



Follow the Old Mine Lane down until you get to the A390. Turn left heading towards **The Rifle Volunteer (5)**. {Restaurant and public house}. Cross

the road before the pub and look for a **Public Footpath** sign. Turn right on to footpath and soon after turn left along the path behind The Rifle Volunteer. Pass the football pitch and turn right towards the children's play-area. Exit at the gate and turn left, onto the road. Turn right at the fork and follow the road down the hill.

Just pass **Todsworthy Farm (6)** turn left at the 'T' junction and walk along the narrow road past **Hollow Greep**. Keep left at the next fork which will bring you to **Albaston (7)**. Cross the road and turn right by the **Queen's Head**. Follow **Cemetery Road** past the graveyard, then the **Tamar Valley Centre** on your left.

Retrace your steps to **Gunnislake Railway Station**.

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The Calstock Footpath Society is engaged in monitoring and caring for the paths throughout the villages and hamlets in the Parish that are used by the local community and visitors to the area.

Membership is open to all. £6 per annum per person, which includes all Society walks.

Visit <https://calstockfootpathsoc.org.uk>

To obtain more guides:

Email calstockfootpath@gmail.com

Title: Up the Down and Back.

Distance: (6km) 3.7 miles

Gradient: Gentle incline.

Level of difficulty: Moderate.

Type of paths: Roads (pavements), quiet lanes, footpaths, two major road crossings.

Suggested map: OS Explorer 108.

Start/finish grid ref: GPS: N50° 30.983' W4° 13.171' SX 427 708

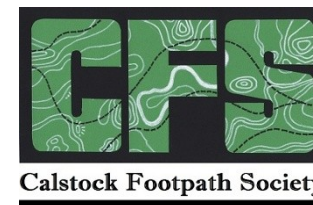
Suitability for dogs: on leads only

Parking: Gunnislake Station

Public toilets: (nearest) Gunnislake village

Refreshments: Rifle Volunteer, St Ann's Chapel, Louis Tea Rooms

Public Transport: Train: Plymouth to Gunnislake. Bus: 79, 79A. See www.traveline.info



