

All times are approximate dependant on conditions and numbers
Please meet 9:50am latest for 10am start, unless stated otherwise below

| Date | Walk Time | Route | Where to meet |
|---------------|------------------|-------------------------------------|--|
| 2 Jan | 10:00–11:15 | Weir Quay | Weir Quay, PL20 7BS, roadside parking by Silver Mine entrance (///field.consented.sports) |
| 9 Jan | 10:00–12:00 | Morwellham | 9:40am at Tamar Valley Centre free car park, PL18 9FE, to car share or meet 9:50am at the layby . From Gulworthy Roundabout, to Bere Alston - 2nd right and continue ca. 100 yds (///companies.supple.level) |
| 16 Jan | 10:00–12:00 | Tamar Trails to Devon Great Consols | Tamar Trails car park, PL19 8JE (///marathon.rotations.onions). £2 parking charge at time of writing. |
| 23 Jan | 10:00–11:30 | Norris Green/Honicombe | Tamar Valley Centre free car park, PL18 9FE |
| 30 Jan | 10:00–11:30 | Kit Hill Quarry | First free Kit Hill car park, PL17 8HS – left inside main entrance |
| 6 Feb | 10:00–12:00+ | Milton Combe NEW WALK | Outside the Who'd Have Thought It Inn, Milton Combe, PL20 6HP (///rainy.plotter.soldiers) |
| 13 Feb | 10:00–12:00+ | Tamar Trails to Chimney Rock | Tamar Trails car park, PL19 8JE (///marathon.rotations.onions). £2 parking charge at time of writing. |
| 20 Feb | 10:00–12:00 | Collins Bridge | Pilgrims Drive car park in centre of village, PL20 7DB. Free at time of writing. (///toolkit.estimates.annoys) |
| 27 Feb | 10:00–11:30+ | To Calstock via Slimeford | Tamar Valley Centre free car park, PL18 9FE |
| 6 Mar | 10:00–12:00 | Tavistock Canal | Free car park off Pixon Lane, Tavistock, PL19 9FD (///hurry.singer.transfers) |
| 13 Mar | 10:00–12:00 | Up and Around Hingston Down | Tamar Valley Centre free car park, PL18 9FE |
| 20 Mar | 10:00–11:30+ | Boheterick and Cotele Mill | National Trust Cotehele Quay car park, PL12 6TA (non-members pay) |
| 27 Mar | 10:00–12:00 | Bere Alston to Tuckermarsh Quay | Bere Alston Station car park, PL20 7ES. Free at time of writing. Please park considerately. |



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!

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

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| <p>Weir Quay Estimated time 75 minutes (ca. 2.1 miles) A very scenic route starting along the Tamar river with uninterrupted views and then climbing to enjoy lovely valley scene. Walk requires greater effort as a third of the walk is a long, steep uphill climb. On country lanes and public footpaths. Mostly good walking surfaces but uneven in places. No stiles.</p> | <p>Collins Bridge Estimated time up to 2 hours A walk on quiet country lanes and footpaths, passing historic mining remains and some good views down to the river. Include a stile and some short steep sections and may be muddy in places.</p> |
| <p>Morwellham Estimated time 2 hours (ca. 4 miles) An interesting walk full of the history of Morwellham, starting on road, but mostly on tracks, including railway tracks, and footpaths. First half downhill, second half uphill, taken at an easy pace. No stiles.</p> | <p>To Calstock via Slimeford Estimated time 90+ minutes (ca. 2.7 miles) A scenic walk mainly along the Tamar Valley Discovery Trail, largely on country roads, from Drakewalls to Calstock Quay. One steep hill. Please bring bus fare or pass for return to Centre on 79/79A bus.</p> |
| <p>Tamar Trails to Devon Great Consols Estimated time 2 hours (ca. 2.4 miles) Enjoy a walk on the Tamar Trails network, passing mine workings. Wonderful views. One gradual uphill section. Mostly well-maintained paths, but one downhill section on uneven, rockier ground and another short but very muddy, wet section, so please wear appropriate footwear. A walking stick can be useful.</p> | <p>Tavistock Canal Estimated time 2 hours (ca 4.3 miles) The walk follows the disused railway line along to Shillamill Viaduct. Path drops down to the canal, through an old tunnel and under the canal and up to the towpath. We then return to Tavistock along the canal, walking past historic Crowndale farm. Look out for the kingfisher and other water birds. Boots are recommended as the railway cutting can be wet in one area. One very steep short climb up to the canal.</p> |
| <p>Norris Green/Honicombe Estimated time 90 minutes (ca. 2.6 miles) This walk is solely on byroads and country lanes, passing through Albaston and Norris Green. A few ups and downs, and although all on road, we pass through some beautiful countryside and treelined roads.</p> | <p>Up and Around Hingston Down Estimated time up to 2 hours (ca. 2.9 miles) A walk along public footpaths up to Hingston Down with stunning views from the heathland across to Plymouth Sound. After reaching the Down, we take the lane back to the main road, before taking a footpath and country roads back to Albaston. Some steps and a small stream crossing, so appropriate footwear needed.</p> |
| <p>Kit Hill Quarry Estimated time 90 minutes (ca. 1.9 miles) Another great Tamar Valley walk at Kit Hill Country Park and Local Nature Reserve. We will follow the road uphill for a short way, then take the path on the right-hand side to the quarry, after which we make our way on rough paths and well-maintained paths back to our starting point. There is the chance to go up to the stack, to enjoy the amazing 360° views from the top of the hill.</p> | <p>Boheterick and Cotehele Mill Estimated time 90+ minutes (ca. 2.3 miles) A moderate walk ascending through old market gardens to Bohetherick, a once bustling hamlet on the Edgcombe's Cotehele estate, before returning to the Quay via Cotehele Mill.</p> |
| <p>Milton Combe NEW WALK Estimated time 2+ hours (ca. 3.9 miles) A beautiful undulating walk through fields and along quiet lanes on the Devon side of the Tavy Valley, crossing onto Dartmoor National Park commons. Particularly attractive in springtime when the hedgebanks are awash with wild flowers. First half is slow, steady uphill and some steep and rocky descents on return to Milton Combe - but all taken at an easy pace. Muddy in places. Cattle grid and stream crossing. No stiles or steps.</p> | <p>Bere Alston to Tuckermarsh Quay Estimated time 2 hours (ca. 2.8 miles) An attractive route, mainly on public footpaths, through lovely deciduous woodland down to the river Tamar. Very muddy and uneven in places, potentially slippery following rain. Crossing two small shallow streams. Uphill section from river back up to Bere Alston Station is long and steep but we go at an easy pace.</p> |
| <p>Tamar Trails to Chimney Rock Estimated time 2+ hours (ca. 3.6 miles) A lovely walk along the Tamar Trails towards Morwellham, returning via Chimney Rock. Good tracks, one section with narrow path and one steep uphill. Please bring change for the car park if parking at Tamar Trails.</p> | <p style="text-align: center;"><i>For further information on preparing yourselves for our walks, please visit www.tamarvalley.org.uk/free-walking-groups and scroll down to 'Be prepared', or email enquiries@tamarvalley.org.uk</i></p> |