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- PARAGLIDING  
ABOVE THE TORS**



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## DARTMOOR

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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 Ten Tors  
by Andy Bateman



The lure of the moor attracts us all - often on many different levels - but whether you are walking, climbing, fishing, cycling or even paragliding there is a shared vocabulary of adventure, beauty, wilderness and magic. In this issue we discover the lure for young people with the pupils of Cullompton Community College portraying in their own words the experience of the legendary Ten Tors Challenge.

Mike Weaver casts a line or two to describe the quiet adventure of fishing the tumbling streams and stock still reservoirs. Anna Baness demystifies an altogether different plane of adventure

in her article on Paragliding and Mark Lane takes a different bearing on navigation looking at natural clues to trace a journey "out awver" on to the high moor. I hope the work of our contributors lures you out on to the moor too.

For me, May on the moor can be a time of diverse exploration looking for summer migrant birds that have been lured in to raise their young. One day I can be out early on the North Moor listening to golden plover, on another out watching hobbies chasing moths behind Fernworthy. Later an evening walk in the dimple at Bellever can be a good time to hear the churring of nightjar with the occasional glimpse of its magical wing clapping flight - that's if I can stand the midges.

With all this it's worth pausing to remember what a tough early spring the moor and its inhabitants have experienced this year. With weeks of low temperatures and a savage easterly wind Dartmoor often felt like the wild frontier and lambing for the farming community was as tough as it can get. Wildlife has taken a battering too, with a late start to the growing season foraging has been in short supply and nesting held back. A good time then to reflect on this and do what we can to tread lightly on our next adventure.

John

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The European Agricultural Fund for Rural Development: Europe investing in rural areas

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## NEWS



PHOTOGRAPH © DNPA

## The Tour of Britain is Back!

Friday 20 September 2013  
Sidmouth – Dartmoor (Haytor)

Last year the Tour of Britain attracted thousands of people to watch the gruelling hill climbs on Dartmoor before heading down to Dartmouth to finish. This year The Tour is returning to the National Park, with the Devon stage of the race finishing at Haytor. This will be the first time in the Tour's history that a mountain climb finish has been staged.

For more information visit [www.dartmoor.gov.uk/cycling](http://www.dartmoor.gov.uk/cycling)

## New Look Walking for Health Website

The National Walking for Health scheme has a new logo and a new website. It's now a friendlier one-stop-shop for all things Walking for Health. There's more information to help new walkers start walking and keep walking, a section on volunteering to become a walk leader and an easy way to find a local walk scheme.

Go to [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) or see our feature on page 21 to find out about the six active schemes locally.



THINK!

Have some horse sense on the road...

+ Find out how



## NEW LEAFLET AIMS TO MAKE ROADS SAFER FOR ALL

The British Horse Society has joined forces with road safety organisation, GEM Motoring Assist, to take a new approach to horse and rider safety on the roads. With almost ten percent of reported incidents in 2012 resulting in a horse fatality and seven percent causing serious injury to the rider, GEM and The British Horse Society have come together to create a 'Horse Rider Safety' leaflet to promote road safety for both horse riders and drivers alike.

Cleverly laid out, the leaflet features advice from the viewpoint of the horse rider on one side and, when turned over, from the driver's point of view. For horse riders, the leaflet includes issues such as hand signals and the importance of fluorescent leg wraps for the most visible parts of a horse. For motorists, the leaflet advises on appropriate speed, the nature of horses as 'light' animals, and the dangers of sudden movement and noise.

The leaflet, 'Horse Rider Safety', is available at [www.bhs.org.uk](http://www.bhs.org.uk) or by email from [r.lucas@bhs.org.uk](mailto:r.lucas@bhs.org.uk).

## Planning a picnic this summer?

Check out the new **Eat Dartmoor 2013** guide to food & drink for all Dartmoor food lovers or visit [www.eatdartmoor.co.uk](http://www.eatdartmoor.co.uk) to find the latest news, deals and offers from Dartmoor food and drink producers, suppliers and chefs. You can also find **Eat Dartmoor** on Facebook.



