

PLYMOUTH RAMBLERS NEWSLETTER & WALKS LIST

July 2012 – October 2012

VOLUNTEERS NEEDED!

Long Sunday Walks Co-ordinator

Mike Birch has done this job for some time and intends to relinquish the post. We are therefore looking for a volunteer to co-ordinate the Long Sunday walks for the next programme beginning in November of this year. If you would be interested in taking this on, please give your name to one of the committee.

Replacement walk leader

Unfortunately Phillip Allbutt severed a tendon whilst taking part in a marathon around Lake Windermere. He is down to lead two walks (a short Sunday and short Wednesday) on 30th September and 10th October. These walks have been kept in the programme as we hope someone will volunteer to take them on! If that someone is you, please let one of the committee know.

YOUTH HOSTELS:

Litton Cheney Weekend Away, October 5th – 7th 2012

We have arranged a weekend away at this Dorsetshire Youth Hostel for the weekend of October 5th – 7th, spending Friday and Saturday nights in the hostel. Two walks are being arranged for both the Saturday and Sunday. The price is £28 per head and will include an evening meal in the hostel on the Friday. For those who will be staying in B&B but will join in the meal on the Friday, please let Janet know (jcoleman73@gmail.com or 01752 263559). Cost for the meal will be £6.

Places are limited so early booking is essential. To book please send a cheque for £28 made payable to Janet Coleman, 73 Edith Avenue, Lipson, Plymouth, PL4 8TJ.

New Year Long Weekend at Lizard YHA, 2012/2013

The Lizard YHA is now booked for New Year 2012/2013!

We are able to take a maximum of 24. If you are interested in this please contact Joy Topping, either by phone 07801496359 or email joytopping@yahoo.co.uk.



DATES FOR YOUR DIARY

BBQ: The summer barbeque will be held at Clearbrook Village Hall on the 28th of July, 6 pm start. Please bring a plate to share (salad or pudding) as well as your own BBQ meat, or desired choice of food. Also BYO drink, plus glass. There will be a charge £1 towards Hall rental.

Last Supper: The supper after the last evening walk will be 16th of August, at the Fox Tor Cafe. Buffet and Dessert will be £6.50. Contact Dot Birch justdot.birch0@googlemail.com or 01752 667566 for tickets.

AGM (followed by social supper): Monday 22nd October, Derriford Church Hall @ 7.30 pm. Titled motions, with proposer and seconder, should be sent to the secretary, Val Galer, by 1st October 2012.

Curry and Quiz night at Fort Stamford, Turnchapel. Friday 9th November. Time to be confirmed but meet there @ 7 pm. The price is £7.50 per person, minimum number 30 needed, it would be for teams of 4 – 6. Three curries including vegetarian variety.

Contact Ann annmpriestley@gmail.com or 01752 788355 if you are interested in getting a team together.

Annual Dinner will be held February 2013. Date to be confirmed. Further details in the next newsletter/walks list. Restaurant venues are currently being investigated.

Thinking of organising a group trip?
Please could you let us know, so we
can co-ordinate dates to avoid
clashes? Contact Social Secretary,
Ann Priestley.

SATURDAY WALKS

The Saturday walks have proved to be popular, so we are continuing to offer them on the programme, for those who enjoy a more social, leisurely walk. The dates for these shorter walks are 21st July, 4th August, 8th September and 6th October. Look out for them in the walks list!

FILMS AT THE ARTS CENTRE

Each month an invitation to attend a film showing is sent out to all those on email. If you would like to know about them either give your email address to Joy Topping or let someone with email know so they can keep you informed.

BADGES

We now have a group cloth badge which has been designed by one of our members. It costs £2.75. If you would like one, please contact Ann Priestley (annmpriestley@gmail.com or 01752 788355), or another committee member who will arrange getting one from Ann.



We have a good safety record on our walks – keeping it up means we all need to follow a few simple guidelines. Check the tips below: do you always follow them?

