

**All times are approximate dependant on conditions and numbers**

<b>Date</b>	<b>Time</b>	<b>Walk</b>	<b>Where to meet</b>
<b>3 July</b>	<b>10:00 - 12:00</b>	<b>Albaston, Cotehele Woods, Danescombe</b>	10am at Tamar Valley Centre free car park PL18 9FE
<b>10 July</b>	<b>10:00 - 12:00</b>	<b>River Tamar and Ward Mine</b>	Bere Alston Station car park PL20 7ES. Free at time of writing. Please park considerately.
<b>17 July</b>	<b>10:00 - 12:00+</b>	<b>Magpie Bridge</b>	Free Bedford Bridge car park, on the A386 between Tavistock and Horrabridge PL20 7RZ (///pots.alpha.varieties)
<b>24 July</b>	<b>10:00 - 12:00</b>	<b>Scrubtor</b>	Free Scrubtor car park, Gulworthy PL19 8PF (///cyber.putty.banks). Car sharing is advisable.
<b>31 July</b>	<b>10:00 - 12:00</b>	<b>Bere Ferrers Riverside to Hallowell Wood</b>	Bere Ferrers quay PL20 7JN (downhill from The Olde Plough Inn). Limited parking at quay.
<b>7 Aug</b>	<b>10:00 - 11:30</b>	<b>Harrowbarrow Wheal Brothers Lane Circular</b>	Harrowbarrow Village Hall free car park, PL17 8BQ. (///computer.texts.serenade)
<b>14 Aug</b> <b>BBQ</b>	<b>10:00 - 12:00</b>	<b>To Calstock via Calstock Church</b>	Tamar Valley Centre free car park PL18 9FE
<b>21 Aug</b>	<b>10:00 - 11:30</b>	<b>Bohetherick and Cotehele Mill</b>	National Trust Cotehele Quay car park PL12 6TA- ///ecologist.slightly.singer (non-members pay)
<b>28 Aug</b>	<b>10:00 - 11:30</b>	<b>NEW WALK Whitchurch Down</b>	Down Road, Tavistock – on road parking PL19 9AG
<b>4 Sep</b>	<b>10:00 - 12:30</b>	<b>To Calstock via Slimeford</b>	Tamar Valley Centre free car park PL18 9FE
<b>11 Sep</b>	<b>10:00 - 12:00</b>	<b>NEW WALK Burrator Reservoir</b>	Burrator Dam Car Park PL20 6PE (///driftwood.riders.casual)
<b>18 Sep</b>	<b>10:00 - 11:00 +</b>	<b>Bere Alston to Wottons Farm</b>	Pilgrims Drive car park in centre of village PL20 7DB. Free at time of writing. (///toolkit.estimates.annoys)
<b>25 Sep</b>	<b>10:00 - 11:30</b>	<b>Easy Going Cotehele Estate</b>	National Trust Cotehele Quay car park PL12 6TA- ///ecologist.slightly.singer (non-members pay)



## July - Sep 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!**

**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**

### **Albaston, Cotehele Woods, Danescombe (to Calstock)**

#### **Estimated time 2 hours (ca. 2.5 miles)\***

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.

### **River Tamar & Ward Mine**

#### **Estimated time 2 hours (3.5 miles)\***

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 & pastures.

### **Magpie bridge**

#### **Estimated time 2+ hours (ca. 2.4 miles)\***

This walk starts from the car park at Bedford Bridge, often called Magpie Bridge, on the A386 between Tavistock and Horrabridge. The route climbs steeply up to the Drakes cycle trail and follows it, going over the spectacular Gem Bridge. It then descends through the woods to Grenofen Bridge, returning to the cars on a path along the river and through the woods. This walk may be muddy and is very uneven in places but worth it for the beautiful riverside.

### **Scrubtor**

#### **Estimated time 2 hours (ca. 3.6 miles)\***

A lovely walk, through woodland, whilst passing remnants of the rich mining heritage of the area, with occasional glimpses of the River Tamar. Easy underfoot, mostly firm but muddy in places, with one steep section. Parking at Scrubtor car park is limited, so car sharing is advisable.

### **Bere Ferrers Riverside to Hallowell Wood**

#### **Estimated time up to 2 hours (ca. 1.8 miles)\***

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. No stiles.

### **Harrowbarrow Wheal Brothers Lane**

#### **Estimated time 90 minutes (ca. 2.36 miles)**

Enjoy an attractive and interesting part of the Tamar Valley that retains many medieval features including its field patterns such as small, irregularly shaped enclosures, traditional Cornish hedges and ancient woodlands. Wheal Brothers Lane connected the areas old mining sites, including the Wheal Brothers mine which was notable for its silver ore production - exploring this lane provides a glimpse into the region's rich mining heritage This is a fairly easy going route on roadways, cart track, public footpaths through woodland and field with kissing gate and stiles. Some climbs and descents. Can be muddy, so please do wear suitable footwear.

### **To Calstock via Calstock church**

#### **Estimated time 2 hours (ca. 2.9 miles)\***

A walk along public roads, heading down to Gunnislake Station, Sandways railway crossing, then on to Calstock church. Short, reasonable, uphill sections, the only difficult parts being the very steep downhill sections near Calstock. Please bring bus fare or pass for return to Centre on 79/79A bus.

### **Bohetherick and Cotehele Mill**

#### **Estimated time 90+ minutes (ca. 2.25 miles)**

A moderate walk ascending through old market gardens to Bohetherick, a once bustling hamlet on the Edgcumbes' Cotehele estate, before returning to the Quay via Cotehele Mill

### **Whitchurch Down**

#### **Estimated Time 90 mins**

Easy walk around golf course onto the lower moors – no stiles

### **To Calstock via Slimeford**

#### **Estimated time 90+ minutes (ca. 2.7 miles)\***

A scenic walk mainly along the Tamar Valley Discovery Trail, largely on country roads, from Drakewalls to Calstock Quay. One steep hill. Please bring bus fare or pass for return to Centre on 79/79A bus.

### **Burrator Reservoir**

#### **Estimated Time 2 Hours + (ca 4 miles)**

Easy walk , the whole route is pretty level, so no hills to worry about. Some of the access points off the road are stiles , so we can decide on our route ,depending on the capabilities of the walkers , but most will be offroad anyway in this very scenic location.

### **Bere Alston to Wootens Farm**

#### **Estimated time 60+ minutes (ca. 2 miles)**

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.

### **Easy Going Cotehele Estate**

#### **Up to 90 minutes**

We will enjoy a scenic walk through the wooded valley, alongside the Morden stream riverbank and gradually climb through fields and woodland, circling around above the house and descending past the chapel back to the car park. Steps on route. The Edgcumbe on Cotehele Quay is open daily from 10am to 4pm for refreshments and the main restaurant by the house will be open too ([www.nationaltrust.org.co/co.uk/cotehele](http://www.nationaltrust.org.co/co.uk/cotehele)). 5 steps.

*For further information on preparing yourselves for our walks, please visit [www.tamarvalley.org.uk/free-walking-groups](http://www.tamarvalley.org.uk/free-walking-groups) and scroll down to 'Be prepared', or email [enquiries@tamarvalley.org.uk](mailto:enquiries@tamarvalley.org.uk)*