

# PLYMOUTH RAMBLERS NEWSLETTER & WALKS LIST

Nov 2013 - Feb 2014



#### **VOLUNTEERS URGENTLY NEEDED**

As yet, we have no nominations for the posts of Chair and Social Secretary. These are vital jobs which help our group work well for the benefit of all members. Volunteering only takes a little time, but it makes a big difference. Please consider whether you could help out.

#### PERSONAL DETAILS FORM

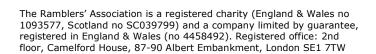
Safety on walks is a top priority, so we now have some natty forms that will help if we ever have an emergency to deal with. Encased in its own plastic wallet, the form can be easily carried in a rucksack. If you are ever taken ill or involved in an accident, the form will provide key information to make sure you receive appropriate treatment. Forms will be handed out on walks, or you can request a copy from joytopping@yahoo.co.uk.

#### **ANNUAL DINNER**

The Committee has been considering holding our annual dinner in Spring, when the evenings are lighter. Let us know if you have any comments or suggestions about this proposal.

At the moment, the Social Secretary post is vacant, so are there any volunteers who'd be willing to organise the dinner? If you could help with this, please have a word with anyone on the committee.







#### **FUNDRAISING**



The raffle at the Last Supper raised £66 for the Devon Air Ambulance.

Thanks to all who donated.

#### ONLINE WALKS LIST

Up to now, if you volunteered to lead a walk, you had to plan it without knowing what other people were planning. This meant we could end up with an unbalanced programme; for example, there might be five walks in a row on the Rame Peninsula. (Yes, it actually happened once!)

But from now on you can go online to see the walks lists as they are being compiled. This will let you check in advance what walks are being planned for which dates. Here's the link: <a href="https://drive.google.com/folderview?id=0B4GdHTVh7Mj9MUFSbFIVaFRhbms&usp=sharing">https://drive.google.com/folderview?id=0B4GdHTVh7Mj9MUFSbFIVaFRhbms&usp=sharing</a>

This will take you to three files, for Wednesday walks, Sunday walks, and other walks. Click any file, and when it pops up, click the button marked 'Open' at the bottom right. You can scroll up and down to see the entries, but you cannot change anything in the file (only the Walks Co-ordinators have access for editing.)

Remember that these files are drafts. At the beginning of each four-month period they will be empty; they will gradually start filling up as the Walks Coordinators collect information from walk leaders, and of course the details may change before the walks make it to the final programme!

#### HOTEL WEEKENDS AWAY

As the use and appeal of Youth Hostels appears to be fading, we are looking at the possibility of organising a long weekend away in a hotel and using a coach. We appreciate that this would be a lot more expensive but many people have shown interest in doing this, as many other groups are doing and have been doing for some time. We are including this note in the newsletter to see what interest there would be and therefore to see if it is worth investigating further - obviously if there is no interest



then it is a waste of time looking into the various possibilities. Some suggested venues are mid Wales (Rhaeder, Llanerted Wells), the Cotswolds, Wiltshire, but we are open to suggestions. If you are interested, please let Jane Kiely know (email janekielyintamarvalley@uwclub.net or ring on 01822 834964) with any suggestions as to where to go. Martin H, Tricia and Jane are all interested in taking this forward and there would be a variety of lengths of walks, but at this stage we would just like some idea of interest in principle!

# HOW WOULD YOU COPE IN AN EMERGENCY? try our quiz!

- 1 Despite having a map, you've lost your bearings on the coastal footpath. What's the most reliable way to check your location?
  - A. Use the sun and your watch to find north
- C. Ask a passer by

B. Check the grid ref on a fingerpost

- D. Use the map on your mobile phone
- You fall and break your leg while out of sight of anyone else. What whistle signal should you use to summon help?
  - A. One long blast, repeated every 30 seconds
- C. Six quick blasts, repeated after 1 minute

B. Four long blasts

- D. Three short, then one long blast
- 3 Someone's injured miles from nowhere on the coast path. When you phone 999, which emergency service should you ask for?
  - A. Police

C. Fire Service

B. Ambulance

- D. Coastguard
- 4 You're stuck in the middle of Dartmoor with no mobile signal. What's the best way to contact the emergency services?
  - A. Phone 999

C. Text 112

B. Phone 911

D. Send someone to run for help

5 How do you signal a helicopter to land?









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ANSWERS OVERLEAF

#### **GPS ROUTE MAPPING**

Do you have a GPS? If so, maybe you would like to have your routes uploaded to our website? Just send the .gpx file to Mike Birch at wiganddot@gmail.com.

