

**All times are approximate dependant on conditions and numbers.  
Please arrive at least 10 minutes before 10am start.**

| <b>Date</b>   | <b>Time</b>   | <b>Walk</b>  | <b>Where to meet</b>   |
|---------------|---------------|--|--|
| <b>3 Oct</b>  | 10:00 - 11:15 | Weir Quay Circular                                       | Weir Quay, roadside parking near Silver Mine entrance, PL20 7BS (///field.consented.sports)  |
| <b>10 Oct</b> | 10:00 – 11:30 | Calstock Higher Kelly Lane Circular                      | Calstock Quay by the bus stop. Free parking at Calstock riverside car park, PL18 9QA   |
| <b>17 Oct</b> | 10:00 - 12:00 | Bere Ferrers to Thorn Point Circular                     | Bere Ferrers Station, PL20 7JS<br><i>Please park considerately along the road leading up towards the station sign – not at the station. Thank you.</i>           |
| <b>24 Oct</b> | 10:00 – 11:30 | Harrowbarrow Wheal Brothers Lane Circular                | Free Harrowbarrow Village Hall car park, PL17 8BQ (///computer.texts.serenade)   |
| <b>31 Oct</b> | 10:00 – 12:00 | Scrubtor   | Free Scrubtor car park, Gulworthy, PL19 8PF (///cyber.putty.banks). Car sharing is advisable.  |
| <b>7 Nov</b>  | 10:00 – 12:00 | To Calstock via Calstock Church                          | Tamar Valley Centre free car park, PL18 9FE  |
| <b>14 Nov</b> | 10:00 – 12:00 | West Down and Double Waters                              | West Down (end of Brook Lane, Tavistock) free parking, PL19 9EQ. <i>Please note, parking is limited, so car sharing is recommended.</i>                          |
| <b>21 Nov</b> | 10:00 – 11:30 | Cadsonbury Fort  | Callington Newbridge parking area, PL17 7HL (///wash.lawful.yelled)  |
| <b>28 Nov</b> | 10:00 – 12:00 | Luckett Greenscombe Woods                                | Free Luckett village car park, Greenscombe Lane, PL17 8NJ (///sitting.bells.lifetimes)   |
| <b>5 Dec</b>  | 10:00 – 12:00 | Magpie Bridge  | Free Bedford Bridge car park on the A386 between Tavistock and Horrabridge, PL20 7RZ (///pots.alpha.varieties)   |
| <b>12 Dec</b> | 10:00 – 11:30 | Easy going Cotehele Estate                               | National Trust Cotehele Quay car park, PL12 6TA (non-members pay).   |
| <b>19 Dec</b> | 10:00 – 12:00 | Siblyback<br>Pasties & mince pies at Dave's after walk 🎄 | <b>9:15am</b> , 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) |
| <b>26 Dec</b> | 10:00 – 11:30 | Gunnislake Village & Riverside Circular                  | Free (2 hours, please obtain ticket) Gunnislake car park opposite the Post Office, PL18 9JS  |