## FARMER-LED WALKS ON DARTMOOR

Farmers are offering visitors the opportunity to find out more about hill farms on Dartmoor that are usually closed to the public. Four farms are taking part in a pilot programme of farmer-led walks organised by the Dartmoor Hill Farm Project. Each event will be a general walk around the farm but with a focus on a different farming theme.

**Sheep and Shearing at Moorlands Farm**  
Sunday 23 June

**Working dogs at Middle Merripit Farm**  
Thursday 15 August

**Apple Harvest at North Hall Manor**  
Sunday 6 October  
Booking is essential and places are limited.

Book through High Moorland Visitor Centre, Princetown on 01822 890414 or email [visit@dartmoor.gov.uk](mailto:visit@dartmoor.gov.uk)

## GRANITE AND GEARS

A new leaflet to promote cycling opportunities for younger audiences has been produced by Dartmoor National Park Authority. The leaflet was researched and written by two Mosaic Youth Champions and includes a 20km route starting at Princetown. As well as providing route information, the leaflet contains top tips for enjoying mountain biking on Dartmoor; advice on responsible riding and safety information.





## Safety on Dartmoor Day 23 June 2013 Lydford Gorge

The Safety on Dartmoor Day is an annual event run at the National Trust property at Lydford Gorge on the north-western side of Dartmoor. The aim of the event is to give the public a chance to meet, talk to and learn about all the various organisations that have a specific role in making Dartmoor a safe and enjoyable place to visit.

Whether you live within the boundaries of the National Park, or are here on a day trip or holiday, come along and see the Devon and Somerset Fire and Rescue, Devon and Cornwall Police, Dartmoor Rescue Group and Camel's Head Rescue. There is also an opportunity to meet Dartmoor National Park Authority Rangers and volunteers, and the National Trust Rangers from Lydford Gorge, as well as the Devon Air Ambulance Trust.

Come along and watch Camel's Head Rescue put through their paces rescuing walkers from the deep gorge, talk to us about wildfires and moorland safety. Or, if nothing else, there's always the opportunity to play with the sirens! Admission charges to Lydford Gorge apply.

### Get Active on Dartmoor

This summer why not get out and sample some of the exhilarating outdoor experiences that can be had in the National Park. A new exhibition at the National Park Visitor Centre, Princetown will help you find out how. Active Summer will promote all that is great about getting out and enjoying the National Park. The exhibition will run from 21 June – 25 September 2013. For more information visit [www.dartmoor.gov.uk](http://www.dartmoor.gov.uk).

### Paws on Dartmoor

Dartmoor is a wonderful place to go walking, especially with your four-legged friend. However, over recent years there has been an increase in the number of incidents involving dogs and livestock.

On Dartmoor's common land, ponies, sheep and cows are allowed to graze freely, so you must keep your dog under proper control, or on a short lead, when walking near livestock. It is especially important that you keep your dog on a lead during the bird breeding season and the lambing season (1 March – 31 July), so that it does not disturb ground nesting birds, such as skylark, lapwing and curlew, or chase livestock away from their young.

Please ensure that you clean up after your dog and dispose of poo bags responsibly.

For more information, please pick up a Paws on Dartmoor leaflet available from National Park Visitor Centres, or visit [www.dartmoor.gov.uk/dogs](http://www.dartmoor.gov.uk/dogs)



### Lend a Helping Hand for Wildlife

The Wildlife Hit Squad is a practical volunteer group based at Natural England's East Dartmoor National Nature Reserve (NNR) near Bovey Tracey. Natural England works in partnership with Butterfly Conservation, Dartmoor National Park Authority, Devon Wildlife Trust and the Woodland Trust to give volunteers the opportunity to be involved with exciting landscape-scale conservation for wildlife across eastern Dartmoor. Volunteers provide a valuable contribution to enhancing special habitats for threatened wildlife, whilst visiting new sites, keeping active, learning new skills and having fun meeting like-minded people.

The main focus of the project, which is in its fourth year, is the



conservation of nationally rare fritillary butterflies, for which Dartmoor is a stronghold. The squad carry out scrub control on marshy grassland, native woodland regeneration and removal of invasive species.

Albert Knott, Natural England's Reserves Manager for Dartmoor

NNRs, said: 'The enthusiasm and time given by the Wildlife Hit Squad volunteers allows us to achieve much greater levels of habitat conservation than would otherwise be possible. We would like to give as many people as possible the opportunity of getting involved in local wildlife conservation.'