#### **BADGES**



The last few Plymouth Rambler Group cloth badges are available from Ann Priestley at the cost price of £2.75. Contact annmpriestley@gmail.com or 01752 788355, or ask any committee member who will arrange to obtain one for you.

#### **QUIZ ANSWERS**

- 1B All answers are possible, but the most reliable is B. Sunshine, passers-by and mobile phone signals are not always available, and in any case may not be accurate. Most fingerposts on the coast path give a grid ref.
- 2C The internationally recognised call for help is six whistle blasts (or other multiples of three). One long blast is often used to attract attention, but not when in distress.
- 3D In remote locations, you normally ask for the police, who will then co-ordinate any rescue effort. On the coast path, however, you should ask for the coastguard.
- 4A If you have no signal, a 999 or 112 call will be routed through any available network using emergency mobile roaming. If this doesn't work you can text 112 (which works on a weaker signal), but only if you have already registered for the service (see <a href="http://www.emergencysms.org.uk/">http://www.emergencysms.org.uk/</a>). 911 is fine if you're in the USA!
- 5B A means do not land, C means my receiver is working, and D means everything is okay.

#### FREE OS MAPS ONLINE

Have you explored the Ordnance Survey website? It offers loads of useful features, including a grid reference finder. Here's how to get started:

- Go to <a href="http://www.getamap.ordnancesurveyleisure.co.uk/">http://www.getamap.ordnancesurveyleisure.co.uk/</a> and either sign up, or visit as a guest.
- At the top left of the screen, type in a placename, postcode or grid ref, then click *Locate*.
- You will see a road map (labelled *ZoomMap*) but you can also click on *Aerial* or *Leisure*. The *Leisure* map is best for walking.
- There are controls at the left of the map to move around or zoom in and out. You can also move around by holding the button down while moving the mouse.
- As you move around the map, there is always a small red circle in the centre. The grid ref for this centre point is shown in the box at top left (just below where it says *Leisure*).

If you sign up (which is free) you will also be able to use the Tools to draw your own route, check its length and elevation, and save it to your own folder.



#### WALKING WITH YOUR DOG

Well-behaved dogs are normally welcome on our walks, unless the walk description says otherwise, and registered assistance dogs are always permitted. 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, <a href="https://www.dartmoor-npa.gov.uk/vi-walkingwithdog">www.dartmoor-npa.gov.uk/vi-walkingwithdog</a>:



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.

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#### **DON'T BREAK THE LINE!**

Walking in a group

means looking out for other people,

not letting them get out of touch.

Once a gap opens up

people at the back can get left behind,

**struggling** to catch up.

And if the weather's closing in,

a gap can be dangerous,

leaving some walkers

uncertain which way to turn.

So please, watch out for the people behind you;

if you lose touch, ask the leader to wait.

If necessary, blow a whistle -

one long blast to call attention.

Don't break the line!

PLYMOUTH RAMBLER	PLYMOUTH RAMBLERS COMMITTEE								
Chair	VACANT								
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	VACANT								
Footpath Officer	Jane Kiely	01822 834964	janekielyintamarvalley@uwclub.net						
Membership Secretary	VACANT								
Website	Mike Birch	01752 667566	wiganddot@gmail.com						
Countryside Officer	Jane Kiely	01822 834964	janekielyintamarvalley@uwclub.net						
Committee Member	Steve Whitney	01752 402204	plot8smw@gmail.com						

WALK PROGRAMME COORDINATORS							
Sat Monthly Walks	Jane Kiely	01822 834964	janekielyintamarvalley@uwclub.net				
Sun Longer Walks	Janet Coleman	01752 263559	jecoleman73@gmail.com				
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				
Alternative Walks	Steve Whitney	01752 402204	plot8smw@gmail.com				



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10% Discount for Ramblers Members and Seasonal Offers with greater discounts in store.

