

# Discovery Trail

Discover the **Tamar Valley Area of Outstanding Natural Beauty** along this 30-mile walking route. Waymarkers guide you through scenic woodland, historic river quays and rural villages.

outstanding natural beauty

[www.tamarvalley.org.uk](http://www.tamarvalley.org.uk)

[www.devon.gov.uk/walking](http://www.devon.gov.uk/walking)



**TamarValley**  
Area of Outstanding Natural Beauty



**Devon**  
County Council 

# Introduction

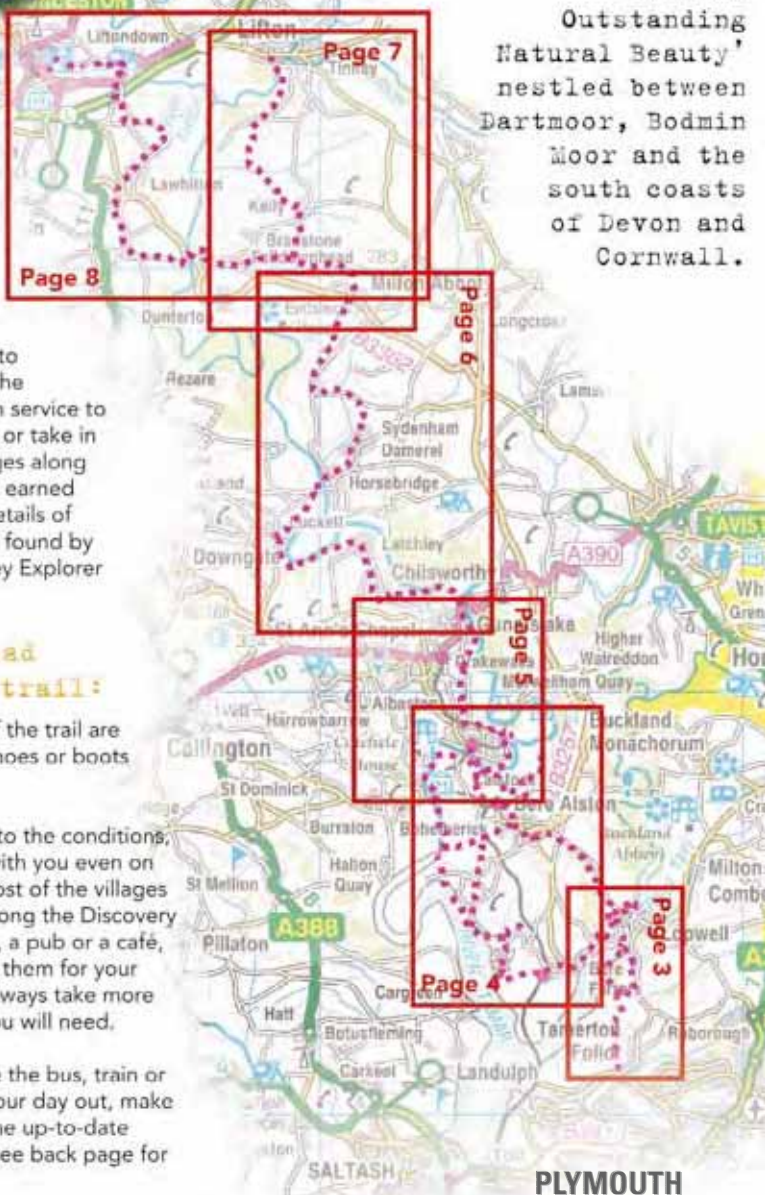
The Tamar Valley is a designated 'Area of Outstanding Natural Beauty' nestled between Dartmoor, Bodmin Moor and the south coasts of Devon and Cornwall.

With the help of this leaflet you can follow the apple signs from Plymouth, or access the trail at any of the points shown below.

Many people choose to combine a walk with the Tamar Valley Line train service to make a circular route, or take in one of the many villages along the trail for some well earned refreshment. More details of the wider area can be found by using Ordnance Survey Explorer maps 108 and 112.

## Before you head out onto the trail:

-  Some sections of the trail are uneven, sturdy shoes or boots should be worn.
-  Dress according to the conditions, and take water with you even on a cloudy day. Most of the villages you encounter along the Discovery Trail have a shop, a pub or a café, but don't rely on them for your refreshments – always take more than you think you will need.
-  If you plan to use the bus, train or ferry as part of your day out, make sure you check the up-to-date timetables first (see back page for links).



