

All times are approximate dependant on conditions and numbers

<i>Date</i>	<i>Time</i>	<i>Walk</i>	<i>Where to meet</i>
1 July 2024	10:30 - 12:30	Shaugh Bridge Circular	Shaugh Bridge free National Trust car park (PL7 5HE)
8 July 2024	10:30 - 12:30	Rame Head	Rame Head car park (£1) (PL10 1LH)
15 July 2024	10:30 - 12:30	Churchtown Farm Nature Reserve	St Stephen's Church, Saltash (PL12 4AP)
22 July 2024	10:30 - 12:30	Saltash Alternative	Free car park under Tamar Bridge, Saltash (PL12 6BJ)
29 July 2024	10:30 - 12:30	Talland Bay	Free Hendersick National Trust car park (PL13 2HZ)
5 Aug 2024	10:30 - 12:30	St Cleer Circular	Free car park behind St Cleer Parish Church (PL14 5DN)
12 Aug 2024	10:30 - 12:30	St Mellion Circular	First car park on the left on the St Mellion Estate (PL12 6SD)
19 Aug 2024	10:30 - 12:30	Maker Church	Far car park at Maker Church (PL10 1JB)
26 Aug 2024	10:30 - 12:30	Plymouth Park	Milehouse Park and Ride free car park, Home Park (PL2 3DA)
2 Sept 2024	10:30 - 12:30	Minions to Sharptor	Cheesewring car park, Minions (PL14 5LE)
9 Sept 2024	10:30 - 12:30	Cann Woods	Cann Woods National Forest free car park (PL7 5ED)
16 Sept 2024	10:30 - 12:30	Golitha Falls to Siblyback	Free Golitha Falls car park (PL14 6RX)
23 Sept 2024	10:30 - 12:30	Wilcove via Antony Woods	Torpoint Cemetery car park (PL11 2QJ)
30 Sept 2024	10:30 - 12:30	Cardinham Woods	Cardinham Woods car park (£3 for 4 hours) (PL30 4AL)



July - September 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>Shaugh Bridge Circular Meet 10:30am, Shaugh Bridge free National Trust car park, PL7 5HE. Walk up the track initially following the River Plym then the River Meavy to the Dewerstone, then descending the track to the cottages and the road. Return along a section of the Plympton walk/cycle track.</p>	<p>Maker Church Meet 10:30am, far car park at Maker Church, PL10 1JB. Walk down to the South West Coast Path then along to Kingsand/Cawsand for a break before returning along tracks and over fields.</p>
<p>Rame Head Meet 10:30am, Rame Head car park (£1), PL10 1LH. Walk along the South West Coast Path to Cawsand/Kingsand for a coffee break before returning along the same route.</p>	<p>Plymouth Park Meet 10:30am, Milehouse Park and Ride free car park, Home Park, PL2 3DA. Figure-of-eight walk around the park on the outskirts of Plymouth.</p>
<p>Churchtown Farm Nature Reserve Meet 10:30am, St Stephen's Church, Saltash, PL12 4AP. Various walks around Churchtown Farm depending on conditions with good views across rivers Tamar and Lynher.</p>	<p>Minions to Sharptor Meet 10:30am, Cheesewring car park, Minions, PL14 5LE. Walk around the Cheesewring to the hamlet of Sharptor then along a track and up to the Tor for panoramic views. Return around the other side of the Cheesewring.</p>
<p>Saltash Alternative Meet 10:30am, free car park under Tamar Bridge, Saltash, PL12 6BJ. Walk along the lane to Waitrose, then cross the footbridge to Saltash returning along paths and lanes to the car park.</p>	<p>Cann Woods Meet 10:30am, Cann Woods National Forest free car park, PL7 5ED. Circular walk through woods and along paths.</p>
<p>Talland Bay Meet 10:30am, free Hendersick National Trust car park, PL13 2HZ. Walk over fields to join the South West Coast Path to Talland Bay for a coffee break before returning along the same route.</p>	<p>Golitha Falls to Siblyback Meet 10:30am, free Golitha Falls car park, PL14 6RX. Walk along footpaths and over fields to Siblyback for a coffee stop before returning along a different route.</p>
<p>St Cleer Circular Meet 10:30am, free car park behind St Cleer Parish Church, PL14 5DN. Circular walk around St Cleer starting over the moor then around lanes and over fields.</p>	<p>Wilcove via Antony Woods Meet 10:30am, Torpoint Cemetery car park, PL11 2QJ. Walk along tracks through Antony Estate then along lanes to Wilcove then returning to the car park along a different route.</p>
<p>St Mellion Circular Meet 10:30am, first car park on the left on the St Mellion Estate, PL12 6SD. Walk around the boundary of the Estate over fields and along lanes.</p>	<p>Cardinham Woods Meet 10:30am, Cardinham Woods car park (£3 for 4 hours), PL30 4AL. Figure-of-eight walk through the Forestry Commission with a coffee stop at the end.</p>

*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*