



lead the way



Tamar Valley
Health Walks

January –
June 2018

Every Thursday morning. Fun, Free, Friendly

Tamar Valley Walking for Health walks are fun, free and friendly – perfect to help you get active at a gentle pace and meet new people.

If you'd like to take part, all you have to do is come along to the start point of one of our walks a few minutes early, so that one of our trained walk leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like.

If you would like to know more before you start, just get in touch with the Tamar Valley AONB team – 01822 835030 or info@tamarvalley.org.uk



See centre fold for times and dates of walks....

Under Cadsonbury Circular
Length 30 minutes. 1.4 miles

This is a fantastic circular walk on good surfaces across footpaths and quiet lanes following the River Lynher. Option to continue along route making it a longer walk.

Calstock Quay Circular
Length 45 minutes.

We will be walking around by the river and looping back into the village along the lane. This walk also includes an optional addition around Okel Tor Mine, increasing the walk time by approximately 45 minutes.

Norris Green/Honicombe Circular
2.64 miles

This walk is solely on byroads, passing through Albaston and Norris Green.

Progression Walk*
Devon Great Consols
Length approx. 2 hours

Enjoy a circular walk using the Tamar Trails network, passing mine workings. Wonderful views. One gradual uphill section along well-maintained paths. Please bring change if parking at Tamar Trails.

To Calstock via Old Kelly Lane
Length 90 minutes. 2.3 miles

A wonderful walk along the top of the Danescombe Valley ending in Calstock. On footpaths this walk does include some small downhill sections. Please bring bus fare for return journey.

Tamar Valley Centre Circular
Length 30 minutes. 1 mile

A short walk around the local area. Passing Drakewalls Mine the walk will be mainly on pavement with a short incline at the end. Option to continue walking for another 30 mins, on the Drakewalls Mine Circular route.

Harrowbarrow Coombe & The Prince of Wales Mine Circular
Length 1 hour 10 mins, 2.3 miles

A scenic walk along public footpaths, quiet roads and through Mining Heritage land. This is a circular walk with a couple of steady uphill and downhill descents. Three kissing gates. Can be muddy at times so good walking shoes/boots are recommended.

Progression Walk*
Albaston, Cotehele Woods, Danescombe
Length approx 2 hours. 2.5 miles.

A lovely walk mainly on public footpaths, through woods and across fields. Some sections along country roads. Stunning views, finishing in Calstock for a well-earned lunch or cuppa stop. Please bring bus fare.

Calstock, Higher Kelly Lane Circular
Length approx. 1 hour 15 mins, 1.54 miles

Lovely walk along footpaths and through wooded areas. Option to stop for refreshments in village afterwards.

Hingston Down Circular
Length 30 minutes. 1 mile

This is a circular walk, all on footpaths, with the option to take in Hingston Mine & some archaeology at the end.

Kit Hill Circular
Length 90 minutes. 1.7 miles

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. Uneven footpaths.

Under Cadsonbury Extended
This is a fantastic circular walk on good surfaces across footpaths and quiet lanes following the River Lynher, and continuing a bit further along the usual route.

Progression Walk*
Bere Ferrers to Thorn Point Circular
Length up to 2 hours, 2.88 miles

One not to be missed! Stunning views in a wonderful setting. Some road walking, mainly along public footpaths and the Discovery Trail. Long steady climb towards end. Please park considerably along the road leading up towards the Station sign – not at the Station.

Drakewalls Mine Circular
Length 30 minutes.

Gentle walk heading up the field in the grounds of the Tamar Valley Centre, moderate uphill climb. Some road walking. Option to continue walking for another 30 mins, on the Tamar Valley Centre Circular route.

To Calstock via Danescombe Valley
Length 90 minutes. Approx 2.6 miles
A fantastic walk through the Danescombe Valley ending in Calstock. On footpaths this walk includes some downhill sections. Please bring bus fare for return journey.

Progression Walk*
Up and Around Hingston Down
Length 2 hours. 2.61 miles

A walk along public footpaths up to Hingston Down with stunning views from the heathland across to Plymouth Sound. Lunch/refreshments available at The Rifle Volunteer Inn for those who would like.

Todsworthy/Frieseland Triangle
Length 90 minutes.

This walk heads towards Albaston, then follows the road towards Norris Green. Enjoy a walk through the field past Todsworthy Farm, back up into Albaston.

Progression Walk*
Drakewalls to Calstock
Length 90 minutes. 2.5 miles

A scenic walk mainly along the Tamar Valley Discovery Trail, largely on country roads, from Drakewalls to Calstock. One steep hill. Please bring bus fare.

Kit Hill Quarry Circular
Length 1.91 miles

Another fabulous walk with amazing 360° views. We will follow the road uphill for a short way, then take the path on the right hand side to the Quarry, then on to the stack. The walk is on uneven footpaths and partly road.

Progression Walk*
Tamar Trails to Chimney Rock
Length over 2 hours

A lovely walk along the Tamar Trails towards Morwellham, returning via Chimney Rock. Good tracks, one section with narrow path and one steep uphill. Part of walk on single track (not advisable for those with vertigo or small children). Refreshments available at Beech Café, Tamar Trails. Please bring change if parking at Tamar Trails.

*Progression Walks are not official Walking for Health walks. They are longer and more challenging, and are not covered by the Walking for Health insurance. Please take extra care.