The Wildlife Hit Squad always welcomes new recruits. There are a range of tasks that volunteers can choose from that take place on weekdays and weekends throughout the year. If you are interested in joining the Wildlife Hit Squad, please contact Natural England at the Yarnor Wood office on 01626 832330.



PHOTOGRAPH © DNPA

### A Fresh Look at Litter

Once visiting essentials included sandwiches and a drink, now the list can stretch to a gazebo, inflatable boat and football. Much more is being brought into the National Park by visitors and much more is being left behind.

Despite the fact that recycling collection points are available across the area, Dartmoor National Park Authority is now spending a staggering £20,000 per year disposing of recreational litter and National Park staff spend many hours bagging litter which has been abandoned in the beautiful Dartmoor landscape.

Please help the National Park Authority to cut these costs.

Whatever you bring, at the end of the day please think about how you dispose of the waste.

Take your litter home, recycle and compost what you can. Then bin the rest. Please do not leave your litter on Dartmoor.



### Passing Through on Horseback

On 19th October 2013 William Reddaway and Strider will arrive on Dartmoor heading west after 2,000 miles and more than five months on the road. William is undertaking this marathon ride to raise money for Wormwood

Scrubs Pony Centre and the Family Holiday Association. Following two rest days in Lustleigh he will head on passing North Bovey and Postbridge to a night at Hexworthy. Two weeks later he will return heading northeast via Lydford and Okehampton. 'These are visits on a journey, not visits to stay,' William says. 'We will not be refreshed so much as hardened by colder weather and bigger spaces. Dartmoor in mid-October will be very different from our start in the Cotswolds in May, from Northumberland in June, East Anglia in August or London in September. Our Dartmoor may be stunning autumn crisp and bright or it may be dark, wet, lowering and cold but it will be remembered even in a journey of seven months.'

To read more about the ride or to make a donation see William's website: [www.rideroundengland.org](http://www.rideroundengland.org)

PHOTOGRAPH WILLIAM REDDAWAY



# SOARING THE SLOPES

**I**f you're in the vicinity of Corn Ridge, Cox Tor or Meldon Hill in a northerly wind and you come across someone with an unusually large and somewhat rounded pack on their back, you may well have seen one of a relatively rare breed of Dartmoor visitor.

Whilst the vast majority of people visiting Dartmoor with packs of a similar size are likely to have a tent, sleeping bag, food and drink and spare clothes inside, a few will be carrying something very different. These people, mostly men, are members of the South Devon Hang Gliding and Paragliding Club, a group of 100 pilots who, when the conditions are right, carry their incredibly light flying machines out to these and a handful of other sites agreed with the land owner and the National Park Authority.

Their objective is not to follow a set route on the ground but to take off and stay airborne in lifting currents of air, in other words to catch a thermal and soar much as the buzzards do. In fact you sometimes see the two not so far apart as they circle higher. A summer sky filled with fluffy cumulus clouds may provide a perfect invisible abundance of such currents which both use to gain altitude, but like the buzzard, the Dartmoor paraglider is a hardy breed just as likely to be seen out on a chilly winter day if the wind is right.

The successful Dartmoor paraglider is also at the top of his game whether he is circling above Chagford or heading off across country. He may make his flight look easy and lull the watcher into thinking that flying from Dartmoor's more rounded hills is far simpler and entails fewer risks than flying in mountainous regions such as the Alps, but that isn't necessarily so. Paragliding on Dartmoor involves more low level flying during take off, often uncomfortably close to the granite clutter that surrounds so many tors, with little time to make corrections if things go wrong. Pilots need an intimate knowledge of the moor and its weather patterns as they have to make many rapid decisions to keep clear of the dangers.

Watch anyone taking off from a boulder strewn hillside into a gusty wind using only their body and weight to make the multiple adjustments needed to gain height and you will soon realise that, as the local pilots are keen to point out, flying on Dartmoor actually calls for some very special skills and a real sense of respect.

