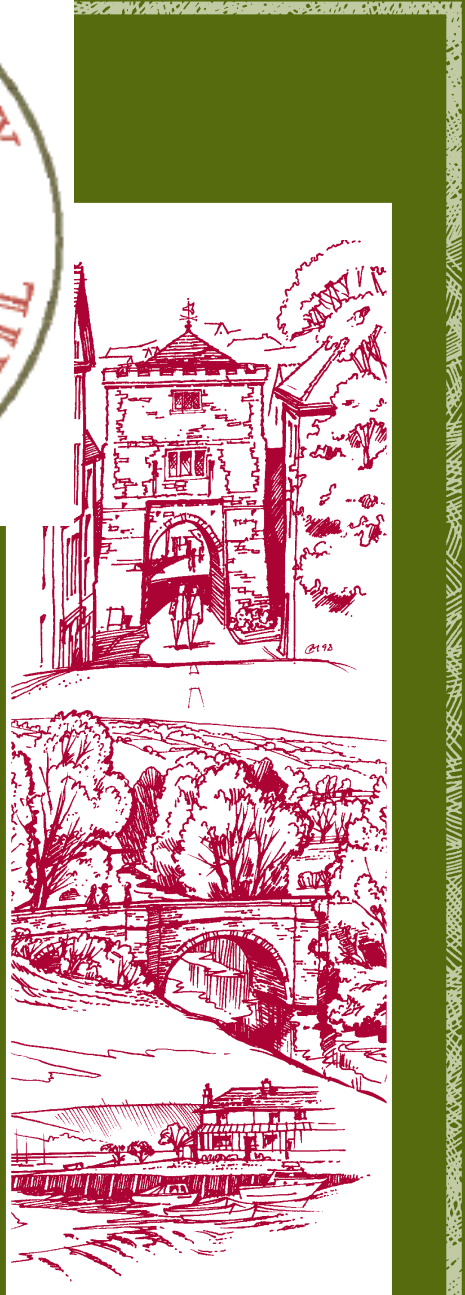




*A walking  
trail through  
one of  
England's  
most unspoilt  
and delightful  
river valleys.*

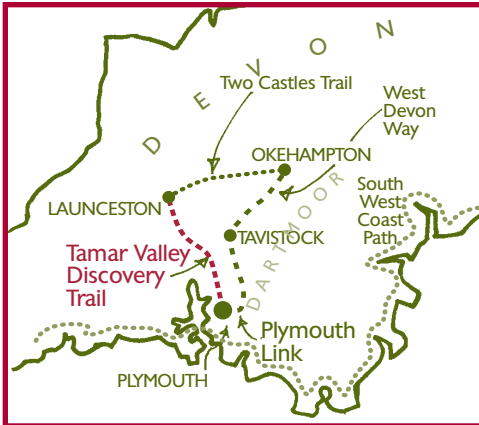


## *The Tamar Valley Discovery Trail*

The Tamar Valley Discovery Trail has something for everyone! If you are keen to walk the full 30 mile route, then there are comfortable B&B's and pubs along the way. If you're looking for an enjoyable day's walking, then take advantage of the scenic railway and local bus and river links to plan a circular walk - or simply follow one of the many village trails, treating yourself to a pub lunch or a cream tea.

## *Want to walk further afield?*

The Trail is linked to several other similar long distance walks.



*Pick up your information pack from local outlets or Tourist Information Centres, price £3 or send a cheque for £3.40 inc. p & p, payable to 'Devon County Council', at Devon Tourist Information Service, PO Box 55, Barnstaple EX32 8YR*

*Pack includes:*

*Route maps - Local facilities*

*Tide timetables - Village trails*

*Transport details - Plymouth Link*

## *Public Transport*

The southern end of the Tamar Valley Discovery Trail runs parallel to the Tamar Valley Railway Line (Plymouth - Gunnislake), which gives excellent opportunities both for access into the valley and for station-to-station walks. Bus routes to and from Launceston offer similar chances to explore the northern sections of the Trail. During the summer it is also possible at certain times to travel up the valley by boat from Plymouth, joining the Trail at Calstock.

The southern end of the Trail is Tamerton Foliot, on the outskirts of Plymouth, which is served by regular buses to and from the city centre. Alternatively the Plymouth Link provides a walking access to the trail. Plymouth itself enjoys excellent transport links to the national rail and coach network. It's also accessible from both France and Spain by ferry. Launceston has bus links to Plymouth, Exeter, North Devon and the rest of Cornwall, as well as more local routes.



DEVON COUNTY COUNCIL



WEST DEVON  
BOROUGH  
COUNCIL



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**Tamar Valley**  
Countryside Service

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# Welcome to the Tamar Valley Discovery Trail...

*Apples and cherries, tin and copper, saints and sinners...you'll find traces of all these and much more besides in this beautiful West Country valley.*

**History and Heritage** The delightful area you will pass through on the Trail has enjoyed a very varied past. Once a hive of mining activity, with copper, tin and silver among the many metals extracted, the Tamar Valley later became a well-known area for market gardening. Apples, cherries, strawberries and fresh flowers were sent from here to Covent Garden in London and to other cities. This industry benefited considerably from the coming of the railway, though the age of the train spelt the end for Calstock as a thriving port.

