

WALKS FROM 7<sup>TH</sup> MARCH TO 30<sup>TH</sup> JUNE 2019

GUNNISLAKE U3A WALKING GROUP

We leave Gunnislake carpark at 10 am sharp unless otherwise stated. Transport costs are listed for each walk plus 30p for U3A funds. Wear stout boots and appropriate clothing. Bring coffee and a packed lunch. Walk distances are approximate and walks may be changed due to inclement weather. Phone/email/text either Clare or Sonia by 6pm on Wednesday if you want to walk the next day so car sharing can be arranged. Details of each walk will be emailed to you on the previous Monday.

Please take care and remember that walkers walk at their own risk and the leader just happens to be the person who knows the way !!!!

We no longer keep medical records because of Data Protection so if there is anything we need to know it is your responsibility to tell us. However we would appreciate you giving us an emergency contact number. Thank you.

7 <sup>th</sup> March	6 mile easy walk from Bere Ferrers along tracks, through woodland and over fields.	Petrol £2
14 <sup>th</sup> March	Local 3 to 4 mile walk from Gunnislake followed by Soup and Pud at Leon's. More info later.	
21 <sup>st</sup> March	5 mile easy walk from Staddiscombe. Sea views, footpaths, fields and lanes.	Petrol £3
28 <sup>th</sup> March	6 mile mod walk from South Brent over country lanes and moorland and along <b>9.30 start</b> the riverside track.	Petrol £4
4 <sup>th</sup> April	Approx 5 mile walk from Princetown towards Nun's Cross returning along fps and tracks via Peat Cot.	Petrol £2
11 <sup>th</sup> April	5 mile easy walk from Latchbrook near Saltash. Lanes, fields and footpaths	Petrol £2
18 <sup>th</sup> April	4 mile walk from Morwell Barton to Morwellham and back. Tracks, fields & woods	Petrol £1
25 <sup>th</sup> April	The Pipe Track walk from Cadover Bridge to Shaugh Prior and the Dewerstone. Approx 4 miles along tracks and through woodland. Some steep climbs	Petrol £2
2 <sup>nd</sup> May	Local walk starting from Gunnislake Station. Approximately 4 miles along lanes and footpaths.	
9 <sup>th</sup> May	Old favourite. Our 5 mile walk at Pentire Point to see the spring flowers. <b>9.30 start</b> Coastal footpaths and country tracks.	Petrol £4
16 <sup>th</sup> May	Mount Edgecumbe walk going on the train from Gunnislake. More details to follow	
23 <sup>rd</sup> May	5 mile easy coastal walk from Noss Mayo. Footpaths, woodland, quiet lanes. <b>9.30 start</b> Some short steep climbs.	Petrol £4
30 <sup>th</sup> May	No walk	
6 <sup>th</sup> June	5.5 mile easy circular walk from Duloe along West Looe river, fps and woodland	Petrol £3
13 <sup>th</sup> June	6 mile mod walk from Cornwood along tracks, downland and fields. Several stiles, 2 climbs, one of which is at the end!	Petrol £2
20 <sup>th</sup> June	5 mile mod walk from Prince Hall to Swincombe over moorland & along tracks and lanes	Petrol £2
27 <sup>th</sup> June	Another old favourite: Bude - 6 mile coastal, field and canal walk. <b>9.30 start</b>	Petrol £4

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