

At a glance

All times are approximate dependant on conditions and numbers

Date	Walk	Time	Where to meet
6 Apr 2026	Kit Hill Incline	10:30am	Kit Hill Incline Car Park on B3257, PL17 8HW
13 Apr 2026	Millendreath to Looe	10:30am	Millendreath, free parking on road, PL13 1PD
20 Apr 2026	Saltash Alternative	10:30am	Free car park upstream of Tamar Bridge, Saltash, PL12 6BJ
27 Apr 2026	South Hooe Nature Reserve	10:30am	small car park on right opposite Tamar Valley Vineyard, PL20 7BW
4 May 2026	Shaugh Bridge	10:30am	Shaugh Bridge free Dewestone National Trust car park, PL7 5HE
11 May 2026	Minions to Tregarrick Tor	10:30am	Minions Cheesewring Car Park, PL14 5LE
18 May 2026	St Budeaux	10:30am	St Stephen's Church, Saltash, PL12 4AP
25 May 2026	Liskeard Viaduct	10:30am	Rapsons car park, Heathlands Road, Liskeard, PL14 4DJ
1 Jun 2026	Landhydrock Estate	10:30am	Respryne Bridge National Trust Car Park, PL30 4AH (NTCard or £5)
8 Jun 2026	Cotehele to Bohetherick	10:30am	Cotehele Quay National Trust car park, PL12 6TA
15 Jun 2026	Burrator and Sheeptor	10:30am	Burrator Arboretum car park
22 Jun 2026	Tokenbury Corner	10:30am	Tokenbury car park above Pensilva, PL14 5PJ
29 Jun 2026	Wacker Quay to Antony	10:30am	Wacker Quay car park, PL11 3AH

WALK & TALK

Apr-Jun 2026



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 April

Kit Hill Incline

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

/// cheered.gobblers.yard - Circular walk on footpaths around Kit Hill.

13th April

Millendreath to Looe

Meet: 10.30am, at Millendreath, free parking on road, PL13 1PD.

Walk from Millendreath to Looe along the Southwest Coastal Path for a longer coffee break in Looe before returning along a different route.

20th April

Saltash Alternative

Meet: 10.30am, Free car park upstream of Tamar Bridge, Saltash, PL12 6BJ.

Walk along road and footpath to Waitrose for a break, then cross the footbridge to Saltash returning along paths and lanes.

27th April

South Hooe Nature Reserve

Meet: 10.30am, small car park on right opposite Tamar Valley Vineyard, PL20 7BW.

/// meaty.brains.family - A circular walk around the Nature Reserve with great views around the River Tamar. (Sorry no dogs).

4th May

Shaugh Bridge

Meet: 10.30am, Shaugh Bridge free Dewerstone National Trust car park, PL7 5HE.

Walk along the footpath initially following the River Plym then the River Meavy to the Dewerstone for a break. Then descend to the Dewerstone Cottages returning on a different route.

11th May

Minions to Tregarrick Tor

Meet: 10.30am, Minions Cheesewring Car Park, PL14 5LE.

Circular walk over the moor passing the Hurlers Stones to Tregarrick Tor for a view over Siblyback. Return via Gold Digging Quarry and the Cheesewring.

18th May

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 coffee break. Return by walking back over the bridge or via bus.

25h May

Liskeard Viaduct

Meet: 10.30am, Rapsons car park, Heathlands Road, Liskeard, PL14 4DJ.

Lanes and footpaths to Coombe Valley and Moorswater Viaduct, then field and lane to Junction Halt before returning to the car park.

1st June

Landhydrock Estate

Meet: 10.30am, Respryne Bridge National Trust Car Park, PL30 4AH (NT Card or £5)

Walk along the River Fowey then through woods around the Landhydrock Estate for a coffee break before returning along paths through more woods.

8th June

Cotehele to Bohetherick

Meet: 10.30am, Cotehele Quay National Trust car park, PL12 6TA.

Circular walk through woods and lanes to Bohetherick, returning through woods via Cotehele Weir.

15th June

Burrator and Sheeptor

Meet: 10.30am, Burrator Arboretum car park. /// neatly,quits,hillside

Drive to Norsworthy Bridge, PL20 6PF, the car park is 300 yards further on the left. Circular walk starting along the footpath around the base of Sheepstor, returning on the footpath along the Reservoir.

22nd June

Tokenbury Corner

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

Take the footpath to 'the man in the mine', then follow the upper track towards Caradon Hill, then return via a small reservoir.

29th June

Wacker Quay to Antony.

Meet: 10.30am, Wacker Quay car park, PL11 3AH.

Walk through woods by the River Lynher to Antony and onto the church for a coffee break before returning along the same route.

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