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DARTMOOR

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Active Dartmoor recognises the hazardous nature of Dartmoor and the inherent risks of outdoor activities.

However the magazine and its publishers cannot accept responsibility for the consequences of participating in the activities depicted in this magazine. It is the responsibility of the participant to ensure they are correctly skilled, experienced and equipped to undertake any outdoor adventurous activities.

There is no substitute for instruction by a trained and qualified provider of outdoor activities - Active Dartmoor recommends that participants should seek the professional services from the providers listed in this magazine.

Main cover photograph The Dewerstone
by Malcolm Snelgrove



So far this summer we have had great weather for getting out and enjoying the moor and exploring some of the first class projects that are nearing completion in the National Park.

This issue has something of a focus on the south west corner of Dartmoor. See our feature on the Burrator Historic and Natural Environment Project and our Family Walk for details of the restoration works at Burrator Reservoir and the exciting opportunities these have opened up for individuals and groups alike. There are historic buildings to visit and a great new easy-access family nature trail in Burrator Arboretum.

Further south, the National Trust have a new Lead Ranger for the area, are working with Spirit of Adventure to turn the old Scout Centre at Dewerstone Cottage into an activity centre and campsite and have created a new off-road cycle route, the Plym Ridge Ride. The Dewerstone itself has long been synonymous with climbing on the moor (see our cover and climbing shoots story) but now it has also inspired a high quality range of outdoor clothing. We caught up with the owners of Dewerstone Lifestyle Clothing to find out all about their new company based at Shaugh Prior.

If you'd like a taste of nostalgia, why not follow in the editor's tyre tracks and take a vintage tour of the moor and some of the top class campsites in one of the classic VW camper vans from O'Connors Campers. While you're out and about you might happen to hear the excited calls of young people learning Bushcraft skills with Wild Woods 'n Willow, our featured business in this issue, or even chance upon one of the trainee survivors on Bear Grylls' new Dartmoor Survival Academy courses, see page 25.

Finally, if you're feeling really energetic, why not try our latest Big Tick and take on the South North Challenge in a day or longer. Whatever you do, enjoy the summer and all the first class opportunities on Dartmoor, take a look at our new website and perhaps share some of your experiences with us and fellow readers. We're always on the lookout for new "readers favourite walks" and top places to visit.

John

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NEWS

News from around the Park

National Park Visitor Centre Princetown



PHOTOGRAPHS © JENNY HOW

Richard Drysdale, Visitor Services Manager, seen here taking care of guests including Phil Hutt, new Director of the Dartmoor Preservation Association, Sam Hill, Manager Communications and Visitor Services, DNP, and Peter Harper, Chairman of the National Park Authority

Awinter of refurbishment and some exciting interactive additions for all the family to enjoy will enhance the Dartmoor experience for visitors to the Dartmoor National Park Visitor Centre in Princetown this summer.

Enjoy the new Sherlock Holmes experience and hear how Conan Doyle was inspired by Dartmoor to create his famous Hound. Take the children into the new Dartmoor Discovery Centre and travel back in time, try out the new Junior Rangers Land Rover and see the story of the Hairy Hand - if you dare!

The Centre is also hosting a new exhibition by Guy Richardson and Alex Nail. 'Dartmoor Timelapse' is a year-long project to capture Dartmoor's finest landscapes through the medium of timelapse photography. The resulting short film is the culmination of hundreds of hours of work to bring the local landscape to life and is being shown exclusively at the Centre with an accompanying exhibition of photographs.

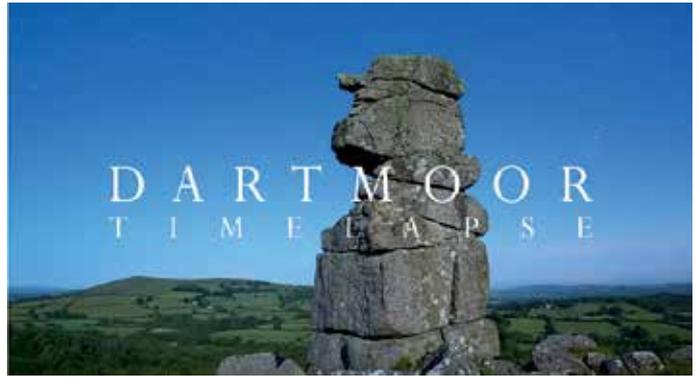


Two wool products

ACTIVE SUMMER DAY

Saturday 16 August 11am - 4pm
National Park Visitor Centre, Princetown

Discover the many activities you can undertake when you visit Dartmoor with an opportunity to try some of them. With guided walks and cycle rides, a climbing wall and other taster sessions such as geocaching (equipment provided) there is something for everyone.



The Story Behind the Making of *The Dartmoor Time Lapse Film*

Active Dartmoor's Jenny How finds out the highs and lows of creating this remarkable and moving 8 minute film. Alex Nail and Guy Richardson kindly answered a list of questions with great detail and good humour! Reading how, when, where and why the film was created, and the trials and tribulations the photographers encountered whilst doing it, gives a great insight into the determination and passion of these two extraordinary young men.

A trailer for the film, plus a full list of questions and answers can be found on our website at www.activedartmoor.com Do have a look, and follow it up with a trip to Princetown to see the entire film.

Road show visits Dartmoor villages



PHOTOGRAPH © DNPA

An information and advice road show goes on a tour of Dartmoor this summer offering free microchipping for dogs and a chance to win a hamper!

South Hams District Council is teaming up with Dartmoor National Park Authority and Dogs Trust to visit communities across

Dartmoor this July. Look out for the Dartmoor National Park vehicle at the following venues:

Thursday July 17

Tradesman's Arms car park in Scorrilton - 10 to 11.30am.
Shiplely Bridge car park - 12.15 to 1.15pm.
The Old School at South Brent - 2 to 4.30pm.

Friday July 18

Holne Village Hall - 10.30am to 2.30pm.

The road show will give residents the chance to meet an advisor from the district council who will be able to answer questions about a range of public, not for profit and support services. Dogs Trust will be offering free identity microchips for dogs - a quick and painless procedure which would normally cost around £20. Microchips will be compulsory by 2016 so Dogs Trust is urging dog owners to take advantage of this limited microchipping offer.

Local Dartmoor National Park Authority Rangers, Ella Briens and Bill Allen, will be joining the road show to talk to residents about their work in the parish and promote the Paws on Dartmoor campaign, highlighting the importance of responsible use of the moor by dog owners. All visitors will get the chance to enter a free prize draw to win a luxury Devon hamper worth £50, and all dog owners who have their pets microchipped will be entered into a prize draw for a hamper of doggie goodies - courtesy of Dogs Trust.

For more details call 01803 861234 or visit www.southhams.gov.uk or follow @SHWDCconnect on Twitter.

Tour of Britain 2014

PHOTOGRAPH © DNPA



The Devon stage is now confirmed as Thursday 11 September and the cyclists will cross Dartmoor via Bovey Tracey – Haytor – Widecombe-in-the-Moor – Princetown – Tavistock and then head round towards

Okehampton. The Devon Stage will start in Exmouth and finish in Exeter. The 2013 Devon stage injected almost £5.9m into the Devon economy. The cross park route should help spread the economic benefit across Dartmoor communities.

Big Peaks presentation

The Dartmoor Classic Committee kindly donated the bike for the prize draw, which was drawn on the day of the Dartmoor Classic, which this year attracted 3500 riders.

100 miles, 100k or 65k route twisted their way across Dartmoor from Newton Abbot racecourse via Princetown and back to Newton Abbot, in hot but near perfect conditions. The Bigpeaks Service and Support point at Princetown was really busy all day offering mechanical assistance to competitors and the Livery Dole Mitsubishi service vehicles manned by Bigpeaks staff were busy rescuing mechanical breakdowns across the moor!



lucky Prizewinner Kevin Ross who is pictured here with Alan Pewsey of Dartmoor Rescue and Pete Smith of Bigpeaks

The Bike is £1000 Trek Madone 2.1 supplied by Bigpeaks in collaboration with The 2014 Dartmoor Classic Cyclesportive.

Outdoors organizations call on MPs and peers to champion outdoor recreation

Ten leading outdoor organisations joined together in Westminster on 11 June to urge parliamentarians to factor the benefits of outdoor recreation into their manifestos and policies ahead of the next general election. The event, organised by the BMC and the All Party Parliamentary Group for Mountaineering, co-chaired by David Rutley MP and John Mann MP, highlighted the social, health and economic benefits that outdoor recreation contributes to the nation. MPs and peers were invited to make a date with outdoor representatives at the 'speed-briefing' to learn more about outdoor recreation and countryside conservation.

The ten leading outdoor organisations, collectively representing over six million people with an interest in outdoor recreation and the conservation of our countryside, are: British Mountaineering Council, Campaign for National Parks, English Outdoor Council, Living Streets, Open Spaces Society, Outdoor Industries Association (Britain on Foot campaign), Ramblers, Sport and Recreation Alliance, Wild Network and the Youth Hostel Association.

The organisations are asking political parties to support six proposals for government action on the outdoors to help realise the full potential that recreation and the conservation of our countryside can bring to the nation.

Six key proposals for government action

1. Cross-government support for a long-term strategy on outdoor recreation
2. Increase opportunities for young people to get outside
3. Improve access to coast and countryside
4. Maximise the economic contribution of outdoor recreation
5. Strengthen planning guidance and protect the outdoors
6. Better public transport in rural areas

NEW! Active On Dartmoor Rock Climbing Photography Workshops

Malcolm Snelgrove's new Active On Dartmoor Rock Climbing photography workshops will see budding photographers scale new heights as they embark on these unique courses. The workshops take place on Dartmoor which is immensely popular with rock climbers, and the workshops will feature the intrepid adventurers as its subjects.

Working with Adventure360, a Devon-based company which provides adventurous experiences using its team of highly qualified members.

Those who embark on the workshops will learn all the tricks needed to take great images such as lighting, composition and anticipating movement so that mediocre shots can be turned into really great ones.

For experienced climbers, there will be a chance to photograph from ropes, while equally stunning shots will be obtained from those who'd rather keep their feet firmly on the ground.

Numbers are limited for these exclusive one day courses which include a picnic lunch and a critique of images following the workshop. (See Advertisement on page 9)



PHOTOGRAPH © MALCOLM SNELGROVE

Three for the price of one. Rich Pencott of Adventure360UK with Darren "Swiftly" Swift and Wayne Killestein give us the shot we were looking for!

Active Dartmoor Show Trailer

We will be taking the newly sponsored show trailer to various shows this summer, including Okehampton, Chagford, Lustleigh and Widecombe Fair. We've also been invited to the Dartmoor National Park Authority ACTIVE SUMMER DAY at Princetown on 16th August 11-4pm. Come and say hello if you are at any of the shows, we will have competitions, quizzes, visiting Clydesdale horses, cake, and plenty more!

The screenshot shows the Active Dartmoor website with a navigation bar at the top. The main banner features a large group of people in outdoor gear with the text "The Adventure Starts Here!". Below the banner are several article thumbnails: "Climbing the Dewerstone" with a photo of a person climbing, "A Dartmoor Adventure" with a photo of a person, and "Walking on Dartmoor" with a photo of people walking. A green bar reads "KEEP UP TO DATE WITH THE ACTIVE DARTMOOR BLOG".

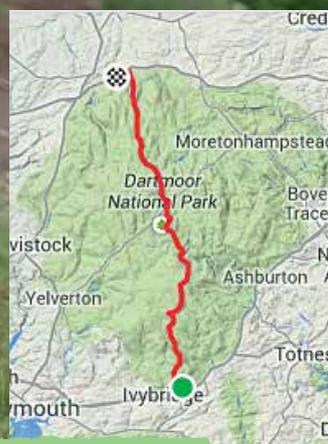
Active Dartmoor now has its own website!

Active Dartmoor magazine has left the Dartmoor Partnership, become completely independent and now has its own website, which we are very excited about. By the time this summer issue is out we will have had some time to start putting a few of our plans into action with it. With more space to play with we can give greater coverage to more organisations, businesses, events, races, shows and news of what's happening across Dartmoor. Why not have a look? We welcome all opinions, suggestions and constructive criticism! If you would like to be listed in one of our various directories just let us know:-)

RUN DARTMOOR SOUTH TO NORTH

50.0km	1,007.0m	5:01:55	6:02/km	4,134
Distance	Elevation	Moving Time	Avg Pace	Calories

PHOTOGRAPHS © JUSTIN NICHOLAS



Dartmoor has some of the best trail running opportunities in the UK and to celebrate the increasing hours of daylight Justin Nicholas took on the challenge of crossing the moor from south to north in a day. Here he shares his experience of achieving this Big Tick.

INFO

To see Justin's exact route visit:
www.strava.com/activities/132621386



Okehampton



Having explored the National Park extensively on foot and crossed it a number of times in a single journey over two days I couldn't resist the temptation to have a go at running it in a single effort. I took advice from East Devon-based ultra-marathon runner Paul Champion who is the Head Gardener at Bicton College. He is a modest man but had completed my planned route on a number of occasions in addition to many ultra-marathons in the British mountains and The North Face Ultra Trail du Mont Blanc. His detailed knowledge of running on Dartmoor helped to refine my exact choice of route in the hope of make a successful crossing.

After hatching this plan I needed to persuade/coerce a couple of other like-minded people into giving it a go with me. My first attempt proved futile so I changed tactics; I decided to sell the "opportunity" to run half way across Dartmoor and swap over while I attempted the full crossing. A number of people showed some interest in joining me but when the time came to lace up their running shoes the only takers were Dave Parrott from Exmouth and Jez Turner from Budleigh Salterton. Jez was more than happy with the plan that he would run half the distance (about 15 miles or 24km) but spurred on

by his recent success in achieving second place in the Exe to Axe race Dave was curious about giving the full 30 miles (48.2km) a go. This left us with a small problem of getting our car to the half-way point at either Dunnabridge or Postbridge. Jez provided the solution, he would run with us from the start near Ivybridge and turn around at Red Lake and move that car to the half-way point giving us the option to bail out if we realised that we had bitten off more than we could chew.

We started running at 8am and Jez set a stiff pace but the conditions underfoot along the old Redlake Tramway proved to be a real gift in that 7.4 miles (12km) were soon swallowed up. Conditions changed rapidly after that point and following a steep descent on the Two Moors Way we had to cross some "typical" Dartmoor terrain en route to Ryder's Hill. Thick cloud forced a quick bit of compass work and then we were off again passing Combestone Tor and the stepping stones over the West Dart to Huccaby. Dave was still smiling at that point 12.4 miles (20km) but by the time we had skirted around Bellever Tor he was considering his options. As we arrived at Postbridge the appeal of the slightly beaten up Renault Laguna that would soon be arriving proved too much of a temptation and Dave decided to retire and preserve his legs for another day. I was pretty keen to give it my best effort so I decided to carry on solo.