23 West Street - Tavistock - PL 19 8AN 01822 613089 - info@kountrykit.com - www.kountrykit.com

#### **RAMBLERS HOLIDAYS**

Our group is now a member of the Walking Partnership with Ramblers Holidays. If you book a Ramblers holiday, wherever that might be, please mention that you are a member of Plymouth Ramblers, and they will make a contribution to our group. If you organise a group holiday, you will be eligible for a discount off the holiday price. Don't forget that in order to qualify, you have to mention your Plymouth Ramblers membership *before* the holiday takes place.





WALKS LIS	Т					
Time/Date	Walk	Start point	Car share	Grade	Description	Contact
9:30am Saturday November 2nd 2013	West from Swanage - Shorter Walk (SWANAGE YHA WEEKEND) 7 miles	Swanage Youth Hostel SZ 031 786	N/A	M	From the hostel, following Priest's Way to Worth Matravers. Return to Swanage via Winspit, Dancing Ledge and Durlstone Country Park.	Trish Mi 01752 794268
9:30am Saturday November 2nd 2013	West from Swanage - Longer Walk (SWANAGE YHA WEEKEND) 10 miles	Swanage Youth Hostel SZ 031 786	N/A	M	From hostel ,following Priest's Way to Worth Matravers. Continuing to Chapman's Pool and St Aldhelm's Head. Return to Swanage via Winspit ,Dancing Ledge and Durlstone Country Park.	Martin H 01752 842728
9:30am Sunday November 3rd 2013	Norden to Swanage - Shorter Walk. (SWANAGE YHA WEEKEND) 7 miles	Swanage Youth Hostel SZ 031 786	N/A	М	From hostel catch 10:00am steam train from Swanage to Norden (£6.50). Return via Corfe Castle, Purbeck Way and Nine Barrow Down.	Trish M 01752 794268
9:30am Sunday November 3rd 2013	Norden to Swanage - longer Walk. (SWANAGE YHA WEEKEND) 10 miles	Swanage Youth Hostel SZ 031 786	N/A	М	From hostel catch 10-00am steam train from Swanage to Norden (£6.50). Return via Corfe Castle, Purbeck Way, then footpaths to Ballard Cliff and returning on Coast Path.	Martin H 01752 842728
10am Sunday November 3rd 2013	Two Stone Rows 11 miles	Norsworthy Bridge SX 568 693	9:15 Towerfield Drive	M	Deancombe, Combshead Tor, Cramber Tor, Hart Tor, Black Tor, Peak Hill, Lower Lowery.	Heather W 07561 110202
10am Sunday November 3rd 2013	Thurlestone and Hope Cove 7 miles	S. Milton Sands NT CP SX 677 414	9:00 Haye Road Elburton	М	From South Milton along coast to Hope Cove. Then inland on paths and lanes to Galmpton and South Huish and returning to the coast at Thurlestone. Coast path back to CP.	Val G 01752 700901
9:30am Monday November 4th 2013	Studland Circuit - Shorter Walk (SWANAGE YHA WEEKEND) 7 miles	Swanage Youth Hostel SZ 031 786		М	From hostel, along seafront ,coast path to Ballard Down,Old Harry Rocks and Studland. Inland through nature reserve to Obelisk on Ballard Down. Returning to hostel via coast path.	Trish Mi 01752 794268
10am Monday November 4th 2013	Studland Circuit - Longer Walk (SWANAGE YHA WEEKEND) 10 miles	South Beach CP Studland SZ 038 826		М	Coast path to Old Harry Rocks and Ballard Point. Purbeck way to Obelisk. Footpaths to Agglestone, Godlingstone Heath and Little Sea. Return on road and Studland Beach	Martin H 01752 842728
10am Wednesday November 6th 2013	Fingle Woods 10 miles	Moretonhampst ead Court St CP (fee) SX 751 860	9:00 Towerfield Drive	М	Woodland and field paths, riverside and one steep climb	Janice W 01752 779786

