

| <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>4 Jul</b>   | 10:00 - 11:15 | Harrowbarrow Coombe & Prince of Wales Mine Circular | Harrowbarrow Village Hall Car Park, PL17 8BQ (what3words – computer.texts.serenade)   |
| <b>11 Jul</b>  | 10:00 – 11:30 | Kit Hill Quarry Circular                            | First free Kit Hill car park, PL17 8HS - left inside entrance (what3words – stepping.clumped.revealing)                       |
| <b>18 Jul</b>  | 10:00 11:30   | Todsworth/ Frieseland Triangle                      | Tamar Valley Centre free car park, PL18 9FE   |
| <b>25 Jul</b>  | 10:00 – 12:00 | <b>NEW WALK</b><br>Collins Bridge Circular          | Free Pilgrims Drive car park in centre of village, PL20 7DB. Free at time of writing. (what3words - toolkit.estimates.annoys) |
| <b>1 Aug</b>   | 10:00 – 12:00 | <b>NEW WALK</b><br>West Down & Double Waters        | West Down (end of Brook Lane, Tavistock) free parking, PL19 9EQ   |
| <b>8 Aug</b>   | 10:00 – 11:30 | To Calstock via Old Kelly Lane                      | Tamar Valley Centre free car park, PL18 9FE   |
| <b>15 Aug BBQ</b>  | 10:00 – 12:00 | Tamar Trails to Chimney Rock Circular               | Tamar Trails car park, PL19 8JE (what3words - marathon.rotations.onions). £2.40 all day parking charge at time of writing.    |
| <b>22 Aug</b>  | 10:00 – 12:00 | <b>NEW WALK</b><br>River Tamar & Ward Mine          | Near Bere Alston Station (what3words – forks.unwraps.sandals)   |
| <b>29 Aug</b>  | 10:00 – 11:30 | Calstock Quay to Okeltor Circular                   | Calstock Quay by the bus stop. Free parking at riverside car park, PL18 9QA   |
| <b>5 Sep</b>   | 10:00 – 11:15 | Weir Quay Circular                                  | Weir Quay, roadside parking by Silver Mine entrance, PL20 7BS (what3words – field.consented.sports)                           |
| <b>12 Sep</b>  | 10:00 – 12:00 | Bere Ferrers Riverside to Hallowell Wood Circular   | Bere Ferrers Quay, PL20 7JN (downhill from pub) (what3words - pint.judge.weedy)   |
| <b>19 Sep</b>  | 10:00 – 12:00 | Albaston, Cotehele Woods, Danescombe (to Calstock)  | Tamar Valley Centre free car park, PL18 9FE   |
| <b>26 Sep</b>  | 10:00 – 11:00 | Bere Alston to Wottons Farm Circular                | Free Pilgrims Drive car park in centre of village, PL20 7DB. Free at time of writing. (what3words - toolkit.estimates.annoys) |