After climbing up to Sittaford Tor and then continuing towards Whitehorse Hill I was

starting to feel the strain and that was fuelled by the realisation that I no longer had a phone signal and was committed to crossing that last part of the moor. I forced myself to eat some food at the Memorial Stone and prepared myself for the inevitable slog across the bog to Hangingstone Hill. Having crossed in a direct line between those two points on a number of occasions before, I knew it usually involved knee- and occasionally thigh-deep mud. On this occasion I decided to follow the path via the Peat Pass marked on the OS map. I was thrilled to make this discovery and was rewarded with almost dry feet.

The final part of the route was mainly downhill all the way to Okehampton. With a quick dip in the stream above Steeperton Gorge to sooth aching legs I was soon on the bank of the East Okement and with renewed vigour I was able to enjoy the last few kilometres down to the old railway station. That should have been the end of my run but to my horror my Garmin watch only registered 48.5km. Not a problem in itself but I had set my heart on a 50km so I decided to add a little loop to make up the shortfall in distance.

We didn't break any speed records in this effort but did have a fantastic day. Dartmoor has so much to offer from ancient grass roads that provide almost arterial like links into the heart of the moor, forest tracks, steep wooded valleys and some truly spectacular wild places. Dave and Jez are now both keen to have a go at the full distance so we will return at some point for a speed attempt in the opposite direction. ■



WALKING OPTIONS

If you'd rather take on this challenge at a slower pace, there are some great options for crossing the moor from south to north over two days or more and enjoying a spot of wild camping or even a more luxurious stopover in a hotel, B&B, hostel or bunk house in the Bellever, Postbridge, Two Bridges or Princetown areas.

Alternatively why not follow that Two Moors Way from Ivybridge in the south to Drewsteignton in the north west.

Further Information:

www.devon.gov.uk/walking/two_moors_way.html

Ivybridge

The story behind the Active Dartmoor magazine cover and climbing shoots

Jenny How gets the story from Malcolm Snelgrove



PHOTOGRAPHS © MALCOLM SNELGROVE

And...."it's a wrap!"

Part 1

It all started with an off the cuff comment by professional photographer Malcolm Snelgrove, when we were discussing how we are keen to support and promote a wider range of activities plus the people behind the scenes who keep Dartmoor as it is. "Have you got your cover picture sorted out yet, I've had an idea?"

First step was to contact National Trust Plym Valley to ensure we would be welcome to carry out our plans to have horse riders and cyclists at the top of Dewerstone. Several emails, phone calls and Twitter shout outs later, we had permission, a group of beautiful Clydesdale horses from Adventure Clydesdale, Rory and Tom Watts from Dewerstone Lifestyle Clothing, Paramedic Kate Cornfield, and her husband Ed who is a Business Psychologist but for 11 years was a professional whitewater kayaker, all ready and poised to play their parts. Malcolm Snelgrove takes up the story...

"I arrived early to refresh my memory of the area and check the light. Shortly afterwards the ground shook and a thundering of hooves heralded the arrival of the Big Friendly Giants (Clydesdales) hurtling up the hill towards us. It was the first time our models had been up close to such big horses and everyone just fell in love with them... time was ticking so everyone got into

their various positions with just a couple of instructions:-

Ignore me and just carry on as if you were enjoying yourself out on Dartmoor doing the activity you are portraying and allow me to move around without anyone directly looking at me.

Feel free to point into the distance talk/joke between you all, I will do the rest...

By 11:30 it was a wrap! And the BFGS left us to carry on their Trail Ride over Dartmoor".

This cover shoot captured three of the four activities we wanted to portray but we still were missing the rock climbers that Dewerstone Rocks are famous for!

Part 2

A further shout out on Facebook and Twitter (ah, the magic of Social Media!) brought us into contact with three highly professional and experienced climbers.

Rich Pencott, former Royal Marine Commando who now specialises as a Mountain Leader with his own Adventure company Adventure360UK, and also featured heavily on C5's TV series 'Royal Marines Mission Afghanistan.'

Darren Swift (Swifty), former Royal Marine, now Climbing and Mountaineering Instructor and recipient of the Royal Human Societies Gold Stanhope Medal for single handedly rescuing and carrying an injured climber of the North Ridge of Mount Everest.

Wayne Killestein, from the Commando Training Centre, Royal Marines.

Malcolm takes up the thread...

"I met Swifty at 14:30pm the previous day for a recce and we walked up to the base of the main rock face of Dewerstone to have a look at our options. Clearly this would not be suitable due to the position of the sun in the evening so upwards we went to look at the Pinnacle and Ravens. As soon as I saw these two rock faces towering up and above the tree line I knew they would be the location for the cover shoot... we sat for a few minutes watching a few climbers currently climbing both to give me an idea on the routes Swifty and Rich could take.



Rich Pencott and Darren "Swifty" Swift on their way up Pinnacle

We met at 3pm the following day, armed with Walkie Talkies for ease of communication, to set up both Ravens and the Pinnacle with safety ropes and belays so that I could quickly move between the two rock faces without much trouble while Swifty and Rich were climbing. With Wayne being my safety man making sure I was secure on the belay lowering me to all the heights I required to capture the images.

I initially spent time approx 4-8m from the top of Ravens capturing images of the guys climbing the Pinnacle before joining them with Wayne lowering me down over the main rock face so that I could stand out from the rock and capture images looking straight down as they climbed upwards, and the side on shots with the valley in the distance.

The whole shoot took us around 1hr 45mins culminating in all three of the guys



Rich Pencott all geared up

standing up on the top of the Pinnacle!

What a fabulous evening with an inspirational team in such a breath takingly beautiful, stunning location”.

A HUGE Thank You to every one involved in this extraordinary shoot for Active Dartmoor magazine and website, including everyone from the initial shoot at the top of Dewerstone, Tim Ancrum of Adventure Clydesdales with Janet and Kirsten MacIver, Kate and Ed, Rory and Tom. And then the three amazing, if slightly mad men who spent an evening completing a photographic shoot which has given us a wonderful insight into the world of climbing the Dewerstone. Most of all, we would like to thank Photographer Malcolm Snelgrove for his skills, time, inventive mind and hard work in pulling off what turned out to be two remarkable photo shoots. We salute you all!

NB. Anyone wishing to go biking on Dartmoor National Park land is advised to have a look on their website or pop into one of the Visitor Centres for information on where it is permissible to ride. www.dartmoor-npa.gov.uk ■



Wayne Killestein puts his faith in Rich Pencott!



"Swifty" looks for his next grip



Nearly there!

ACTIVE ON DARTMOOR ROCK CLIMBING PHOTOGRAPHY WORKSHOPS



- Budding photographers will scale new heights as they embark on these unique courses
- Dartmoor based climbing photography workshops
- Working with Adventure360UK
- Learn all the tricks needed to take great images
- Chance for experienced climbers to photograph from ropes
- Picnic lunch and post-shoot critique session included

**Malcolm Snelgrove
Photographer**

07973 118237
www.malcolmsnelgrove.com
malcolm@malcolmsnelgrove.com



GUIDEBOOK WRITERS

Active Dartmoor takes a look at three of the great guidebook writers who have charted Dartmoor's history so carefully and inspired generations of visitors since their books came out.

“**A**nybody who has an interest in and a deep love of Dartmoor should never be without the two classic books, *Crossing's Guide to Dartmoor* and Eric Hemery's *High Dartmoor*. When I was making my short Dartmoor Walks films as a director/cameraman for BBC Spotlight in the early 1970s they were invaluable for my research and script material,” says John Earle, explorer and owner of The Dartmoor Expedition Centre.

Add John Hansford Worth and you have three names that have become synonymous with Dartmoor as these great writers continue to share their detailed knowledge of the moor with successive generations of residents and visitors through their books. Their words conjure up a picture of Dartmoor that is at times both busier and yet more remote than the moor we know today and their photographs provide an enduring image of the past, from peat cutting, to tin working, from pony drifts to forgotten buildings.

“What was special about *Crossing's Guide* was how it put me in touch with Dartmoor from a different era through his stories of meeting ‘moormen’ and farmers from the Victorian and Edwardian eras,” says Brendan Stone, Head of Centres at the Dartmoor Centres. “On my walks to long abandoned farms such as Teign Head and mines such as Hooten Wheals I had a better understanding of what was once

a much busier and industrial landscape. Even now I often refer to *Crossing* for inspiration as to where to go and for information on long forgotten tracks.”

Mark Lane, who has written many of our Bushcraft features, agrees. “Hemery and *Crossing* have been a fundamental part of my quest for the sublime,” he says “The intimacy and everyday detail of their descriptions successfully chart the intersection of nature, man and mystery. They have taught me that the sublime is present in a mossy rock that splits the frothing water of a Dartmoor brook and that the sheer quantity of this micro-beauty multiplies to overwhelm our senses in the macro. Dartmoor reaches beyond our understanding, stretching imagination past our mortal limit. It intoxicates. Their collective works provide a very human attempt to methodically catalogue the true, overpowering sense of the sublime. An attempt that took two lifetimes, and, by its nature, will remain indefinitely incomplete.”

The books that made them famous
“I always recommend *Crossing's Guide* and *Worth's Dartmoor* as essential reading if people want to understand how the Dartmoor we see today was formed,” says Brendan Stone. Add *High Dartmoor* to your library as well and you'll have three of the great books on Dartmoor.

Crossing's Guide to Dartmoor

by William Crossing

Born in Plymouth in 1847, William Crossing spent much of his life on the south and west sides of the moor at South Brent, Brentor and Mary Tavy. Although his first literary efforts were romantic fiction he was known as something of an extreme rambler often spending a day or more walking and stopping to chat with the moormen he met along the way. He began to record notes on his explorations of the moor and to arrange them methodically prior to writing his description of Dartmoor. He gained his interest in antiquities from his mother and is considered one of the great authorities on Dartmoor. *Crossing's Guide to Dartmoor* was published in 1909 by the *Western Morning News*. William Crossing is also claimed to be the inspiration behind modern Letterboxing as he described the first letterbox at Cranmere Pool in this famous book and later had a plaque and letterbox placed at Duck's Pool in his memory.

High Dartmoor

by Eric Hemery

Eric Hemery had a lifetime love of Dartmoor and its people and spent nearly a decade in the fifties as a professional guide and lecturer on the area. *High Dartmoor* published in 1983, is considered one of the definitive guides on Dartmoor and was perhaps the first to chart the area so comprehensively since *Crossing's Guide*. It focuses on the high moor and provides a topographical and historical survey of every watershed, meticulously recording even the tiniest tributaries. The book remains one of the weightiest and

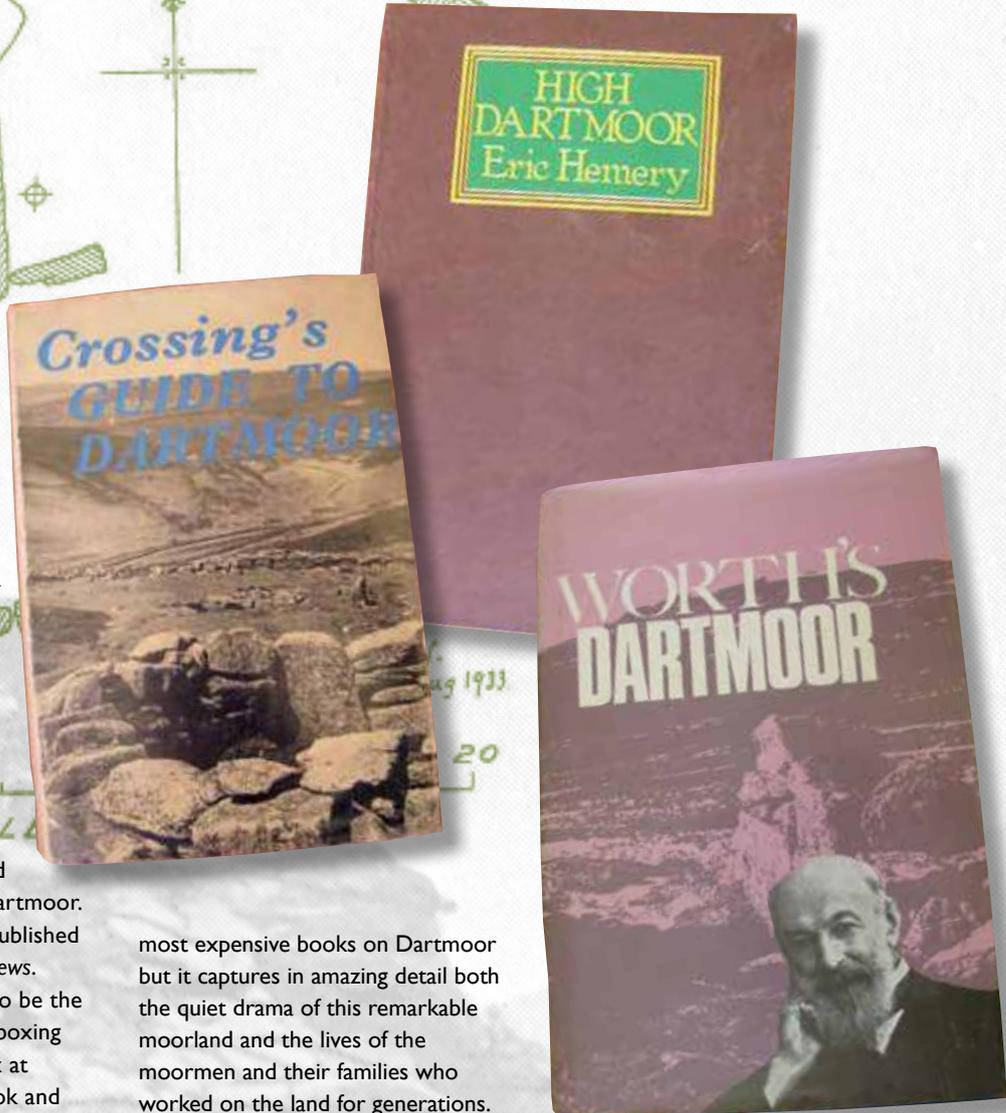
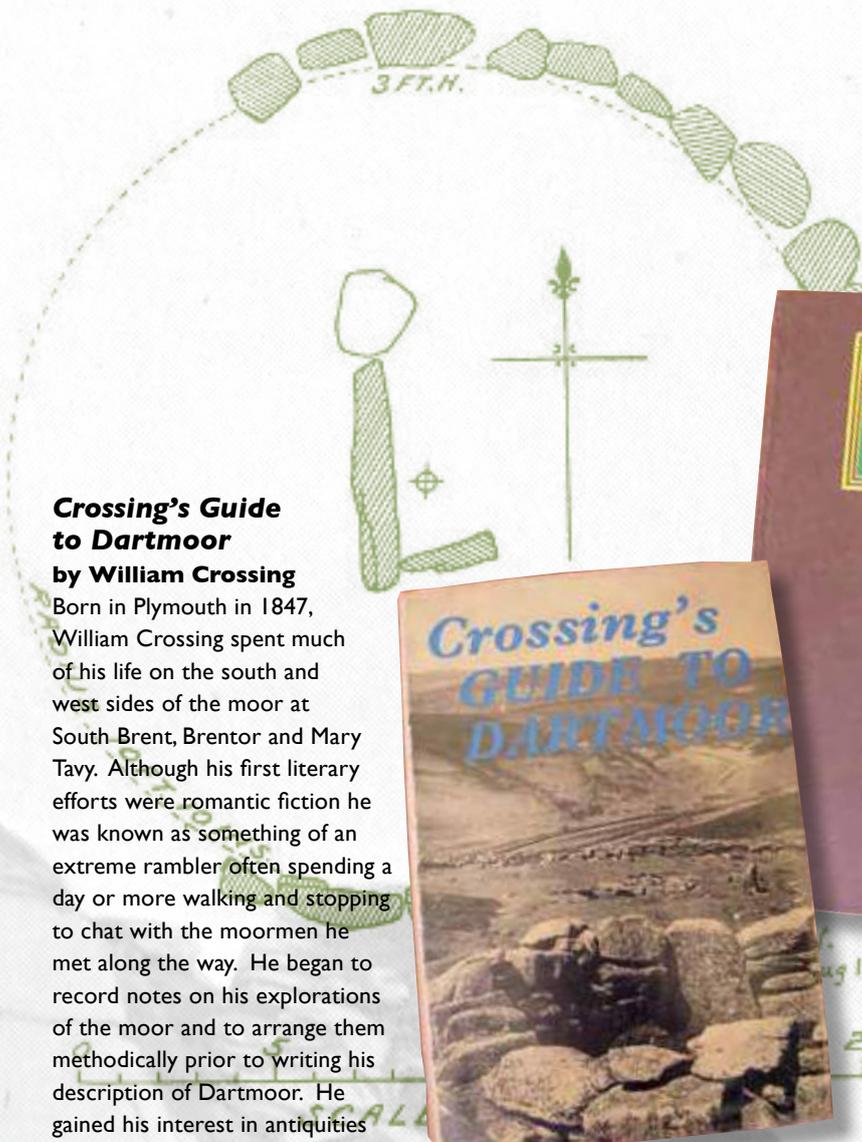
most expensive books on Dartmoor but it captures in amazing detail both the quiet drama of this remarkable moorland and the lives of the moormen and their families who worked on the land for generations. Authentic place names are used throughout the book and are traced back to their origin wherever possible, while the photographs provide an atmospheric snapshot of times gone by.