## The Lower Tamar Valley, Plymouth to the Bere Peninsula 3 miles / 5 km

1

Follow the waymarkers north out of Tamerton Foliot. Despite what the name may suggest, the first river you will encounter is the River Tavy, a tributary of the Tamar.

After Horsham Farm, there is a seasonal path that takes a scenic route along the Tavy Estuary. This route is closed during the shooting season from 1st October to 1st February, and walkers should follow the alternative route along the quiet road instead at that time.

After about 3 miles (5 km) you will reach the river crossing at Lopwell. **This is a tidal crossing which cannot be passed within 2 hours either side of high tide,** and you should consult the tide times website (see the back page of this leaflet) before crossing onto the Bere Peninsula.

Many people choose to start their walk on the Discovery Trail at Lopwell, as there is ample parking and access to public toilets (seasonal opening), as well as information concerning the Lopwell nature reserve. This wildlife haven offers glimpses of marine and woodland animals, including otters. There is also a butterfly meadow behind the barn.



**2**

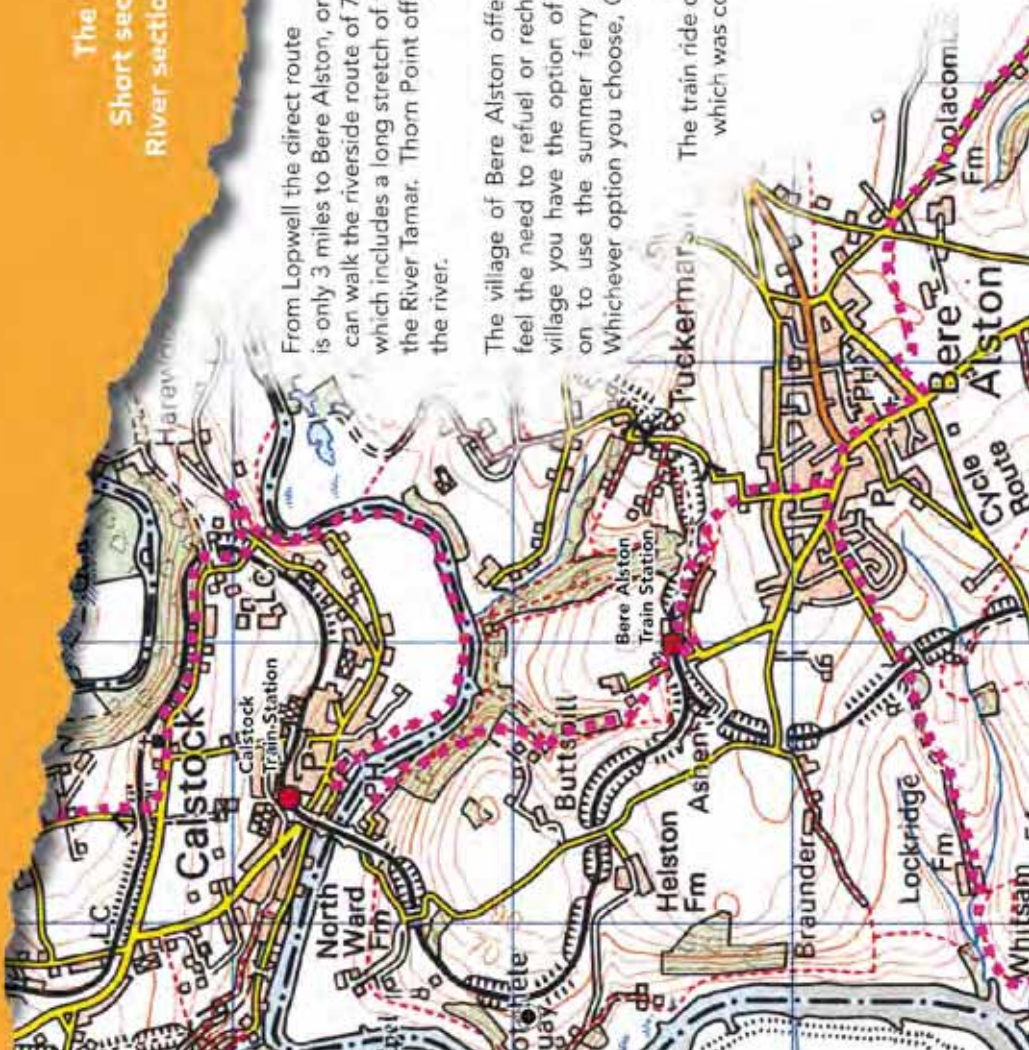
**The Bere Peninsula Link**  
Short section: 3 miles / 5 km  
River section: 7.5 miles / 12km

From Lopwell the direct route is only 3 miles to Bere Alston, or you can walk the riverside route of 7.5 miles, which includes a long stretch of trail beside the River Tamar. Thorn Point offers stunning views over the river.

