At a glance

All times are approximate dependant on conditions and numbers

Date	Walk	Time	Where to meet
7 Oct	South Hooe	10:30am	Car park opposite Tamar Valley Vineyard PL20 7BW w3w meaty.brains.family.
14 Oct	St Dominic	10:30am	St Dominic church car park PL12 6TP w3w churn.vivid.frail
21 Oct	Pew Tor	10:30am	Pork Hill car park PL19 9JU w3w shift.butter.crumb
28 Oct	Burrator and Sheepstor	10:30am	Burrator Arboretum NEW car park PL20 6PF w3w neatly.quits.hillside
4 Nov	Buckland Monachorum	10:30am	Car park opposite Long Ash Garden Centre PL20 7LL w3w highs.learns.newsreel
11 Nov	Luckett	10:30am	Luckett Village car park PL17 8NJ w3w sitting.bells.lifetimes
18 Nov	Tavistock Canal	10:30am	Kings car park Pixon Lane PL19 9AZ w3w sides.hotel.nuns
25 Nov	Cotehele Circular	10:30am	Cotehele main car park PL12 6TA w3w kitchens.dumplings.grunt
2 Dec	Tamar Trails and Wheal Fanny	10:30am	Tamar Trails centre car park PL19 8JE w3w hiked.media.patch
9 Dec	Cadsonbury Hill Fort	10:30am	Callington New Bridge car park PL17 7HL w3w charmingly.giraffes.sensibly
16 Dec	West Down	10:30am	Car park on the Down at Higher Walreddon PL19 9EQ w3w allies.blinks.pigs
23 Dec	Calstock	10:30am	Calstock Quay car park PL18 9QA w3w merge.inert.radar
30 Dec	Whitchurch Down Circular	10:30am	Down Road, Tavistock PL19 9AG w3w lifted.envy.swan



Tamar Valley Walk & Talk

Every Wednesday 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/

7 October

South Hooe

PL20 7BW w3w meaty.brains.family
Meet: 10.30am at small car park right opposite Tamar Valley Vineyard.
Walk down hill to the nature reserve to enjoy a circular route with time to visit the bird hides along the way. Return uphill to the car park. (Sorry no dogs).

14 October

St Dominic

PL12 6TP w3w churn.vivid.frail
Meet: 10.30am, St Dominic church car park.
Follow paths and tracks around St Dominic to Boar's Bridge. Return along tracks, fields and lanes, one short steep rocky section.

21 October

Pew Tor

PL19 9JU w3w shift.butter.crumb
Meet: 10.30am at Pork Hill car park, Tavistock to Princetown road.
Circular walk on the moor to Pew Tor and return via Feather Tor and Windy Post stone cross to the car park.

28 October

Burrator and Sheepstor

PL20 6PF w3w neatly.quits.hillside
Meet: 10.30am, NEW CAR PARK - Burrator Arboretum car park, past Burrator Dam to Norsworthy Bridge, PL20 6PF. The car park is 300 yards further on the left.
Walk along the foot of Sheepstor then return along the bank of the reservoir. Several stiles.

4 November

Buckland Monachorum

PL20 7LL w3w.highs.learns.newsreel
Meet: 10.30am, car park opposite Long Ash Garden Centre.
Walk along roads and tracks and up onto Buckland Down, return across the moor.

11 November

Luckett

PL17 8NJ w3w sitting.bells.lifetimes
Meet: 10.30am at Luckett Village car park.
Circular walk around the Greenscoombe Nature Reserve.

18 November

Tavistock Canal

PL19 9AZ w3w sides.hotel.nuns
Meet: 10.30am, Kings car park Pixon Lane.
Walk through the Meadows and alongside the canal as far as Hannah Bragg's shrine and then return. No hills but at least 2 hours.

25 November

Cotehele Circular

PL12 6TA w3w kitchens.dumplings.grunt
Meet: 10.30am, Cotehele main car park. National Trust card or cash required for parking.
A circular walk around the Cotehele estate. This is an opportunity to visit the garland in the Great Hall after the walk, admission prices may apply.

2 December

Tamar Trails and Wheal Fanny

PL19 8JE w3w hiked.media.patch
Meet: 10.30am at Tamar Trails centre car park. Cash required for parking charges or Pay by Phone app.
Follow paths down to Wheal Fanny. Retrace steps up hill and return to car park via Wheal Emma. 2 hills.

9 December

Cadsonbury Hill Fort

PL17 7HL w3w charmingly.giraffes.sensibly
Meet: 10.30 at Callington New Bridge car park off the A390.
Follow footpath through woods and up steep path through the woods to Hill Fort. Return through woodland beside the river. **Followed by pre-booked Christmas lunch**, details to follow.

16 December

West Down

PL19 9EQ w3w allies.blinks.pigs
Meet: 10.30am. Car park on the Down at Higher Walreddon, Brook Lane, Tavistock.
Circular walk along the moor and down to the river. Walk along the river bank on uneven path, then up hill back to the car park.

23 December

Calstock

PL18 9QA w3w merge.inert.radar
Meet: 10.30am, Calstock Quay car park
Circular walk around Calstock via St Andrew's Church.

30 December

Whitchurch Down Circular

PL14 9AG w3w lifted.envy.swan
Meet: 10.30am at Down Road, Tavistock.
Circular walk on Whitchurch Down with a stop for coffee and mince pies.

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**