

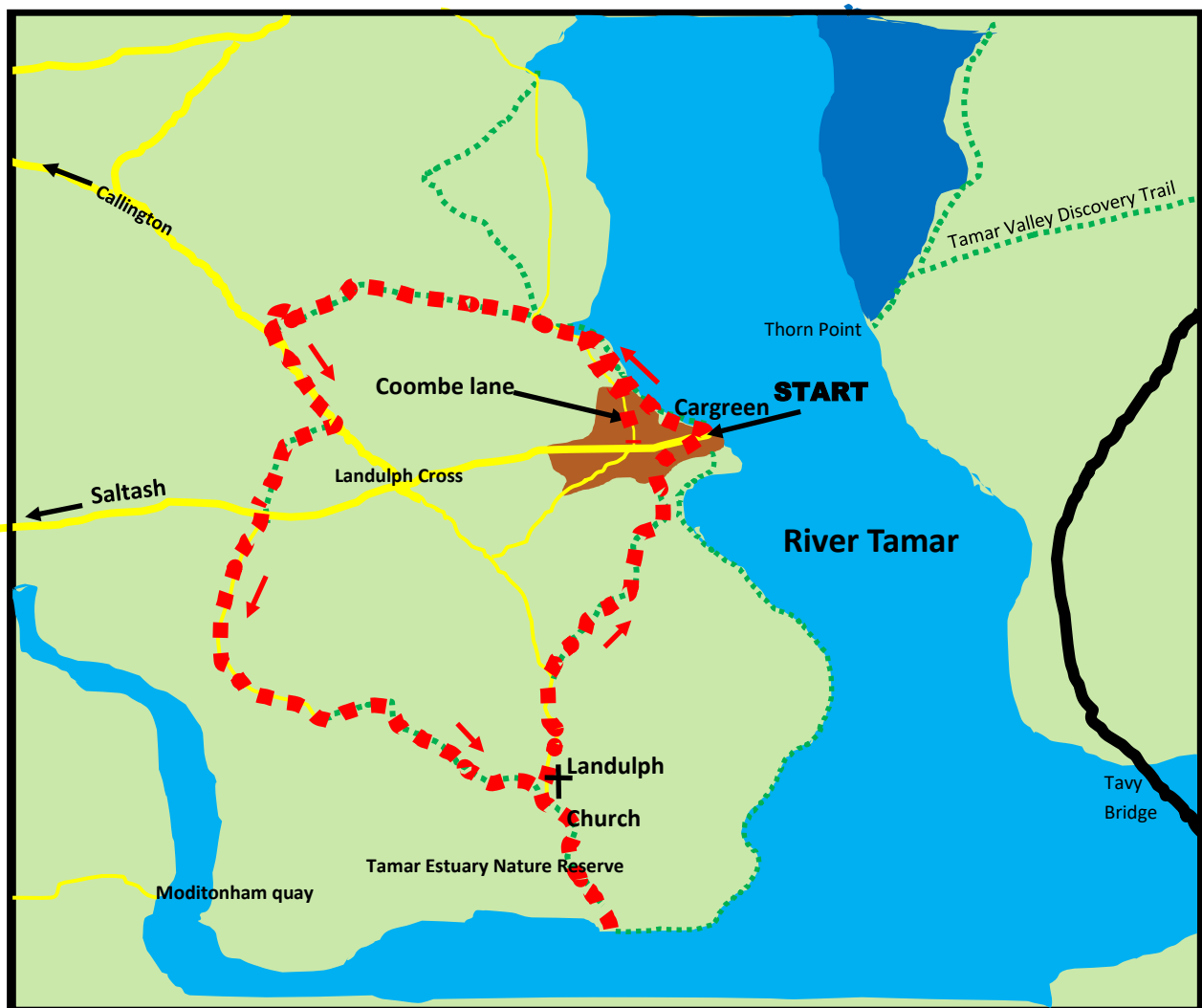
Walking the Lower Tamar Valley

Walk 1

Landulph and Cargreen

The first walk is quite a short one at just 3.5 miles but it does introduce you straight away to the River Tamar. There is an excellent excursion down to the shoreline From Landulph Church where it is actually possible to do a shoreline walk all the way back to Cargreen but not recommended as it is very muddy and very much depends on the tide and time of year. However do go on down to the shoreline as you will be overlooking the Tamar Estuary Nature Reserve. We will start in the riverside village of Cargreen which is in the parish of Landulph Post code PL12 6PF.

Landulph quay is not marked on any map but it is said that pilgrims departed from there to the shrine of St James Compostela in Santiago Spain in 1434.



Up river view from Cargreen



Make your way to Cargreen which is a village on the Cornish side of the Tamar. Find a parking space after you have gone past Coombe lane which is on your left as you drive into the village .



There is a footpath along the foreshore but even with the tide out it is a muddy walk but if you want to try it turn left at the bottom of the road walk through the old car park of the now closed pub and along the foreshore to the yellow gas sign then onto Coombe Lane next to all the parked yachts.



It is however a much less muddy to walk back up Fore street and turn right into Coombe lane.



After a couple of hundred yards Coombe lane becomes an unmade up track and passes next to the parked yachts.



50m past the parked yachts, when the lane bends sharply right go left and then up some steps and through a wooden gate into a field. With the gate behind you bear left slightly to go across the field.



Ignore the information about the permissive path and go through the gate and then across the next field.



You cant help but see the footpath as the farmer makes sure you don't walk over his crops.



At the end of the next field go through the wooden kissing gate and then along the edge of the next field with the hedge on your left



Go through the next gate, and keep the hedge on your left.



After about another 100m or so turn left when you reach the road. It's not a busy road but it is well used so best keep on the right to face the oncoming traffic.



300m along the road just past the wide splayed entrance into *Grove* turn right to walk up some steps and over a stile into a field. Keeping near to the right hand side fence make your way to a gate in the far right hand side corner. (If you find the field so severely poached by cattle that it is impassable keep walking down the road take the first right then the first left.)



Go through the gate and stay next to the hedge on your right



Behind the shed go through the gate in the timber fence and straight on along the drive in front of you.



When the drive meets the road go straight across to go down the lane with the cul de sac sign post.



Stay on the lane for half a mile ignoring the right turn. When the lane makes an S bend turn left on to the bridleway.

Stay on the bridleway all the way to Landulph Church.



Alternative route if wet and you find the way is barred by a pond across the path.



Halfway along the bridleway you may come to a large pond on the path barring your way. If this happens follow the tractor tracks into the field turn right walk down the edge of the field through the sparse hedge in front of you and out onto the bridle way through a wooden gate. See insert photo. (It's a well used diversion)



When you reach the church turn left and walk up the road.

However if you would like to do the excursion down to the fore-shore and the Tamar Estuary Nature Reserve turn right but come back here to continue the walk.

The excursion is about 400m. Turn right at the church and walk on down the road. Just past the cemetery on your left the path turns right into the Tamar Estuary Nature Reserve. Stay on the path all the way to the shoreline. From here you could walk all the way back along the shore to Cargreen but only at very low spring tides with wellies on.



River Tamar with the Saltash bridge in the distance.



With the church on your right walk up the road. On reaching the third bend in the road turn right to go along a well used footpath ...



....that will take you over the hill and



back down into the village of Cargreen.



Turn left when you reach Penyoke lane. Stay on the lane passing a play area on your right until you reach Fore street and your car. However if the tide is out there is a not very muddy foreshore route you could take.



When you see the playing field walk up to the embankment and turn left and walk to the end.



Staying as high up as you can walk along the foreshore and then turn left up some steps which will take you straight into Fore Street.