Worth's Dartmoor

by R. Hansford Worth

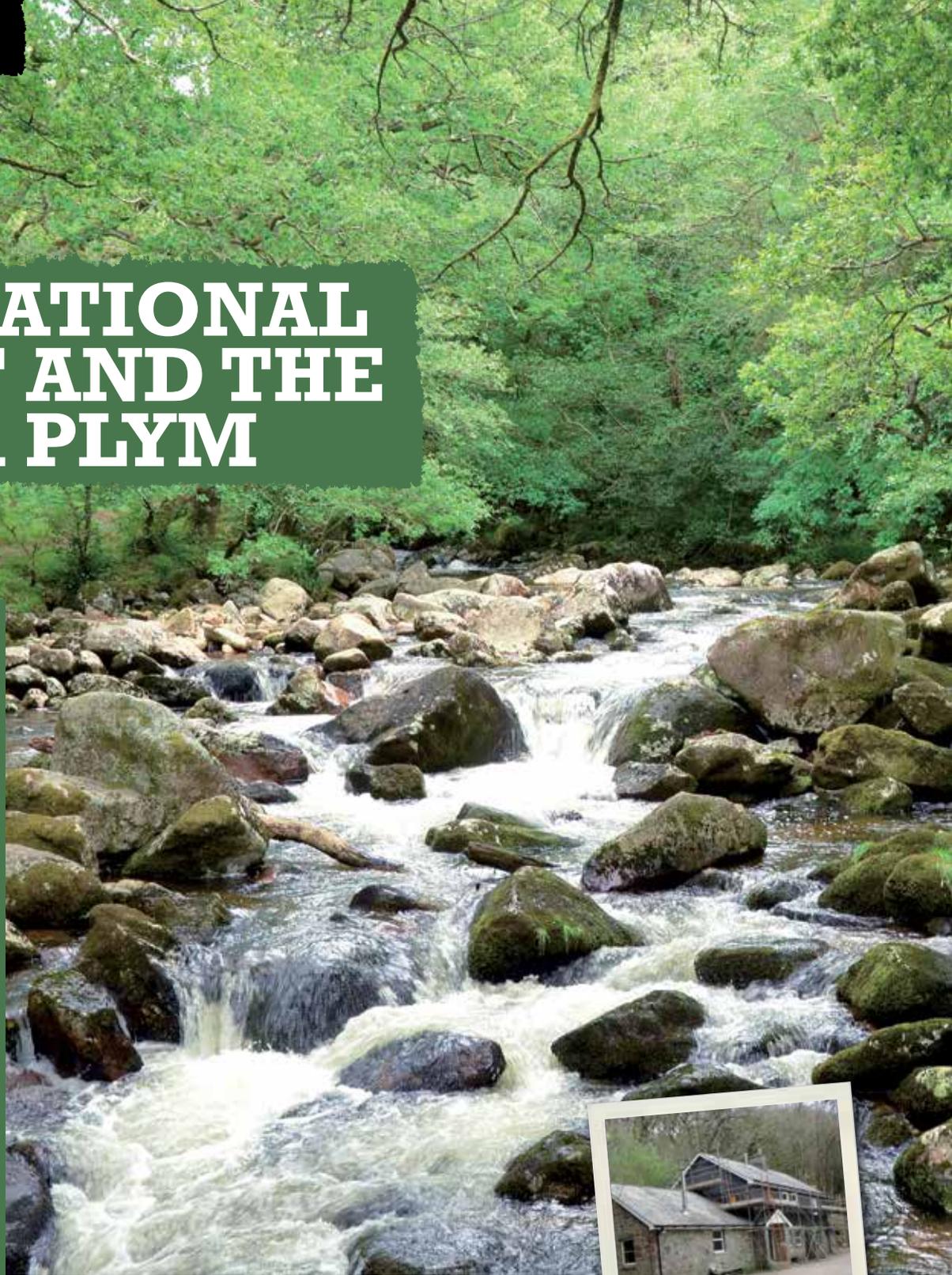
Richard Hansford Worth was born in Plymouth in 1868 and was the son of R.N. Worth, a journalist, historian and geologist. A member of the Institution of Civil Engineers, a Member of the Mineralogical Society and a Fellow of the Geological Society of London he was principally interested in recording observable features and avoiding speculation. Reliable observations of surviving

archaeological evidence are often relied upon for developing a coherent picture of the people who lived on the moor in prehistoric times. Richard Hansford Worth provided a wealth of this material through his researches in the field and record offices and it was his intention to collate his published papers and reports on Dartmoor into book form. Although he died before completing this wish he left a legacy for the publication of the book, which was edited by F.S. Russell and G.M. Spooner at the request of Richard's wife, Annie Worth, and lives on as a mine of information on Dartmoor's history and particularly its archaeology. ■



THE NATIONAL TRUST AND THE RIVER PLYM

As part of our focus on the south west corner of the National Park we caught up with Adrian Colston from the National Trust, a major landowner in the Plym Valley, managing over 4200 acres of land including Plymbridge, the Dewerstone, Cadover Bridge, Trowleswothy Tors and Plym Head, to find out about their exciting new developments in the area.

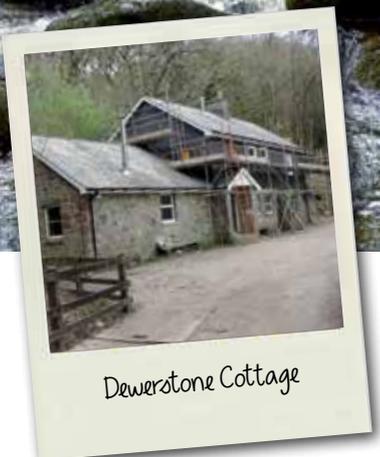


Dewerstone Cottage

Just around the corner from the Dewerstone Rocks are the Dewerstone Cottages, an old Scout Centre that has been empty for a few years. The National Trust has formed a partnership with Spirit of Adventure (a local provider of outdoor courses and activity holidays based at Powdermills near Postbridge) to renovate the property into bunkhouse accommodation for groups of up to 30 people and a campsite. The Dewerstone

Cottage and campsite will provide Spirit of Adventure with a perfect base for running educational outdoor-based activities, such as Duke of Edinburgh Awards and team building programmes for school children from the age of 9 upwards.

“Spirit of Adventure cater for adults, children, individuals, groups, families and schools. With over seventeen years’ experience running outdoor activities in the UK and abroad they have the expertise and



Dewerstone Cottage

knowledge to make your adventure memorable and safe!” says Adrian Colston, the National Trust’s General Manager on Dartmoor.

The new activity centre will open later this summer. The bunkhouse and campsite will also be available to hire out to groups who want to do their



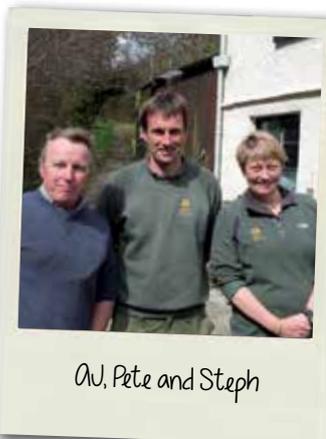
Off-road cycle trail

The National Trust's popular new off-road cycling trail, the Plym Ridge Ride, starts from Drake's Trail (NCR 27), 0.9 miles (1.5km) North of Plymbridge car park. It is suitable for cyclists with some off-road riding experience as a minimum as it explores the steep wooded slopes of Plymbridge Woods. There are a number of technical climbs and descents, snaking single track and tight corners. There is the option to extend your ride and repeat the first half of the trail by following the blue arrows for 'Repeat loop'.

Further details: www.nationaltrust.org.uk/plymbridge-woods-and-plym-valley/things-to-see-and-do/activities/

New Lead Ranger

The National Trust has a new Lead Ranger for the area, Anthony 'AJ' Bellamy. AJ started a couple of months ago following the retirement of Gus Fergusson who had worked for the National Trust on Dartmoor for 18 years. AJ has a great pedigree for the job – he worked for the RSPB as their Site Manager at Exminster Marshes for 12 years before becoming a wildlife consultant. He is a bird ringer and a passionate wildlife champion as well as being an experienced countryside manager.



AJ, Pete and Steph

All the National Trust's Rangers on Dartmoor (there are 11 of them) are now kitted out in red tops making them distinctive and easy to spot – if you see one of them do say hello – they are a friendly enthusiastic bunch!

own thing, maybe climb at the Dewerstone Rocks, make use of the many cycle paths that can be found close by, or just have a relaxing break away in a beautiful location.

For more details and booking information on Dewerstone Cottage or campsite please contact Spirit of Adventure on 01822 880277 or martin@spirit-of-adventure.com.

To keep up with what AJ and the team are up to you can follow him on Twitter @NT_AJ_Bellamy and the team @NTPlymValley.

Adrian Colston's top tips for things to do and see in the area

Walking

"If walking is your thing then there are numerous walks around our land – a walk from Shaugh Bridge up to Cadover Bridge via the 'pipe' track on the south side of the Plym is always popular and gives fantastic views of the Dewerstone Rocks. If you want something a bit more adventurous you could try a moorland walk (with a map and compass) from Cadover Bridge to Calveslake Tor via Hen Tor returning via the magical Shavercombe Valley and waterfall. This is the area we use regularly to train our National Trust Wild Tribe Ten Tors teams!"



Dewerstone Rocks

Climbing

Dewerstone Rocks are one of the best multi-pitch climbing venues on the moor and have ascents for the novice as well as the very experienced. You will find people climbing on the Dewerstone practically every day of the year – individual teams, school groups, climbing clubs and of course the Royal Marines from Bickleigh and Lympstone Barracks who train there.

The Dewerstone Rocks are set in the Plym Valley in stunning ancient oak woodlands rich in wildlife. The woods and valley contain an almost full suite of the quintessential

Dartmoor species such as wood warblers, redstarts, pied flycatchers, buzzards, dippers and grey wagtails along with many butterflies such as the pearl bordered fritillary and flowers such as bluebells. The river itself is also spectacular crashing as it does down from Cadover Bridge a couple of miles away. "It is one of my favourite places on Dartmoor," says Adrian. "I love standing on the footbridge in Shaugh Woods at the bottom of the hill from the village of Shaugh Prior and just watching the river thunder past."

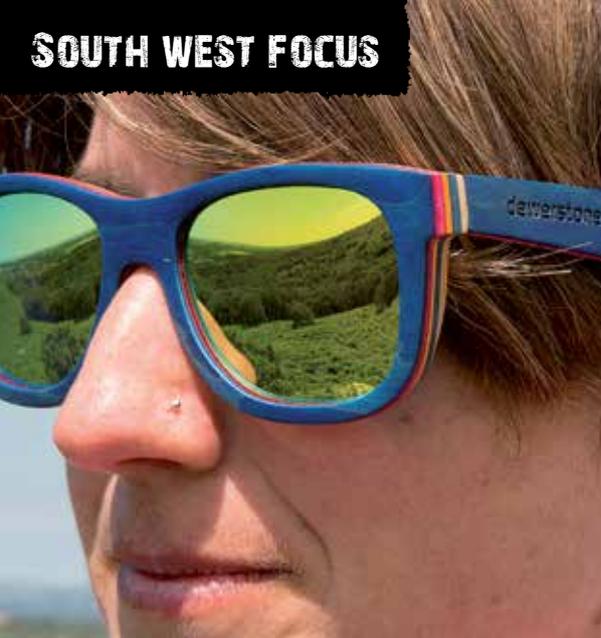


Adrian Colston

Cycling

NCR 27, the Devon Coast to Coast, runs close to Shaugh Bridge and the Dewerstone and makes a great way to access the area from either Plymouth or Tavistock and Yelverton. A multi-use trail suitable for all the family it follows the route of an old Great Western Railway track. From the edge of Plymouth, you plunge straight into glorious oak woodland before emerging out into open countryside. The trail leads you past dramatic industrial remains, including towering quarry faces and across breathtaking viaducts. You'll also get the chance for close-up views of nesting wild peregrines (in season).