Leaders:

- brief the group before setting off and appoint a backmarker
Someone will usually volunteer if you prod them a little
- count numbers at the start, and check occasionally to make sure no one has been left by the wayside
It's a good idea to check they're all with you at the end too
- look back frequently to make sure the backmarker is within range
If not, stop and wait; don't charge on and hope they catch up eventually
- set a pace that fits the advertised grade of the walk, and isn't too fast for the abilities of the group
If you're looking back frequently, you'll be able to see if anyone is floundering at the back
- at rest stops, make sure everybody gets a break
Resist the temptation to set off again the minute the last person arrives

Walkers:

- don't walk ahead of the leader unless invited to do so
Otherwise the leader can't keep track of who's where
- don't veer off on a different route of your own devising
However good your route seems, it isn't the route the leader has reced
- pay attention when the leader is giving information
It's good to talk – but not when the leader's trying to get you to listen
- let somebody know (ideally the backmarker) if you need to stop
Otherwise you might get left behind
- look back occasionally to make sure that people behind are still within range
If the mist suddenly comes down, you need to be able to find each other!

BUDDYING FOR NEW LEADERS



Have you thought about leading a walk – but then felt unsure whether you'd make a good job of it?

If so, then why not buddy up with someone who's used to leading, so you can have a trial run? This gives you a chance to introduce people to one of your favourite walks and try out your leadership skills, safe in the knowledge that you have someone on hand to help out if necessary.

If you're interested, contact one of the Committee, and we'll find a buddy for your first walk ... and if you like, for your second, third, fourth, etc.

REGISTERING YOUR MOBILE PHONE

Did you know you can register your mobile so that you can use the emergency SMS service? This enables you to call for help even in areas with no mobile signal. It's best to register **before** you need help. You can do this by sending an SMS text message from your mobile phone.

To register using SMS text messages you must:

Send the word 'register' in an SMS message to 999

You will then receive SMS messages about the service

When you have read these SMS messages reply by sending 'yes' in an SMS message to 999

You will receive an SMS message telling you that your mobile phone is registered or if there is a problem with your registration



NEW WALKERS

New walkers are welcome to try a walk or two with the group before deciding whether they would like to join the Ramblers. If you are new to rambling then please try one of our leisurely walks. You will need sturdy footwear, waterproof gear, and something to eat and drink.

All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. Although the safety of members is paramount, accidents will occasionally occur. It is important, therefore, that everyone recognises their own responsibility to minimise the potential for an accident to arise.

PLYMOUTH RAMBLERS COMMITTEE

Chair	Janet Coleman	01752 263559	jecoleman73@gmail.com
Secretary	Val Galer	01752 700901	valgaler@googlemail.com
Treasurer	Beryl Smith	01752 779502	b.smith811@btinternet.com
Walks Secretary	Sarah North	01752 316488	sarahnorth000@gmail.com
Minutes Secretary	Sue Allen	01752 492190	tom_sue_allen@yahoo.co.uk
Social Secretary	Ann Priestley	01752 788355	annmpriestley@gmail.com
Footpath Officer	Jane Kiely	01822 834964	janekielyintamarvalley@uwclub.net
Membership Secretary	Joy Topping	07801 496359	joytopping@yahoo.co.uk
Web site	Mike Birch	01752 667566	wiganddot@gmail.com
Countryside Officer	Jane Kiely	01822 834964	janekielyintamarvalley@uwclub.net
Committee Member	Sue Britton	01822 852584	sue@clearbrookdevon.co.uk

WALK PROGRAMME COORDINATORS

Sun Longer Walks	<i>To be filled</i>		
Sun Shorter Walks	Val Galer	01752 700901	valgaler@googlemail.com
Weds Longer Walks	Diana & Patrick McCann	01752 665691	patmccann1@btinternet.com
Weds Shorter Walks	Viv White	01752 500700	vivienne.white@blueyonder.co.uk
Thurs Evening Walks	Dot Birch	01752 667566	Justdot.birch0@gmail.com

WALKING WITH YOUR DOG

Well-behaved dogs are normally welcome on our walks, unless the walk description says otherwise. However, if you bring your dog, please make sure it is under control, and put it on a lead whenever the leader asks. Plymouth Ramblers wish their members and visitors to comply with all aspects of the following guidelines extracted from the Dartmoor National Park Website, www.dartmoor-npa.gov.uk/vi-walkingwithdog:



The countryside is a working landscape, and your actions can affect livelihoods, our heritage, and the safety and welfare of people and animals. If you take your dog into the countryside, it is important to keep it under proper control and to clean up after it. By law, you must control your dog so that it does not scare, worry or disturb farm animals or wildlife such as ground nesting birds (whose young will soon die without protection from their parents). On most areas of open country and common land, you should keep your dog on a short lead between 1 March and 31 July - and all year round near farm animals.

NEED A MAP?