A SERIES OF WALKS IN THE TAMAR VALLEY

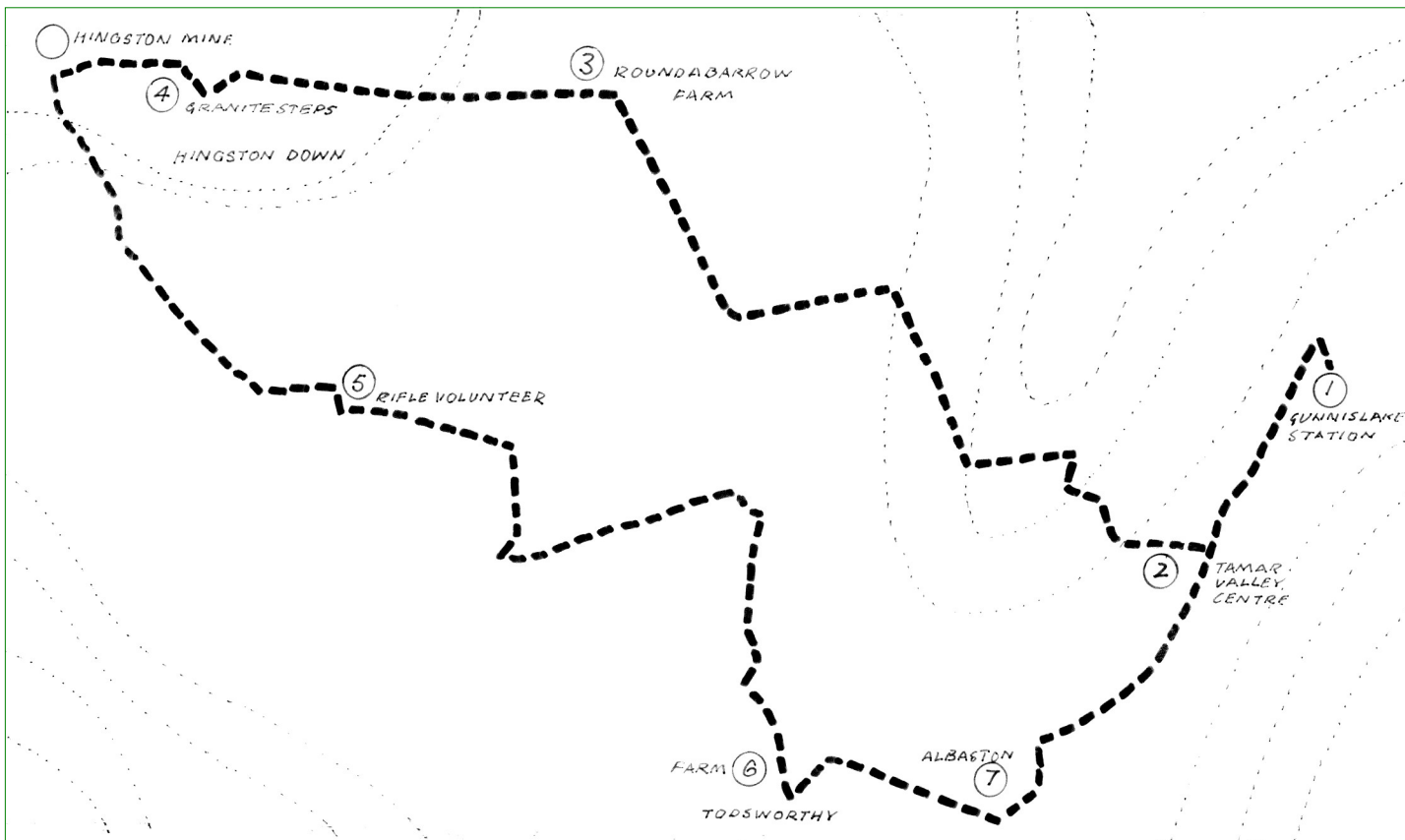
GUIDE NO 1

Up the Down and Back

The walk starts and finishes at Gunnislake Railway Station.

The route takes the back lanes up gentle slopes to Hingston Down.

This offers fantastic views over the Tamar Valley towards Plymouth Sound. Down to St Ann's Chapel and then through Todsworthy, Albaston and back to the Station .



Exit **Gunnislake Railway station (1)** and turn left up the hill, staying on the left-hand pavement. Pass the horse trough on your right and where the pavement ends cross the road and then enter the gate to Drakewalls mine workings. If open visit the **Tamar Valley Centre (2)**.

Continue to walk up the grass bank past the wind turbine and follow the track, eventually coming to the gateway towards a road. Turn right at the road and head



towards the **A390** past **Delaware School**. At the junction turn left and stay on the pavement for about 100m (bench) then take the track (locally known as Crow Lane) on the other side of the road heading away from the A390.

The metallised surface soon disappears and you are following a gently sloped dusty track zig-zagging up Hingston Down. Pass the allotments and at the next left turn is



Roundabarrow Farm (3).

The track to the left becomes a farm track and then narrows to a path with brush growth on either side. The hedge banks of the original track can still be seen.



Follow this track to the end, turning right



up some **granite steps (4)** (The remains of a former quarry). At the top of the steps turn left for about thirty metres where the vista turns to open gorse. Turn right up the hill and then turn left by a large granite boulder.



Follow this track towards Kit Hill. Can you see the old mine shaft on your right hidden in the undergrowth. Stop and admire the views down the Tamar with Plymouth visible in the distance. Continue on the track and then head for the **Hingston Down** mine engine house which has an information board and is a good resting place. **You have walked 1.6 miles.**

Look towards the Tamar and Plymouth and follow the well defined track to a gate.