



COCKLES FARM

Moor to Sea!

## Discovery Adventure Green Travel Trip: 1

*Discover The Truly Glorious and Historic Tamar Valley: Calstock and Cotehele House.*



*A return trip along the glorious Tamar Valley railway branch line from Saltash to Gunnislake returning via Calstock, plus a walk to Cotehele House and Quay (National Trust).*

*Walking or bicycles.*

*Luncheon venues en-route.*

*Suitable for children 5yo +*

### Duration

A full day

### Itinerary

1. Take the train from Saltash Station over the world-famous Royal Albert Bridge (Brunel) to St. Budeaux (1 Stop). Change platforms to the Victoria Road station stop. Purchase return tickets to Gunnislake. Alternatively, cycle over the Tamar Bridge.
2. Catch the train and travel to Gunnislake returning to Calstock.
3. Walk/Cycle down to the river and explore this riverside settlement.
4. Walk/Cycle to and explore Cotehele Quay via the riverside and walk (some bike pushing).
5. Walk/Cycle up the steep hill to Cotehele House.
6. Return to Calstock and catch the train back to St Budeaux and then to Saltash.

## Food and Drink stops

The Boot Inn, Calstock

The Tamar Inn, Calstock

The Quay, Cotehele for tea and scones or an ice-cream.

The Barn, Cotehele House. (Free Entry to the Barn and quay but not to the main house.)

## Map

Ordnance Survey Landranger 201

## Tips.....

Check the tide times to get the full riverside experience. Places look even better with the tides in!

If this Discovery Adventure is too strenuous then take a Tamar River Trip from Plymouth Barbican.

Plymouth. See Discovery Trip 2 : The Tamar valley branch line to Gunnislake stopping at Bere Alston. Walk or cycle via Weir Quay to Bere Ferrers and/or Maristow.



## Links

Tamar Valley Area of Outstanding Natural Beauty <http://www.tamarvalley.org.uk/explore/>

The Tamar Valley Line <https://greatscenicrailways.co.uk/stations/calstock/>

Cotehele House <https://nt.global.ssl.fastly.net/documents/maps/1431730030587-cotehele.pdf>

Tamar Trails Adventure Centre <http://www.tamartrails.co.uk/>