At a glance

All walk times are approximate, dependant on conditions and ability of walkers. Please arrive 10 minutes ahead of the usual walk start time of 10am, unless indicated otherwise.

Date	Walk	Time	Where to meet
1 Oct	Calstock Quay to Okeltor Circular	10:00-11:30	Calstock Quay by the bus stop free car park at riverside car park PL18 9QA.
8 Oct	Yelverton/ Clearbrook	10:00-12:00	St Pauls Yelverton car park PL20 6BP. ///scoots.lifetimes.gliders.
15 Oct	Luckett Greenscoombe Woods	10:00-12:15	Free Luckett village car park Greenscoombe Lane PL17 8NJ. ///sitting.bells.lifetimes
NEW **22 Oct**	Frogwell Circular	10:00-12:00	Callington Newbridge parking area PL17 7HL. ///wash.lawful.yelled.
29 Oct	Tamar Trails to Devon Great Con-sols	10:00-12:00	Tamar Trails car park PL19 8JE. ///marathon.rotations.onions. £2 parking charge at time of writing.
5 Nov	Forder	10:00-13:00	9:50am to car share to Forder. St Stephens Road Saltash PL12 4AP. ///rigid.ridiculed.fidelity.
12 Nov	Kit Hill Circular	10:00-11:30	First free Kit Hill free car park PL17 8HS - left inside main entrance.
19 Nov	Harrowbarrow Wheal Brothers Lane Circular	10:00-11:30	Harrowbarrow Village Hall free car park, PL17 8BQ. ///computer.texts.serenade.
26 Nov	Calstock Higher Kelly Lane Circular	10:00-11:30	Calstock Quay by the bus stop. Free parking at Calstock riverside car park PL18 9QA.
3 Dec	Burrator Reservoir	10:00-12:00	Burrator Dam car park PL206PE. ///driftwood.riders.casual.
NEW **10 Dec**	Tavistock Railway & Canal	10:00-12:00	Free car park off Pixon Lane, Tavistock PL19 9FD. ///hurry.singer.transfers.
17 Dec	Siblyback Reservoir	10:00-12:00	9:15am at Tamar Valley Centre free car park PL18 9FE, to car share to Siblyback or at the dam end parking (for 10am start). ///outdoor.deciding.unimpeded.
24 Dec	Gunnislake village and riverside	10:00-11:30	Gunnislake village and riverside Free (2 hours) Gunnislake car park opposite the Post Office PL18 9JS.
31 Dec	West Down and Double Waters	10:00-11:30	West Down (end of Brook Lane, Tavistock) free parking PL19 9EQ. ///vaccines.opens.facelift. Parking is limited, car sharing is recommended where possible.



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!**

Tamar Valley National Landscape

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

1 October

Calstock Quay to Okeltor Circular

Estimated time 90 minutes+ (ca. 2.2 miles)
From the bus stop on the quay, along the footpath by the river with extensive views over the new wetlands, crossing the new footbridge and at the end of the footpath turning back the lane to the quay. Continuing on to Okeltor mine (a series of deep steps going down, with a short uphill section) before coming back on the same footpath to join the lane back to Calstock.

8 October

Yelverton/Clearbrook

Estimated time 2+ hours (ca. 3.9 miles)
Easygoing, one gentle hill, no stiles. Mostly moorland & alongside the Meavy river walk. Dartmoor View

15 October

Luckett Greenscoombe Woods

Estimated time 2.25 hours (ca. 2.8 miles)
Starting on a quiet lane leading to a beautiful riverside path in the woods incorporating many old mine workings and a steep track up to an ancient hill fort. Steep, rough and slippery in places, but well worth the effort. No stiles. Good boots essential.

22 October

NEW WALK Frogwell Circular

Estimated time 2 hrs
To walk along the river Lynher and across fields to Frogwell and back across fields to Newbridge, with views across to Cadsonbury Fort. Two hills.

29 October

Tamar Trails - Devon Great Consols

Estimated time 2 hours (ca. 2.4 miles)
Enjoy a Circular walk using the Tamar Trails network, passing mine workings. Wonderful views. One gradual uphill section. Mostly well-maintained paths, but one downhill section on uneven, rockier ground and another short but very muddy, wet section, so please wear appropriate footwear and a walking stick can be useful. Please bring change for car park if parking at Tamar Trails.

5 November

Forder

Estimated time 3 hours - please note this is a longer than usual walk (ca.4.2 miles)
A lovely and interesting walk along the Lynher estuary, and then ascending to Shillingham Vineyard, followed by country lanes and footpaths. Great views, and returning past Trematon Castle. Please note, the steep up hill from the estuary requires more effort and is slippery in places.

12 November

Kit Hill Circular

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!!

19 November

Harrowbarrow Wheal Brothers Lane

Estimated time 90 mins (ca. 2.4 miles)
Enjoy a scenic section of the Tamar Valley, rich in medieval features including historic field patterns. Wheal Brothers Lane once linked local mining sites, offering a glimpse into the area's silver mining heritage. This is a relatively easy walk along quiet roads, tracks and public footpaths through woodland and fields, with some stiles and kissing gates. There are a few climbs and descents, and paths can be muddy, so suitable footwear is recommended.

26 November

Calstock Higher Kelly Lane

Estimated time up to 90 minutes (ca. 1.6 miles)
Lovely walk along footpaths and through wooded areas. Option to stop for refreshments in village afterwards.

3 December

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.

10 December

NEW WALK Tavistock Railway & Canal

Estimated time 2 hrs (ca. 3 miles)
A circular all solid terrain walk with great views of Tavistock in parts along the old railway line, then downhill through uplands to the canal path and return to Pixon via meadow park and bridge. One hill and some steps.

17 December

Siblyback

Estimated time 2 hours (ca 3.3 miles)
Surrounded by the striking backdrop of Bodmin Moor, Siblyback, this route lies within the Cornwall National Landscape. This is an easy level walk around the scenic reservoir on a good path. There may be some puddles but otherwise very clean track. The path runs adjacent to the lake, and passes by the impressive Siblyback Dam and through woodlands.Toilets and a café are available part way around.

24 December

Gunnislake village and riverside

Estimated time 90 minutes (ca. 2.4 miles)
A varied walk from the centre of Gunnislake village down to the Tamar riverbank footpath. The path can be very muddy and slippery in places with steep, rough ground, so good footwear is essential. No stiles. Well worth the effort with lovely views of the river and of the valley across to Chimney Rock, as we climb back up to the centre of Gunnislake village. Option to stop for refreshments in the village at the end of the walk. 2 hours free car parking in the village car park.

31 December

West Down and Double Waters

Estimated time 2 hours (ca 3 miles)
Starting at West Down, enjoying stunning views over both Wakham and Tavy valleys. The walk then heads upstream through delightful sessile oak woodland, passing the remains of old mine workings. A long, steady climb up through the trees at an easy pace returns us to West Down and the start point.

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**