

All times are approximate dependant on conditions and numbers			
Date	Time	Walk	Where to meet
2 October	10:30 - 12:30	Grenofen Bridge	Car park beyond Grenofen Bridge (PL19 9ES)
9 October	10:30 - 12:30	Lockett & Sydenham Damerel	Lockett car park (PL17 8NJ)
16 October	10:30 - 12:30	Weir Quay	Layby facing river, near pylon (PL20 7BS)
23 October	10:30 - 12:30	Hingston Down Circular via Upper Harrowbarrow	Old Mine Lane car park (PL18 9BE), limited parking
30 October	10:30 - 12:30	Siblyback Lake	Siblyback Lake car park (PL14 6ER), £2.50 for 2 hours
6 November	10:30 - 12:30	Calstock via Three Bridges	Calstock Quay car park (PL18 9QA)
13 November	10:30 - 12:30	NEW WALK Meavy Circular	Meavy Parish Hall car park (PL20 6PJ)
20 November	10:30 - 12:30	Cotehele Quay & Morden Valley	Cotehele Quay car park (PL12 6TA) £3 to park, or National Trust card
27 November	10:30 - 12:30	Buckland Monachorum	Car park opposite Long Ash Garden Centre (PL20 7LL)
4 December	10:15 - 12:30	Gunnislake and Riverside	Gunnislake Station (PL18 9NA)
11 December	10:30 - 12:30	Tamar Trails	End of lane next to Toll House, Gunnislake Bridge (PL19 8JG)
18 December	10:30 - 12:30	Cadsonbury Hill Fort, followed by Christmas meal	Cadsonbury car park (PL17 7HP), limited parking
1 January	10:30 - 12:30	Whitchurch Down	Down Road (PL19 9AG)



October - December 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
Tamar Valley -
every Wednesday
morning**



**Tamar Valley
National
Landscape**

<p>Grenofen Bridge Meet 10:30am, car park beyond Grenofen Bridge, PL19 9ES. Uphill track onto Downs. Walk to Double Waters, cross bridge and return through woods.</p>	<p>Cotehele Quay & Morden Valley Meet 10:30am, Cotehele Quay car park, PL12 6TA. £3 to park, or National Trust card. Walk past weir towards Newhouses, then permissive path to Newton Farm. Left fork up to Norris Green, follow lane to a kissing gate on right. Footpath down to ruined paper mill, return via path on right to Cotehele.</p>
<p>Luckett & Sydenham Damerel Meet 10:30am, Luckett car park, PL17 8NJ. Leave Luckett via Tamar Valley Discovery Trail. Cross scrub and grassland and on to Horsebridge. Continue to Sydenham Damerel via downhill footpath followed by a steep lane. Return on road to Horsebridge and back to Luckett.</p>	<p>Buckland Monachorum Meet 10:30am, car park opposite Long Ash Garden Centre, PL20 7LL. Circular walk, depending on conditions.</p>
<p>Weir Quay Meet 10:30am, layby facing river, near pylon, PL20 7BS. Circular route along lane, upwards via footpath to Clamoak, downwards to Lower Birch Farm. Go left at junction and follow road towards boatyard, return alongside river.</p>	<p>Gunnislake and Riverside Meet just before 10:15am, Gunnislake Station, PL18 9NA. Cross over and follow Station Road. At junction, go right along lane through Middle Dimson, follow footpath and steps down to New Bridge. Cross to follow riverside path. At end, go right and uphill on road. At junction, follow lane to Gunnislake. Bus at 12:34pm back to station car park (change or bus pass required).</p>
<p>Hingston Down Circular via Upper Harrowbarrow Meet 10:30am, Old Mine Lane car park, PL18 9BE (limited parking). Downhill to crossroads, go right to walk around Pleasure Piece then down footpath and through upper Harrowbarrow. Uphill via footpaths to Hingston Down.</p>	<p>Tamar Trails Meet 10:30am, end of lane next to Toll House, Gunnislake Bridge, PL19 8JG. A walk along various paths.</p>
<p>Siblyback Lake Meet 10:30am, Siblyback Lake car park, PL14 6ER (£2.50 for 2 hours). 3-mile circular walk.</p>	<p>Cadsonbury Hill Fort followed by Christmas lunch at The Engine House Meet 10:30am, Cadsonbury car park, PL17 7HP. Limited parking. Go left alongside river to end. At road, go right then near the end join footpath up to hillfort. Walk anti-clockwise around fort. Return to car park via downhill path and then woods. Drive to restaurant for 1pm lunch.</p>
<p>Calstock via Three Bridges Meet 10:30am, Calstock Quay car park, PL18 9QA. Circular walk around Calstock, depending on conditions.</p>	<p>Whitchurch Down Meet 10:30am, Down Road, PL19 9AG Circular walk on Downs, with coffee and mince pies at the end.</p>
<p>NEW WALK Meavy Circular Meet 10:30am, Meavy Parish Hall car park, PL20 6PJ. Follow footpath through woods to Burrator Dam then on to Yennadon Down. Return to Meavy.</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>