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10am Wednesday November 6th 2013	<u>Double</u> <u>Waters</u> 7.5 miles	Long Ash Garden Centre SX 497 694	9:30 Towerfield Drive	L	Grenofen, Double Waters, Bera Tor, Hatch Mill and Buckland Monachorum	lan H 01752 26642
10:30am Saturday November 9th 2013	<u>Calstock</u> <u>Circular</u> 4 miles	Calstock CP (by the Quay) SX 436 685	9:45 Tesco Transit Way	М	In and Out and Up and Down the Tamar Valley, optional lunch in Tamar Inn Calstock	Jane K 01822 834964
10am Sunday November 10th 2013	Lady Harriet's Garden 6 miles	Bere Alston Memorial CP SX 446 668	9:15 Towerfield Drive	М	Lanes and paths on Bere Peninsula with a special stop at lunch time to visit a garden planted for autumnal colour at Weir Quay. My friend is happy for us to look round the garden and have lunch there with a suggested donation of £2.50 for St Lukes.	Jane K 01822 834964
10am Sunday November 10th 2013	Tors around Cox Tor 0 miles	Pork Hill CP SX 531 752	9:20 Towerfield Drive	М	Cox Tor, Smeardon Down, White Tor, Roos Tor, Great Staple Tor, Pew Tor.	Caroline A 07815 433754
10am Wednesday November 13th 2013	Go West Young Man (from Princetown) 10 miles	Princetown CP (£1 fee) SX 589 735	9:15 Towerfield Drive	М	From Princetown to Merrivale, Great Staple Tor and around to Little Mis Tor and back via North Hessary Tor, taking in many interesting features and potentially wonderful all round views.  Generally no steep climbs but more undulating in nature with a tiny bit on tarmac.	Sue & Tom A 01752 492190
10am Sunday November 17th 2013	A Very Common Walk 10 miles	Chagford CP (£2.70 all day) SX 701 874	8:45 Towerfield Drive	М	Outstanding views on this walk visiting Week Down, Mattedon, Padley, Meldon, and Chagford Commons. Some steep climbs and descents, one particularly steep climb up Meldon Hill	Tom & Sue A 01752 49219
10:30am Sunday November 17th 2013	Brixham 6 miles	Brixham Quay SX 925 562	9:15 B&Q Marsh Mills	М	Coast, countryside, paths and tracks. Park wherever possible and meet on the quay at The Strand.	Julie P 01752 670703
10am Wednesday November 20th 2013	Saltash and Beyond 10 miles	Saltash, St Stephens Church (roadside) SX 416 583	9:15 Tesco Transit Way	М	Ups and downs through Forder, Anthony Passage, Baghill Farm, Tamerton, Burraton Combe, Churchtown Farm. Wonderful estuary and country views. Limited parking - please use car share.	Diana Mc & Joy T 07801 496359
10:30am Wednesday November 20th 2013	Kenton Circular 7.5 miles	Kenton Village CP SX 958 833	9:30 B&Q Marsh Mills	L	Kenton to Exminster on old Dawlish Road and Kenn Lane (undulating tarmac). Return via Turf Lock and Powderham Church. Mostly hard surface.	Norman B 01752 492853
10am Sunday November 24th 2013	<u>Circuit from</u> <u>Newbridge</u> 8 miles	Newbridge (near Bodmin) SX 129 652	9:00 Tesco Transit Way	М	Steady climb to Bury Castle via Cabilla Wood and Treslea Downs. Return via Cardinham and Tawna Downs.	Martin H 01752 842728
10am Sunday November 24th 2013	Burrator and beyond 10 miles	Burrator Quarry CP SX 549 676	9:15 Towerfield Drive	М	Walk around Burrator through farmland, moorland and woodland, taking in Meavy, Brisworthy, Ringmoor, Gutter Tor, Scout Hut, and back through woods.	Joy T & Di Mo 07801 496359
10am Wednesday November 27th 2013	A Midwinter Wander 10 miles	Burrator Quarry CP SX 549 676	9:30 Towerfield Drive	М	Peak Hill, Sharpitor, River Meavy crossing Norsworthy Bridge, Narrator Plantation, Sheepstor Village, Meavy (if the light permits) and Burrator Wood. May be too slow for the more athletic rambler!	Mike L 01752 776823

