 by the digging of scrapes and lagoons followed by breaching the old embankment to allow the area to flood at high tide.
- Numerous bird species including little egrets, kingfisher, snipe, teal, green sandpiper and avocet have been spotted using the site, as well as otters – so keep your eyes peeled.
- Calstock has a thriving community of artists drawn to the scenery of the valley, with several art galleries, studios, and creative events taking place throughout the year.

## STROLLS AND ROLLS

EASY ACCESS STILE-FREE ROUTES  
IN THE TAMAR VALLEY

### Grade surface and terrain:

**Access for some:** Although the route is virtually level, because of the short flight of steps up onto the flood bank near the start, this walk is not suitable for wheelchairs or mobility scooters, but you can probably get up them with a rugged pushchair. The remainder of the walk is along a level unsurfaced grass and earth path which can be muddy after rain.



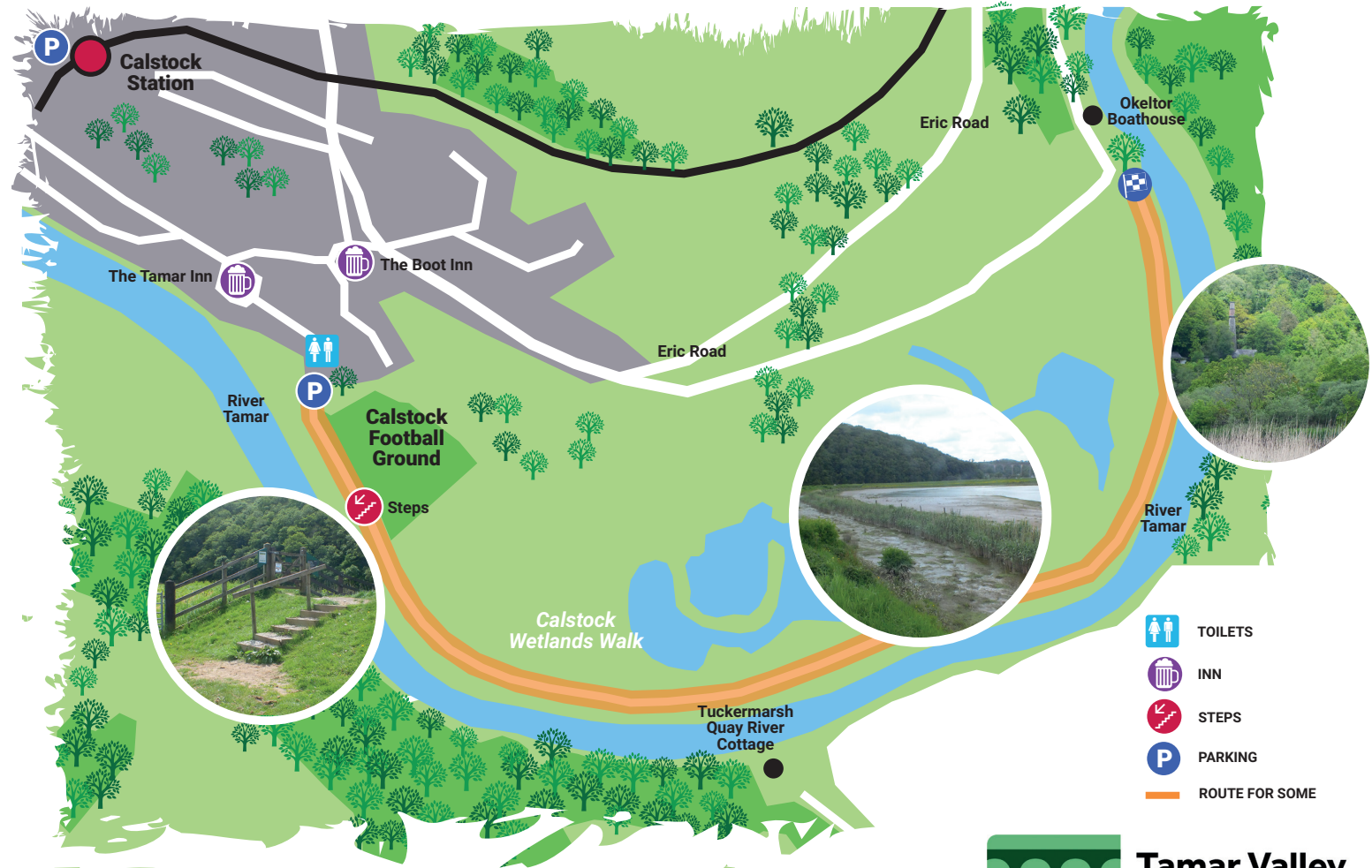
### Distance:

1½ miles (2½ km) there and back

**Nearest facilities:** Toilets (disabled) in the Calstock Quay carpark. In the nearby Quay and Calstock village are a selection of cafés and pubs.

**Parking:** Calstock Quay car park. Postcode: PL18 9QA, Grid Reference: SX 480 742, What3Words: brownish.hardening.coconut One of the best ways to reach Calstock is by train along the scenic Tamar Valley line from Plymouth (though it is a fairly steep descent from the station to the Quay)

**Directions:** From the quay car park, walk along the right-hand edge of the football pitch and up a flight of steps onto the embankment. Continue along the embankment to the end of the wetland area. Return the same way.



**Connecting with nature:** Tamar Valley National Landscape seek to promote and create rewarding opportunities for more people to enjoy healthy outdoor activities, improving connections with nature and heritage. For more walks like this, visit [www.tamarvalley.org.uk/walking](http://www.tamarvalley.org.uk/walking) If you find any problems with this walk please contact us at e: [tamarvalleynationallandscape@cornwall.gov.uk](mailto:tamarvalleynationallandscape@cornwall.gov.uk) To download the route onto your phone visit [www.tamarvalley-nl.org.uk/discover-explore/walking/strolls-and-rolls/](http://www.tamarvalley-nl.org.uk/discover-explore/walking/strolls-and-rolls/)



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