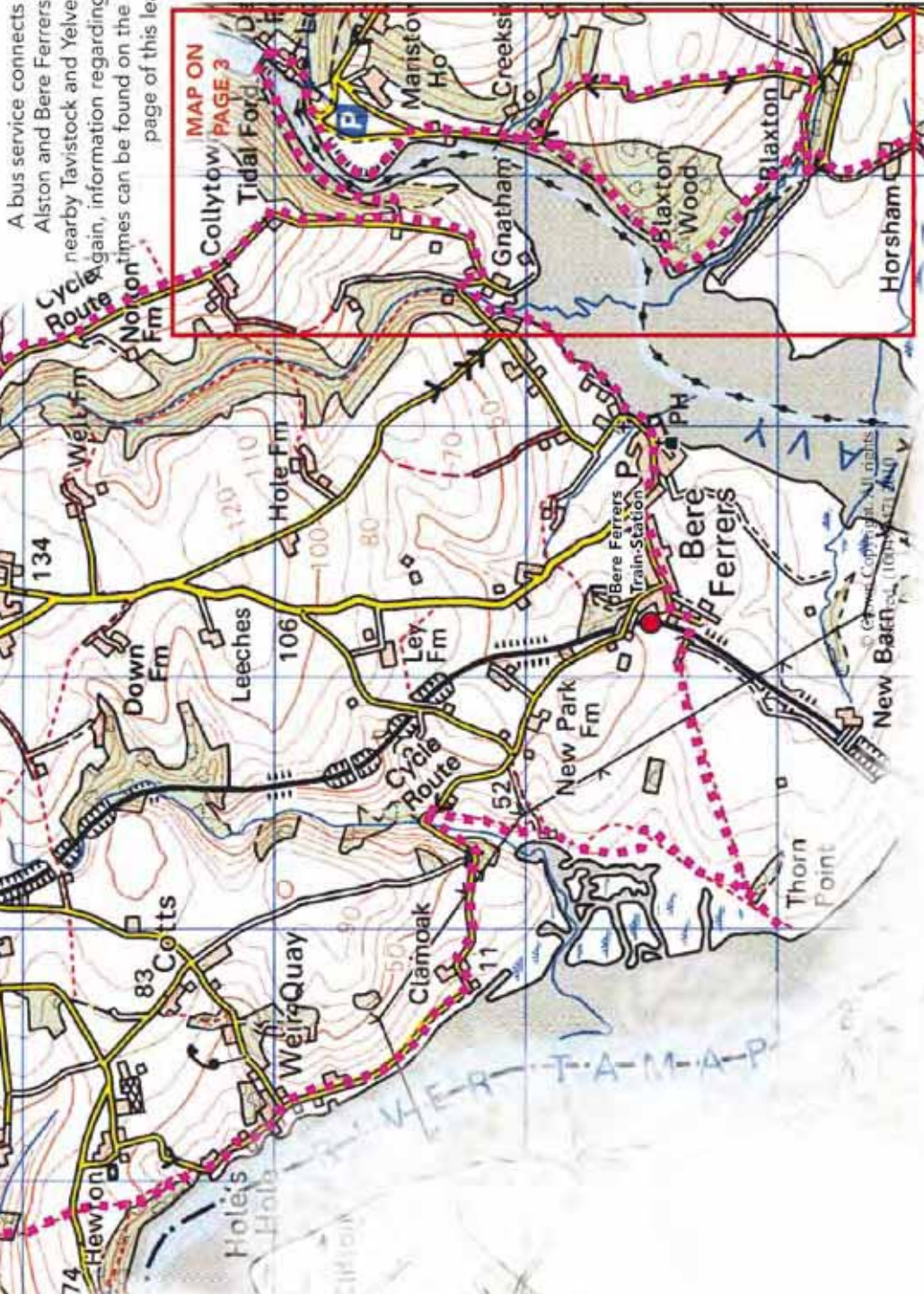
The village of Bere Alston offers local shops and services should you feel the need to refuel or recharge your batteries. As you leave the village you have the option of crossing the river by train, or walking on to use the summer ferry service across the river to Calstock. Whichever option you choose, Cornwall awaits you on the other side...

