

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 wild-flowers 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.

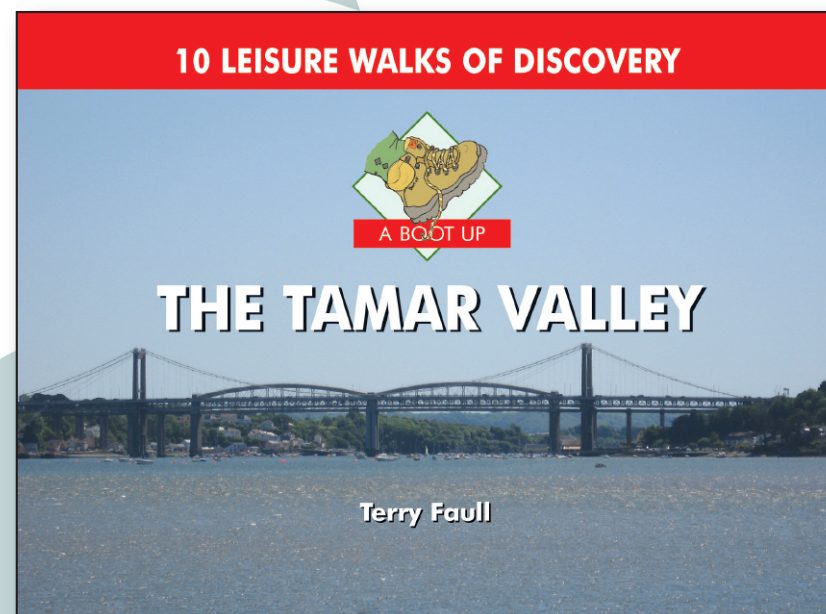
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Helen Deakin –
DDI 01823 653772
helend@halsgrove.com

Halsgrove Publishing
Halsgrove House,
Ryelands Industrial Estate,
Bagley Road, Wellington,
Somerset TA21 9PZ
Tel: 01823 653777
Fax: 01823 216796
www.halsgrove.com
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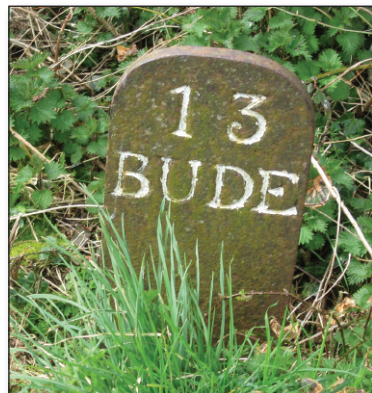


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A BOOT UP THE TAMAR VALLEY



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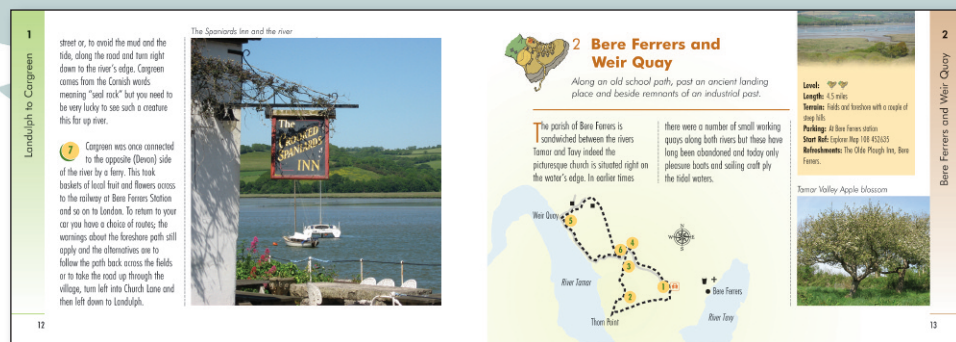
Druxton bridge



The river below Morwell Rocks



Right: Calstock viaduct and train



Example of a double-page spread.



Footpath and stile at Liphill