We have OS maps *Dartmoor OL28* and *Bodmin Moor 109* which belong to Plymouth Ramblers and are available for members to borrow. To arrange a loan, please contact Ann Priestley (annmpriestley@gmail.com or 01752 788355).

 <h1>BRITAIN'S MORE BEAUTIFUL ON FOOT</h1> <p>NEW Themed and family holidays plus Cruise and Walk!</p> <p>Rediscover Britain! From the rugged remote Orkneys to Jersey's unspoilt coastline, the legendary rock formations of the Giant's Causeway to Wainwright's Memorial Walk. Our small groups are led by experts, and there's a pace to suit everyone, from ambblers to ramblers and peak baggers!</p> <p>For a brochure call: 01707 38 68 00 REF PVA ramblerscountrywide.co.uk</p> <p><small>ADTA VERA / ATOL 0993 / ATO</small></p>   	 <h2>kountry kit.com</h2> <p>The Specialist Outdoor Equipment Shop</p>    <p>Expert boot fitting with over 20 years of experience. Huge range of equipment for all weather, friendly, professional advice. Paramo Premier Stockist,</p> <p>One of the largest ranges of walking footwear in the west country.</p> <p>10% Discount for Ramblers Members and Seasonal Offers with greater discounts in store.</p> <p>23 West Street - Tavistock - PL19 8AN 01822 613089 - info@kountrykit.com - www.kountrykit.com</p>
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IF YOU'RE PLANNING A LONG WALK...

For our varied programme we welcome walks of all lengths, pace and degree of difficulty. However we would suggest that leaders put walks of over 14 miles on the Long Wednesday programme. Alternatively if a leader would like to put a walk of more than 14 miles on the Long Sunday programme we would request that it should be additional to the regular Long Sunday walk (which should average 10 – 12 miles). We would also ask that walks of more than 14 miles be included between the months of March and October.

WALKS LIST

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10am Sunday July 1st 2012	Widdecombe Wander 11 miles	Widdecombe CP (Fee) SX 719 768	09:00 Towerfield Drive	M	Steep climbs and splendid views from Widdecombe to Bonehill, Moorhay, West Coombe, Grimspound and Hameldown.	Chris L 01752 559781
10am Sunday July 1st 2012	Simple Moor Walk 6 miles	Norsworthy Bridge SX 568 693	09:15 Towerfield Drive	L	From CP we go along past Cuckoo Rock and up around Nun's Cross.	Di M & Joy T 07801 496359
10am Wednesday July 4th 2012	Eylesbarrow Cairns 13 miles	Cadover Bridge boat pond CP SX 554 648	09:20 Towerfield Drive	S	Paths, moorland and steep climbs, Ditsworthy Warren, almost to Nun's Cross, Eylesbarrow Cairns, Burrator, Sheepstor, Yeo Farm, Ringmoor Down.	Heather W 0756 1110202
10:30am Wednesday July 4th 2012	Teign Valley 6 miles	Teign Bridge CP SX 858 734	09:45 B&Q Marsh Mills	E	Along River Teign to Stover Park returning along Stover Canal. 2nd time lucky!	Norman B 01752 492853
7pm Thursday July 5th 2012	Yealmpton Yomp 4 miles	Rose & Crown Pub CP SX 578 517	N/A	M	A stroll in fields and lanes on the south side of Yealmpton. Recover in the Rose & Crown.	Ann P 01752 788355
10am Sunday July 8th 2012	Tavistock Pre-Wimbledon Final 5 miles	Tavistock Wharf SX 478 740	09:15 Towerfield Drive	E	Walk along Tavistock Canal and return via the old railway line. Picnic lunch in The Meadows at end of walk.	Jane K 01822 834964
9:40am Wednesday July 11th 2012	Coast & country, boat & bus 9 miles	Bretonside Bus Station SX 592 944	N/A	M	Catch the 93 bus to Brixton departing Bretonside 0950hrs then walk back to the Barbican via Hollacombe, Home Farm, Jenny Cliff and the ferry (At extra cost). Several Steep climbs can be very muddy. (If applicable :- don't forget your bus pass)	Dave E 07974 382233
7pm Thursday July 12th 2012	Nature walk with talk 4 miles	Saltash.net School SX 422 582	N/A	E	Nature trail, kindly led by Keith, warden of the nature reserve near Churchtown Farm	Dot B 01752 667566
10am Sunday July 15th 2012	Kit Hill Link 10 miles	Lockett CP SX 389 736	09:00 Tesco Transit Way	M	Walk along the new Kit Hill link, up onto Kit Hill and back down the incline plane, return on northern route on tracks, lanes and field paths.	Jane K 01822 834964
10am Wednesday July 18th 2012	Norsworthy Princetown Circular 14 miles	Norsworthy Bridge SX 568 693	09:20 Towerfield Drive	S	South Hessary Tor, Princetown, King's Tor, Swelltor, Devonport Leat. Footpaths and woodland.	Heather W 07561 110202
10:30am Wednesday July 18th 2012	Modbury Civil War Walk 6 miles	Modbury Church – park on road SX 656 516	09:30 Haye Road, Elburton	L	Lanes, fields & points of interest. Two climbs. Cream tea opportunity at end.	Pat P 01752 663526
7pm Thursday July 19th 2012	Countryside around Walkhampton - 4 miles	Opposite turn for Lowery Cross SX 545 694	N/A	L	Pleasant evening walk by lanes and fields in the Walkhampton area	Ivan M 01752 7740 19
10:30am Saturday July 21st 2012	Mt Edgcumbe Amble 4 miles	Cremyll Ferry SX 462 539	N/A	L	Meet at Cremyll Ferry to catch the 10.15 ferry to Mt Edgcumbe. We will stroll round the park and gardens. Lunch at the pub or snack at the Orangery.	Val G 01752 700901

