

At a glance

All times are approximate dependant on conditions and numbers

Date	Walk	Time	Where to meet
6 Oct 2025	Latchbrook	10:30am	On road near Latchbrook Community Centre, Saltash, PL12 4UT
13 Oct 2025	Fowey Estuary	10:30am	Free National Trust Fowey Estuary car park, PL23 1HW
NEW 20 Oct 2025	St Dominick (New walk)	10:30am	St Dominick Parish Church car park, PL12 6TP
27 Oct 2025	Cardinham Woods	10:30am	Cardingham Woods Car Park, PL30 4AL (£3 for 4 hours)
3 Nov 2025	Seaton Valley	10:30am	Seaton Valley Car Park, PL11 3JF
10 Nov 2025	Tokenbury Corner	10:30am	Tokenbury car park above Pensilva, PL14 5PJ
17 Nov 2025	Plymbridge Woods	10:30am	Coypool Park and Ride free car park, Plympton, PL7 4TB
24 Nov 2025	Talland Bay to Polperro	10:30am	On road approaching Talland Bay, PL13 2JA
NEW 1 Dec 2025	Kit Hill (New walk)	10:30am	Kit Hill Incline Car Park on B3257, PL17 8HW
8 Dec 2025	Mount Batten	10:30am	Mount Batten free car park, PL9 9SJ
15 Dec 2025	St Budeaux (Christmas Lunch)	-	St Stephens Church, Saltash, PL12 4AP
22 Dec 2025	Millendreath	10:30am	On the road at Millendreath, PL13 1PD
29 Dec 2025	Antony Passage	10:30am	St Stephens Church, Saltash, PL12 4AP



Oct - Dec 2025



Saltash Walk & Talk

Every Monday morning

- 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!**

www.tamarvalley-nl.org.uk



Tamar Valley
National
Landscape

6th October

Latchbrook

Meet: 10.30am, On road near Latchbrook Community Centre, Saltash, PL12 4UT

A circular walk via Trematon along lanes, footpaths and fields.

13th October

Fowey Estuary

Meet: 10.30am, Free National Trust Fowey Estuary car park, PL23 1HW

Circular walk to Readymoney Cove then along the Southwest Coastal Path to Polridmouth Cove then returning overland.

20th October

St Dominick (New walk)

Meet: 10.30am, St Dominick Parish Church car park, PL12 6TP

Circular walk along lanes, footpaths and fields passing through Nanie Rows Woods.

27th October

Cardinham Woods

Meet: 10.30am, Cardingham Woods Car Park, PL30 4AL (£3 for 4 hours).

Various walks through the Forestry Commission with a coffee stop at the end.

3rd November

Seaton Valley

Meet: 10.30am, Seaton Valley Car Park, PL11 3JF

Lanes up to Keveral Manor then continue on lanes and field to access Southwest Coastal Path back to Seaton.

10th November

Tokenbury Corner

Meet: 10.30am, Tokenbury car park above Pensilva, PL14 5PJ.

Circular walk to the 'man in the mine' then towards Caradon Hill and back to the car park along tracks.

17th November

Plymbridge Woods

Meet: 10.30am, Coypool Park and Ride free car park, Plympton, PL7 4TB

Figure of eight walk through Plymbridge Woods.

24th November

Talland Bay to Polperro

Meet: 10.30am, On road approaching Talland Bay, PL13 2JA.

Walk the Southwest Coastal Path to Polperro for a coffee break before returning on a slightly different route.

1st December

Kit Hill (New walk)

Meet: 10.30am, Kit Hill Incline Car Park on B3257, PL17 8HW.

Circular walk on footpaths around Kit Hill.

8th December

Mount Batten

Meet: 10.30am, Mount Batten free car park, PL9 9SJ.

Circular walk starting on the Southwest Coastal Path then inland returning along the sea front.

15th December

St Budeaux (Christmas Lunch)

Meet: St Stephens Church, Saltash, PL12 4AP.

Walk through Saltash then over the Tamar Bridge to St Budeaux for the Christmas Lunch.

22nd December

Millendreath

Meet: 10.30am, On the road at Millendreath, PL13 1PD.

Walk along the Southwest Coastal Path to Looe for a longer coffee break before returning on a slightly different route.

29th December

Antony Passage

Meet: 10.30am, St Stephens 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.

For further information on preparing yourselves for our walks, please visit www.tamarvalley-nl.org.uk/discover-explore/walking/free-walk-groups and scroll down to 'Be prepared', or email enquiries@tamarvalley.org.uk

The Ramblers have also provided useful information on safe walking at www.ramblers.org.uk/safety