Adrian Colston runs a blog 'A Dartmoor blog' which is updated daily <http://adriancolston.wordpress.com/> and you can follow him on Twitter @NT_AdrianC



CLIMBING HIGH WITH DEWERSTONE

Anna Baness caught up with the founders of Dewerstone Lifestyle Clothing to find out more about this new name in the outdoor clothing industry which hails from Shaugh



PHOTOGRAPHS © MALCOLM SNEELGROVE

Based a few hundred metres from Dewerstone Rocks this “artisan” clothing company is inspired by the local terrain. Co-founder Ben Coombs explains: “I’ve always been drawn to Britain’s open spaces and so I guess it was inevitable that I’d feel an affinity with Dartmoor from the moment I first visited fifteen years ago. I became a regular visitor taking full advantage of the area’s spectacular walking, cycling and rock climbing potential. But of all the moor’s varied vistas, it’s the pretty Tolkienesque woodlands of the Dewerstone which have

drawn me back the most. It’s where I first learned to rock climb over a decade ago, and has played such a big role in my life that a few years ago I moved to the village of Shaugh Prior. When I felt inspired to put Dartmoor on the lifestyle clothing map for the first time, the choice of name for the new brand was obvious – it had to be dewerstone.”

Along with co-founder, Rory Atton, Ben launched the new venture last summer and, ever since, Dartmoor has been the inspiration which shapes the business. The new company’s clothing designs have all carried the stamp of the moor, featuring such themes as the National Park’s outline and Dartmoor’s rock climbing history.

Dewerstone also prides itself on carrying out as much of the work as possible on Dartmoor. Every item is designed on the moor, printed in dewerstone’s Dartmoor-based print lab and tested in the sometimes challenging weather which characterises its natural habitat. “It’s been fantastic to see the way both the Dartmoor-loving public and existing businesses have supported the venture and been moved by the way we strive to do as much as we can ourselves, here on the moor,” Ben says. “It’s also

been incredible how we’ve been welcomed into, and supported by, the close-knit community of businesses which exist on the moor. From day one established Dartmoor retailers such as Kountry Kit in Tavistock, Trail Outdoor in Ivybridge and Trailventure in Ashburton have been keen to support us and help us grow.”

Until recently, dewerstone has been best known for their more casual clothing which mix an easy stylishness with wilderness design cues. However, that’s now changing as they’re bringing out ever more technical products, while striving to maintain their unique Dartmoor-inspired “artisan” feel. This summer sees their first foray into the world of polarizing eyewear, as well as the launch of their innovative “life shorts” – the first line in their forthcoming “smart technical” range, with sets out to blend outdoor performance with a stylish look. And what does the future hold? “That would be telling,” says Ben. “But rest assured that there are some pretty special plans in the pipeline.”

You can find out more about the dewerstone story by visiting their website at: www.dewerstone.com

dewerstone

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Since last September we have been delivering a long-term volunteering programme in line with our conservation and archaeological management plans for the Burrator catchment to provide opportunities for site visitors, individuals from the surrounding area and organisations to get involved in preserving this beautiful area. Tasks have involved gorse

clearance, coppicing, access work at the arboretum, charcoal burning and sorting, and gardening at Wembley Walk.

Make the area more accessible by overcoming barriers, and improve the visitor experience

Between October and April we reinstated the main 0.9 mile (1.5km) footpath through the Burrator Arboretum to provide an easy access path to enable visitors, particularly those with limited mobility, to leave the main road and get closer to wildlife, along with the addition of a self-guided nature trail. This work was completed by Landmarc and over a 150 volunteer days!

The arboretum was officially reopened on Easter Monday in partnership with Radio Devon's *Walk Devon* programme and over a 100 people came.

Since October the 100 year old Iron Store has been undergoing a complete restoration by Ryearch Ltd and conversion into the new Burrator Discovery Centre with a classroom (which can also be hired out to groups), interpretation area and office. There was a grand opening at the beginning of July.

During the project's development phase in 2011 the extensive consultation programme found that there was an overwhelming need for 'interpretation' to help site visitors explore the area and learn more about what Burrator has to offer, from construction of the dam to tinworking and farming in the area. In partnership with Smith & Jones Design Consultants and a team of volunteers we have designed the following interpretation: three site orientation boards, three historic information panels with artistic impressions at key historic sites, and internal exhibitions for the Burrator Discovery Centre. Volunteers have been busy researching content, sourcing materials, and interviewing people about their experiences for the oral history project.



reach out to a more diverse range of people

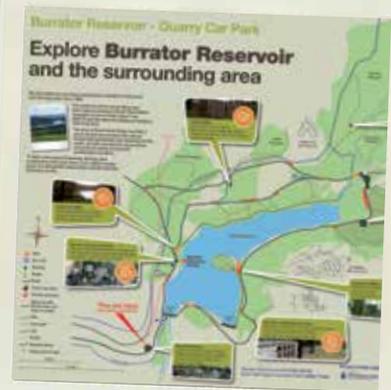
"I've never done anything like this before ... it's the best day ever!"

Through the three year project we aim to increase our offer to schools and colleges in delivering curriculum-based visits, along with personal development opportunities

for all. Since July 2013 we have delivered Forest School programmes for ACE Primary, the hearing support centre at Egguckland Vale Primary School and Meavy & Yelverton District Pre-School. Over the year an English for Speakers of Other Languages (ESOL) class from City College Plymouth

have been visiting the site every Wednesday morning and have created the *Burrator Alive with History* guide aimed at their age group, 16-19 year olds, on sale from the Burrator Discovery Centre.

Along with a wide range of volunteering opportunities on offer, we are also delivering a varied visitor engagement programme of public events, monthly family wildlife watch sessions and rural skills training days, so far this has included coppicing and charcoal burning, for everyone to get involved in. ■



PHOTOGRAPHS © SOUTHWEST LAKES TRUST

MORE INFO

For more details about the opportunities on offer or to get involved please see the Burrator newsletter at: www.swlakestrust.org.uk, email Emily Cannon, heritage@swlakestrust.org.uk or call 01822 855700.

To extend the learning programme and



The Dartmoor centres

The Dartmoor Centres offer professional training and accreditation

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The Dartmoor Centres offer good quality group accommodation and adventurous activities for schools, youth groups, community groups and clubs from our two centres in the middle of Dartmoor

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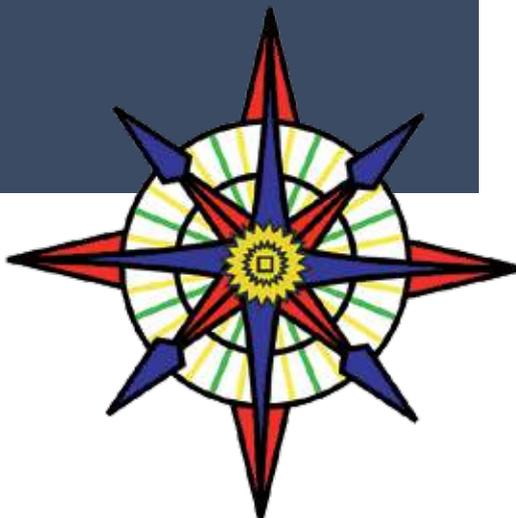




NAVIGATION



David Guiterman discovers it's easier to get lost on Dartmoor than he thought and embarks on a navigation course with Compassworks to brush up his skills.



As we all arrived at Belstone Village Hall to experience Level 1 of the National Navigation Award Scheme, it was hard to imagine that it all started about 280 million years ago. There are a few maps of the world as it was then but they show nothing like the extraordinary detail of the present day Ordnance Survey 1:25000 that we were about to become familiar with.

Life in those days must have been pretty dicey; the world's landmasses were crashing into each other to produce a single continent. Things were so traumatic that a huge volume of molten rock formed an underground lake under what is now Devon and Cornwall. An upward bulge in this rock has become what we know as Dartmoor. It is still a dangerous place for the unwary. The granite was initially deep in the ground but over the years, millions of tons of overlying rock has been lost laying bare the now solidified granite. It is this granite that forms the tors mainly around the edge of the moor which so many come to admire and which are also sufficiently distinct from each other that they form a set of landmarks much used by the navigator. So don't get lost like the rocks

or carried away by rivers. Knowing your location can be vital if you are unfortunate enough to sustain an injury or if the weather changes for the worse, but how easy is it to actually get lost on Dartmoor? I thought I would give it a try and it was surprising how simple it was to be successful.

Away from the edge, much of the moor looks, at first glance, to be almost devoid of distinctive features making it a challenge to know exactly where you are. Cosdon Hill is no exception but I know it well. When, at the summit cairn, the cloud came down, I put all navigation aids away and set off for Belstone using the familiar slopes as a guide. Emerging half an hour later from the cloud base I found myself off course by a good two miles.

Back to the present and the navigation course run by Bob and Yvonne Adamson of Compassworks. What would the course be like and how stressful would it be to learn so many new things and to have to put new skills into practice while being critically observed? No one need have worried. Bob and Yvonne could not have been friendlier, putting everyone at ease right from the start. With a wonderful mixture of challenge and reassurance we were



INFO

www.compassworks.co.uk
Compassworks are accredited under The National Navigation Award Scheme to teach and assess at Bronze, Silver and Gold level.



enlightened over what at first appeared to be the dark art of navigation.



During the morning whilst enjoying an interactive PowerPoint presentation (with coffee/tea to hand), we explored grid references and bearings and were introduced to the fiendishly clever Silva Expedition 4 compass. In two easy movements you can set up a bearing and use it to travel over the ground. For added accuracy there is the Expedition 54 with a built in prism - a great improvement on carrying around one of those heavy military brass compasses which had been my constant companion up until then.



After a homemade lunch, it was out of the classroom to put all that theory into practice over the next one and half days. Hints and tips came thick and fast from the expert course leaders.

- Rule one:**
Carry the right equipment.
- Rule two:**
Know how to use it.
- Rule three:**
Have the confidence to believe what it is telling you.

Equipment should always trump instinct if there is a conflict, however, blind faith in map and compass is not always a good idea. It is wise to be critical. Things can go wrong and you need to ensure that the compass is responding only to the Earth's main magnetic field. In some areas of the country, for example parts of north west Scotland, the rocks contain iron minerals. In the Cuillins a compass can be a false friend and in Glen Coe you can be walking north whilst the compass insists that you are heading for England. It is also surprising how a bit of personal metal can lead the unwary astray. A modest metal belt buckle can result in a 300m error over a 1km walk; enough to miss any but the most prominent target and to steer you instead into a bog.

Although maps are usually

PHOTOGRAPHS © DAVID GUITERMAN



very accurate, this is not always the case. Gates may not be where they should be and other features can also be wrongly located. This is one reason why it pays to try to establish a position using three features rather than relying on only one. Don't always expect to see water just because a "stream" is marked on the map and remember that paths across common land may not accurately follow the public rights of way shown on the map as walkers and horse riders have open access to the area and may choose to follow a more natural route.

Boundary lines on a map can be useful landmarks for establishing one's position. These can range from obvious field boundaries to less easily spotted features. Many a wall has disappeared over the years but its position may be established by looking for tell-tale signs of where it once was.

All these skills, hints and tips can be learned by joining a navigation course. Old hands at map reading may be surprised at how many bad habits have developed over the years, so it is worth a couple of days re-education even for those who think they know it all.

Whatever your navigation needs, there is a course to suit. Level 1 teaches the basics, Level 2 is for those wishing to acquire lots more techniques to add to their navigation tool box, all of which you will need to join in The Poor Visibility and Night Navigation Course. Level 3 dispenses with the compass for most of the time and concentrates on developing skill in using landforms, contours and slopes to navigate. There is even an introductory course on using handheld GPS. ■

I walking

National Trust on Dartmoor

Take a gentle stroll or a more adventurous walk on the open moor. Car parks at Plymbridge, Cadover bridge, Parke, Lydford Gorge, Finch Foundry and Fingle bridge.

01626 834748
nationaltrust.org.uk/parke

National Trust



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At Adventure Clydesdale we use our horses for trail riding on Dartmoor. We ride out with the horses on trails of 2 hours to multiple days.

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O'CONNORS OKAY!



What better way to explore the moor during the summer months than to tour, walk and camp? The VW T2, the icon of beatnik camper vans may finally have ceased production in Brazil at the end of 2013 but it's still possible to relive the dream in one of the vintage versions available for hire from O'Connors Campers near Okehampton. At the beginning of June Johnny Baker and Anna Baness set off with their young daughter on a vintage tour set off on a vintage tour of the moor to experience some of the best campsites and attractions along the way.

On a drizzly Friday afternoon I picked up Ordell, a vintage red VW T2 from O'Connors Campers and was immediately reassured by the welcome at the depot which was busy with other families being equipped to drive off on their own adventures.

Carl the mechanic showed me round the cockpit. "Think of this as more of a stick in a bucket," he said pointing at the gear stick. "You'll get used to the driving and might even enjoy it." I asked him what a lone orange switch was on the dash. "Nobody knows," came the reply.

The living space was immaculate and authentic complete with cooker, sink, fridge and red and white striped curtains. Even if the weather didn't pick up as forecast I was promised a good weekend. A few minutes later I was off down the A30 gripping the steering wheel and grinning inanely at the traffic passing me by.

Ordell is part of the sixteen-strong fleet of VW camper vans owned by Penny Scott, which includes fifteen vintage vans of various ages and colours and a modern California. All the vans are fully equipped with everything you need for a great weekend or longer, including wine glasses, and there's a choice of styles that can sleep up to six. An awning and outdoor chairs and table are also provided so that you can enjoy meals outdoors whatever the weather. ➔

INFO

www.oconnorscampers.co.uk
penny@oconnorscampers.co.uk
 Tel: 01837 659599

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PHOTOGRAPHS © JOHN BAKER

sources onsite. A wood fuelled boiler provides all the hot water for the showers and washing facilities and electricity is produced by an Archimedes screw on the Dart alongside the play areas. There is also a zero waste to landfill policy.

Further information:

www.riverdart.co.uk
 Email: info@riverdart.co.uk
 Tel: 01364 652511

Alternative:

Parkers Farm Holidays
 Ashburton
 Tel: 01364 654869

Places to Visit:

Holne Community Shop & Tearoom
 Situated in the centre of the village the freshly decorated tea rooms

are open every day for teas and coffees, light lunches, home made cakes and cream teas. The Shop also acts as an official National Park Information Point.
 Open daily 11:00 am – 5:00 pm
 Tel: 01364 631188

Burrator Reservoir

The Burrator area has some fantastic walks, from short strolls beside the Reservoir to more strenuous hikes up onto the open moor. See our feature on the Burrator Heritage Project and our Family Walk for some great ideas on what to see and do in the area.