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10:30am Saturday November 30th 2013	Long Ash to Buckland 4 miles	Long Ash Garden Centre SX 497 694	9:45 Tesco Transit Way	E	An easy walk on fields and tracks from Long Ash Garden Centre to Buckland Monachorum, lunch optional	Tricia M 01752 794268
10am Sunday December 1st 2013	Gem Bridge yet again 10 miles	Yelverton Leg O' Mutton (free over cattlegrid) SX 518 679	9:30 Towerfield Drive	М	Cycle Path - Double Waters - Buckland Monachorum.	Janice W 01752 779786
10am Wednesday December 4th 2013	Ringmore Circuit 11 miles	Ringmore NT CP SX 649 456	9:00 Haye Road Elburton	М	Coastal and country footpaths, including Bigbury, Ayrmer Cove, Beacon Point, Kingston and Ringmore	Martyn W 01364 643728
12:15pm Wednesday December 4th 2013	Xmas Lunch 0 miles	Dartmoor Diner SX 504 633	N/A		Xmas Lunch (No walk). Names to Viv White by Wed 27th Nov	Viv W 01752 500700
9:45am Sunday December 8th 2013	Par to Lostwithiel 10 miles	Lostwithiel CP SX 105 599	8:30 Tesco Transit Way	М	Catch the 10am train from Lostwithiel to Par (7 mins). Return to Lostwithiel on coast path to Polkerris and Saints' Way via Fowey and Golant. NB The CP is a short walk from the station.	Martin H 01752 842728
10:30am Sunday December 8th 2013	Wembury Wander 7 miles	Wembury Barton Close SX 527 494	10:10 Haye Road Elburton	L	A walk above the river Yealm past Clitters Wood to Wembury beach.	Norman B 01752 492853
10am Wednesday December 11th 2013	Circuit from Siblyback 11 miles	Siblyback Lake CP SX 237 706	9:00 Tesco Transit Way	М	Moorland and lakeside walk via Hill Tor, Smallacoombe Down, Kilmar Tor, Sharp Tor, Gold- diggings Quarry and Tregarrick Tor. One dodgy stream crossing	Martin H 01752 842728
10am Friday December 13th 2013	Xmas at Saltram 4 miles	Saltram House main CP SX 522 555	N/A	Е	A walk around Saltram estate before Xmas Hot Pot Lunch at Saltram's Park Cafe. BOOKING ESSENTIAL by Friday 6/12/13. Choice of Turkey, Beef or Vegetable Hotpot, £9.99 includes seasonal pudding, please advise of any dietary needs when booking with me, email: <a href="mailto:janekielyintamarvalley@uwclub.net">janekielyintamarvalley@uwclub.net</a> or ring.	Jane K 01822 834964
10am Sunday December 15th 2013	Ivybridge and round the Erme 10 miles	Ivybridge, Back gate of old paper mill SX 635 566	9:15 B&Q Marsh Mills	М	A walk via Henlake Down, Hanger Down, taking in New Waste, Burford Down, Tristis Rock and coming back by the river.	Brian W 01752 672337
10am Sunday December 15th 2013	Revelstoke Drive 7 miles	Noss Mayo tennis courts SX 547 474	9:30 Haye Road Elburton	L	A fairly level stretch of the coastal path from Blackstone Point to Beacon Hill, with the rest on country lanes. Lunch on Stoke Beach.	Sarah N 01752 316488
10am Wednesday December 18th 2013	<u>Ivybridge</u> 7.5 miles	Ivybridge, Back gate of old paper mill SX 635 566	9:15 B&Q Marsh Mills	L	Ivybridge, Hangerdown, Harford, Addicombe, Stowford Bridge.	lan H 01752 266423
10am Wednesday December 18th 2013	Old Railway Tracks and Devonport Leat 11 miles	Sharpitor SX 560 708	9:15 Towerfield Drive	М	Old railway track, King's Tor, Princetown, South Hessary Tor, Devonport Leat.	Doug T 07799 698578