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10am Sunday July 22nd 2012	Miners' Path 13 miles	Bennetts Cross SX 681 817	09:00 Towerfield Drive	S	Open moorland, tracks and paths following the Miners' Path between Manaton and the West Webburn tin mines. Some uphill on the return.	Tom & Sue A 01752 492190
10:30am Sunday July 22nd 2012	Bolt Head's Wartime Secrets 7 miles	Bolberry Down CP SX 689 384	09:30 Haye Road, Elburton	M	Another chance to enjoy this coastal walk through Soar Mill Cove to Bolt Head before turning inland. Return via fields, farmland and lanes. Usual coastal upa and downs.	Val G 01752 700901
10am Wednesday July 25th 2012	Mary Tavy Circular 12 miles	Mary Tavy War Memorial/Bal Lane SX 503 796	09:00 Towerfield Drive	M	A circular walk from Mary Tavy via Wheal Jewell Reservoir, Dead Man's Way, White Tor, Stephen's Grave, and Peter Tavy. A varied mixture of paths, open moorland, roads with a couple of steep climbs.	Steve W 01752 402204
7pm Thursday July 26th 2012	Bere Ferrers 4 miles	Old Plough Inn, Bere Ferrers SX 459 635	N/A	L	Meet at The Plough Inn for a walk around the parish before returning to the pub for a drink.	Jane K 01822 834964
10:05am Sunday July 29th 2012	Hooten Yomp 17 miles	Yelverton shops SX 521 678	09:30 Towerfield Drive	S	10.05 am bus No 82 from Yelverton shops to Postbridge returning to Yelverton via Bellever Forest - Huccaby - Hooten Wheels - Gutter Tor - Ringmoor Down. In the event of bad weather the route can be modified.	Janice W 01752 779786
10am Sunday July 29th 2012	Moorland Amble 7 miles	Princetown CP (fee) SX 589 735	09:15 Towerfield Drive	M	Moorland walk starting with a climb up to North Hessary Tor, then to Four Winds, King Tor and Ingra Tor.	Ivan M 01752 774019
10am Wednesday August 1st 2012	Here Kitty (moorland walk) 12 miles	Watervale CP SX 518 834	09:00 Towerfield Drive	M	Ger Tor, Rattlebrook, Kitty Tor, Nodden, Doetor Common.	Martin R 01822 810867
10:30am Wednesday August 1st 2012	Aveton Gifford 6 miles	Aveton Gifford CP SX 692 472	09:45 Haye Road, Elburton	L	Avon Estuary walk. Riverside, tracks and fields.	Tricia M 01752 794268
7pm Thursday August 2nd 2012	Norsworthy Bridge, moor fringes & woods 4 miles	Norsworthy Bridge SX 568 693	N/A	E	Moor & woodland walk in the Burrator area returning via Down Tor	Patricia W 01752 228446
10:30am Saturday August 4th 2012	Round Haytor 5 miles	CP below Haytor Down (near Information Centre) SX 765 771	09:15 B&Q Marsh Mills	M	Haytor, the Quarry, and Black Hill, returning through Haytor Vale. Optional picnic lunch at end of walk or lunch in Moorlands Hotel (HF) the Dandelion café.	Jane K 01822 834964
10am Sunday August 5th 2012	Around the Avon to Brent Hill 12 miles	Cross Furzes (on roadside) SX 699 668	09:10 B&Q Marsh Mills	M	Moorland and footpaths with one or two steep but rewarding climbs, including Abbots Way, White Barrows, Shipley Bridge, Lutton and Skerraton	Martyn W 01364 643728
10:30am Sunday August 5th 2012	Wembury wander 7 miles	Wembury Church SX 518 484	09:45 Haye Road, Elburton	L	Field paths and a green lane inland to Bovisand, then a relatively gentle section of the coastal footpath back to Wembury. Car park £3 but free to NT members.	Sarah N 01752 316488