Langstone Manor

Our second night was at Langstone Manor, a beautiful tranquil site hidden away close to Whitchurch on the west side of the moor. One of the few campsites on Dartmoor within a couple of minutes walk of open moorland, the pitches are laid out in the Victorian gardens of the Manor. With a selection of surfaced and grass pitches, electric hook-ups, mobile homes, glamping pods and even self-catering cottages it offers

something for everyone amid mature trees and shrubs. The fully accessible showers and washing facilities are spacious and spotless and there's a family room available for those with young children.

There is a small bar and eating area in the manor house where evening meals are served, with a terrace outside. Basic supplies can also be purchased from the shop.

The campsite has been open since the sixties and under the present ownership for the last fifteen years. It boasts many return visitors, with the third generation of some of the early campers now enjoying the peaceful setting.

Further Information:

www.langstonemanor.co.uk
 Email: jane@langstone-manor.co.uk
 Tel: 01822 613371

River Dart Country Park

Our first night at the River Dart Country Park exceeded expectations. Tucked away in the Dart valley a few miles outside Ashburton and within minutes of the A38, this campsite is so hidden that driving past on the main road you have no idea of its existence, let alone its size and scope.

Set in beautiful parkland behind Holne Park House this site is understandably popular with families as it offers a range of adventurous facilities for children including woodland play areas with slides, swings, rope ladders, pools for paddling, a pirate's ship and high and low rope courses alongside the Dart. These can easily keep a family busy for most of the day. There are also tennis courts, a shop and café and plentiful showers and washing facilities including family rooms.

The campsite has over 180 pitches but even when busy, as it was when we arrived, it has a friendly relaxed feel with many of the pitches backing onto the surrounding woodland.

The River Dart Country Park produces 80 per cent of its energy from renewable

A walk at Fernworthy

Resisting the urge to keep driving once you get used to the vintage quirks of your camper van may actually be quite hard, but stopping for a walk is a must to get a true feel for the moor.

Fernworthy Reservoir and Forest near Chagford provides a range of options for a late afternoon walk or stroll after picking up your camper van. Follow Potter's Walk for an easy half hour or walk around the Reservoir and look out for Marsh Fritillary butterflies in the Rhos pasture on the far side of the water.

Alternatives:

Teign Valley
 Park at Fingle Bridge near Drewsteignton and follow the river up or downstream through woodland.

Dr Blackall's Drive
 Park at the top of the hill above Spitchwick and walk out along this contouring path for great views of the Dart valley.

Alternatives

Harford Bridge Holiday Park
 Tavistock
 Tel: 01822 810349

Lydford Caravan & Campsite
 Lydford
 Tel: 01822 820497

Places to Visit:

Lydford Gorge
 The deepest gorge in the South West with a spectacular 30m waterfall it is an amazing place to visit whatever the weather. There is an abundance of plant and bird life, a tea room each end, a shop, plant centre, picnic site and children's play areas.

The gorge is open from 10am – 5pm daily.

Further Information
www.nationaltrust.org.uk/lydford-gorge/

Tel: 01822 820320 ■

IT MAY HURT A LITTLE!

BUT WOULD YOU HAVE WHAT IT TAKES TO SURVIVE?

JOHNNY BAKER FINDS OUT



When the offer of a 24-hour Adult Survival course with the *Bear Grylls Survival Academy* on Dartmoor came my way I jumped - without looking - at the chance.

Guided by our instructors Matt and Richard - both veteran ex-Royal Marines I experienced something that was more than a bushcraft course yet avoided the bitter flavour of a boot camp. "Some of my toughest times have lasted for less than 24 hours yet have had the greatest impact on me. And that's the goal on the 24-hour course: push yourself and learn life-saving skills and attitudes such as resourcefulness and calm under pressure. It's intense but has proved itself so rewarding," says Bear Grylls.

The venue for the Academy is at Brimpts farm - well regarded for its innovation and diversification to embrace green tourism and outdoor activities. Yar Tor, the East Dart River and Brimpts forest provided us with the wild and beautiful backdrop to what started off gently but gradually became a more gruelling journey as the 24-hour clock ticked away.

Meeting up at the start we were issued rucksack, harness, helmet, roll mat and sleeping bag - all with the Bear Grylls

brand. I certainly felt the part. As on any survival course having a BIG knife is a prerequisite and the example handed out lived up to expectations.

From the first minute we were immersed in the techniques for escape and evasion over challenging terrain which included roped descents and river crossings. We learnt the essential methods for water purification, shelter building, fire making, foraging and self-defence with short sharp lessons and top tips for getting it right. I endured Dartmoor midges by their thousand, but slept soundly by a camp fire under a canopy of trees and stars. I ate wild sorrel collected from the forest floor, was offered bug canapes and learned how to set complicated deadfall figure of four traps and snares. As the team's vegetarian I proved to be more the gatherer than the hunter. "Were there any veggies in the Marines?" I asked. "Not any that admitted it," came the reply.

As an instructor myself I was impressed with the course delivery and I'm still thinking of the course some weeks later - it certainly did as Bear said and left a worthwhile impact. With this in mind I came away thinking that such an experience would be excellent preparation for people, gap-students or groups traveling to places off the beaten track and who may have the misfortune to deal with a hostile situation. It was also a great deal of fun in its own right.

PHOTOGRAPHS © JOHN BAKER



WHERE?

Brimpts Farm, Dartmeet

WHEN?

Next one is in October 2014

WHO FOR?

Adults 18 years plus. Check the Academy's website www.beargryllssurvivalacademy.com for kids and family courses.

HOW MUCH?

Bear Grylls Survival 24-Hour Adult Course costs £349 per person. Prices are inclusive of "accommodation" and "meals" but exclude flights and transfers.

ANY QUESTIONS?

Call +44 (0) 1483 424 438

beargryllssurvivalacademy.com for kids and family courses.

HOW MUCH?

Bear Grylls Survival 24 Hour Adult Course costs £349 per person. Prices are inclusive of "accommodation" and "meals" but exclude flights and transfers.



PLEASE REMEMBER WHAT'S FIRST

The guiding principle driving any survival situation is to determine your priorities, then act on each of them calmly and in order of importance. Every scenario has its own unique challenges, so establishing a plan of action is crucial. Bear and his instructors constantly repeat the sentence. "Please remember what's first." This is a memory aid with the first letter of each word representing a goal:

PROTECT Sort out your security and safety - equip yourself, remove yourself from danger

RESCUE Make a plan for getting help such as setting a signal fire

WATER Find it quickly (3 days without water and it's game over), clean it, drink it

FOOD and FIRE Find it, identify it, prepare it and eat it

LOGISTICS

Bear Grylls has become known around the world as the most recognized face of survival and outdoor adventure. With the success of this year's *Get Out Alive TV* and the many skills learned from his time with the British Reserve Special Forces, he is proud to have designed and launched the Bear Grylls Survival Academy run by his team of highly trained experts.

Burrator Arboretum and Nature Reserve

Access All Areas!

Emily Cannon from South West Lakes Trust shares a favourite 'new' walk in the Burrator area.

If you would like to wander in the woodland, meander in the meadow, spot dragonflies, count the different birds you can hear and listen to the rippling Narrator Brook, then put an hour aside for a wildlife encounter in the newly reopened Burrator Arboretum.

The Arboretum and associated footpaths was originally created following the storms in the late 1980s as a collection of native and non-native trees. One of its primary functions is to provide easy access to reservoir visitors who may find it more difficult to explore other areas of the site. A network of ponds was developed to make this area a unique wetland ecosystem, with a variety of habitats that support a rich and diverse range of species.

The reservoir and its surrounding area are owned by South West Water and managed by South West Lakes Trust who aim to protect and preserve the natural environment (terrestrial and historical) for the public, provide educational opportunities, promote public access and sustainable recreation.

Over recent years, due to increased wet weather, the footpaths have been eroded making access more challenging. However, since October there has been lots of improvement work going on, made possible with funding from Biffa Award, Heritage Lottery Fund, South West Water and West Devon Borough Council. As part of the wider Burrator Historic and Natural Environment Project, South West Lakes Trust employed Landmarc to put in drainage,

restore the main footpaths to create a 0.9 mile (1.5 km) circular trail, reinforce the boardwalk, and install a two way gate, enabling those with limited mobility to leave the reservoir road and access this beautiful and tranquil wildlife haven.



- Car park
- Road
- Arboretum easy access footpath
- Grassy footpaths
- Boardwalk
- Streams



Self-guided nature trail

Volunteers from the surrounding area, Dove Project, Active for Life, City College Plymouth, EF Academy and University of Plymouth Student's Union created the self-guided nature trail, identified by 32 markers, and carried out lots of practical conservation tasks and site improvements. These included

removing the inner deer fencing, clearing larch brush to create a meadow, coppicing, and other site improvements, totalling an impressive 150 volunteer days to date.

Official testing and re-opening

In April South West Lakes Trust and Active for Life at Plymouth



Boardwalk
The Narrator Brook flows alongside the boardwalk. Take a seat and keep an eye out for damselflies. They love running water.

Take a seat on the boardwalk and keep an eye out for damselflies.



Dragonfly Pond
Take a moment to enjoy the abundance of invertebrate life at the pond. Shallow pools like this are a real draw for wildlife, particularly dragonflies.

Take a moment to enjoy the abundance of invertebrate life at the pond.

Guild organised a visit for Dame Hannah's to come and test out the new easy-access footpath. The visit was a huge success. They found the footpath easy to manoeuvre, and, as one wheelchair pusher said, "it was so nice to be able to explore a whole range of environments in one continuous path." A highlight was pond dipping and playing Pooh sticks. Volunteers were also on hand to

ROUTE INFO

LENGTH: Easy access footpath 0.9 miles (1.5km)
TIME: Allow an hour
START/FINISH: Burrator Arboretum car park SX 568689
TERRAIN: Flat compacted aggregate footpaths and boardwalk, only a slight gradient in one place
MAPS: OS Explorer OL28 Dartmoor,
PUBLIC TRANSPORT: Number 48 First Bus operates Sundays and Bank Holiday Mondays from Plymouth to Burrator. It will stop and collect from Burrator Dam and Burrator Turning Point. For the Arboretum it is best to get off at the 'Turning Point' stop and then walk along the road and over Norsworthy Bridge to reach the Arboretum, allow 20 minutes for this.
PARKING: The Arboretum has its own car park. On reaching the main Burrator Dam follow the road to your left keeping the reservoir on your right. Drive over Norsworthy Bridge and follow the road past Norsworthy Bridge car park and continue round the bend until you reach the Arboretum car park on your left.
REFRESHMENTS: Ice cream van at the main Burrator Dam and sometimes at Norsworthy Bridge car park.

Woodland Wander
Walk through footpaths flanked by broadleaf and coniferous trees. There's a few exotics too.

Wild variety of plants and animals to see.

Meadow Meander
Watch an array of insects and butterflies flitting amongst the different grasses and wildflowers.

Great variety of insects to see.

Bird Encounter
This mosaic type habitat provides a fabulous place to watch the birds go about their business. How many can you see and hear?

Always a good chance to observe a variety of species.

Arboretum Easy Access Footpath
This path was restored in 2014 to enable everyone to have the opportunity to swap walking on the road for a truly sensory experience and up close encounter with wildlife. Find out more information on this and other walks at the Burrator Discovery Centre.

As well as seeing nature you can also hear it.

Thank you for respecting this beautiful place and following the reservoir regulations and the countryside code.

- No fires or BBQs
- Do not leave litter or poo bags
- No camping
- No removal of trees or plants
- Dogs must be kept out of the water at all times - please clear up after your dog
- Please shut the gate to keep stock out

The background image is a display panel supplied by South West Lakes Trust

PHOTOGRAPHS © SOUTHWEST LAKES TRUST



provide more detailed information about the types of wildlife that might be seen in the area.

On Easter Monday the Arboretum was officially re-opened in partnership with BBC Radio Devon's *Walk Devon* programme. Over 100 people joined the guided walk with wildlife experts on hand, and families enjoyed taking part in the new nature trail and pond dipping. ■

For more information please visit the new Burrator Discovery Centre, view the new orientation board to be installed this summer at the Arboretum entrance which maps the network of footpaths and habitats, or telephone the South West Lakes Trust office on 01822 855700.



CLUBS ROUND-UP PART 2

EXETER WHEELERS CYCLING CLUB

Exeter Wheelers Cycling Club is one of the south west's fastest growing and strongest cycling clubs with 200 members. Founded in 1924 the club has historically had a very strong racing background and in recent years has seen a marked increase in membership, with members joining from all disciplines of road cycling.

Regular rides

Start from Exeter and include Dartmoor (Haytor), Exmoor and Somerset. 3 – 4 organised rides per week with various distances, speeds and routes. Fortnightly introductory ride on Saturday morning designed to introduce new members to the club, teach basic group riding skills and build fitness in a supportive and welcoming environment.

Sunday Club Run - a weekly longer distance ride.

Other Activities

Members ride sportives, organise numerous time trial, road, circuit, audax, cyclocross races and cycling themed social events each season.

The Club is going for Go-Ride status, a badge that shows its commitment to bringing youngsters into the club and supporting their sporting aspirations and is also keen to increase women members.

Further Information

www.exeterwheelers.co.uk

MID DEVON CYCLING CLUB

Formed in 1930, the Mid Devon CC is based in the council areas of South Hams, Teignbridge and Torbay.

Regular Rides

Start from Kingsteignton with most runs "on the moor" at least once per week. Favourite rides take in Bovey Tracey, Trendlebeare Down, Manaton, Haytor, Chagford, Widecombe, Postbridge and Princetown.

Up to 5 Sunday rides dropping to 4 during the racing season.

"Social" Ride led by an experienced member at a pace to suit the slowest person and a café stop. Range of other rides averaging from 12 – 20 mph.

Club rides on Tuesday and Thursday mornings.

Other Activities

Numerous evening training rides and preparation rides for the Dartmoor Classic Sportive and the Debutante and Medio rides.

Further Information

www.mdcc.org.uk



OKEHAMPTON CYCLING CLUB

Okehampton Cycling Club, or OK.CC, was formed in 1999 to promote road cycling in the area and has 40 members, both male and female, ranging in age from 12 – 70+. The club has a friendly ethos and welcomes new riders.

Rides

Regular organised club rides of various distances and for varying abilities throughout the year.

Other Activities

Weekly "spinning classes" during the winter. Summer series of 10 mile time trials and road races.

The club is fully affiliated to Cycling Time Trials (CTT) and British Cycling. These are the sport's main governing bodies and all club promotions are subject to their rules and regulations.

Further Information

www.okehamptoncycleclub.co.uk



CYCLE SPORT SOUTH HAMS

A friendly British Cycling registered club that welcomes all standards and aims to promote involvement in all aspects of cycling based in Kingsbridge.

Regular rides

Often make use of quieter moorland lanes and cycle paths. Saturday road leisure ride. Sunday road ride where the pace is pushed a little harder.