## HANG GLIDING OR PARAGLIDING – WHAT'S THE DIFFERENCE?

Although hang gliding was first on the scene in the 1970s with simple yet sophisticated machines built of aluminium, carbon-fibre and high-tech sail fabrics and pilots suspended beneath in a special harness, most of the individuals you see taking off on Dartmoor now use paragliders developed from parachuting canopies, for the simple reason that they're more portable than hang gliders and can be carried into the launch sites which are all at least half a mile from the nearest road. Many also feel that paragliders offer the most intuitive way of flying yet devised.

## SO NOW YOU WANT TO TRY PARAGLIDING?

There are a number of agreed launch sites. To use them you will need to be a qualified pilot, a member of the South Devon Hang Gliding and Paragliding Club and a member of the British Hang Gliding and Paragliding Association (BHPA) which comes with third party insurance. A full course at a BHPA School takes around ten days of flyable weather. You might also consider a short "taster" course or a limited Elementary Pilot certificate.

PHOTOGRAPH JERRY BIRD



## USEFUL CONTACTS

South Devon Hang Gliding and Paragliding Club  
[www.sdhgpc.org.uk](http://www.sdhgpc.org.uk)

British Hang Gliding and Paragliding Association  
 BHPA: [www.bhpa.co.uk](http://www.bhpa.co.uk)

### LOCAL INSTRUCTORS

Flying Frenzy: [www.flyingfrenzy.com](http://www.flyingfrenzy.com) (Dorset based school)  
 Cloud 9: [www.flycloud9.co.uk](http://www.flycloud9.co.uk) (Cornwall based school)



## CORN RIDGE TO PLYMOUTH

**Want to know what it's really like? Active Dartmoor caught up with Dougal Martin, the first paraglider to fly from Dartmoor and land in Central Park in Plymouth, and asked him to describe the flight that few others have yet managed to replicate.**

With the closure of Plymouth Airport and the lifting of the flight exclusion zone came the possibility for me to fly home in my own time, a dream of all pilots worldwide. I had been planning the flight from Corn Ridge on the western side of Dartmoor to Plymouth's Central Park for years, checking out maps, looking at landing options and generally dreaming on wet windy days. My senior coach told me. "Paragliding is all about setting and achieving goals." All I needed was a day of good thermals, a northerly wind and vast amounts of luck! Good Friday (2012) offered me the first opportunity to attempt the flight. The weather was right and only my own failings would see me prematurely on the ground.

At 11am I took off from Corn Ridge into a soarable breeze and good looking sky but for the first couple of hours the thermals were hard work. I climbed away from the ridge a number of times but had to return. Finally feeling hungry and thinking it was not my day, I was ready to land when I got hoovered up in the strongest thermal of the day, which saw me at cloud base (2300ft) in less than five minutes. The sky downwind looked good with a patchwork of cumulus reaching the coast and on my first glide I ended up just west of Lydford where I picked up a second climb over the Walla Brook which took me back to the cloud base. From there I headed downwind past Brentor Gliding Club (which was inactive) to Mary Tavy where I got another climb.

The next glide headed me towards Tavistock and off the high ground to a nice looking cloud forming above the town, however, I missed the climb and soon despite some scouting I was down to 400ft above the ground. A last gasp search for a thermal saw me at no more than 300ft over the trees. To my delight I was rewarded with a strong gusty, rough ride back to the cloud base – I was still in the game with nature on my side. From there I glided south towards Yelverton where I picked up a climb triggering off the village. My goal was now in sight with the views improving all the time through the haze. I found a lovely lift line of air along the edge of the River Tamar. Losing very little height on the glide I headed back west to the A386 and Roborough on the outskirts of Plymouth. Landing options were going to get few and far between and I wanted an easy run into town over familiar territory. Arriving above the Dartmoor Diner, on the outskirts of Plymouth, I was rewarded with a good climb to the cloud base and was now almost guaranteed to reach my goal – what a feeling.

I carefully decided on my route into town making sure I had an escape route to a decent landing field at all times. I was 4000ft above sea level and the views were stunning. I cruised around enjoying a rare sight. The historic Barbican was to my left, Plymouth Hoe and the River Tamar to the right - I had dreamed of this moment and I was loving it.

Sometime later I chose my landing site and sneaked quietly onto the rugby pitch in Central Park in the centre of Plymouth – mission accomplished. Five minutes later I was at home with adrenaline coursing through my veins and the knowledge that I was the first person to land a paraglider in the centre of Plymouth. All you need is a dream, a plan and a good forecast.