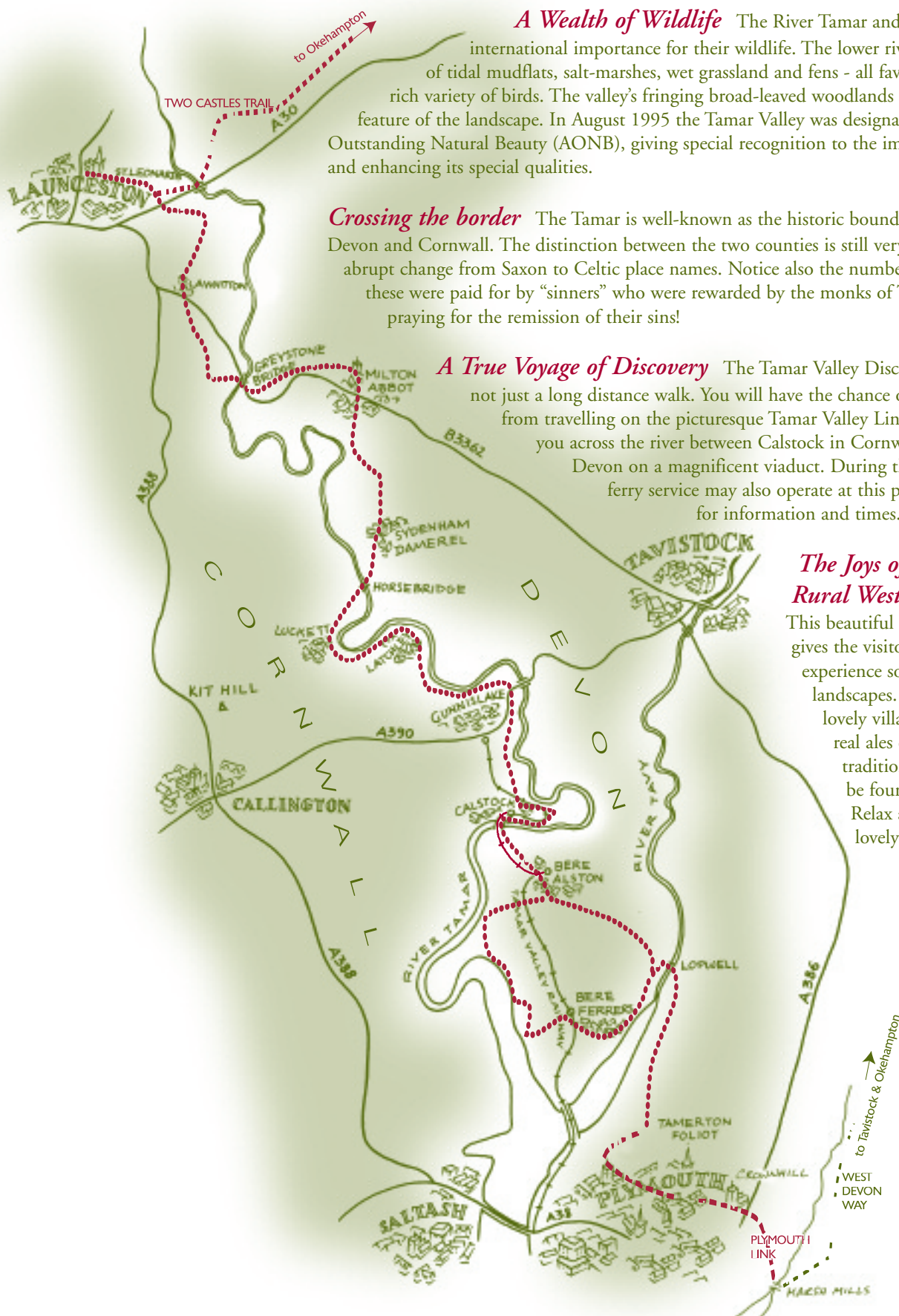
**A Wealth of Wildlife** The River Tamar and its tributaries are of international importance for their wildlife. The lower river has extensive areas of tidal mudflats, salt-marshes, wet grassland and fens - all favourite habitats for a rich variety of birds. The valley's fringing broad-leaved woodlands are another important feature of the landscape. In August 1995 the Tamar Valley was designated an Area of Outstanding Natural Beauty (AONB), giving special recognition to the importance of conserving and enhancing its special qualities.

**Crossing the border** The Tamar is well-known as the historic boundary between Devon and Cornwall. The distinction between the two counties is still very apparent in the often abrupt change from Saxon to Celtic place names. Notice also the number of medieval bridges - these were paid for by "sinners" who were rewarded by the monks of Tavistock Abbey - praying for the remission of their sins!

**A True Voyage of Discovery** The Tamar Valley Discovery Trail is not just a long distance walk. You will have the chance of additional enjoyment from travelling on the picturesque Tamar Valley Line rail service, taking you across the river between Calstock in Cornwall and Bere Alston in Devon on a magnificent viaduct. During the summer months a ferry service may also operate at this point. Look out locally for information and times.

## *The Joys of the Rural Westcountry*

This beautiful stretch of countryside gives the visitor the chance to experience some truly unspoilt landscapes. Quiet riverside walks, lovely villages, country pubs with real ales on tap - and of course traditional cream teas - can all be found along the Trail. Relax and enjoy these lovely surroundings!



NOT TO SCALE