

At a glance

All times are approximate dependant on conditions and numbers

Date	Walk	Time	Where to meet
2 Oct 2025	Calstock Higher Kelly Lane	10:00 -11:30	Calstock Quay by the bus stop. Free parking at Calstock riverside car park PL18 9QA
9 Oct 2025	Up and Around Hingston Down	10:00 -12:00	Tamar Valley Centre free car park PL18 9FE
16 Oct 2025	Harrowbarrow Coombe & Prince of Wales Mine	10:00 -11:15	Harrowbarrow Village Hall free car park, PL17 8BQ <i>(///computer.texts.serenade)</i>
NEW 23 Oct 2025	St Germans Circular	10:00 -11:30	9:15 at Tamar Valley Centre to carshare or 10:00 at St Germans, near Old Oak Lane, just past the church <i>(///bookings.blindfold.daily)</i>
30 Oct 2025	Weir Quay	10:00 -11:15	Weir Quay PL20 7BS roadside parking by Silver Mine entrance <i>(///field.consented.sports)</i>
6 Nov 2025	To Calstock via Danescombe Valley	10:15-11:45	Free (2 hours) Gunnislake car park opposite the Post Office PL18 9JS Please note later start time
13 Nov 2025	Tavistock Canal	10:00 -12:00	Free car park off Pixon Lane, Tavistock PL19 9FD <i>(///hurry.singer.transfers)</i>
20 Nov 2025	Kit Hill Quarry Circular	10:00 -12:00	First free Kit Hill free car park PL17 8HS - left inside main entrance
27 Nov 2025	Bere Ferrers to Thorn Point	10:00 -12:00	Bere Ferrers Station PL20 7JS Please park considerably along the road leading up towards the station sign – not at the station. Thank you:)
NEW 4 Dec 2025	Middlemoor Circular	10:00 -12:00	Off Down Road, Whitchurch <i>(///inspected.helper.printers)</i>
11 Dec 2025	Bere Alston to Tuckermarsh Quay	10:00 -12:00	Bere Alston Station car park PL20 7ES. Free at time of writing. Please park considerably
18 Dec 2025	Norris Green/ Honicombe	10:00 -12:00	Tamar Valley Centre free car park PL18 9FE



RAMBLERS
WELLBEING WALKS
Devon

active devon

Oct - Dec 2025

Tamar & Bere Wellbeing Walks

Every Thursday 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!**
- 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!

www.tamarvalley-nl.org.uk



Tamar Valley
National
Landscape

2nd October

Calstock Higher Kelly Lane

Est. time up to 90 mins (ca. 1.6 miles)

Lovely walk along footpaths and through wooded areas. Option to stop for refreshments in village afterwards.

9th October

Up and Around Hingston Down

Est. time up to 2 hours (ca. 2.93 miles)

A walk along public footpaths up to Hingston Down with stunning views from the heathland across to Plymouth Sound. After reaching the Down, we take the lane back to the main road, before taking a footpath and country roads back to Albaston. Some steps and a small stream crossing, so appropriate footwear needed.

16th October

Harrowbarrow Coombe and Prince of Wales Mine

Est. 75 mins (ca. 2.4 miles)

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.

23th October

St Germans Circular (New walk)

Est: 90 mins+

Walk to St Germans quay, then up into fields (moderate climb), views everywhere, returning to village via the Stableyard cafe as seen in Beyond Paradise with the option to stop for coffee or return straight through Port Eliot estate to car, passing St Germans Priory, open for visitors!

30th October

Weir Quay

Est. 75 mins (ca. 2.1 miles)

A very scenic route starting along the Tamar riverbank with uninterrupted views of the water and then climbing to enjoy fantastic views of the Tamar 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 and can be very wet underfoot. No stiles. Good boots essential.

6th November

To Calstock via Danescombe Valley

Est: 90 mins (ca. 2.3 miles)

This is a fantastic walk through the Danescombe Valley ending in Calstock. On footpaths this walk does include some small downhill sections, including a steep field that can be slippery. Stiles and steps and a narrow path along the stream bank that can be very wet. Please bring bus fare or pass for return to Centre on 79/79A bus.

13th November

Tavistock Canal

Est: 2 hours (ca. 4.3 miles)

A walk and return along the old towpath tracing the canals route from where the water is taken from the Tavy to Shillamill Viaduct, where the old railway line crosses the canal. A beautiful flat walk often with lovely reflections in the canal water.

20th November

Kit Hill Quarry Circular

Est: 90 mins (ca. 1.9 miles)

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.

27th November

Bere Ferrers to Thorn Point

Est: 2 hours (ca. 2.9 miles)

One not to be missed! Stunning views in a wonderful setting. Some road walking, mainly along public footpaths and the Discovery Trail. Long steady climb towards end.

4th December

Middlemoor Circular (New walk)

Est: 2 hours (ca. 3.5 miles)

A varied walk on the edge of Dartmoor National Park with moorland, footpaths and a very old drovers lane as part of the route. Strong shoes or boots needed.

11th December

Bere Alston Station to Tuckermarsh Quay

Est: 2 hours (ca. 2.8 miles)

An attractive route, mainly on public footpaths, through lovely deciduous woodland down to the river Tamar with daffodils in the spring. Very muddy and uneven in places, potentially slippery following rain. Crossing two small shallow streams. Uphill section from river back up to Bere Alston Station is long and steep but we go at an easy pace.

18th December

Norris Green/Honcombe

Est: 90 mins (ca. 2.6 miles)

This walk is solely on byroads and country lanes, passing through Albaston and Norris Green. A few ups and downs, and although all on road, we pass through some beautiful countryside and treelined roads.

25th December

Christmas Day - No walk

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