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10am Wednesday August 8th 2012	High Bits Around Fernworthy 11 miles	Fernworthy CP SX 669 838	09:00 Towerfield Drive	S	An all moorland walk via Grey Wethers stone circle, Quinton's Man Cairn, following the ridge to Watern Tor. Expect tussocks, bogs and one river crossing. Walk will be led at a comfortable pace.	Sue and Tom A 01752 492190
6:30pm Thursday August 9th 2012	Kit Hill 4 miles	Louis Tea Rooms SX 382 708	N/A	E	Gentle uphill walk around Kit Hill, with extensive views from top. An earlier start to allow a visit to Louis Tea Rooms afterwards.	Jane K 01822 834964
10am Sunday August 12th 2012	Two Ferries 8 miles	Coombe Farm NT CP SX 110 513	08:45 Tesco Transit Way	M	Walk from CP into Fowey to catch Bodinnick Ferry. Then we'll walk into Polruan to catch the foot ferry back to Fowey. Money needed for ferries.	Jane K 01822 834964
10am Sunday August 12th 2012	Dart Gorge 12 miles	Dartmeet CP SX 672 732	09:00 Towerfield Drive	M	Riverside track through Dart Gorge to Newbridge, then moorland paths to Sharptor & Yartor Down, some steep climbs. NB: Dart Gorge path is at times narrow & close to the river.	Ken N 01752 787223
10am Wednesday August 15th 2012	Dartmoor Nose Best 12 miles	Manaton Church CP SX 749 812	09:00 B&Q Marsh Mills	S	Country lanes, footpaths and bridleways. Some steep climbs. Manaton Rocks, Hunters Tor, Lustleigh, Hound Tor Wood, Becky Falls, Bowermans Nose.	Christine L 01752 559781
10:30am Wednesday August 15th 2012	Brixton 7 miles	Haye Road Elburton SX 532 536	N/A	L	Figure of eight walk - lanes, footpaths & riverside south of A379 Brixton area.	Norman B 01752 492853
7pm Thursday August 16th 2012	Princetown surprise 3 miles	Fox Tor Cafe SX 591 734	N/A		A traditional Ivan last Thursday eve walk before the buffet supper at Fox Tor Cafe. Get your tickets early from Dot Birch - they sold out last year.	Ivan M 01752 774019
10am Sunday August 19th 2012	Steps Bridge 8 miles	Steps Bridge CP SX 803 883	09:10 B&Q Marsh Mills	M	A pretty walk Ivan style from Steps Bridge	Ivan M 01752 774019
10am Sunday August 19th 2012	Whitchurch Down 12 miles	Whitchurch Down SX 496 733	09:15 Towerfield Drive	M	Whitchurch Down, Plaster Down, Pew Tor, Eggworthy, Knowle Down, Horrabridge, Boyton, Whitchurch. Mostly paths and tracks (approx 550m vertical ascent).	Ian C 01752 337400
10am Wednesday August 22nd 2012	Cosdon Beacon 11 miles	Brenamoor Common CP Belstone SX 621 938	09:00 Towerfield Drive	S	Potentially challenging moorland plod to include Cosdon Beacon, Wild Tor, Hound Tor, Taw Marsh. Expect 'grot', mud, steep climbs, more mud and water.	John S 01752 782454
10am Sunday August 26th 2012	Exodus Chapter 20 9 miles	Cold East Cross CP SX 741 742	09:00 B&Q Marsh Mills	M	A moorland walk, some tracks, maybe a boggy bit and a steep climb. Pii Tor, Ripon Tor, Buckland Beacon	Di M & Joy T 07801 496359
10:30am Sunday August 26th 2012	Bovey Tracey circular 6 miles	Bovey Tracey CP SX 814 782	09:30 B&Q Marsh Mills	M	Countryside, riverside with a few uphill sections. Good views (weather permitting!)	Julie P 01752 670703
10am Wednesday August 29th 2012	North Moor 15 miles	Postbridge CP (donations) SX 647 788	09:00 Towerfield Drive	S	Third Time Lucky: Beautiful views of the North Moor, East Dart, Statt's House, Hangingstone Hill, back via Watern Tor, Grey Wethers. Mainly on tracks.	Hazel S 01752 691800