The train ride crosses the spectacular Calstock Viaduct, which was completed in 1907 and offers far-reaching views up and down the river.

The ferry offers a more rustic river crossing, although it only runs during the summer. Information on ferry operating dates and times can be found on the back of this leaflet. If you have planned to catch the ferry, get down as far as Ferry Farm and wait to be picked up.



A bus service connects Bere Alston and Bere Ferrers with nearby Tavistock and Yelverton. For more information regarding bus services, information regarding bus times can be found on the back page of this leaflet.



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## The Mid Tamar Valley, Calstock to Milton Abbot 10 miles / 16 km

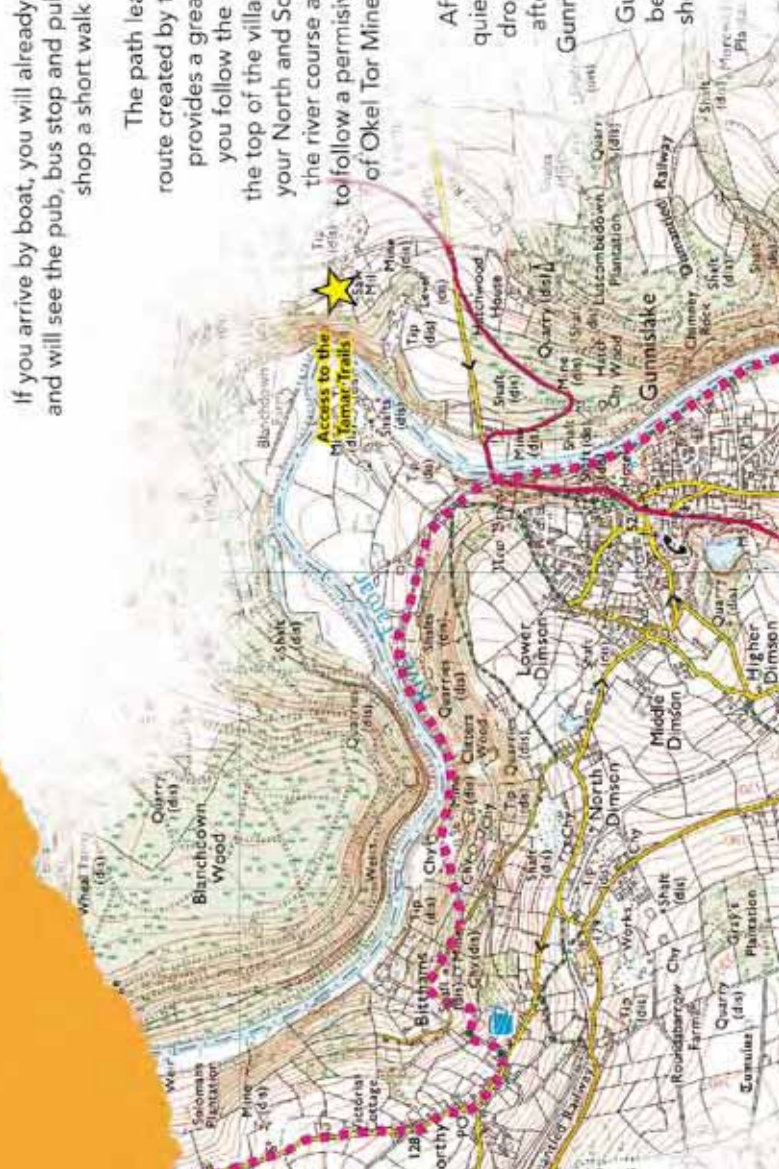
# 3

If you arrive in Calstock by train, the walk to the village centre is all downhill. Walk towards the road from the station and turn left towards the river.

If you arrive by boat, you will already be in the heart of the village and will see the pub, bus stop and public conveniences. There is a shop a short walk from the slipway in Calstock.