Other Activities

Organise events in local race series and sportives. Longer club ride in the autumn traversing the moor and stopping overnight. Fortnightly club time trials on Thursday evenings throughout the summer.

Further Information

Tel: Will Hornby 07950 493041
www.cssh.co.uk whornby@yahoo.com



If you run a club on Dartmoor and would like to be featured on these pages in a future issue of *Active Dartmoor* contact anna@activedartmoor.com

If you fancy getting out on the moor to cycle or walk but need the encouragement of a group of like-minded people why not contact one of the following clubs who all meet regularly to enjoy their chosen activities?



MOORLAND RAMBLERS



Moorland Ramblers is part of Ramblers, Britain's walking charity, working to safeguard the footpaths, the countryside and other places where people go walking, and also to encourage more people to take up walking. The Moorland Ramblers group is a friendly and welcoming group of people who enjoy walking.

Walks

Led by competent leaders, most of whom have a good knowledge

of the moor, its interesting places and oddities.

Strenuous Sunday walk of between 10 to 15 miles, often over the rough and rugged terrain of Dartmoor, in all weather conditions!

Group sizes vary from 5 to 25 depending on the route and weather.

Other Activities

Annual Dinner.

One or two informal evenings with a meal and a presentation.

Walking weekend and three walks away from Devon normally over a long weekend. Some members of the group also opt to go away together on walking holidays.

Further Information

www.moorlandramblers.org.uk

BRITISH CYCLING BREEZE BIKE RIDES FOR WOMEN

Breeze rides are free rides for all women who would like to explore Dartmoor by bike but want to do so with other like-minded women. Whether you are a complete beginner wanting to gain a little more confidence or a stronger rider training for a challenging event, Breeze has a ride for you. The rides are all led by qualified ride leaders known as Breeze Champions and there are over 30 champions in Devon so there's a varied programme of rides to suit everybody. In 2013 there were over 1,000 riders on the Devon rides alone.

Regular

There are a wide variety of rides from easy-going to more challenging – see the website below for dates and locations.

Further Information

www.goskyride.com/Breeze/Index

Facebook pages 'Breeze Network Devon & Cornwall'



Back to **NATURE**

Anna Baness catches up with the team at Wild Woods 'n Willow and discovers why they love being outdoors so much

PHOTOGRAPHS © WILD WOODS 'N WILLOW

Whilst many businesses are increasingly reliant on technology and the internet for their success, there is one on the north-east side of the National Park that is rather different. Its success lies in taking people, particularly the over eights and teens, away from screens and mobile phones and encouraging them to tune in with the natural world around them once again, sometimes for a day, sometimes longer.

Walk out from Chagford in spring or summer during the school holidays and you may well hear the excited cries of young people in a nearby woodland, hear the sound of twigs being whittled or catch a tang of wood smoke as an open fire is stoked ready to bring carefully filtered water to the boil for a welcome tea break. These young people are not alone, they are playing under the expert guidance of Linda, Charlie or Daniel from Wild Woods 'n Willow, a not for

profit group of environmental educators who have been working with children, families and adults in the north Dartmoor area since 2007.

Without a mobile phone or screen in sight no element of the virtual world intrudes on the sound of the wind in the treetops or the song of a robin nearby and the reality of building a camp and learning to survive in the outdoors is etched in the expressions of concentration and excitement on the children's faces. Once



such scenes of den building, whittling, weaving and camp fire cooking might have been a regular part of nearly every childhood, but not anymore.

“Children's lives have such a sedentary indoor focus nowadays that at times they hardly even notice the natural world around them,” says

Wild Woods 'n Willow 2014 Calendar of Events

Essential Bushcraft Days for 8-12 yrs

Autumn Craft Day
Mon 27th Oct

Teenagers Days Wilderness Skills
Sun 26th Oct

Camps
8-12yrs
Tues 29th – Wed 30 July
Teenagers
Sat 26th – Monday 28th July

MORE INFO

Wild Woods 'n Willow
c/o Wood & Rush
1A The Square
Chagford TQ13 8AA
Tel: Linda 01647 231330 or
Charlie 01647 432769
Email: nature@
wildwoodswillow.org.uk
www.wildwoodswillow.org.uk
www.facebook.com/
wildwoodswillow

ON A BUSHCRAFT COURSE YOU LEARN TO

- Light a fire without using matches
- Build a shelter from natural materials
- Forage for wild food and cook on a camp fire
- Design a natural water filter
- Weave willow and bark baskets
- Knife skills for whittling wood
- Identify and track animals through different terrain
- Have fun outdoors



time out in the woods building a camp, tracking animals, playing games and cooking together. However, the real emphasis of their work is on mentoring.



The team are actively involved in the Art of Mentoring movement and have trained with Jon Young and Mark Morey among others. There is a clear sense of pride in their voices as they talk about children they worked with in the early days who are now either helping out during the holidays or who have overcome challenges and gone on to do great things in the outdoors themselves. "We always try to make our courses as inclusive as possible," Linda says. "And we can even offer bursaries to families who might not otherwise be able to afford them."

The team members all have their own specialist skills and interests and these combine to make the activity days wonderfully varied.

Linda, who also runs a craft business and Chagford shop (Wood & Rush), obviously loves the craft angle and puts her wide range of "hands-on" skills to good effect enthusing the youngsters in willow, rush and bark basketry, harvesting hedgerow materials and greenwood work. She also goes into schools with the Devon Guild "Big Hand Little Hand" project and has worked with Ray Mears and archeologist Ruth Goodwin on their TV programs.

Charlie was a travel writer and came to a sustainable lifestyle through Bushcraft. He is also an Alexander Technique Practitioner and particularly interested in Permaculture and working with adults. Daniel, who has been living at the Steward Community Woodland in Moretonhampstead for many years, has a wide experience of teaching children and is an archery instructor and storyteller.

As a team they also offer Forest School and birthday adventures but the highlight of their year is undoubtedly the summer camps. "These Dartmoor camps really offer young people a chance to build up a familiarity and kinship with nature," Daniel says. "We offer them for 8 – 12 years olds and for teenagers. Have a look on our Facebook page to get a flavour of what we offer, and come and join the fun!" ■

Charlie who has been working professionally in the outdoors since 1994 and has trained in Bushcraft with Trackways. "We think it's really important for children to get a chance to explore the natural world and our aim is to get young people out and about more."

Linda, who once managed the Junior British Freestyle Ski Team and has been involved in youth development for many years since, agrees. "Learning Bushcraft skills is a great antidote to a childhood dominated more and more by technology, with all the associated health and social problems that can bring, but above all it gives children a fantastic chance to have fun learning new skills whilst making friends and reconnecting with the landscape and animals around them."

Wild Woods 'n Willow are certainly providing many such chances. Working with around 100 young people a year, mostly in the Chagford, Moretonhampstead and Widecombe-in-the-Moor areas they offer a range of courses including Nature Awareness days where children spend

Some technical details on all things Bike

Paul Tomlins of Big Peaks, reviews some new takes on cycling essentials

Shimano XTR

A new, lighter, more versatile XTR is on the way, Shimano announced on Friday. The group will now have 11 rear cogs and is marked by a drastic increase in flexibility, allowing users to easily design their drivetrains around their own terrain, abilities, and preferences.

New gearing options

The move to 11-speed is not the least bit surprising, but there was some question whether Shimano would latch onto the 1x11, single-front-chainring setup popularized by SRAM XX1. Shimano answered with a distinctive “yes” on Friday, though the Japanese company has not ridden quite as far along the 1x11-only path as XX1, which still has a wider available gear range.



Shimano didn't develop a special cassette like SRAM did, preferring to stick with a slightly narrower 11-40 tooth offering to keep the cassette compatible with any 11- or 10-speed freehub. (SRAM's 10-42 cassette requires a special freehub.)

The new M9000 crank, which comes in both a Race and Trail version, is modular in design, allowing users to swap between single, double, or triple rings. The 1x chain rings use a modified tooth profile to prevent chain drop, similar to the XX1 rings.

The trail version of the M9000 crank will be available in single-, double-, or triple-ring configurations. Available tooth configurations include single (30T, 32T, 34T, 36T), double (34-24T, 36-26T, 38-28T), triple (40-30-22T).

inForm Satellite Plus IsoZone Handlebar System

The complete solution for numb hands. Hand soreness, numbness, and fatigue are common complaints for hybrid, fitness, and long-distance mountain bike riders. Bontrager's new inForm Satellite Plus IsoZone Handlebar System uses Science of Comfort technology to relieve pressure on the hands, so you can ride longer and more comfortably.



Key System Features

The inForm Satellite IsoZone Handlebar

It's like suspension for the hands.

The inForm Satellite IsoZone's unique elastomer insert is designed to disperse pressure, absorb impact, and reduce vibration. It's the first handlebar on the market with the comfort built right in.

IsoZone elastomer insert is designed to:

1. Disperse pressure
2. Neutralize vibration
3. Absorb impact

The inForm Satellite Grip

Less pressure. More comfort. The inForm Satellite Grip's ergonomic, paddle-shaped design provides improved hand support, helping to ease the pressure on the ulnar nerve, the major source of hand discomfort, numbness, and fatigue.

End Cap

Dial in the fit. The inForm Satellite IsoZone Handlebar System's special end cap features a built-in clocking index that makes it easy to dial in a perfect fit.

The System

A difference you can really feel. Compared to the already class-leading comfort of the Satellite Elite Grip, the inForm Satellite IsoZone Handlebar System reduces peak hand pressure by nearly 30%.



Bontrager Hard Case Ultimate Tyres

Bring it on: The Hard-Case Ultimate can handle it! This bomber combination of all Bontrager sub-tread and bead-to-bead protection technologies is perfect for the worst condition — and it accelerates quicker, rolls faster, and lasts longer than competing brands.

1. Sub-tread co-extrusion, offers 21% more tread protection than Hard-Case
2. Anti-cut, bead-to-bead casing resists cuts from glass and sharp objects
3. Anti-pinch sidewall support prevents pinch flats, or “snake bites,” from obstacles, potholes, etc.
4. Aramid breaker belt protects against tread punctures

Why go Tubeless on the road? The debate continues...

Pros

Flat Protection

Anecdotal evidence from our testers suggests that tubeless systems incur fewer flats than tubes. But, current road tubeless tyres are thicker and heavier than high-end, nontubeless clinchers, making a comparison difficult. Also, almost all of our riders use sealant inside their tubeless tyres, but not in their tubes. Still, we've found that road tubeless is a solid choice for rough pavement and gravel roads.

Lower Pressure

Road tubeless was designed to work at lower pressures than most road clinchers. Hutchinson, which developed road tubeless with Shimano, recommends that cyclists use as much as 13 psi less than they would run in a tube. Running less pressure means the ride quality will improve; some riders claim the ride is as smooth as a tubular tyre. Lower pressure also boosts traction when cornering and braking, because softer tyres stick to the ground better. But some claim that the ride isn't as supple as high-quality, traditional tubulars or even the best open clinchers.

Security

Hutchinson says that its road tubeless tyres, built with no-stretch carbon beads, cannot roll off the rim, but we'd hate to be the unlucky ones to disprove this claim. Assuming Hutchinson is right, the tyre will stay on the rim should you flat.

Cons

Limited Selection

There are currently 25 tubeless road wheels and 10 tyres on the market. More options are on the way, but nothing like the breadth of products available for cyclists riding standard clinchers. Only one tubeless tyre is wider than 23mm (Hutchinson Intensive, a narrow 25c) and just two carbon wheelsets—Corima's Aero+ Tubeless (also sold as the Hutchinson RT1) and Mad Fiber's clincher.

More Maintenance

Working with road tubeless wheels and tyres isn't as simple as handling a regular clincher. You have to be patient when working stiff beads on and off rims—a process that often requires soapy water. You have to be careful about choosing tyre levers, repairing punctures, and installing valves, rim tape, and strips. You also need an air compressor to properly install many tyres. You have to remember to refill the tyre with fresh sealant every few months—and if the sealant can't fix a puncture out on the road, the repair is much more time-consuming and complicated.

Sloppy

If you ditch tubes, you should use sealant. But putting it into the tyre can be messy, and inserting a tube in the event of a bad cut will be even messier. You'll also need to strip the old goop from the rim when it's time to add new sealant.



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And now..... a word from our advertisers

We decided it would be a nice idea to give our advertisers the chance to write something about their businesses free of charge, in this new section of the magazine. Those who chose to do so, or that we have happily written for them, have the chance to tell the world a bit more about where they are, what they do and a bit about what goes on behind the scenes with their individual ventures. If you would like to take advantage of this section, all you need to do is book an ad in the autumn issue, and fire away!

Dartmoor Llama Walks

David Guiterman enjoys a different walking experience

There I was driving along the narrow road between Two Bridges and Ashburton passing the odd sheep beside the road when I was forced to stop. Crossing the road in front was a caravan of llamas and alpacas, each being led on the end of a rope. Was I dreaming? Was this the Andes? Quick check; no snow-capped peaks, just scattering of reassuringly familiar granite tors.



Everyone in the party in front looked totally content; as well they might for they had been on a leisurely 2 1/2 hours stroll with Steve and Diane Weymouth who organize Walking with Llamas.

The walk started at Bel Tor car park where Steve and Diane began by reassuring everyone that the animals are all well-behaved and given a few simple precautions, do everything asked of them including carrying all the food for the expedition.

There was an animal for everyone whether it be a delicate looking newly-shorn alpaca or a larger, fleecy llama. The latter had the task of carrying all the edible goodies.

The whole trek was full of local interest. Steve has been living in the same house in nearby Ponsworthy (with a little help from his ancestors)



since records began. He knows everybody and everything and is happy to talk about life on the Moor from farming to archaeology, from filming of Warhorse to breeding alpacas. He makes everyone feel part of the local community.

There is nothing quite like sitting on a Tor or on the grass eating Diane's home-made scones with lashings of clotted cream and jam, washed down with tea or coffee whilst watching the animals contentedly grazing nearby.

Grass damp? Blankets provided. Weather wet? Problem solved by money refund or a rain check. Missing the animals? Then stay in one of Steve and Diane's rural holiday cottages.

For booking details see advertisement on page 45.

For booking details see advertisement on page 45.



Adventure Okehampton



If you prefer a family holiday where swinging from ropes, climbing walls, mountain boarding and archery take precedence over one with sun loungers, cocktails and a pool, then we have just the thing for you. You and your small adventurers can have a go at mountain boarding, archery and scaling the climbing wall or ropes, with watersports including surfing, gorge scrambling, kayaking and canoeing on offer at the hostel's private lake; true headers for heights can also have a go at the Big Oke Abseil.



On the very edge of Dartmoor this youth hostel has over 20 bedrooms and a small camp site, facilities include free wifi, showers, TV and games room and a self catering kitchen.