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
11:05am Wednesday August 29th 2012	Totnes & Dartington 6 miles	Steamer Quay, Totnes SX 806 600	N/A	M	X80 bus from Bretonside at 10:10; return bus 15:45 from Totnes . Footpaths, tracks & surfaced road with 3 stiles and one steep ascent. Possible mud.	Corrie & Ian H 01752 266423
10am Sunday September 2nd 2012	Camel Estuary 6 miles	Polzeath cliff top CP (fee) SW 933 788	08:30 Tesco Transit Way	M	Coastal walk in this delightful area. Depending on numbers and weather walk will be combined with part of the long walk to do either Pentire Head or St Enodoc	Janet C 01752 263559
10am Sunday September 2nd 2012	Camel Estuary 11 miles	Polzeath cliff top CP (fee) SW 933 788	08:30 Tesco Transit Way	M	A figure of eight walk in this lovely area. Pentire Head and the Rumps back inland and to Rock returning via St Enodoc.	Janet C 01752 263559
10am Wednesday September 5th 2012	Dartmouth to Torcross 11 miles	Torcross CP fee - £6 approx SX 823 423	09:00 Haye Road, Elburton	M	From Torcross catch bus to Dartmouth at approx 10:30. Moderate coastal walk from Dartmouth, where path improvements will be seen in the near future, with chance of a swim and fish and chips. Don't forget bus passes!	John S 01752 782454
10:30am Saturday September 8th 2012	Burrator Bimble 4 miles	Burrator Quarry CP SX 549 676	N/A	L	A leisurely stroll around the reservoir. Mixture of road and paths (if not too muddy!). Optional lunch at the Burrator Inn afterwards.	Val G 01752 700901
10am Sunday September 9th 2012	Merrivale Meander 8 miles	Merrivale Bridge by Dartmoor Inn SX 553 750	09:15 Towerfield Drive	M	From CP a moorland and countryside walk through Warr Bridge and Sampford Spiney	Ivan M 01752 774019
10am Sunday September 9th 2012	Along the Fowey 10 miles	Lerryn CP SX 142 570	08:45 Tesco Transit Way	M	A figure of eight walk to St Winnow along Fowey river and return via fields and woodland paths for lunch in Lerryn, (not on benches unless buying lunch from shop). Afternoon walk will be to St Veep and back to Lerryn. Short walkers welcome on morning walk, could be muddy in places.	Jane K 01822 834964
10am Wednesday September 12th 2012	Moorland walk 12 miles	Bennetts Cross SX 681 817	09:15 Towerfield Drive	M	Pound Each Way: Ups and downs and round and round.	Graham B 01752 606650
10:30am Wednesday September 12th 2012	Slapton Sands 6 miles	Stokenham Church CP (donations) SX 807 427	09:30 Haye Road, Elburton	L	Fields, coastal path & nature reserve. One climb.	Pam D 01752 783452
10am Sunday September 16th 2012	High Points of Bodmin Moor 15 miles	Westmoorgate (limited parking) SX 203 803	08:45 Tesco Transit Way	S	Circular walk over Rough Tor and Brown Willy. Two potentially difficult stream crossings and wet moorland. Brisk pace on this walk!!	Pete H 01752 406199
10am Sunday September 16th 2012	Wonwell Coastal Walk 8 miles	Ringmore NT CP SX 649 456	09:15 Haye Road, Elburton	M	Fields and woods from Ringmore to Wonwell, then down the Erme estuary and back along the coast path.	Sarah N 01752 316488 & John H 01503 230177

