

<b>All times are approximate dependant on conditions and numbers</b>			
<i>Date</i>	<i>Time</i>	<i>Walk</i>	<i>Where to meet</i>
<b>7 October</b>	10:30 - 12:30	Antony Passage	St Stephen's Church, Saltash (PL12 4AP)
<b>14 October</b>	10:30 - 12:30	Fowey Estuary	Free National Trust Fowey Estuary car park (PL23 1HW)
<b>21 October</b>	10:30 - 12:30	Burrator Circular	Norsworthy Bridge car park (PL20 6PF)
<b>28 October</b>	10:30 - 12:30	Brixton Circular	Otter Garden Centre (PL8 2BH)
<b>4 November</b>	10:30 - 12:30	Cadover Bridge	First car park on right, driving from Yelverton (PL7 5EH)
<b>11 November</b>	10:30 - 12:30	Talland Bay to Polperro	On road approaching Talland Bay (PL13 2JA)
<b>18 November</b>	10:30 - 12:30	Churchtown Farm Nature Reserve	St Stephen's Church, Saltash (PL12 4AP)
<b>25 November</b>	10:30 - 12:30	Looe West	Millpool car park (PL13 2AH), £3 for 3 hours
<b>2 December</b>	10:30 - 12:30	Seaton Valley	Seaton Valley car park (PL11 3JF)
<b>9 December</b>	10:30 - 12:30	Tokenbury Corner	Tokenbury Corner car park above Pensilva (PL14 5PJ)
<b>16 December</b>	10:30 - 12:30	St Budeaux	St Stephen's Church, Saltash (PL12 4AP)
<b>23 December</b>	10:30 - 12:30	Millendreath	Free parking on road at Millendreath (PL13 1PD)
<b>30 December</b>	10:30 - 12:30	Tamar Riverside	Mutton Cove free car park, Plymouth (PL1 4LB)



## October - December 2024

**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!**

**Walk & Talk  
Saltash - every  
Monday morning**



**Tamar Valley  
National  
Landscape**

<p><b>Antony Passage</b>  <b>Meet</b> 10:30am, St Stephen's Church, Saltash, PL12 4AP.  Walk down to Forder and along the estuary to Antony Passage, then up the steps through woods and over fields to Trematon Castle, before returning to the church.</p>	<p><b>Looe West</b>  <b>Meet</b> 10:30am, Millpool car park, PL13 2AH (£3 for 3 hours).  Circular walk on footpaths above West Looe River, returning along the estuary.</p>
<p><b>Fowey Estuary</b>  <b>Meet</b> 10:30am, free National Trust Fowey Estuary car park, PL23 1HW.  Circular walk to Readymoney Cove, then along the South West Coast Path to Polridmouth Cove, returning overland.</p>	<p><b>Seaton Valley</b>  <b>Meet</b> 10:30am, Seaton Valley car park, PL11 3JF.  Lanes and tracks up to Keveral Manor, then lanes and fields to access South West Coast Path back to Seaton.</p>
<p><b>Burrator Circular</b>  <b>Meet</b> 10:30am, Norsworthy Bridge car park, PL20 6PF.  Circular walk up to Crazywell Pool, then return via Devonport Leat.</p>	<p><b>Tokenbury Corner</b>  <b>Meet</b> 10:30am, Tokenbury Corner car park above Pensilva, PL14 5PJ.  One of several walks, depending on conditions, with good views.</p>
<p><b>Brixton Circular</b>  <b>Meet</b> 10:30am, Otter Garden Centre, PL8 2BH.  Slightly longer circular walk on paths and tracks.</p>	<p><b>St Budeaux</b>  <b>Meet</b> 10:30am, St Stephen's Church, Saltash, PL12 4AP.  Walk through Saltash then over the Tamar Bridge to St Budeaux before returning over the bridge or by bus.</p>
<p><b>Cadover Bridge</b>  <b>Meet</b> 10:30am, first car park on right, driving from Yelverton, PL7 5EH.  Circular walk from Cadover Bridge over moorland to the Dewerstone Rock for a break with great views. Return along a different route.</p>	<p><b>Millendreath</b>  <b>Meet</b> 10:30am, free parking on road at Millendreath, PL13 1PD.  Walk along the South West Coast Path to Looe with spectacular views. Longer coffee break before returning along a slightly different route.</p>
<p><b>Talland Bay to Polperro</b>  <b>Meet</b> 10:30am, on road approaching Talland Bay, PL13 2JA.  Walk the South West Coast Path to Polperro for a coffee break, before returning along a slightly different route.</p>	<p><b>Tamar Riverside</b>  <b>Meet</b> 10:30am, Mutton Cove free car park, Plymouth, PL1 4LB.  Pavement walk along Tamar River to Royal William Yard for a coffee break before continuing towards Devils Point. Return along a different route.</p>
<p><b>Churchtown Farm Nature Reserve</b>  <b>Meet</b> 10:30am, St Stephen's Church, Saltash, PL12 4AP.  Various walks around Churchtown Farm depending on conditions, good views across rivers Tamar and Lynher.</p>	<p>For further information on preparing yourselves for our walks, please visit <a href="http://www.tamarvalley-nl.org.uk/discover-explore/walking/#walk-talk-anchor">www.tamarvalley-nl.org.uk/discover-explore/walking/#walk-talk-anchor</a> and scroll down to 'Be prepared', or email: <a href="mailto:enquiries@tamarvalley.org.uk">enquiries@tamarvalley.org.uk</a></p>