

At a glance

All times are approximate dependant on conditions and numbers.
Arrive by 9:50am for a 10am start.

Date	Walk	Time	Where to meet
2 Apr	Up & Around Hingston Down	10:00 -12:00	Tamar Valley Centre free car park PL18 9FE
9 Apr	Lopwell	10:00 -12:00	Lopwell Dam free car park, PL6 7BZ (///squaring.shrub.burglars)
NEW 16 Apr	Lockett Horsebridge Circular	10:00 -12:00	Free Lockett village car park Greenscombe Lane PL17 8NJ (///sitting.bells.lifetimes)
23 Apr	Kit Hill Circular	10:00 -11:30	First free Kit Hill free car park PL17 8HS - left inside main entrance.
30 Apr	Harrowbarrow Wheal Brothers Lane Circular	10:00 -11:30	Harrowbarrow Village Hall free car park, PL17 8BQ (///computer.texts.serenade)
7 May	Cadsonbury Fort	10:00 -11:30	Callington Newbridge parking area PL17 7HL (///wash.lawful.yelled)
14 May	Bere Ferrers to Thorn Point	10:00 -12:00	Bere Ferrers Station PL20 7JS. Please park considerately along the road leading up towards the station sign – not at the station. Thank you :)
NEW 21 May	ScrubTor North Circular	10:00 -12:00	Small Car Park (///clerk.detonated.vaccines). Space limited so car share recommended.
28 May	Tavistock Canal	10:00 -12:00	Free car park off Pixon Lane, Tavistock PL19 9FD (///hurry.singer.transfers)
4 Jun	Cargreen Circular	10:00 -12:30	Landulph Church, Saltash PL12 6ND – parking in layby, uphill from the church. (///narrowest.often.club)
NEW 11 Jun	Rilla Mill	10:00 -12:00	Small car park (///delivers.collides.relatives). Car share where possible.
18 Jun	Easy Going Cotehele Estate	10:00 -11:30	National Trust Cotehele Quay car park PL12 6TA (///ecologist.slightly.singer) Non-members pay.
25 Jun	Burrator Reservoir	10:00 – 12:00	Burrator Dam car park PL206PE (///driftwood.riders.casual)



RAMBLERS
WELLBEING WALKS
Devon

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Apr - Jun 2026

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 April

TVC - Up and around Hingston Down

Estimated 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.

9th April

Lopwell

Estimated time 2 hours (ca. 4 miles)

Gentle ascent from Lopwell Dam on old Maristow coach road through woodland, followed by short section on minor public road, then farm lane (brilliant views to Tavy estuary). Final section follows the estuary back to Lopwell on a very pretty wooded path beside the river, with great views over to Bere Ferrers. Easy walking, no stiles, muddy in places, mostly firm underfoot.

16th April

Luckett via ford Horsebridge Circular (New walk)

Estimated time 2 hrs (4.1 miles)

A mix of quiet country lanes, streamside foot paths and woodland tracks, taking us past old mining ruins. 3 stiles, including an A frame stile over a wall. Good views over farmland to the Tamar.

23rd April

Kit Hill

Estimated time 90 minutes (ca. 1.7 miles)

This is a fabulous walk with amazing views across the Tamar Valley. We will be following the path from the lowest car park around to the back of the hill, then gradually working our way up to a short incline. The walk is on uneven footpaths, but definitely worth it when you reach the top!!

30th April

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. Wheal Brothers 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.

7th May

Cadsonbury Fort

Estimated time 90 minutes (ca. 1.6 miles)

From the car park take the series of steps and footpath (steep steps and narrow sloping paths) up to the top of Cadsonbury, where fabulous extensive 360o views can be had before descending to take the path by the river Lynher back to the car park.

14th May

Bere Ferrers to Thorn Point

Estimated time up to 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. Please park considerately along the road leading up towards the station sign – not at the station. Thank you:)

21st May

Scrub Tor North Circular (New walk)

Estimated Time 2 hours (3.9 miles)

A moderate ascent on a pleasant woodland path, followed by a stroll through sheep fields down to Sydenham Damerel, then a quiet road walk via Horsebridge, including some great views, brings us back up to Scrubtor. Mostly easy going with some muddy parts.

28th May

Tavistock Canal

Estimated time 2 hours (ca 4.3 miles)

Starting where the canal passes through Tavistock Meadows, the walk follows the towpath past Tavistock College, Crowndale Farm and away from the town, retracing our steps for the return. The canal was opened in 1817 to carry copper ore for transportation to South Wales. This is a peaceful, scenic, level walk. Along the way look out for ducks and even a kingfisher if you are lucky!

4th June

Cargreen

Estimated time 2 and a half hours (ca. 4 miles)

Starting at historic Landulph Church, following quiet country lanes and footpaths, with views of the Tamar estuary on the way. Easy underfoot but can be wet and very muddy in places. Stiles on route.

11th June

Rilla Mill (New walk)

Estimated time 2 hrs (4.3 miles)

A beautiful walk beside the river Lynher on a mix of quiet lanes and footpaths, some slippery when wet. 3 Stiles but worth the effort.

18th June

Easy Going Cotehele Estate

Estimated time 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. Five 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).

25th June

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.



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