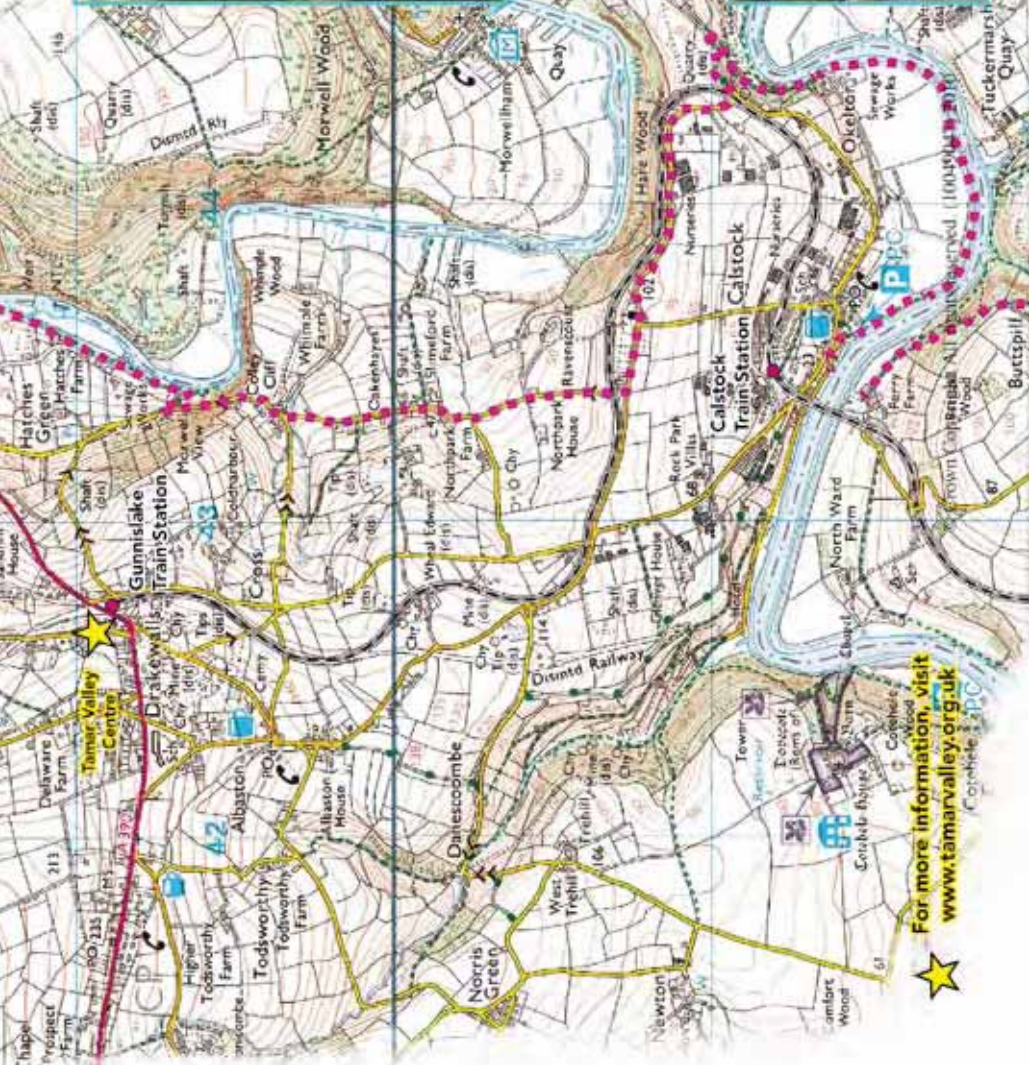
The path leaving Calstock is a permissive route created by the Environment Agency, and provides a great view of the River Tamar. As you follow the signs and reach the church at the top of the village, the River Tamar will be to your North and South, such is the wide bend in the river course at this point. It is also possible to follow a permissive path through the workings of Okel Tor Mine here, rejoining the main trail just up ahead.

After a mile or so of walking on quiet roads, turning right you will drop back towards the river, and after another mile you will be at Gunnislake New Bridge, originally built in 1520. The village of Gunnislake should be accessed before you reach this point, for shops, pubs and the end of the Tamar Valley Trail Line.





The Tamar Valley is famous for its once-thriving market gardening industry and many varieties of daffodils, such as the Tamar Valley Double White, can still be seen growing in the springtime.



For more information, visit  
[www.tamarvalley.org.uk](http://www.tamarvalley.org.uk)



Cornwall & PCC

The five-mile section between Gunnislake and Horsebridge does not stray too far from the river at any point, thanks in part to access kindly provided by the Duchy of Cornwall.