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10am Saturday December 21st 2013	Cotehele's Choir and Garland 4 miles	Cotehele House CP SX 423 685	9:15 Tesco Transit Way	L	Various paths and lanes around the Cotehele Estate with optional lunch before listening to Calstock Singers under the Cotehele Garland, part of Cotehele's Christmas Choir Festival. NT members free.	Jane K 01822 834964
10am Sunday December 22nd 2013	Rame Peninsula and Its Defences 10 miles	Maker Heights SX 435 513	8:45 Tesco Transit Way	М	Car Share at 8:45am to catch the 9:15am ferry to Torpoint. Mainly footpaths, but a little road walking, exposed on Rame Head. Coast path through Kingsand, Cawsand to Trewinnow, Wiggle, Wringford, Hat Lane. Tea at Maker.	Wendy S 01752 822191
10am Saturday December 28th 2013	<u>Cotehele's</u> <u>Garland</u> 4 miles	Cotehele House CP SX 423 685	9:15 Tesco Transit Way	L	The annual walk on Cotehele's paths and lanes before optional lunch and visit to see the Garland. PL postcodes and members free	Jane K 01822 834964
10am Sunday December 29th 2013	Around Mary Tavy 10 miles	Moorside SX 501 799	9:10 Towerfield Drive	М	A mix of moor, fields and quiet lanes with some ups and downs. Tea and cake at mine	Martin R 01822 810867
10am Wednesday January 1st 2014	<u>Fur Tor Party</u> 11 miles	Baggator Gate SX 546 805	9:00 Towerfield Drive	S	Baggator, Lynch Tor, Fur Tor, Standon. An all moorland walk, wet in places and with some tussocks. Brilliant views and company at Fur Tor from all directions. (Parking limited so please share)	Martin R 01822 810867
10:30am Wednesday January 1st 2014	Whiteworks Area 6.5 miles	Whiteworks, layby near Nuns Cross turnoff SX 603 707	9:30 Towerfield Drive	М	Nun's Cross Ford, Plym Ford, Eylesbarrow, Older Bridge. Mostly tracks.	Pat M 01752 673172
10am Sunday January 5th 2014	Two Moors Way? 10 miles	Bennetts Cross SX 680 816	9:00 Towerfield Drive	М	Moorland paths and tracks. Headland Warren, Natsworthy, Lower Hookner, Lettaford, Chagford Common. May be wet in places and one stream crossing. Please use car share as CP is very small.	Janet C 01752 263559
10:30am Sunday January 5th 2014	Old Plympton 5.5 miles	Plympton Mudge Way Long Stay CP SX 542 561	N/A	L	Explore Plympton's history following quiet roads and tracks (and a couple of hills), with a stop for lunch at Saltram. Park in either North or South Mudge Way CP (free), but meet at the top of the South CP, near the Methodist Church.	Sarah N 01752 316488
10am Wednesday January 8th 2014	<u>A South Hams</u> <u>Walk</u> 9 miles	Wonwell Beach SX 620 477	9:00 Haye Road Elburton	М	Wonwell, Kingston, St Anns Chapel, Challaborough and coast. Limited parking - please use car share.	Peter M 01752 893580
10am Sunday January 12th 2014	Bolt Tail/Bolt Head Circular 10 miles	Malborough Village Hall SX 710 397	9:00 Haye Road Elburton	М	Marlborough, Hope Cove, Bolt Tail, South West Coast path to Bolt Head and back to Marlborough.	Larry D & Mary H 01752 815201
F	PLEASE SUBM	IT WALKS FOR	NEXT PRO	GRAM	ME TO THE COORDINATORS BY 15 JAN 20	014
10am Wednesday January 15th 2014	Yealm and Erme 11 miles	Harford Moor Gate SX 643 595	9:30 B&Q Marsh Mills	М	Tristis Rock, Yealm Steps, Erme Pound, old tramway. Stone Row, Habajons Cross, rifle range, etc, on the way back.	Ron S 01752 674320
10:15am Wednesday January 15th 2014	Peter Tavy Circular 6.5 miles	Peter Tavy Church SX 513 777	9:30 Towerfield Drive	L	Riverside, field tracks, quiet lanes, two ups.	Tricia M 01752 794268

