

Tamar Valley Walk and Talk:

Wednesdays

Devon Great Consols Mine

Meet: Bedford Sawmills pay and display car park by Tree Surfers (Grid reference SX440723). Follow the scenic Tamar Valley Trails on a circular walk in the woods with extensive views across to Cornwall.

Level/Grade: 90 minute walk. 2 steep slopes, good trail surface

Chimney Rock

Meet: Bedford Sawmills pay and display car park by Tree Surfers (Grid reference SX440723). The disused Morwellham Railway, now part of the Tamar Valley Trails, takes you south to the outstanding view point of Chimney Rock.

Level/Grade: 90 minute walk, good trail surface, 1 steep section.

Calstock Higher Kelly

Meet: Gunnislake Station, meeting Plymouth train. Quiet lanes and footpaths to Calstock, catch train or bus back. Bring change for fare.

Level/Grade: 90 minute walk, level and moderate downhill. Mostly good surface, one footpath section

Danescoombe Valley

Meet: Gunnislake Station, meeting the train from Plymouth. Walk down the wooded valley to Calstock, catch train or bus back. Bring change for fare.

Level/Grade: 90 minute walk. Downhill and a short uphill. Footpaths, lane, some uneven ground, one stile.

Walk & Talk Plus from Kit Hill on the new Discovery Trail Link

Meet: Clitters car park, Kt Hill (Grid reference SX375723). Down old bridleways and forest tracks with alternative extra leg through historic Deer Park Farm to Lockett. Bring drink and lunch.

Level/Grade: 2 hours+, Longer route on mostly downhill paths then back up on quiet lanes,

Calstock Limekilns

Meet: Calstock Station platform, meeting train from Gunnislake. Walk by the limekiln and tramway remains of the industrial past.

Level/Grade: 1 hour, 2 short hills, footpaths, pavements, some uneven

Free walks in Gunnislake & Calstock

Calstock Church

Meet: Gunnislake Station, meeting the train from Plymouth. Quiet lanes and bridleways past the church to Hare Woods, finishing in Calstock. Catch train or bus back. Bring change for fare.

Level/Grade: 90 minutes walk, level and gentle downhill. Good surface, optional last section on riverside trail

Walk & Talk Plus from Bere Ferrers to Thorn Point

Meet: Bere Ferrers Station, meeting the train from Gunnislake and its return at the end. A longer circular walk on the Tamar Discovery Trail, with beautiful views across the Tamar. Bring a drink and lunch.

Level/Grade: Up to 3 hours; longer route on mostly level field paths, quiet lanes, one downhill. Return trains to Plymouth and Gunnislake

Kit Hill

Meet: Kit Hill main entrance car park (Grid reference SX383713). Huge views across the Tamar Valley! And Louis' Tea Rooms after.

Level/Grade: Approx 1 hour circular walk. Gentle slopes on footpaths to summit, quarry and mines.

Tamar Discovery Trail at Calstock

Meet: Calstock Station platform, meeting train from Gunnislake. Easy walk by the river, with optional loop to the old mine workings at Okel Tor

Level/Grade: 45 min level circular walk, or longer with slopes and steps on Okel Tor loop.

Walk & Talk Plus: Cotehele

Meet: Cotehele Quay car park. Lifts possible from Gunnislake. Around the estate past the chapel and House and through wooded valley past Cotehele Mill. Bring drink and lunch.

Level/Grade: 2 hour walk on woodland paths, one uphill and down

Albaston Old Kelly Lane

Meet: Gunnislake Station, meeting train from Plymouth. Bridleways and quiet lanes down to Calstock and catch train or bus back

Level/Grade: 90 mins walk; level, one steep downhill.

Tamar Valley Walk & Talk Diary

April - June 2011 **Full walk details over the page**

Date	Time	Walk	Where to Meet
6 th April	11.40am - 1.25	Calstock Higher Kelly, 90 mins +	Gunnislake Station
13th April W&T+	12.10pm - 3pm	Bere Ferrers to Thorn Point	Bere Ferrers Station
20 th April	11.45am - 1.15	Chimney Rock 90 mins	Bedford Sawmills (Grid reference SX440723)
27 th April	11.40am - 1.25	Danescoombe Valley, 90 mins +	Gunnislake Station
4 th May	11.55am - 1.25	Tamar Discovery Trail, 1 hour +	Calstock Station platform
11th May W&T+	12.05pm - 3pm	Bere Alston to Ferrers, 3 hrs	Bere Alston Station
18 th May	11.55am - 1.25	Calstock Limekilns, 1 hr +	Calstock Station
25 th May	11.40am - 1.25	Calstock Church, 90 mins +	Gunnislake Station
1 st June	11.45am - 1.00	Kit Hill, 1 hour	Kit Hill car park
8th June WT+	10.30am - 12.30	Cotehele, 2 hrs	Cotehele Quay car park
15 th June	11.40am - 1.25	Old Kelly Lane, 90 mins +	Gunnislake Station
22 nd June	11.45am - 1.15	Devon Great Consols 90 mins	Bedford Sawmills (Grid reference SX440723)
29 th June	11.55am - 1.25	Tamar Discovery Trail, 1 hour +	Calstock Station platform



WALK & TALK: TAMAR VALLEY

A walking-for-health group for all ages and abilities

Walks every **Wednesday** in Gunnislake and Calstock.

A great way to meet new people, explore your area, improve health, and it's **free!**

Please wear comfortable clothing, sturdy footwear, and be prepared for the weather! Bring a drink and snack to make the rest stop more enjoyable.

Once a month each walk is a **Walk & Talk Plus (WT+)**, which is longer and a little more energetic!

Some walks use short train or bus journeys to reach suitable walk routes. Bring change and rail/bus passes if you have them. If you need more information please call Dave Readman (Walks Coordinator) on 07792 483669 or email walkscoordinator@tamarvalley.org.uk. This programme and more detail is available to download at www.tamarvalley.org.uk

Training is available for anyone wishing to be a Volunteer Walk Leader.