PLEASE SUBMIT WALKS FOR NEXT PROGRAMME TO THE COORDINATORS BY 15 SEPT 2012

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10am Wednesday September 19th 2012	Caradon Hill Hop 9 miles	Minions CP SX 259 711	09:00 Tesco Transit Way	M	A moderate walk thru' the Caradon mining area, Gonamena, down to Crows Nest. Fields, paths to around Siblyback Lake, up onto Bodmin Moor, Tregarrick Tor, and back to Minions.	Brian W 01752 672337
10am Sunday September 23rd 2012	Cotehele 8 miles	Cotehele Quay SX 424 682	09:10 Tesco Transit Way	M	Danescombe, Newton farm and Cotehele Mill. Lovely Cornish countryside - some ups and downs.	John H 01503 230177
10am Sunday September 23rd 2012	The Erme at Ivybridge 10 miles	Ivybridge Viaduct SX 635 569	09:15 B&Q Marsh Mills	M	Up the Erme onto Henlake Down, Hanger Down, New Waste, Burford Down, and back via Harford and Erme river. Tracks & moor. Limited roadside parking.	Brian W 01752 672337
10am Wednesday September 26th 2012	Walk to Double Waters 11 miles	Roborough Rocks CP SX 515 672	N/A	M	A walk that will include the new bridge over the Walkham and the new tunnel link if it is open. To include Double Waters and Monachorum village.	Ron S 01752 674230
10:30am Wednesday September 26th 2012	Tavistock Canal 6 miles	Roadside or CP. Meet in park, by exit near statue. SX 476 739	10:00 Towerfield Drive	E	Canal and country lanes. 4 easy stiles.	Jo M 01752 216118
10am Sunday September 30th 2012	Liskeard to Looe 11 miles	Liskeard Railway Station CP (fee) SX 248 637	09:00 Tesco Transit Way	M	Linear walk down E. & W. Looe valleys. Lanes, fields and riverside paths. Choice of trains back at 15.55/17.08/18.15/20.50. Meal in Looe a possibility.	Martin R 01822 810867 NA
10am Sunday September 30th 2012	Walk the New Bridge! 6 miles	Magpie Bridge (by toilets) SX 504 703	09:15 Towerfield Drive	M	From CP we walk to Double Waters via Grenofen. Then will cross the new bridge! 2 steepish climbs.	Phillip & Wendy A 01752 701811
10am Wednesday October 3rd 2012	Devonport Leat 11 miles	CP below Sharpitor SX 560 708	09:15 Towerfield Drive	M	Devonport Leat, Princetown, North Hessary Tor, King's Tor, Old railway track	Doug T 01752 212981 or 07799 698578
10:30am Saturday October 6th 2012	Lopwell Loop 4 miles	Lopwell Dam SX 475 648	N/A	E	A short walk with optional lunch at the Old Pump House, Lopwell Dam, or picnic locally.	Jane K 01822 834964
10am Sunday October 7th 2012	Tamar Valley 6 miles	Cargreen Quay, road parallel to Crooked Spaniards Inn SX 435 626	09:15 Tesco Transit Way	E	From Cargreen village walk to Landulph and Haye. Optional picnic lunch on return in Cargreen on tracks, lanes and field paths.	Jane K 01822 834964
10am Wednesday October 10th 2012	Fingle Bridge Bash 12 miles	Fingle Bridge CP SX 743 899	08:30 Towerfield Drive	S	Taking in Fingle Bridge, Drewsteignton, Two Moors Way, Winscombe, Hittisleigh Mill, Southcombe Hill, Crockernwell, Coombe Hall and back.	Brian W 01752 672337
10:30am Wednesday October 10th 2012	Lopwell Dam 6 miles	CP 2nd L past Dartmoor Diner SX 506 638	N/A	M	Lopwell Dam & Milton Coombe. One climb - may be mud.	Phil A 01752 701811