The hamlets of Chilsworth, Latchley, Lockett and Horsebridge are full of character and typical of the quiet Cornish countryside in this part of the Valley. Horsebridge was originally built in 1437, and as you cross the Tamar here you will walk from Cornwall back into Devon, and uphill to the hamlet of Sydenham Damerel.

Walking North towards Milton Abbot, the valley begins to change from the steep-sided river course between Calstock and Gunnislake to a more gentle, pastoral environment.

Milton Abbot offers the chance for refreshment, and is also linked by bus to Launceston, Tavistock and Okehampton.

As you walk out of Milton Abbot, look behind you for stunning views across to Kit Hill on the Cornish side of the Tamar.

You will shortly have a choice of walking on quiet roads to Launceston, or taking an off-road route, sponsored by local company Ambrosia, to Lifton.

Kit Hill, one of the gems in the AONB.



The Lifton Link, Sponsored by



Milton Abbot to Lifton  
5 miles / 8 km

4

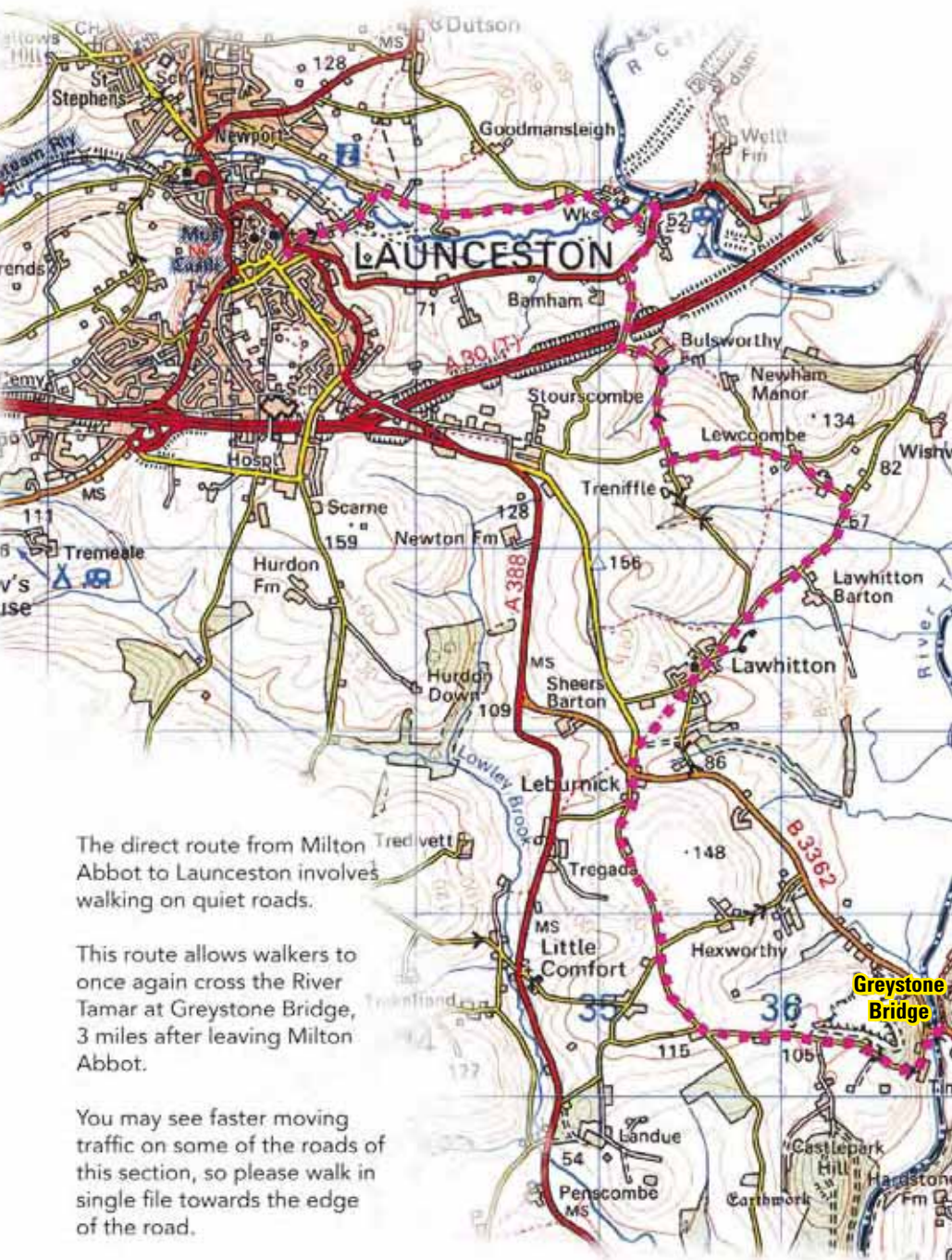
If you prefer to walk off-road to Lifton, follow the usual sign until you reach Hollands Farm, where you should turn right. From here, follow the Lifton Link waymarkers which will take you over a number of stiles until you reach the hamlet of Kelly.

