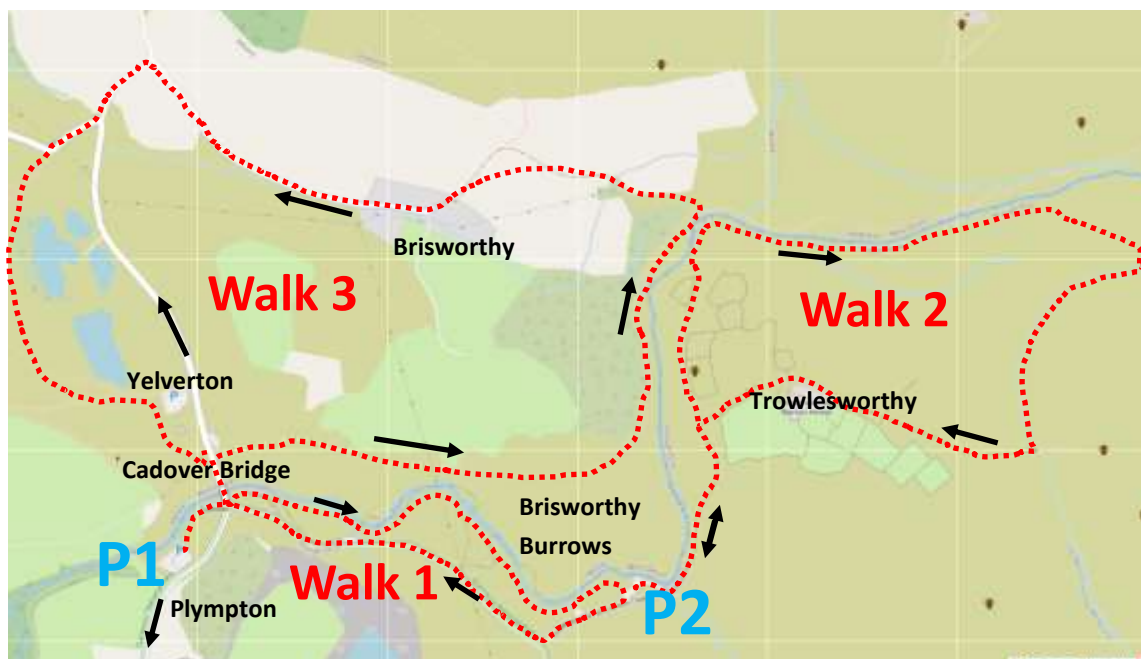


The River Plym from sea to source

Walk 6

Cadover a choice of 3 short walks

The first is just a one mile walk starting at Cadover bridge (P1) on the map below and links with the second which is about 2.5 miles long and starts at the car park by the Blacka brook P2. The third is a more challenging 2.5 mile walk on the north side of the river also starting at P1



A short walk up the river

Starting from the large car park walk up to but not over the bridge. Turn right and walk on down the road to reach a point where you can access the river bank.

There is no very obvious continuous path to follow but it is a very well used scenic area and quite easy to find your way along the river bank.



What you will see is undulating ground formed by the spoil heaps. There are even some sandy beaches.

When you reach this mound and cliff edge you can go over the top but you will find it easier to turn right and walk around it.



When you reach this large level area you can either return to your car by using the road or continue on the Trowlesworthy Warren walk. To reach the road go down the bank and walk out to the farm track and turn right.



Trowlesworthy Warren walk. About 2.5 miles

To drive to the start of the walk from the main Cadover bridge car park turn right into the road immediately before the bridge. Go along this road for not quite half a mile and as it rises up turn left along a farm track and park in one of the two small parking areas on your left.



Walk out of the car park and turn left.



When the track bends right fork left and walk along a grassy track.



Walk on past this walled enclosure



Just past the walled enclosure fork slightly left to get on down to the river bank.