## October - December 2024

**A walking group for all ages, with wellbeing in mind.**

**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 & Bere  
Wellbeing Walks -  
every Thursday  
morning**



**Tamar Valley  
National  
Landscape**

|   |  |
|---|--|
| <p><b>Weir Quay Circular</b><br/> <b>Estimated time 75 minutes (ca. 2.2 miles)</b><br/> A very scenic route starting along the Tamar riverbank with uninterrupted views of the water and then climbing to enjoy fantastic views of the Tamar river valley. This walk requires greater effort as a third of the walk is a long, steep uphill climb. Using country lanes and public footpaths. Mostly good walking surfaces but uneven in places.</p> | <p><b>Cadsonbury Fort</b><br/> <b>Estimated time 90 minutes (ca. 1.6 miles)</b><br/> From the car park, take the series of steps and footpath (steep steps and narrow sloping paths) up to the top of Cadsonbury, where fabulous extensive 360° views can be enjoyed before descending to take the path by the river Lynher back to the car park.</p>  |
| <p><b>Calstock Higher Kelly Lane Circular</b><br/> <b>Estimated time 90 minutes (ca. 1.6 miles)</b><br/> Lovely walk along footpaths and through wooded areas. Option to stop for refreshments in village afterwards.</p>   | <p><b>Luckett Greenscombe Woods</b><br/> <b>Estimated time 2 hours (ca. 2.8 miles)</b><br/> 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.</p>   |
| <p><b>Bere Ferrers to Thorn Point Circular</b><br/> <b>Estimated time up to 2 hours (ca. 2.9 miles)</b><br/> One not to be missed! Stunning views in a wonderful setting. Some road walking, mainly along public footpaths and the Tamar Valley Discovery Trail. Long steady climb towards end. <i>Please park considerably along the road leading up towards the station sign – not at the station. Thank you.</i></p>                             | <p><b>Magpie Bridge</b><br/> <b>Estimated time 2+ hours (ca. 2.4 miles)</b><br/> This walk starts from the car park at Bedford Bridge, often called Magpie Bridge, on the A386 between Tavistock and Horrabridge. The route climbs steeply up to Drake’s Trail and follows it, going over the spectacular Gem Bridge. It then descends through the woods to Grenofen Bridge, returning to the cars on a path along the river and through the woods. This walk may be muddy and is very uneven in places, but worth it for the beautiful riverside.</p>   |
| <p><b>Harrowbarrow Wheal Brothers Lane Circular</b><br/> <b>Estimated time 90 minutes (ca. 2.36 miles)</b><br/> Fairly easy going on roadways, cart track, public footpaths through woodland and field with kissing gate and stiles. Some climbs and descents. Can be muddy, so suitable footwear recommended.</p>  | <p><b>East going Cotehele Estate</b><br/> <b>Estimated time up to 90 minutes</b><br/> We will enjoy a scenic walk through the wooded valley, alongside the Morden stream riverbank and gradually climb through fields and woodland, circling around above the House and descending past the chapel back to the car park. Steps on route. The Edgcumbe on Cotehele Quay is open daily from 10am to 4pm for refreshments and The Barn Restaurant by the House will be open, too (<a href="http://www.nationaltrust.org.uk/cotehele">www.nationaltrust.org.uk/cotehele</a>). Five steps.</p>  |
| <p><b>Scrubtor</b><br/> <b>Estimated time 2 hours (ca. 3.6 miles)</b><br/> A lovely walk through woodland, whilst passing remnants of the rich mining heritage of the area, with occasional glimpses of the River Tamar. Easy underfoot, mostly firm but muddy in places, with one steep section. <i>Parking at Scrubtor car park is limited, so car sharing is advisable.</i></p>  | <p><b>Siblyback</b><br/> <b>Estimated time 2 hours (ca. 3.25 miles) Pasties &amp; mince pies at Dave’s after the walk 🍷</b><br/> Surrounded by the striking backdrop of Bodmin Moor, Siblyback Lake (managed by South West Lakes Trust - <a href="https://www.swlakestrust.org.uk">https://www.swlakestrust.org.uk</a>) lies within 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 round.</p> |
| <p><b>To Calstock via Calstock Church</b><br/> <b>Estimated time 2 hours (ca. 2.9 miles)</b><br/> A walk along public roads, heading down to Gunnislake Station, Sandways railway crossing, then on to Calstock church. Short, reasonable, uphill sections, the only difficult parts being the very steep downhill sections near Calstock. <i>Please bring bus fare or pass for return to Centre on 79/79A bus.</i></p>                             | <p><b>Gunnislake Village &amp; Riverside Circular</b><br/> <b>Estimated time 90 minutes (ca. 2.4 miles)</b><br/> 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. <i>Two hours free car parking in the village car park (please obtain a ticket).</i></p>   |
| <p><b>West Down and Double Waters</b><br/> <b>Estimated time 2 hours (ca. 3 miles)</b><br/> Starting at West Down, enjoying stunning views over both Walkham 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.</p>   | <p><i>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></i></p>   |