Follow the signs northwards, taking you through more farmland and skirting the edge of Northpark Wood. A few more stiles and open fields, possibly with livestock, are to be negotiated before arriving at Lifton. Stop for some well-earned refreshments or take the bus on to Launceston, Okehampton or Tavistock.

Alternatively, you can link up with the Two Castles Trail in Lifton and walk west to Launceston, or turn east for the longer trip to Okehampton.

Trail continues  
to Launceston,  
see P8





The direct route from Milton Abbot to Launceston involves walking on quiet roads.

This route allows walkers to once again cross the River Tamar at Greystone Bridge, 3 miles after leaving Milton Abbot.

You may see faster moving traffic on some of the roads of this section, so please walk in single file towards the edge of the road.

**Greystone Bridge**

The Upper Tamar Valley,  
Milton Abbot to Launceston  
9.5 miles / 15 km

5

When approaching Lawhitton you will see views of Bodmin Moor to the west. About a mile after Lawhitton you will cross the A30, and use a permissive route through St Leonards Riding Centre. You will soon cross the River Kinsey, a Tamar tributary, before reaching your destination, Launceston Castle.



Admire the orchard of Countryman Cider near Felldownhead (left) or the unusual architecture of Endsleigh Lodge



# Extra Info

## Important Pre-Journey Preparations

The Tamar Valley Discovery Trail follows the courses of two rivers. In order to cross these rivers you will need to be armed with certain bits of information before you head out onto the trail.

There are links below for tide times, and also train, ferry and bus timetables that should help you navigate your way deep into the heart of the Tamar Valley.

We welcome green visitors to the Tamar Valley Area of Outstanding Natural Beauty.

To be a greener visitor, you can follow these steps:

-  If possible, leave your car at home and use public transport – see links below.
-  Take your litter home and recycle it where possible.
-  Do not disturb any livestock, keep your dog under close control and leave gates as you find them.
-  Do not disturb wild animals, birds or flowers.
-  Buy locally produced goods, including food and souvenirs. Support local shops and services. See [www.tamarvalley.org.uk](http://www.tamarvalley.org.uk) for up-to-date listings

## External links

For information on other long-distance recreational routes in Devon and Cornwall:

[www.devon.gov.uk/walking](http://www.devon.gov.uk/walking)  
[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

**Tide times:**

[www.bbc.co.uk/weather/coast/tides/](http://www.bbc.co.uk/weather/coast/tides/) (look at times for Saltash or Cotehele Quay in the SW Region)

**National train times:**

[www.thetrainline.com](http://www.thetrainline.com)

For details about the Tamar Valley Line:  
[www.greatscenicrailways.com](http://www.greatscenicrailways.com)

**Tourism information:**

[www.tamarvalleytourism.co.uk](http://www.tamarvalleytourism.co.uk)

**Ferry Farm to Calstock ferry service:**

[www.calstockferry.co.uk](http://www.calstockferry.co.uk) Please note that this is a seasonal service and does not operate in the winter.

**Local bus times:** [www.traveline.org.uk](http://www.traveline.org.uk)

For additional information regarding the Discovery Trail and the wider Tamar Valley Area of Outstanding Natural Beauty, look online at [www.tamarvalley.org.uk](http://www.tamarvalley.org.uk), call 01822 835030, or drop in to the Tamar Valley Centre, Cemetery Road, Dookinwells, Gunnislake, Cornwall, PL18 7FE. The details in this brochure are believed to be correct. Devon County Council will not accept responsibility for losses arising due to inaccuracies or omissions within this publication. Published by Devon County Council, County Hall, Exeter, EX2 4DQ. Tel: 01392 382000. ISBN: 1-85322-873-4. Photo credits: Tamar Valley AONB/Joe Prudham, Tamar Valley AONB/Ruth Davies, Ted Giffords.