At a glance

All times are approximate dependant on conditions and numbers

Date	Walk	Time	Where to meet
5 Oct 2026	Minions to Sharptor	10:30am	Minions Cheesewring car park, PL14 5 LE
12 Oct 2026	Fowey Estuary	10:30am	Free National Trust Coombe car park, PL23 1HW.
19 Oct 2026	Woodland Woods	10:30am	Transit Way Tesco, Plymouth, PL5 3TW
26 Oct 2026	Tregantle Fort	10:30am	Tregantle Fort Lay-by, PL11 3AZ
2 Nov 2026	Cann Woods	10:30am	Cann Woods National Forest car park (£2 for 2 hours), PL7 5ED
9 Nov 2026	Talland Bay to Polperro	10:30am	On road approaching Talland Bay, PL13 2JA
16 Nov 2026	Churchtown Farm	10:30am	St Stephen's Church, Saltash, PL12 4AP
23 Nov 2026	Maker Church to Kingsand	10:30am	Far car park at Maker Church, PL10 1JB
30 Nov 2026	Plymbridge Woods	10:30am	Coypool Park and Ride, Plympton, PL7 4TB
7 Dec 2026	Mount Batten	10:30am	Mount Batten car park, PL9 9SJ
14 Dec 2026	St Budeaux (Christmas Lunch)	10:30am	St Stephen's Church, Saltash, PL12 4AP
21 Dec 2026	Millendreath to Looe	10:30am	On the road at Millendreath, PL13 1PD
28 Dec 2026	Cadover Bridge to the Dewerstone	10:30am	First car park on the right before the bridge driving from Yelverton, PL7 5EH



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!**

Tamar Valley National Landscape

Changes to the programme can be found at:
www.tamarvalley nl.org.uk/discover explore/walking/free walk groups/

5 October

Minions to Sharptor

Meet: 10.30am, Minions Cheesewring car park, PL14 5 LE.
Walk past the Cheesewring to the hamlet of Sharptor then along a track and up a field to the Tor for a break with great views. Return via Sharptor then around the other side of the Cheesewring.

12 October

Fowey Estuary

Meet: 10.30am, free National Trust Coombe car park, PL23 1HW.
Circular walk to Readymoney Cove, then along the Southwest Coastal Path to Polridmouth Cove returning overland to the car park.

19 October

Woodland Woods

Meet: 10.30am, Transit Way Tesco, Plymouth, PL5 3TW.
Walk around Woodland Fort then a circular walk around Woodland Woods.

26 October

Tregantle Fort

Meet: 10.30am, Tregantle Fort Lay-by, PL11 3AZ.
Walk the Southwest Coastal Path to Portwrinkle for a coffee break before returning along a slightly different route.

2 November

Cann Woods

Meet: 10.30am, Cann Woods National Forest car park (£2 for 2 hours), PL7 5ED.
Figure of eight walk along paths and through woods.

9 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.

16 November

Churchtown Farm

Meet: 10.30am, St Stephen's Church, Saltash, PL12 4AP.
Various walks around Churchtown Farm depending on conditions. Good views across rivers Tamar and Lynher.

23 November

Maker Church to Kingsand

Meet: 10.30am, far car park at Maker Church, PL10 1JB.
Circular walk from Maker Church to the Southwest Coastal Path, then along the path to Kingsands/Cawsand for a break before returning along fracks and over fields.

30 November

Plymbridge Woods

Meet: 10.30am, Coypool Park and Ride, Plympton, PL7 4TB.
Figure of eight walk through Plymbridge Woods returning on the walk/cycle track.

7 December

Mount Batten

Meet: 10.30am, Mount Batten car park, PL9 9SJ.
Circular walk starting on the Southwest Coastal Path to Jennycliff then inland returning to the sea front.

14 December

St Budeaux (Christmas Lunch)

Meet: 10.30am, St Stephen's Church, Saltash, PL12 4AP.
Walk through Saltash then over the Tamar Bridge to St Budeaux for the Christmas Lunch at The Ferry House Inn.

21 December

Millendreath to Looe

Meet: 10.30am, on the road at Millendreath, PL13 1PD.
Walk from Millendreath to Looe along the Southwest Coastal Path Path for a longer coffee break before returning on a slightly different route.

28 December

Cadover Bridge to the Dewerstone

Meet: 10.30am, first car park on right before the bridge driving from Yelverton, PL7 5EH.
Circular walk from Cadover Bridge over moorland to the Dewerstone for a break before returning on a different route.

Please note, these walk times can vary, depending on the conditions and fitness level of the group, so allow additional time.

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**