# 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!**

**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**

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| <p><b>Harrowbarrow Coombe &amp; Prince of Wales Mine Circular</b><br/> <b>Estimated time 75 minutes (ca. 2.4 miles)</b><br/> A scenic walk along public footpaths, quiet roads and through mining heritage land. This is a circular walk with a couple of steady uphill and downhill descents. Three kissing gates. Can be muddy at times so good walking footwear recommended.</p>   | <p><b>NEW WALK River Tamar &amp; Ward Mine</b><br/> <b>Estimated time 2 hours (ca. 3.5 miles)</b><br/> A lovely amble along the banks of the River Tamar passing the picturesque and historic village of Calstock on the Cornish shore, followed by a return via quiet lanes &amp; pastures.</p>  |
| <p><b>Kit Hill Quarry Circular (celebrating 15 years of Tamar Valley Walking for Health)</b><br/> <b>Estimated time 90 minutes (ca. 1.9 miles)</b><br/> Another great Tamar Valley walk on Kit Hill Country Park and Local Nature Reserve. We will follow the road uphill for a short way, then take the path on the right-hand side to the quarry, after which we make our way on rough paths and well-maintained paths back to our starting point. There is the chance to go up to the stack, to enjoy the amazing 360° views from the top of the hill.</p> | <p><b>Calstock Quay to Okeltor Circular</b><br/> <b>Estimated time 90 minutes (ca. 2.2 miles)</b><br/> From the bus stop on the quay, along the footpath by the river with extensive views over the new wetlands, crossing the new footbridge and at the end of the footpath continuing on to Okeltor mine (a series of deep steps going down, with a short uphill section) before coming back on the same footpath to join the lane back to Calstock.</p>                                      |
| <p><b>Todsworthy/Frieseland Triangle</b><br/> <b>Estimated time 90 minutes (ca 1.6 miles)</b><br/> Heading towards Albaston, we follow the road towards Norris Green before joining a footpath, where we go down over a steep field, stile, and down deep steps before following the Danescombe stream into the woods. The stream is a nice babbling brook and the footpath running alongside is usually very wet, so appropriate footwear is needed. A climb up through the lovely woods takes us back towards Albaston.</p>                                 | <p><b>Weir Quay Circular</b><br/> <b>Estimated time 60+ minutes (ca. 2.1 miles)</b><br/> A very scenic route starting along the Tamar river bank with uninterrupted views of the water and then climbing to enjoy fantastic views of the Tamar river valley. This walk requires greater effort as a third of the walk is a long, steep uphill climb. Using country lanes and public footpaths. Mostly good walking surfaces but uneven in places. No stiles.</p>                                |
| <p><b>NEW WALK Collins Bridge Circular</b><br/> <b>Estimated time 90-120 minutes (ca. 3-4 miles)</b><br/> A walk on quiet country lanes and footpaths, which includes a stile and some short steep sections. May be muddy in places.</p>  | <p><b>Bere Ferrers Riverside to Hallowell Wood Circular</b><br/> <b>Estimated time up to 2 hours (ca. 1.8 miles)</b><br/> 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.</p>  |
| <p><b>NEW WALK West Down &amp; Double Waters</b><br/> <b>Estimated time 2 hours (ca. 3 miles)</b><br/> Starting at West Down, enjoying stunning views over both Walkham and Tavy valleys. The walk then heads upstream through delightful sessile oak woodland, passing the remains of old mine workings. A steady climb up through the trees regains West Down and the start point.</p>  | <p><b>Albaston, Cotehele Woods, Danescombe (to Calstock)</b><br/> <b>Estimated time 2 hours (ca. 2.5 miles)</b><br/> A lovely walk mainly on public footpaths, through woods and across fields with a stile. Some sections along country roads. Stunning views as we wind along the footpaths, beside streams and down through the woods towards Danescombe, finishing in Calstock for a well-earned lunch or cuppa stop. Please bring bus fare or pass for return to Centre on 79/79A bus.</p> |
| <p><b>To Calstock via Old Kelly Lane</b><br/> <b>Estimated time 90 minutes (ca. 2.4 miles)</b><br/> From the Tamar Valley Centre to Albaston, then taking an old track (rough underfoot) down towards Danescombe, back on road for a while before taking the footpath to the lower part of the Danescombe Valley and to Calstock. Mostly downhill, but with one steepish climb for part of the way. Please bring bus fare or pass for return to Centre on 79/79A bus.</p>   | <p><b>Bere Alston to Wottons Farm Circular</b><br/> <b>Estimated time 60 minutes (ca. 2 miles)</b><br/> This walk offers a great view of the Lower Tamar Estuary towards Plymouth on footpath to Wottons Farm. A moderate effort walk from the village on country lanes and footpaths. Some uphill sections. Village allotment on route. One of the field sections can be very muddy and slippery after rain. One stile.</p>  |
| <p><b>Tamar Trails to Chimney Rock Circular</b><br/> <b>Estimated time 2+ hours (ca. 3.6 miles)</b><br/> A lovely walk along the Tamar Trails towards Morwellham, returning via Chimney Rock. Good tracks, one section with narrow path and one steep uphill. Part of walk on single track (not advisable for those with vertigo or small children). Refreshments available at Beech Café, Tamar Trails if open (seasonal hours). Please bring change for the car park if parking at Tamar Trails. <b>BBQ at Dave's after!</b></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>  |