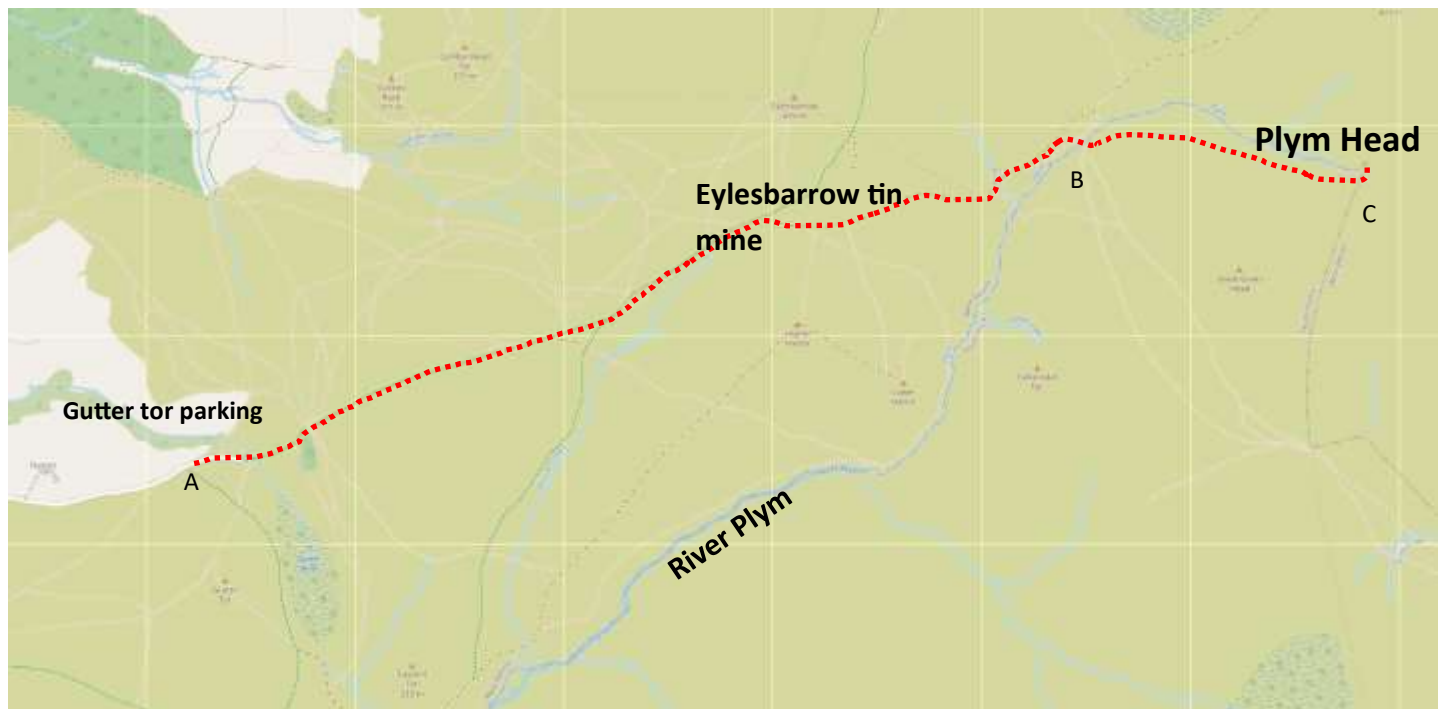


The River Plym from Sea to Source

Walk 8 6 miles

Plym Head a linear walk



This final walk to reach the source of the river Plym starts at the Scout Hut otherwise known as Gutter tor car park. To reach it from Burrator reservoir drive through the village of Sheepstor and take the second left signposted to Nattor. PI20 6PG. It's a fairly easy walk but note that between points A and B there is a wide gravel/rocky path. B to C is open moorland and a bit boggy and tussocky.



You can park at the end of the road but after the cattle grid the going is pretty rough.



Set off from the car park at the end of the road and with the pine trees on your right take the track up over the hill and keep going until you reach Eylesbarrow. It will take you about 40/45 mins.



When you reach Eylesbarrow mine fork right.



Stay on this track all the way to Plym Ford



Passing through Wheal Katherine



After passing through Wheal Katherine keep a sharp look out for a large post on your right which you will be visiting shortly. It's just the other side of the river Plym under the arrow .



Then very soon leave the main track by forking right in front of a mound and walk on down to Plym Ford.



It is quite easy to cross Plym Ford without getting your feet wet you just need to walk up river for about 10m.



Having crossed over walk on up to the post you have spotted on the way down.



**With your back to the notice
walk away from the post veering
slightly left.**



**Without walking into the tussocky grass keep the
marshy valley reasonably close to you on your left.
It will take you at least half an hour to get there.**



**When all the marshy ground and soft rush disappear
and the ground starts to rise up you have reached**



**.....PLYM HEAD THE SOURCE OF THE
RIVER THAT GIVES IT'S NAME TO THE CITY**

**I hope you have enjoyed the trip
up the Plym. Perhaps one day it
might be a recognised trail.**