

All times are approximate dependant on conditions and numbers

<i>Date</i>	<i>Time</i>	<i>Walk</i>	<i>Where to meet</i>
6 Jan 2025	10:30 - 12:30	Maker Church	Far car park at Maker Church (PL10 1JB)
13 Jan 2025	10:30 - 12:30	Latchbrook & Trematon	On road near Latchbrook Community Centre, Saltash (PL12 4UT)
20 Jan 2025	10:30 - 12:30	Shaugh Bridge Circular	Shaugh Bridge free National Trust car park (PL7 5HE)
27 Jan 2025	10:30 - 12:30	Looe West	Millpool car park (PL13 2AH) (£3 for 3 hours)
3 Feb 2025	10:30 - 12:30	St Germans	St Germans station platform (PL12 5LU)
10 Feb 2025	10:30 - 12:30	Minions	Far Cheesewring car park (PL14 5LE)
17 Feb 2025	10:30 - 12:30	Mount Batten	Mount Batten free car park (PL9 9SJ)
24 Feb 2025	10:30 - 12:30	Liskeard Viaduct	Rapsons car park, Heathlands Road, Liskeard (PL14 4 DH)
3 Mar 2025	10:30 - 12:30	Wembury	Wembury Two Moors Way National Trust car park (PL9 0HP)
10 Mar 2025	10:30 - 12:30	St Mellion	First car park on left on St Mellion Estate (PL12 6SD)
17 Mar 2025	10:30 - 12:30	Lanhydrock Estate	Respryn Bridge National Trust car park (PL30 4AH) (NT card of £5)
24 Mar 2025	10:30 - 12:30	Plymouth Park	Milehouse Park & Ride free car park, Plymouth, PL2 3DA
31 Mar 2025	10:30 - 12:30	Seaton	Seaton Valley car park (PL11 3JF)



January - March 2025

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>Maker Church Meet 10:30am, far car park at Maker Church, PL10 1JB. Walk around the Mount Edgcombe Estate with a café stop mid way.</p>	<p>Liskeard Viaduct Meet 10:30am, Rapsons car park, Heathlands Road, Liskeard, PL14 4DH. Circular walk past the station then along lanes and over fields for a break before returning along a different route.</p>
<p>Latchbrook & Trematon Meet 10:30am, on road near Latchbrook Community Centre, Saltash, PL12 4UT. Walk along footpaths and fields to Trematon, returning via Latchbrook Leat.</p>	<p>Wembury Meet 10:30am, Wembury Two Moors Way National Trust car park, PL9 0HP. Circular walk starting on the South West Coast Path towards Warren Point before returning overland.</p>
<p>Shaugh Bridge Circular Meet 10:30am, Shaugh Bridge free National Trust car park, PL7 5HE. Walk up the track initially following the River Plym then the River Meavy to the Dewerstone, then descending the track to the cottages. Return along a section of the Plympton walk/cycle track.</p>	<p>St Mellion Meet 10:30am, first car park on the left on the St Mellion Estate, PL12 6SD. Circular walk around the boundary of the Estate with a coffee at the end.</p>
<p>Looe West Meet 10:30am, Millpool car park, PL13 2AH (£3 for 3 hours). Circular walk on footpaths above West Looe River, then returning along the estuary.</p>	<p>Lanhydrock Estate Meet 10:30am, Respryn Bridge National Trust car park, PL30 4AH (NT card or £5). Walk along the River Fowey then through woods around the Lanhydrock Estate for a coffee break, before returning through more woods.</p>
<p>St Germans Meet 10:30am, St Germans station platform, PL12 5LU. Park on road in front of church and walk to the station. A figure-of-eight walk down to the quay, then climb up the hillside above St Germans for a break before returning to the village.</p>	<p>Plymouth Park Meet 10:30am, Milehouse Park & Ride free car park, Home Park, Plymouth, PL2 3DA. Figure-of-eight walk around Plymouth Park.</p>
<p>Minions Meet 10:30am, far Cheesewring free car park, PL14 5LE. A range of walks around the moor depending on conditions.</p>	<p>Seaton Meet 10:30am, Seaton Valley car park, PL11 3JF. Lanes and tracks up to Keval Manor, then lanes and fields to access South West Coast Path back to Seaton.</p>
<p>Mount Batten Meet 10:30am, Mount Batten free car park, PL9 9SJ. Circular walk starting on the South West Coast Path, then inland, returning along the sea front.</p>	<p><i>For further information on preparing yourselves for our walks, please visit www.tamarvalley-nl.org.uk/discover-explore/walking/#walk-talk-anchor and scroll down to 'Be prepared', or email enquiries@tamarvalley.org.uk</i></p>