Stay the Day summer programme runs a series

of fantastic activity days aimed at families, and on Mon/Weds/Fri for unaccompanied children between 8-16yrs. Lunch is included for a special price of £30. We offer archery, kayaking, rock climbing, and weaselling.

Family Fun Day 6th Sept. in aid of Breaks For Kids charity.

All the usual activities plus there will be craft stalls, food stalls, as well as local organisations offering information about Dartmoor National Park. Draw prizes will include activity vouchers for use at Adventure Okehampton! Watch our Facebook page for more information.

Weddings at Bracken Tor House

We offer the complete package, from ceremony only through to Receptions, and these can be tailored to your budget, with a beautiful gazebo, surrounded by trees and on a flat lawn, with a terrace above offering a stage with plenty of space for your guests to view the ceremony itself.

Further information: www.adventureokehampton.com, tel: 01837 53916.

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Spirit of Adventure introduce a Duke of Edinburgh Open Gold Expedition for 17th to 23rd August



Spirit of Adventure, formed in 1993, specialises in providing adventure holidays and activity courses in the UK and overseas. Based in the heart of Dartmoor and close to Exmoor, two venues that form the perfect location for all Duke of Edinburgh Expeditions. Dartmoor and Exmoor are both accessible wild country areas.

Spirit of Adventure is an approved D of E provider for training and expeditions and works successfully with many schools on their closed expeditions. Now they are providing the opportunity for small groups or individuals who cannot do their expedition at school to undertake an expedition with them on Dartmoor.



Spirit of Adventure resides at the famous Powder Mills, the perfect position for monitoring and supporting groups whether they are out on the north or south moor. All instructors are local and know and understand the terrain and are ML / WGL qualified, First Aid trained, DBS checked and have many

years of valuable experience working with young people in the outdoors.

Spirit of Adventure also caters for adults, children, individuals, groups, families and schools and offers a wide range of courses including climbing and kayaking.

With over seventeen years experience running outdoor activities in the UK and abroad they have the expertise and knowledge to make your adventure memorable and safe!

Further information: www.spirit-of-adventure.com, tel: 01822 880277.

The Royal Oak Inn is included in *The Good Pub Guide 2014* and offers a Customer Loyalty Card

Congratulations to The Royal Oak Inn in Meavy for its inclusion in *The 2014 Good Pub Guide*. As well as being part of the UK's Number One best-selling guide book, The Royal Oak has also been made a highlighted entry on the 2014 Good Pub Guide app, out now for the iPhone and iPod touch. The website is also a highlighted entry on the Good Pub Guide website.

A freehouse owned by Burrator Parish Council, it is situated within the National Park, in an idyllic location next to the village green in Meavy. The pub is a former 15th-century



church house inn and takes its name from the oak tree on the village green which is reputedly some 800 years old. It serves good local food and well kept local real ales and is one of the few remaining traditional pubs, with a

flagstone floor, old beams and a large open fireplace, some of the seats are even pews from the adjacent church.

The Inn is now offering a save and spend customer loyalty card. Each time you buy a drink your card will be swiped and you get five pence for each pound you spend.

Further information: www.royaloakinn.org.uk, tel: 01822 852944.

Dartmoor Accommodation a great resource for visitors to Dartmoor

The Dartmoor Accommodation website (www.dartmooraccommodation.co.uk) is proving an invaluable holiday-planning tool for visitors to the area according to its new owner, Lisa Jenkins.

"As the owner of a holiday cottage featured on Dartmoor Accommodation I know from personal experience how much traffic comes via the website and can wholeheartedly endorse it," she explains.

"We receive regular feedback from holidaymakers who love the fact that it's not simply a listings site and that many of the featured properties have been visited and reviewed by us."

Lisa took over the website from Jill Pendleton, who founded the company 16 years ago, earlier this year. With a background in tourism and marketing Lisa was the perfect choice as the new



owner for the go-to accommodation search facility.

The website features over 230 properties throughout Dartmoor National Park and beyond, from campsites to cosy inns, B&Bs

to self-catering cottages and hotels. Visitors can search by accommodation style, size of party or special requirements such as dog-friendly places to stay.

The site also includes information on things to do in a regularly updated events page and special money saving coupons as well as a food reviews section.

Lisa is keen to attract new properties to sign up. "The site offers a great value for money marketing tool and we'd love to hear from any owners who aren't already included," she adds.

Further information: www.dartmooraccommodation.co.uk, tel: 01822 810827.

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Malcolm Snelgrove
Equestrian Photographer

info@equestrianphotographer.co.uk Tel. 07973118237
www.equestrianphotographer.co.uk

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Riding Adventures on Dartmoor with Adventure Clydesdale

Jenny How meets Dartmoor's own Big Friendly Giants



Andy Bradford of Brimpts Farm where the horses are based, thunders up the hill on Big Al

Aileen Ware rides Siryl at full stretch

The first time I met the Clydesdales, or Big Friendly Giants as they are so affectionately known by their fans was on one of their multi-day trail rides across Dartmoor. They had stopped for a lunch break in Belstone, just on the edge of the Great Green under the shade of the large beech trees, which grow next to my garden. I wandered out to say hello to these stunning beauties and since it was a really hot day I offered Tim the use of my hose, buckets and sponges to give them a cooling wash off.

I was struck immediately by the gentle, quiet rapport Tim has with his awe-inspiring horses, the sign of a true horseman. One by one he brought them to the gate where they stood without fuss while he sloshed water over their back and necks, chatting quietly to them as he worked. I was fascinated and impressed by the complete trust these magnificent horses and the man who loves and cares for them have in each other.

Tim Ancrum and Aileen Ware run Adventure Clydesdale from Andy Bradford's Brimpts Farm, close to Dartmeet in the very heart of Dartmoor. Their trail riding venture incorporates two of Tim's absolute passions, his horses, and his love of adventure, so this is a very happy man! He and Aileen specialise in long trail rides of up to five days, for competent, experienced riders, although shorter rides are also offered, minimum is a half day trek.

At the end of each day riders stay in extremely comfortable accommodation, usually B&B, with an evening meal at a local homely pub or restaurant to round off a wonderful day's riding. The maximum number of riders in each group is six, so there is plenty of opportunity for swapping stories of the day's adventure on the BFGs. Everything is organised for the visitors, all they are required to do is turn up, the rest is easy, fun and exciting.

Riding across Dartmoor on sure-footed, forward going horses through magnificent scenery, full of the wonderful heritage going back at least 4½ thousand years is a pleasure that cannot be beaten. Coupled with this, Dartmoor has a fascinating natural history and landscape which cries out for interpretation, something Tim loves to do. Not only do visitors ride out on a very special horse but have their own unique guided tour of the surroundings as well.



Tom Parker learning the ropes. Tim encouraging him to pull a log (Tom considers this to be a twig)



Keeping cool and sharing tail swishing are Ivan, Faroe, Ben, Big Al, Siryl



Enjoying the sunshine on top of a tor, l-r Big Al, Tom Parker, Siryl and Ecco

Aileen is particularly interested in offering "Hands On Experience" holidays. She and Tim will at some stage in the future be developing a draught work aspect to the hands on time clients have with the horses, and will be carrying out some of the routine jobs around the farm using the BFGs for such jobs as harrowing and pasture topping as well as pulling timber out of the forest. More information on this will be available towards the end of the year.

They are strong advocates of the principles of "natural horsemanship" which is practiced in various forms. The horses are trained through these gentle methods, which is passed on to visitors during their time at the farm. The aim is to provide a holiday experience which encourages bonding with the special Clydesdale horses in all aspects of their job.

With the hands on experience, people will be able to spend time with the horses out of the saddle and really get to know them. Aileen is particularly interested in developing this aspect of the experience as she is passionate about the

therapeutic and personal benefits which come from spending time with the Clydesdales.

Both Tim and Aileen are very happy to discuss individual requirements or alternative arrangements to make a holiday with Adventure Clydesdale the ultimate adventure riding holiday across Dartmoor.

Further information: www.adventureclydesdale.com, tel: 01364 631683, mobile: 07901 943038.

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The Fox Tor Café is a licensed cafe and is situated close to the centre of Princetown the heart of Dartmoor. We provide bunkhouse accommodation and have the only off-licence in Princetown. We welcome everyone in our cafe from walkers with dirty boots to businessmen in need of our free WiFi. We also welcome well behaved dogs on a lead! We have an open fire as well as a woodburner!!



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Email: sjearp@aol.com
www.royalokinnn.org.uk



Brimpts Farm Award Winning Farm Diversification

Jenny How looks at this Dartmoor farm's new ventures



Summer holidays on Dartmoor can be made even more fun and exciting by staying on a working farm with loads of space for the children to run free, and gorgeous walks right from outside your room or tent. Brimpts Farm has all this and more for their guests whether they come as a large group or an individual.

As for food... a "Must Visit" is the renowned Tea Room. The Farmhouse Kitchen has always been the heart and soul of Brimpts Farm since Andy's mum opened the traditional Tea Rooms forty years ago. Good food, generous portions and a relaxed atmosphere make the Tea Room a sheer pleasure to visit. A full and enticingly delicious menu offers everything from a bowl of home made soup with fresh roll and butter, to a satisfying three course Sunday Roast. Or indulge in a scrumptious Cream Tea, everything freshly baked and wherever possible locally produced. It's a good idea to ring and check the opening times before you visit on 01364 631450



Based at Brimpts Farm is a wonderful herd of Clydesdales, the magnificent horses of Adventure Clydesdale. These remarkable horses, known to their fans as the Big Friendly Giants because of their superb temperaments carry holiday makers across the

stunning landscape of Dartmoor on trail rides, varying in length from half a day to five days. For more information see www.adventureclydesdale.com and Page 22 in this magazine.

There are a number of way marked, scenic walks about the farm which all our guests are free to enjoy. Self-guide leaflets are available from the Farmhouse. One of the most fascinating outings is to take a look at the nearby small museum created by the Dartmoor Tinworking Research Group, which also happens to be where the Brimpts Tin Mine Trail starts. Andy also offers Farm tours from the comfort of the Landrover by prior arrangement.

If you are a camper or a gl camper, you will be blown away by the unblemished beauty of Brimpts Farm. Dolly's Cot and Crab Apple are the dedicated camping fields. They are just a short hike upstream from Dartmeet and are situated on the lush green banks of the East Dart. It is a Swallows and Amazons picture book setting undisturbed by anything save the beautiful birdsong, the gentle gurgling river and the soft breeze through the pine forest.

There are plans afoot to develop a new venture called Expeditioning, which will consist of 4 home built wooden Pods capable of sleeping up to 4 in each. This is a brand new venture, which will be run by Andy and Gabrielle's daughter Jo, making it very much a family project.

Well-behaved dogs are welcome by arrangement but must be kept on the lead around livestock. There are three dogs and two cats so on the farm so visiting dogs need to be well socialised. Children are welcome to use the play area but must be accompanied by an adult. There is a thirty foot high climbing tower on the Farm and climbing and abseiling activities can be organised with qualified instructors on request. There are two loose boxes and a well-fenced paddock if you wish to bring your horse or pony and stay on a bed and breakfast basis at Brimpts. Why leave your horse at home? Bring him with you and enjoy exploring this stunning, ancient landscape with it's endless miles of breath taking scenery together.

Further information: www.brimptsfarm.co.uk, tel: 0845 0345968 (freephone).

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Dartmoor Riding is based at Meldon Farm, we are a working farm that has always used horses for rounding up cattle and sheep on Dartmoor.

We offer trail rides, pub rides, plus cattle drives for the more accomplished rider over spectacular scenery. Riders need to be strong intermediate or experienced to fully enjoy the experience.

Western riding is very well suited to this terrain, however English saddles are available if clients prefer. Stays are from 2 to 6 nights. We can offer day rides for groups or special occasions.

Further information: www.dartmoorridingholidays.co.uk, tel: 01837 52409 or 07966 522363.

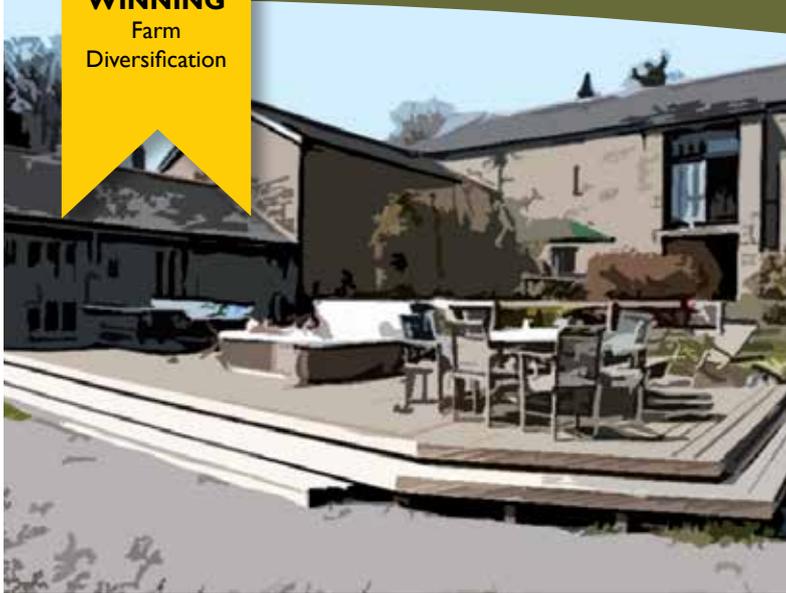




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"It is impossible for any brochure to describe what a beautiful spot it is. We were quite overwhelmed. Lovely staff and comfortable accommodation. Everything we needed and wanted". (Claire Fry)

Active Dartmoor is delighted to be able to offer a one hour professional photographic shoot to the first 10 Activity Providers or Activity focussed Businesses or organisations booking and paying a deposit for a half page or more in the autumn issue of the magazine.

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The business has the right to use any of the photos for the promotion of their business with a credit to www.malcolmsnelgrove.com either by a byline or weblink or if on social media a simple credit link back to Malcolm FB/Twitter pages.

Contact Malcolm for costings should you wish to extend the photo shoot to give your business a larger collection of images at a special discounted *Active Dartmoor* rate.

Email
jenny@activedartmoor.com

Phone
01837 659224

Nature Revealed Botanical Exhibition Green Hill Arts, Moretonhampstead



You're in for a surprise at Green Hill Arts this summer. The nine artists on show, Jess Carr, Georgia Danvers, Catherine Day, Pam Hargreaves, Rosie Martin (co-author 'Botanical Illustration Course with the Eden Project'), Wendy Ramirez, Vivienne Rew, Julia Trickey and Kate Wilson, are all members of the SouthWest Society of Botanical Artists.

