

All times are approximate dependant on conditions and numbers

<i>Date</i>	<i>Time</i>	<i>Walk</i>	<i>Where to meet</i>
7 Apr 2025	10:30 - 12:30	Tregantle Fort	Tregantle Fort lay-by (PL11 3AZ)
14 Apr 2025	10:30 - 12:30	Saltash Alternative	Free car park upstream of Tamar Bridge, Saltash (PL12 6BJ)
21 Apr 2025	10:30 - 12:30	Antony Passage	St Stephen's Church, Saltash (PL12 4AP)
28 Apr 2025	10:30 - 12:30	Millendreath	Free parking on road (PL13 1PD)
5 May 2025	10:30 - 12:30	Burrator Circular	Norsworthy Bridge car park (PL20 6PF)
12 May 2025	10:30 - 12:30	Minions	The Cheesewring car park, Minions (PL14 5LE)
19 May 2025	10:30 - 12:30	St Budeaux	St Stephen's Church, Saltash (PL12 4AP)
26 May 2025	10:30 - 12:30	Noss Mayo	Free Warren National Trust car park. Drive to Newton Ferrers, then Noss Mayo and then take the lane to the Coast Path (PL18 1HB)
2 Jun 2025	10:30 - 12:30	Wacker Quay	Wacker Quay car park, Antony (PL11 3AH)
9 Jun 2025	10:30 - 12:30	Railways and Castles	St Stephen's Church, Saltash (PL12 4AP)
16 Jun 2025	10:30 - 12:30	Maker Church	Far car park at Maker Church (PL10 1JB)
23 Jun 2025	10:30 - 12:30	Liskeard Circular	Morrisons car park, Liskeard (PL14 3PR)
30 Jun 2025	10:30 - 12:30	Cargreen	Landulph Church (PL12 6NG)



April - June 2025

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**

Tregantle Fort Meet 10:30am, Tregantle Fort lay-by, PL11 3AZ. Walk the South West Coast Path to Portwrinkle for a coffee break before returning along the same route.	Noss Mayo Meet 10:30am, free Warren National Trust car park. Drive to Newton Ferrers, then Noss Mayo and then take the lane to the Coast Path, PL18 1HB. Circular walk starting on the South West Coast Path to the River Yealm and Newton Creek, before returning overland on a footpath.
Saltash Alternative Meet 10:30am, free car park upstream of Tamar Bridge, Saltash, PL12 6BJ. Walk along the lane to Waitrose then cross the footbridge to Saltash. After a break, return along paths and lanes.	Wacker Quay Meet 10:30am, Wacker Quay car park, Antony, PL11 3AH. Walk through woods by the River Lynher to Antony and on to the church for a break before returning on the same route.
Antony Passage Meet 10:30am, St Stephen's Church, Saltash, PL12 4AP. Walk down to Forder and along the estuary to Antony Passage, then through woods and over fields to Trematon Castle before returning to the church.	Railways and Castles Meet 10:30am, St Stephen's Church, Saltash, PL12 4AP. A longer walk along creeks towards Antony Passage then Elmgate, before returning on a different route.
Millendreath Meet 10:30am, free parking on road, PL13 1PD. Walk from Millendreath to Looe along the South West Coast Path for a longer coffee break before returning on a slightly different route.	Maker Church Meet 10:30am, far car park at Maker Church, PL10 1JB. Circular walk from Maker Church down to the South West Coast Path then along the path to Kingsand for a break, before returning along tracks and fields.
Burrator Circular Meet 10:30am, Norsworthy Bridge car park, PL20 6PF. Circular Walk above Burrator Reservoir.	Liskeard Circular Meet 10:30am, Morrisons car park, Liskeard, PL14 3PR. Circular walk starting over fields and lanes to a stream then footpaths, returning via Pope's Mill.
Minions Meet 10:30am, The Cheesewring car park, Minions, PL14 5LE. Various walks depending upon conditions.	Cargreen Meet 10:30am, Landulph Church, PL12 6NG. Circular walk through fields, tracks and quiet lanes.
St Budeaux Meet 10:30am, St Stephen's Church, Saltash. PL12 4AP. Walk through Saltash then over the Tamar Bridge to St Budeaux for a break. Return via bus.	<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>