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10:30am Saturday January 18th 2014	Burrator Bimble 4 miles	Burrator Quarry CP SX 549 676	10:00 Towerfield Drive	L	A leisurely stroll round the reservoir. Option of lunch or drink at Burrator Inn	Val G 01752 700901
10am Sunday January 19th 2014	Holne Circuit 10 miles	Combestone Tor SX 670 717	9:00 Towerfield Drive	M	Dart Valley, Venford, Bench Tor, Holne, Scorriton and Holne Ridge followed by optional tea in Holne Tea Room.	Martyn W 01364 643728
10am Wednesday January 22nd 2014	Sparkwell Circular 12 miles	Langage, Eastern Wood Rd SX 566 561	9:30 B&Q Marsh Mills	М	Paths, tracks and quiet roads via Venton, Lee Mill, Luton, Headon Down, Crownhill Down, Hemerdon Mine and Sparkwell	lan C 01752 337400
10am Saturday January 25th 2014	Crockern and Longaford Tors 4.5 miles	Two Bridges Quarry CP SX 609 750	9:15 Towerfield Drive	М	Tracks and rough moorland via Crockern Tor and Longaford, returning on west side of valley. Optional lunch at Two Bridges Hotel with a fire to warm us up.	Jane K 01822 834964
10am Sunday January 26th 2014	Ivybridge round about 10 miles	Ivybridge, Cole Lane (near Stowford Bridge) SX 640 567	9:15 B&Q Marsh Mills	М	Western Beacon, Ugborough Beacon, Sharp Tor, Three Barrows, Harford and return by the river.	Peter M 01752 893580
10:30am Sunday January 26th 2014	<u>Tamar Trails</u> 6 miles	Tamar Trails CP (aka Bedford Sawmills) SX 438 728	9:45 Towerfield Drive	M	Down into the valley, then up and down the Tamar Trails to Devon Great Consuls and back.	Jane K 01822 834964
10am Wednesday January 29th 2014	Staddiscombe and Wembury 10 miles	Staddiscombe, The Staddy SX 519 516	9:35 B&Q Marsh Mills	L	Wembury Woods, Clitter Wood, Warren Point, Wembury, Erme Plym Trail	Caroline A 07815 433754
10:30am Wednesday January 29th 2014	Batson Creek 6 miles	Malborough Village Hall SX 710 397	9:45 Haye Road Elburton	М	Quiet lanes and footpaths, waterside and woodland to Batson Creek. Through Salcombe to South Sands then back to Malborough.	Val G 01752 700901
10am Sunday February 2nd 2014	Lydford Loop 3 10 miles	High Down CP (along lane by Dartmoor Inn) SX 525 853	9:00 Towerfield Drive	S	Southerly Down, Lake Down and Fernworthy Down.	Greta T 01822 610002
10:30am Sunday February 2nd 2014	<u>Dart Valley</u> <u>Trail</u> 7 miles	Totnes, St Katharines Way CP (£2.70 fee) SX 804 602	9:40 B&Q Marsh Mills	М	Down the Dart Valley to Tuckenhay, for a pub lunch or picnic by the river. Lanes and tracks, generally good going but with some hills.	Sarah N 01752 316488
10am Wednesday February 5th 2014	<u>Dartmoor</u> <u>Crosses</u> 10 miles	Vennford Reservoir CP SX 685 712	9:00 Towerfield Drive (and see alternative in walk description)	M	A linear walk from Vennford to Princetown via 14 Dartmoor Crosses. Meet at Princetown CP at 9:30 for car sharing to Vennford and return arrangements.	John S 01752 782454
10am Sunday February 9th 2014	Batson Creek 8 miles	Malborough Village Hall SX 710 397	9:00 Haye Road Elburton	М	An extended version of short Weds walk 29th Jan! Fields and lanes to Batson Creek and through Salcombe. From South Sands we climb steadily on coast path to Starehole Bay. Then inland stopping for tea at East Soar Farm (if open!) then back to Malborough on paths and lanes.	Val G 01752 700901