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10am Sunday October 14th 2012	Coastal walk around East Prawle 12 miles	East Prawle SX 781 363	09:00 Haye Road, Elburton	M	Prawle Point, Start Point, Lannacombe Green, Higher Borough, Coast Path, Footpaths, Quiet Lanes.	Tony & Lesley 01752 294696
10:45am Sunday October 14th 2012	Exminster 8 miles	Exminster marsh Nature Reserve CP SX 954 872	09:45 B&Q Marsh Mills	L	A walk across Exminster marshes and along the ship canal.	Norman B 01752 492853
10am Wednesday October 17th 2012	Postbridge South 12 miles	Postbridge CP (donations) SX 647 788	09:10 Towerfield Drive	M	Muddilake, Sherberton, Hexworthy, Brimpts Farm, Babeny, Laughter Hole, Bellever. Mostly tracks and paths with stepping stone crossings at Brimpts and Laughter Hole, subject to suitable river conditions. Total 450m ascent	Ian C 01752 337400
10am Sunday October 21st 2012	Beardown the long way 14 miles	Pork Hill CP SX 531 752	09:15 Towerfield Drive	M	Over Cox Tor to Beardown and back via Mistor March and Roos Tor. Probably wet.	Pete H 01752 406199 peter_hurrell@yahoo.co.uk
11am Sunday October 21st 2012	Tamar Special 8 miles	Beera Farm (near Horsebridge) SX 400 760	10:15 Tesco Transit Way	E	An opportunity to walk a part of the Tamar only open once a year, to raise funds for Dunterton Church. (NB £3.00 adults, 50p children.) The walk starts from a field for parking at Beera Farm, finishing at Greystone Bridge where there will be drinks available whilst we wait for the shuttle bus to take us back to the cars. Refreshments available about half way for lunch, or picnic if you wish to bring one. Lovely stretch of the Tamar and a very interesting, level walk. Dogs on leads welcome.	Jane K & Ivan M 01822 834964; 01752 774019
9:40am Wednesday October 24th 2012	Two Castles Trail 14 miles	Okehampton West St bus stop. SX 586 952	08:30 Towerfield Drive	M	Bus No 510 at 09.40 to Lewdown and walk to Okehampton via Bridestow. Field paths, woods, some quiet roads. Suggest parking in East St CP or roadside parking on way to Youth Hostel. Remember bus passes	Janice W 01752 779786
10:30am Wednesday October 24th 2012	Looe & Polperro 8 miles	West Looe (Hannafore) SX 253 522	09:00 Tesco Transit Way	M	Coastal path from Looe to Polperro. Time to look around Polperro at lunchtime.	John H 01503 230177
10am Sunday October 28th 2012	Darting to Bellever 12 miles	Dartmeet CP SX 672 732	09:00 Towerfield Drive	M	Yar Tor to Bellever Tor via Huccaby Tor. Another go!	Ann P 01752 788355
10:30am Sunday October 28th 2012	Shaldon 6 miles	Labrador Bay CP SX 931 704	09:15 B&Q Marsh Mills	M	Coast paths and riverside through Shaldon and Stokeinteignhead, 2 steep climbs.	Julie P 01752 670703
10am Wednesday October 31st 2012	Princetown Circular Walk Eastwards 13 miles	Princetown CP (fee) SX 589 735	09:15 Towerfield Drive	M	From Princetown to Crock O'Gold, Sherberton, over River Dart stepping stones to Dunnabridge Pound, Bellever and back via Powder Mills and Crockern Tor	David B 01626 362526

PLYMOUTH RAMBLERS

MAIN CAR SHARE LOCATIONS



marks where we meet

Towerfield Drive, Roborough
SX504616



Tesco Transit Way
SX472588



Haye Road CP, Elburton
SX532536



B&Q Marsh Mills
SX521567



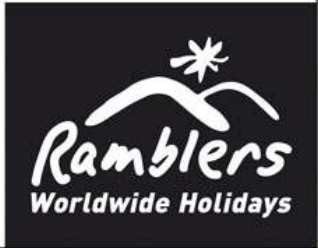
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PLEASE SUBMIT WALKS FOR NEXT PROGRAMME TO THE COORDINATORS BY 15 SEPT 2012

Leader's Name: _____	Telephone No: _____
Start Point: _____	Grid Reference¹: _____
Distance: _____	Start Time: _____
Car Share Point: _____	Car Share Time: _____
Date of Walk: _____	Grade of Walk²: L - E - M - S
Title of Walk³: _____	
Walk Description⁴: _____	

¹ Please check grid references at <http://googlemaps.record-lrc.co.uk/>, or <http://www.getamap.ordnancesurveyleisure.co.uk/>

² L-Leisurely, E-Easy, M-Moderate, S-Strenuous. Please see http://www.ramblers.org.uk/areas_groups/grading for details.

³ Please keep this very brief and include location, eg. Moorland walk round Princetown.

⁴ Please give brief details of points visited and whether by footpath, open moor, coast path, woods etc, plus steep climbs (if any).