For further information please call the AONB team on 01822 835030 or email info@tamarvalley.org.uk

Tamar Valley Walking for Health
Walks Programme
January - June 2018



Date	Time	Walk	Meet	Short - up to 30 mins	Medium - 30-60 mins	Longer - 45-90 mins	Progression Walk*	Toilets Available	Wheelchair	Uneven Ground	Inclines	May be muddy underfoot	Refreshments	Public transport	Car parking available
JANUARY															
4 January	10:10am	Under Cadson Bury Circular (with option to continue along route)	Tamar Valley Centre, PL18 9FE (car sharing to Callington Newbridge)	✓								✓		✓	✓
11 January	10:00am	Calstock Quay Circular	Calstock Quay by the bus stop		✓			✓		✓		✓		✓	✓
18 January	10:10am	Norris Green/Honicombe Circular	Tamar Valley Centre, PL18 9FE			✓				✓		✓		✓	✓
25 January	10:10am	Progression Walk* Devon Great Consols	Tamar Valley Centre, PL18 9FE to car share, or meet at Tamar Trails car park 10:20am (£2 parking)				✓	✓			✓	✓	✓	✓	✓
FEBRUARY															
1 February	10:10am	To Calstock via Old Kelly Lane	Tamar Valley Centre, PL18 9FE			✓		✓		✓		✓		✓	✓
8 February	10:10am	Tamar Valley Centre Circular (option to continue on to Drakewalls Mine Circular)	Tamar Valley Centre, PL18 9FE	✓				✓		✓	✓	✓		✓	✓
15 February	10:10am	Harrowbarrow Coombe & The Prince of Wales Mine Circular	Tamar Valley Centre, PL18 9FE, to car share, or meet in Harrowbarrow Village Hall car park, PL17 8BQ, 10:20am			✓				✓	✓	✓		✓	✓
22 February	10:10am	Progression Walk* Albaston, Cotehele Woods, Danescombe	Tamar Valley Centre, PL18 9FE				✓	✓		✓	✓	✓	✓	✓	✓
MARCH															
1 March	10:15am	Calstock, Higher Kelly Lane Circular	Calstock Quay car park			✓		✓		✓	✓	✓	✓	✓	✓
8 March	10:10am	Hingston Down Circular	Tamar Valley Centre, PL18 9FE (car sharing to Hingston Down Mine car park)	✓				✓		✓		✓		✓	✓
15 March	10:10am	Kit Hill Circular	Tamar Valley Centre, PL18 9FE, to car share, or meet in first Kit Hill car park at 10:20am			✓				✓	✓	✓		✓	✓
22 March	10:10am	Under Cadson Bury - Extended	Tamar Valley Centre, PL18 9FE (car sharing to Callington Newbridge)		✓						✓	✓		✓	✓
29 March	10:00am	Progression Walk* Bere Ferrers to Thorn Point Circular	Tamar Valley Centre, PL18 9FE to car share, or meet at Bere Ferrers station car park 10:30am				✓			✓	✓	✓	✓	✓	✓
APRIL															
5 April	10:10am	To Calstock via Old Kelly Lane	Tamar Valley Centre, PL18 9FE			✓		✓		✓		✓		✓	✓
12 April	10:10am	Drakewalls Mine Circular (option to continue on to Tamar Valley Centre Circular)	Tamar Valley Centre, PL18 9FE	✓				✓		✓	✓	✓		✓	✓
19 April	10:10am	To Calstock via the Danescombe Valley	Tamar Valley Centre, PL18 9FE			✓		✓		✓		✓		✓	✓
26 April	10:10am	Progression Walk* Up and Around Hingston Down	Tamar Valley Centre, PL18 9FE				✓	✓		✓	✓	✓	✓	✓	✓
MAY															
3 May	10:10am	Harrowbarrow Coombe & The Prince of Wales Mine Circular	Tamar Valley Centre, PL18 9FE, to car share, or meet in Harrowbarrow Village Hall car park, PL17 8BQ, 10:20am			✓				✓	✓	✓		✓	✓
10 May	10:10am	Under Cadson Bury Circular (with option to continue along route)	Tamar Valley Centre, PL18 9FE (car sharing to Callington Newbridge)	✓								✓		✓	✓
17 May	10:10am	Todsworthy/Frieseland Triangle	Tamar Valley Centre, PL18 9FE			✓				✓		✓		✓	✓
24 May	10:00am	Calstock Quay Circular	Calstock Quay by the bus stop		✓			✓		✓		✓		✓	✓
31 May	10:10am	Progression Walk* Drakewalls to Calstock	Tamar Valley Centre, PL18 9FE				✓	✓		✓	✓	✓	✓	✓	✓
JUNE															
7 June	10:10am	Kit Hill Quarry Circular	Tamar Valley Centre, PL18 9FE, to car share, or meet in first Kit Hill car park at 10:20am			✓				✓	✓	✓		✓	✓
14 June	10:10am	Hingston Down Circular	Tamar Valley Centre, PL18 9FE (car sharing to Hingston Down Mine car park)	✓				✓		✓		✓		✓	✓
21 June	10:10am	To Calstock via the Danescombe Valley	Tamar Valley Centre, PL18 9FE			✓		✓		✓		✓		✓	✓
28 June	10:10am	Progression Walk* Tamar Trails to Chimney Rock	Tamar Valley Centre, PL18 9FE to car share, or meet at Tamar Trails car park 10:20am (£2 parking)				✓	✓		✓	✓	✓	✓	✓	✓

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