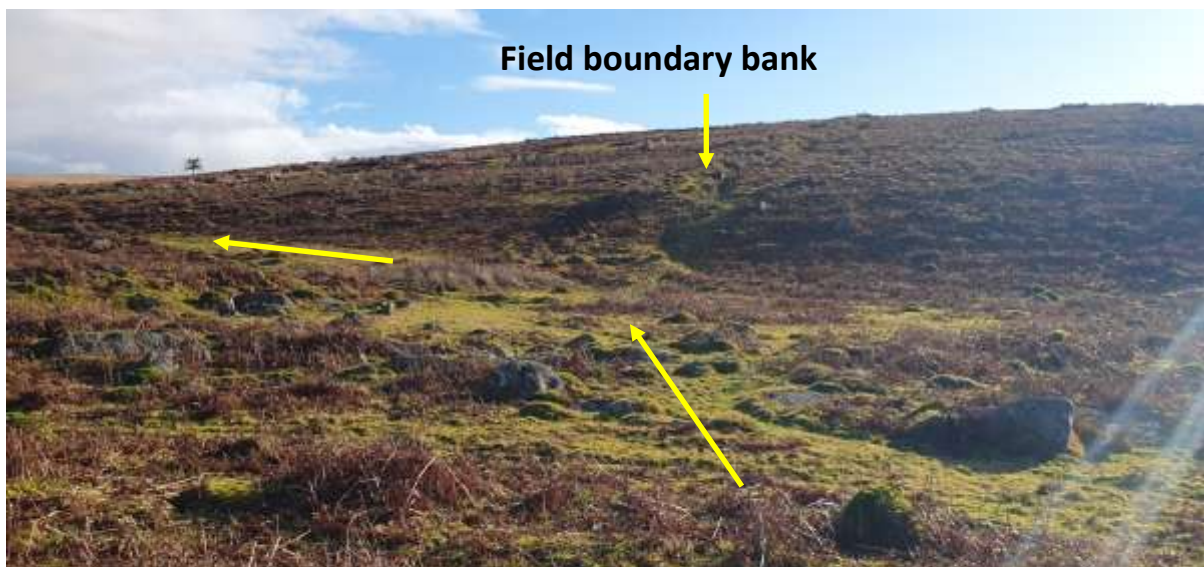
Then closely follow the river for at least 300m



It's a delightful walk along the river bank which you will probably have all to your self yet so easy to reach.



You will walk next to the spoil heaps left by the medieval tin streamers.



After a while the walk along the river bank becomes much more difficult. Here look up to your right and head towards an old field boundary bank under the arrow and continue walking parallel with the river but now about 50m away from it.



When you find the path blocked by this tussocky marshy area turn right and walk up to a leat.



**On reaching the leat walk
along to a bridge which
should be on your left .**



**Go over the bridge and head up hill on a
sheep track. In 50m when you reach a wide
grassy area turn right and stay on the same
contour around the hill until you reach a
pillow mound.**

Trowlesworthy Warren covering some 200 hectares is believed to be the oldest warren on Dartmoor. A warren is where the Dartmoor farmer actively farmed rabbits by constructing long mounds of earth up to 50m long with a drainage pit all around. The rabbits made their burrows in these mounds. There are at least 150 of these known as pillow mounds in the Plym valley which includes the Trowlesworthy Warren area and across the river in the Legis tor Warren and Ditsworthy Warren areas. The rabbits were farmed as food and their fur which also supported a hat making industry.



Walking past one of the many pillow mounds look to the horizon and start to walk in a straight line towards the top of the clay spoil heap mountain.



Quite soon you will reach a concrete bridge that spans the leat.



From the concrete bridge follow the track down and around to the right of Trowlesworthy farm hidden amongst the trees.



When you reach the track turn right and walk back to your car.

Walk 3 The North Bank

a challenging 2.5 mile walk that is quite wet in places and only really suitable to try in the summer or wearing wellies.



From the large Cadover bridge car park walk up to and over the bridge then in about 80m take the track on your right. Follow the track all the way to a disused barn. On the way you will encounter a flooded area.



Its quite easy to get around. Go left and step over two small streams then follow a path around to the other side.



After passing a barn it becomes a narrow path for almost a mile.



It's not difficult to follow the route it's just quite wet in places. With dense bracken in the summer.



You are passing through an area called Brisworthy Burrows an area of undulating spoil heaps not easily accessible created by the tinnerns diverting the river to wash out the tin ore a process called tin streaming.



One of the many watery challenges.



Section of river bank leading to the gate that you go through.



200m or so after passing through the gate you will drop down a short steep path to a large level area that can be quite wet. Look to your left as you walk through and make for the rock next to a tall hawthorn bush. A good place to stop for a snack and a drink.



Walk up the bank behind the rock



**You will reach a level area. Here
fork left and head for the bungalow
by going through a gateway**



Go past the bungalow



**Using their access drive walk along it
and go through a gate. Go past by
Brisworthy farm and keep going
along the farm road to a T junction
three quarters of a mile from here.**



Turn left at the T junction



Turn right at the next junction



**In about 100yds at the next sharp bend
in the road go left up a track**



**When the track forks left
and right keep right .**



**When the track reaches
open moorland turn left
towards the trees.**



**Then keeping the trees and
fishing lake on your left and
a marshy old watercourse
on your right walk to the
end of the fishing lakes.**



Keep following the path and walk on down the hill passing the house in a wood on your left.



You will by now have seen your car in the car park. To reach it keep on down the slope to a farm access track and turn left.

Walk on out to the road turn right go over Cadover bridge and back to the car park.