Highly individual in their approach, they never lose sight of the traditional values of botanical painting; scientific truth, accuracy and fine aesthetic presentation.

Pam says of her work; "The January King Cabbage painting for example has taken me three winters to complete. The short growing season and adverse weather conditions have all played a part in their availability. I soon learnt to keep four or five in the fridge as backup. It was all worth it though as a few survived, enabling me to finish the paintings."

It is this disciplined, methodical attention to their subject matter that makes the work so vibrant, fresh and alive. The exhibition showcases some of the more unusual examples of botanical art in the South West.

5 July – 10 Sept, 10am-4pm daily except for Mondays. Entrance is free. Further information: www.greenhillarts.org

Big Peaks, a vital partner in the Devon Dirt Event



This year's CTC Devon Dirt on 11 May was a great success. Despite changeable weather conditions, 412 riders of all ages completed the 70km off-road course.

The ride starts and finishes in Ashburton at Bigpeaks and uses mainly

tracks, bridleways and lanes around south east Dartmoor and South Devon. Steve 'Germonator' Germon, put together a brilliant route after much planning and re-routing because of trees across the trails and some sensitivity to usage of some Bridleways. Big Peaks provide a mobile mechanic, who was busy at the service point at Houndtor Car Park fixing minor gear, brake and wheel problems!

The success is due to a great partnership - The Bigpeaks store in Ashburton and the Devon CTC with Graham Brodie and his dedicated team who have made the event the success it is today. It also enjoys the support of local riders like Steve Germon and Mark Wilson who put time and effort in for others to enjoy the day. Devon Dirt uses some trails across Dartmoor thanks to the National Park, who have embraced the use of permitted trails and without whose help the event could not run.

Further information: www.bigpeaks.com, tel: 01364 654080.

Stay and explore Dartmoor with Helpful Holidays



Helpful Holidays has a choice of over 100 self-catering places to stay on Dartmoor ranging from cosy retreats for two and ancient beamed cottages up to large country

houses sleeping up to 32 guests, many also welcome dogs to share wonderful walks over the hills and tors. And there's still a good choice available for a summer or early autumn break.

In the hamlet of Lower Cator is an ancient hayloft cleverly converted into a brilliant retreat for two. Approached via granite steps from a part-cobbled courtyard, Swallows Nest (ref A177) has a high ceiling with exposed beams and a big floor-to-ceiling window, which gives plenty of light and the feeling of space. Pet friendly, it's priced from £353 per week during August and September.

For families Three Hares Barn (ref A84), is a stylish, upside down, beamed cottage for four converted from a barn on a traditional Dartmoor farmstead near Chagford with ponies, rare breed sheep and hens. It's surrounded by 11 acres which guests can explore, has a games area and also offers stabling. A week's stay in this cottage during August is from £811.

For larger families Helpful Holidays offer eight luxurious granite lodges in the grounds of Bovey Castle Hotel, each sleeping six and welcoming pets, prices start from £2,050 in August and £995 in September. Guests have use of the hotel's facilities including the spa, pool, restaurants, tennis courts and golf course.

Extended and multi-generational family groups, or friends planning a holiday together, can book Sweeton



Manor (ref A300) an outstanding 16th century granite-and-thatch, beamed manor house sleeping 18 hidden deep in Dartmoor National Park. The eight-bedroom house with its many barns and stunning indoor

pool is set in four acres of spectacular natural grounds in the West Webburn River valley near Widecombe-in-the-Moor. A week's stay starts from £4,200 in summer; dogs welcome.

For details call Helpful Holidays on 01647 434063 or visit www.helpfulholidays.com; the agency has achieved Which? UK self-catering accommodation Recommended Provider status for three years in succession.

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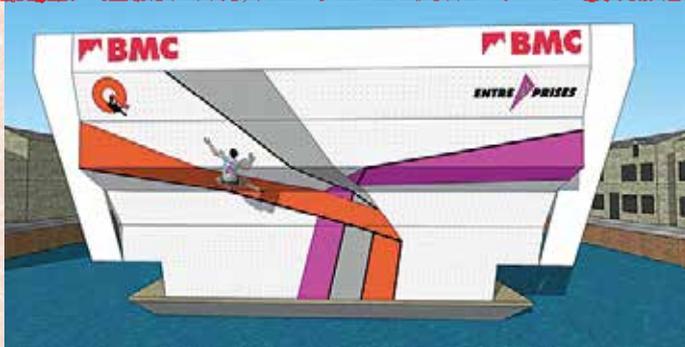
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www.edgemoordesign.co.uk



We love hearing about how races were run and won, presentations and awards that have been given and received, adventures that have been completed. Anything in the *Active Dartmoor* world that is of interest to our readers in fact. If you have an item that you would like us to include, just let us know! jenny@activedartmoor.com

Power Generation

Johnny Baker discovers what's next for the Quay



The Quay Climbing Centre based at the old electricity generation plant on Exeter's Quay front continues to develop its high quality offering for the region's climbers. The big news is that on the 30th and 31st August the Quay will be hosting the UK's first official Deep Water Soloing competition for 165 competitors including 45 sponsored rock climbing athletes.

Deep water soloing or DWS has its roots as a sub sport of rock climbing here in Devon. Berry Head in Torbay area is a world renowned venue where climbers solo without ropes, short but intensely difficult and powerful routes above deep water - hopefully with a high tide. In the States DWS competitions are now being held on artificial climbing walls above water - the Quay on Exeter's canal basin provides the city with a great opportunity to bring this visually exciting aspect of competition climbing to the UK and the South West.

Neil Gresham, one of the UK's leading climbers, said. "This event is one of the most exciting things to happen on the UK climbing scene in years. This will do wonders to promote it locally in a region that has a lot to offer those looking for a deep water solo adventure. I can't wait for my chance to go to head to head with Britain's best climbers!"

"The canal basin provides the perfect water space and the large open area of the Piazza Terracina offers a great arena for spectators to view the competition up close," said Paul Russell, Centre Manager for the Quay Climbing Centre.

Local businesses Taunton Leisure, AS Watersports, Haven Banks and Dewerstone Lifestyle Clothing will be in support with trade stands and equipment demonstrations and there will be illustrated talks from leading climbers and introduction opportunities to have a go at climbing.

With Summer well underway the Quay is now offering courses to make that essential transition to climbing real rock outdoors. All sessions are run by their experienced instructor team.

For more information visit www.quayclimbingcentre.co.uk

Cosdon Run 2014

David Guiterman follows the runners



Wonderful weather brought crowds flocking to the Belstone village fair on Sunday, July 13. Ever since the 1970s, fairgoers have had the chance to watch the unique Cosdon run which starts and finishes on the almost smooth village green.

In between is a quite different terrain. Runners are guided by markers which suddenly stop halfway up after which they are left to find their own route. There are no obvious paths; just the odd sheep track which tends to peter out just as you think it's going somewhere useful. Whilst unmarked runs are common in the fells up-North, down-South it's a unique challenge.

There is no best way. The choice is not easy. Go by the shortest route and feet met tussocks and bog. Taking the smoother route involves a considerable detour to the North.

There is also a stark choice to be made on the descent. Do you run carefully or do you throw caution to the wind and career wildly over uneven tussocky terrain where ankle-twisting traps abound? For someone intent on winning, speed is essential. The winner, James Best, admitted to falling over several times on the way down.

So congratulations to James not only for surviving with his skeleton intact but also turning in a new record time for the course. It really was a family affair with his father, Richard, winning in the over 50 class.



Eventual winner James Best, with Dad Richard, winner of the over 50's

PHOTOGRAPHS © DAVID GUITERMAN



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Hartwell is a mid 19th Century former farmhouse which can sleep 10 people. There's lockable storage for bikes and other equipment. The large acre-and-half garden is visited by all manner of wildlife and is a great place to relax. There's a 15th Century local pub nearby.

WHAT'S ON

A guide to what's happening on Dartmoor over the next few months

Follow Active
Dartmoor on:

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There's a wide range of activities and events on and around Dartmoor for all age groups over the coming months. We've included a taster to get you going, but for more information contact the following organisations:

National Trust

The National Trust offers many different events in the Dartmoor area including walks, talks, children's activities and themed events.
www.dartmoornt.org.uk

British Cycling Breeze Bike Rides for Women

Breeze rides are free rides for all women who would like to explore Dartmoor by bike but want to do so with other like-minded women.
www.goskyride.com/Breeze/Index

Adventure Okehampton

A busy programme runs over the summer period, covering a wide range of activities including Archery, Abseiling, Watersports, Gorge scrambling and rock climbing.
www.adventureokehampton.com/activity-days, tel: 01837 53916

DNPA Guided Cycle Rides

These rides are suitable for those who may look at the north-western side of Dartmoor's vast and imposing panorama and be a little scared at the thought of venturing up there. They offer an introduction to the area's uniqueness, with plenty of short stops along the way, if you want, to learn nuggets of information. There can also be refreshment stops at the Bearslake Inn or Lydford. "I'm quite happy to tailor the ride to suit the group," says DNPA Ranger, Rob Taylor. Tel: 01626 831040

AUGUST PICKS

Saturday 2

DNPA Ranger led walk - The working landscape of the River Plym
Tel: 01626 831040

Sunday 3

Wild Tribe - Fingle Bridge Meadows
Tel: 01647433356
Email: stuart.mathieson@nationaltrust.org.uk

Wednesday 6

DNPA Ranger led cycle ride - the Granite Way
Tel: 01626 831040

Sunday 10

"The Boys" A visit to a second world war RAF crash site and its emotive story
www.moorlandguides.co.uk



Tuesday 12

Rock Adventure Day Dewerstone
Tel: Spirit of Adventure
01822 880277

Wed 13 - Thurs 14

A night in the Parke
Tel: 01626 834748
Email: parke@nationaltrust.org.uk

Wednesday 13

Visit a 14th Century, Grade 1 listed Dartmoor Longhouse
Tel: 01822 890414

Thursday 14

Beautiful Bugs - Lydford Gorge
Tel: 01822 820320

Friday 15

DNPA Family Day at Cadover Bridge
Tel: 01626 831040

Saturday 16

DNPA Active Summer Day 11-4
Tel: 01822 890414

Sunday 17

Steam along the Plym Valley
www.goskyride.com

Wednesday 20

DNPA Ranger led conservation task - Fire pit and site restoration
Tel: 01626 831040 (Free event)

Thursday 21

DNPA Ranger led high moor insight walk
Tel: 01626 831040

Thursday 21

Myths and Legends Walk - Lyford Gorge
Tel: 01822 820320

Friday 22

DNPA Ranger led walk - the beauty of Yennadon & Beyond
Tel: 01626 831040

Saturday 23

Sense the spirits of the moor in Giant's Basin
www.moorlandguides.co.uk

Tuesday 26

DNPA Ranger led walk - Working in the Teign Valley - past, present and future
Tel: 01626 831040

Wednesday 27

DNPA Ranger led cycle ride - the Granite Way
Tel: 01626 831040

Sunday 31

Postbridge Challenge
www.dartmoorsartplymouth.org.uk

SEPTEMBER PICKS

Saturday 6 - Sun 21

Devon Open Studios
www.devonartistnetwork.co.uk

Sunday 7

Liberty Trails Dartmoor Challenge
www.libertytrails.co.uk

Sunday 7

Wild Tribe - Fingle Bridge Meadows
Tel: 01647433356
Email: stuart.mathieson@nationaltrust.org.uk

Wednesday 10

Wednesday Walk. Myths and Legends
www.moorlandguides.co.uk

Saturday 13

DNPA Ranger led conservation task - Fire pit and site restoration
Tel: 01626 831040 (Free event)

Wednesday 17

Riding Adventure across Southern Europe Presentation
www.traceyelliotreep.com

Thursday 18

DNPA Ranger led walk - Taw Marsh Bowl!
Tel: 01626 831040

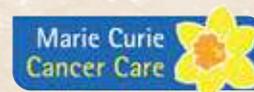
Saturday 27

DNPA Ranger led Cycle ride - management of Roborough Down
Tel: 01626 831040

OCTOBER PICKS

Sunday 12

Dartmoor Mountain Challenge
www.mariecurie.org.uk



Sunday 12

Fungi foray - Castle Drogo
Tel: 01647 433306
Email: castledrogo@nationaltrust.org.uk

Sunday 12

Visit a 14th Century, Grade 1 listed Dartmoor Longhouse
Tel: 01822 890414

Wednesday 15

Tracey's latest Riding Adventure Presentation
www.traceyelliotreep.com

Saturday 18

DNPA Ranger led walk - Lydford High Down
Tel: 01626 831040

Sunday 19

Burrator Perambulation
www.dartmoorsartplymouth.org.uk

Sunday 19

Longer Sunday Walks with Paul Rendell - Walkham Valley High views
www.moorlandguides.co.uk

Saturday 25

Dartmoor a DNPA Ranger's perspective - Trenchford area
Tel: 01626 831040

If you have an event that you would like to publicise in *Active Dartmoor* please email jenny@activedartmoor.com

Thinking of organising an event on Dartmoor? Please contact the Dartmoor National Park Access and Recreation team on 01626 832093



Located in the heart of Exeter

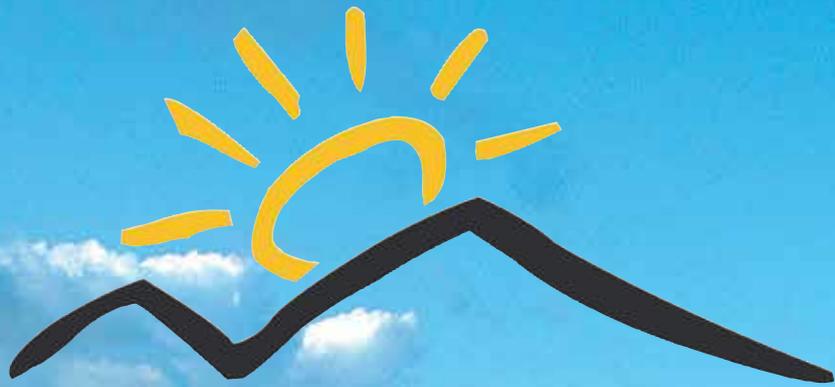
The largest dedicated indoor wall in the South West offers something for all abilities, from beginners to experienced climbers, with two great boulder caves for bouldering fanatics. Whatever the weather you can experience some of the thrill of the outdoors indoors at the Quay, or just enjoy the view of the action from our Workshop Cafe!

Climbing wall meets theme park

The UK's first Clip 'n Climb is now open at the Quay. Anyone can clip in and start climbing on our circuit of themed climbs with inflatable walls, speed races, moving parts and the ultimate test - the Leap of Faith!



The Quay Climbing Centre
Haven Road, Exeter, EX2 8AX t. 01392 426 850
www.quayclimbingcentre.co.uk www.clipnclimbexeter.co.uk



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