

**All times are approximate dependant on conditions and numbers**

<i>Date</i>	<i>Time</i>	<i>Walk</i>	<i>Where to meet</i>
<b>3 April</b>	<b>10:00 - 11:30</b>	<b>To Calstock via Danescombe Valley</b>	Tamar Valley Centre free car park, PL18 9FE, ///sheet.bandwagon.apples
<b>10 April</b>	<b>10:00 - 11:30</b>	<b>Calstock Quay to Okeltor Circular</b>	Calstock Quay by bus stop, PL18 9QA (free parking at riverside car park)
<b>17 April</b>	<b>10:00 - 12:00</b>	<b>Bere Ferrers to Thorn Point</b>	Bere Ferrers station, PL20 7JS Please park considerately along the road leading up towards the station sign – not at the station. Thank you.
<b>24 April</b>	<b>10:00 - 12:00</b>	<b>Morwellham</b>	<b>9:40am</b> Tamar Valley Centre free car park, PL18 9FE, to car share or meet 9:50am at the lay-by (from Gulworthy roundabout to Bere Alston, 2nd right, continue ca. 100 yds, ///companies.supple.level
<b>1 May</b>	<b>10:00 - 12:00</b>	<b>Luckett Greenscoombe Woods</b>	Luckett village free car park, Greenscoombe Lane, PL17 8NJ, ///sitting.bells.lifetimes
<b>8 May</b>	<b>10:00 - 11:30</b>	<b>Gunnislake Village and Riverside</b>	Gunnislake car park (free for 2 hours), opposite the Post Office, PL18 9JS
<b>15 May</b>	<b>10:00 - 12:00</b>	<b>West Down and Double Waters</b>	West Down (end of Brook Lane, Tavistock) free parking, PL19 9EQ Parking is limited, please car share if possible.
<b>22 May</b>	<b>10:00 - 11:30</b>	<b>Kit Hill</b>	Kit Hill (first car park on left inside main entrance, free parking), PL17 8HS
<b>29 May</b>	<b>10:00 - 11:30</b>	<b>Cotehele</b>	Cotehele Quay car park, PL12 6TA (please bring change or National Trust card)
<b>5 Jun</b>	<b>10:00 - 12:30</b>	<b>Cargreen Circular</b>	Landulph Church, Saltash, PL12 6ND, ///narrowest.often.club (parking in lay-by, uphill from church)
<b>12 Jun</b>	<b>10:00 - 12:00</b>	<b>Siblyback Reservoir</b>	<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>19 Jun</b>	<b>10:00 - 12:00</b>	<b>NEW WALK Lopwell</b>	Lopwell Dam free car park, PL6 7BZ, ///squaring.shrub.burglars
<b>26 Jun</b>	<b>10:00 - 11:30</b>	<b>Cadsonbury Fort</b>	Callington Newbridge parking area, PL17 7HL, ///wash.lawful.yelled



# April - June 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**

<p><b>To Calstock via Danescombe Valley</b>  <b>Estimated time 90 minutes (ca. 2.3 miles)</b>  A fantastic walk through the Danescombe Valley ending in Calstock. On footpaths, this walk does include some small downhill sections, including a steep field that can be slippery. Stiles and steps and a narrow path along the stream bank that can be very wet. Please bring bus fare or pass for return to Centre on 79/79A bus.</p>	<p><b>Kit Hill</b>  <b>Estimated time 90 minutes (ca. 1.7 miles)</b>  This is a fabulous walk with amazing views across the Tamar Valley. We will be following the path from the lowest car park around to the back of the Hill, then gradually working our way up to a short incline. The walk is on uneven footpaths, but definitely worth it when you reach the top!!</p>
<p><b>Calstock Quay to Okeltor Circular</b>  <b>Estimated time 90 minutes (ca. 2.2 miles)</b>  From the bus stop on the Quay, along the footpath by the river, with extensive views over the new wetlands, crossing the new footbridge and at the end of the footpath turning back the lane to the Quay. Continuing on to Okeltor mine (a series of deep steps going down, with a short uphill section) before coming back on the same footpath to join the lane back to Calstock.</p>	<p><b>Cotehele</b>  <b>Estimated time 90 minutes (ca. 2.2 miles)</b>  From the Quay car park, this walk follows the footpath up into the woods, passing the small chapel, then continues uphill before turning back to pass through the upper car parks and joining the road away from the House. Through the gate on the left, the walk leads down into the woods, towards the river and back to the Quay.</p>
<p><b>Bere Ferrers to Thorn Point</b>  <b>Estimated time up to 2 hours (ca. 2.9 miles)</b>  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.</p>	<p><b>Cargreen Circular</b>  <b>Estimated time 2.5 hours (ca. 4 miles)</b>  Starting at historic Landulph Church, following quiet country lanes and footpaths, with views of the Tamar estuary on the way. Easy underfoot, but can be wet and very muddy in places. Stiles on route.</p>
<p><b>Morwellham</b>  <b>Estimated time 2 hours (ca. 4 miles)</b>  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><b>Siblyback Reservoir</b>  <b>Estimated time 2 hours (ca. 3.25 miles)</b>  Surrounded by the striking backdrop of Bodmin Moor, 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 café available part way around.</p>
<p><b>Luckett Greenscoombe Woods</b>  <b>Estimated time 2 hours (ca. 2.8 miles)</b>  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>NEWWALK Lopwell</b>  <b>Estimated time 2 hours (ca. 4 miles)</b>  Gentle ascent from Lopwell Dam on old Maristow coach road through woodland, followed by short section on minor public road, then farm lane (brilliant views to Tavy estuary). Final section follows the estuary back to Lopwell on a very pretty wooded path beside the river, with great views over to Bere Ferrers. Easy walking, no stiles, muddy in places, mostly firm underfoot.</p>
<p><b>Gunnislake Village and Riverside</b>  <b>Estimated time 90 mins (ca. 2.4 miles)</b>  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. Option to stop for refreshments in the village at the end of the walk.</p>	<p><b>Cadsonbury Fort</b>  <b>Estimated time 90 minutes (ca. 1.6 miles)</b>  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>West Down and Double Waters</b>  <b>Estimated time 2 hours (ca. 3 miles)</b>  Starting at West Down, enjoy 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 style="text-align: center;"><i>For further information on preparing yourselves for our walks, please visit <a href="http://www.tamarvalley.org.uk/free-walking-groups">www.tamarvalley.org.uk/free-walking-groups</a> and scroll down to 'Be prepared', or email <a href="mailto:enquiries@tamarvalley.org.uk">enquiries@tamarvalley.org.uk</a></i></p>

