

# 10 Leisure Walks of Discovery A Boot Up THE TAMAR VALLEY

Terry Faull

Halsgrove's popular Boot Up Series is fast becoming a phenomenon in local walks books that attract families and others to exploring the countryside in a leisurely way. It includes short walks for those living in or visiting popular areas of the country, written by those who know the area well. They provide a healthy hour or two of exercise, exploring parts of Britain's countryside that the casual visitor might otherwise miss, pointing out interesting features along the way. Perfect walks for families.

From its source on the moors close to the north Cornish coast, the River Tamar runs 50 miles before emptying into the sea at Plymouth Sound. All along its route is an abundance of beautiful scenery and a rich variety of human and natural history. The ten walks in this Book invite you to explore the Tamar Valley along the tidal reaches in the south and also excursions in the higher parts of the Valley to see ancient churches and farms and places rich in wildflowers and birdsong. The walks cover:

- LANDULPH TO CARGREEN • BERE FERRERS & WEIR QUAY • BERE ALSTON & THE RIVER • MORWELLHAM • BRADSTONE TO GREYSTONE BRIDGE • WERRINGTON • BOYTON
- TETCOTT AND LUFFINCOTT •
- TAMAR LAKES & THE BUDE CANAL •
- SOURCE OF THE TAMAR •

Distances vary but none is more than five miles long and each walk is designed for those who enjoy a leisurely amble and who like to stop to quietly enjoy the beauty and history of this special Valley.

## ABOUT THE AUTHOR

Terry Faull is a seasoned and enthusiastic walker; being involved with walking organisations and advisory bodies linked to a number of local and county authorities. As a landscape historian he has researched and investigated the origins of the Christians, in what is now Devon and Cornwall, for many years, and his book *Secrets of the Hidden Source* covers the history of many of the Holy Wells in Devon.

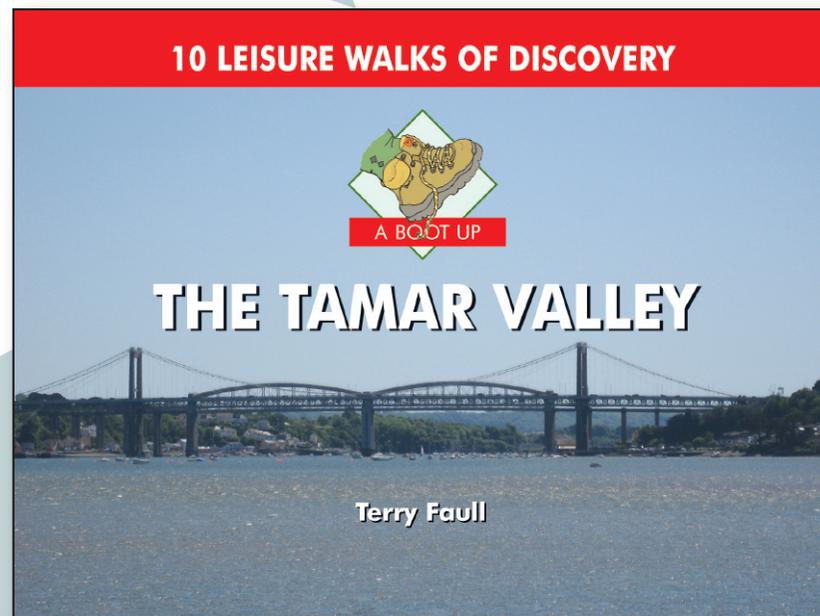
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Ryelands Industrial Estate,  
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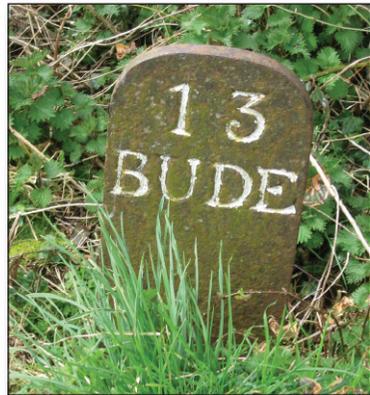


**Format:** Hardback with full colour cover, 64pp, 110x155mm, illustrated with colour photographs and sketch maps.  
**Price:** £4.99  
**ISBN:** 978 1 906887 64 3  
**Imprint:** PiXZ Books  
**Published:** March 2010



# Great Books from your Local Bookseller

# A BOOT UP THE TAMAR VALLEY



Mileage marker



Druixton bridge



The river below Morwell Rocks



Right: Calstock viaduct and train

**1** Landspight to Congreen

street or, to avoid the mud and the tide, along the road and turn right down to the river's edge. Congreen comes from the Cornish words meaning "sand rock" but you need to be very lucky to see such a creature this far up river.

**2** Congreen was once connected to the opposite (down) side of the river by a ferry. This took baskets of local fruit and flowers across to the railway at Bere Ferrers Station and so on to London. To return to your car you have a choice of routes; the warnings about the landspight path still apply and the alternatives are to follow the path back across the fields or to take the road up through the village, turn left into Church Lane and then left down to Landspight.

**The Spaniards Inn and the river**

**2 Bere Ferrers and Weir Quay**

Along an old school path, past an ancient landing place and beside remnants of an industrial past:

The parish of Bere Ferrers is sandwiched between the rivers Tamar and Tavy indeed the picturesque church is situated right on the water's edge. In earlier times there were a number of small working quays along both rivers but these have long been abandoned and today only pleasure boats and sailing craft ply the tidal waters.

**Level:** 100 m  
**Length:** 12 miles  
**Terrain:** fields and heath with a range of steep hills  
**Parking:** at Bere Ferrers station  
**Start Ref:** Explorer Map 104 453635  
**Refreshments:** The Old Pheasant Inn, Bere Ferrers.

Tamar Valley Apple Blossom

**12** **13**

Example of a double-page spread.



Footpath and stile at Liphill