Time/Date	Walk	Start point	Car share	Grade	Description	Contact
10am Sunday February 9th 2014	Brent Tor - Lydford Circuit 10 miles	Brent Tor CP SX 468 805	9:00 Towerfield Drive	М	Western fringes of Dartmoor. Fields, valley and moor edges. Some small country roads necessary.	Dot B 01752 667566
10am Wednesday February 12th 2014	Erme - Plym Coast Path 7 miles	Morrisons CP (near corner) SX 507 538	N/A	М	Coast path to Hooe, Turnchapel, Mountbatten, Jennycliff and Bovisand, Bovi Lane to Staddiscombe. Erme-Plym trail back.	Ron S 01752 674320
10am Wednesday February 12th 2014	Plym Valley Ascent and Moorland Yomp 11 miles	Shaugh Bridge CP SX 533 636	9:15 Towerfield Drive	М	Country lanes and moorland tracks, visiting Brisworthy, Gutter Tor, Sheepstor and Cadover Bridge.	Ken N 01752 787223
10:30am Saturday February 15th 2014	<u>Yealmpton</u> <u>Valley</u> 4 miles	Yealmpton, Torr Hill (roadside) SX 579 517	10:15 Haye Road Elburton	L	A leisurely stroll to Puslinch Bridge along south side of river where there may be snowdrops.	Norman B 01752 492853
10am Sunday February 16th 2014	Buckland Walkabout 10 miles	Yelverton Leg O' Mutton (free over cattlegrid) SX 518 679	9:30 Towerfield Drive	М	Mainly pathways, some roads. Coombe Farm, Venton, Bucktor, following the river to Magpie then pathways to Yelverton.	Andy & Mike 01752 704287
10am Wednesday February 19th 2014	Look at the Little Lynher 9.5 miles	North Bowda Bodmin Moor SX 247 774	9:00 Tesco Transit Way	М	Cross the Lynher, see Upton Castle remains, onto the moor for Fox Tor, Gray Mare Rock, Carey Tor and back.	Brian W 01752 672337
10:30am Saturday February 22nd 2014	Buckland Abbey 4 miles	Buckland Abbey main CP SX 489 667	9:45 Towerfield Drive	М	A romp around the Buckland Abbey paths, a few ups and downs, with optional lunch afterwards	Jane K 01822 834964
10am Sunday February 23rd 2014	Princetown Circular 10 miles	Princetown CP (£1 fee) SX 589 735	9:15 Towerfield Drive	М	Moorland tracks and lanes. Merrivale, Devonport Leat, Hart Tor.	Tony L & Lesley J 01752 721606
10:30am Sunday February 23rd 2014	Hingston Down 6 miles	Drakewalls CP opp Tamar Valley Centre SX 426 708	9:30 Tesco Transit Way	М	Walk to Hingston Down with great views on a good day. On to Chilsworthy and the valley bottom before climbing back up to Drakewalls.	Jane K 01822 834964
10am Wednesday February 26th 2014	Bennett's Cross to Teigncombe 10 miles	Bennetts Cross SX 680 816	9:00 Towerfield Drive	М	Moorlands, fields and forest tracks: Across Chagford Common, following Two Moors Way to Teigncombe, returning via Kestor Rock, Thonworthy Down and Fernworthy Reservoir.	David B 01626 362526
10am Wednesday February 26th 2014	<u>Sparkwell</u> <u>Circular</u> 7 miles	Sparkwell (roadside) SX 582 580	9:30 B&Q Marsh Mills	L	Field tracks, quiet lanes around Sparkwell, Lutton and Venton. Slade viaduct. A few easy stiles. Park in village and meet at pub.	Tricia M 01752 794268

### PLEASE SUBMIT WALKS FOR NEXT PROGRAMME TO THE COORDINATORS BY 15 JAN 2014

#### **USING THE FORM BELOW**

Date				
Title of walk				
Start point grid ref <sup>1</sup>				
Parking place				
Start time				
Grade	☐ Easy	Leisurely	Moderate	Strenuous
Car share time				
Car share place				
Longer description				
Distance (miles)				
Contact name				
Contact phone or email				

WA	WALKING GRADES							
	Definition	Typical features						
E	<b>Easy Walks</b> for anyone who does not have a mobility difficulty or a specific health problem and is not seriously unfit. Comfortable shoes or trainers can be worn.	Up to 5 miles  No steep inclines  Easy underfoot  Gentle pace						
L	<b>Leisurely Walks</b> for reasonably fit people with at least a little country walking experience. Often on unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended.	Up to 8 miles Up to 300m ascent or descent Mainly easy underfoot Gentle pace						
M	<b>Moderate Walks</b> for people with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.	Up to 10 miles Up to 600m ascent or descent May be rough underfoot Brisk pace						
S	<b>Strenuous Walks</b> for experienced country walkers with an above average fitness level. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential.	Up to 14 miles (or more) Up to 1000m ascent or descent Moderate to hard terrain Brisk pace						

<sup>1</sup> Please check grid references at <a href="http://www.getamap.ordnancesurveyleisure.co.uk/">http://googlemaps.record-lrc.co.uk/</a>

## PLYMOUTH RAMBLERS

### MAIN CAR SHARE LOCATIONS



marks where we meet

**Towerfield Drive, Roborough** SX504616



**Tesco Transit Way** SX472588



Haye Road CP, Elburton



**B&Q Marsh Mills** SX521567