PHOTOGRAPH DOUGAL MARTIN







## NIGEL HARE THE AD INTERVIEW



**O**perations Director and Senior Paramedic for the Devon Air Ambulance Trust, Nigel Hare's teenage desire to take part in Ten Tors and subsequent passion for first aid and helping people lead him to dedicate a large part of his life to developing the Air Ambulance Service.

The service began operating on 27th August 1992 and currently employs 45 staff. Their vision is to provide Devon with an outstanding, independent and efficient Air Ambulance Service, free of charge and available to all, 24 hours a day.

Nigel told us what it's like to work as part of the team that attends many different incidents each year of which usually well over 100 are on Dartmoor.

### What's your working day like on the air ambulance?

Each day starts with a full check of all our equipment. That is both medical and aviation. Even if I have worked the day before and know everything was present and working yesterday, we will still check each day as occasionally items of equipment get used at an incident by other paramedics or if equipment is electronic in nature, the batteries might become flat overnight.

Once the equipment and the aircraft is fully checked the crew have a briefing outlining aspects such as the weather, tide times, and on the moors, details of whether the firing ranges are in use. From that point onward we are ready to respond to emergency calls.

### How did you become a member of the Air Ambulance crew?

If I track the start of that path right back to the beginning it would be fair to say that Dartmoor is responsible. When I entered my teenage years I was keen to take part in the Ten Tors Challenge and as my school had no involvement in the expedition I needed to find another organisation that did. My

options were either the Scouts or the St John Ambulance, both of which were entering teams. However, as their meeting nights were on the same day of the week I had to choose one or the other; I chose St. John. As well as taking part in the Ten Tors for several years, eventually going on to manage my own teams, I also became passionate about first aid and helping people, which in turn led to me embarking on a career in the ambulance service, and ultimately, joining the team on the Air Ambulance.

### What was it like when you first started on the Air Ambulance?

My first operational shift was in 1997. I was mentored by an experienced member of the aircrew and even though I had been a Paramedic for five years, the challenges of working on the Air Ambulance were so different from my normal role that it felt like I was fresh out of training college. There are so many other factors to take into consideration, such as the weather, the amount of fuel we have, the choice of treatment centre, as well as all the normal challenges of treating the patient. My first few weeks remain a blur; however, I will

never forget the occasion very early on in my time with the team when a patient who I did not think would survive their injuries subsequently visited the airbase to meet the crew. It was very apparent that the speed of the Air Ambulance played a significant part in their survival – from that point forward developing the service, in partnership with the South Western Ambulance Service, has been a big part of my life.

### How often do you fly with the Air Ambulance?

Most of my role now is in supporting and developing the service, leaving a great team of pilots and paramedics to deliver the service to the patients. However I am still very fortunate to fly three or four times a month which enables me to continue to see first-hand the benefits the service brings to patients.

### The Air Ambulance is often seen on and over Dartmoor, do you recall any particular incidents on the moor?



Dartmoor is indeed a place we attend frequently to help people. In fact last year over 130 incidents we responded to were on Dartmoor, either on the open moorland or in its towns, villages and hamlets. I remember many different incidents, each for different reasons. There have been several challenging rescues on steep ground or between the rocks on tors. There have been occasions where we have had to carry people long distances to reach the helicopter because of the steep terrain or poor weather meaning the helicopter could not quite get to the top of the hill which was covered in cloud. It is amazing how often on moorland that seems deserted people appear as if from nowhere offering to help lift and carry the patient. Unfortunately it is also surprising how often they don't and the crew have to persevere alone! But I will never forget the expression of immense relief on one lady's face, followed by tears, when we landed just yards from her husband who was having a heart attack, miles from anywhere or any other help.

### Do you have a favourite area of the moors?

I have a couple. I am very privileged to have seen all of the moors from the air; flying across the moors between Mortenhamstead and Burrator on a clear sunny day is a wonderful experience; open moorland, farmsteads, tors on either side, the imposing view of the prison at Princetown and then the panorama of Burrator Reservoir, the Tamar Valley, Cornwall and the Atlantic; all at the same time! But if I'm walking on the moors on a day off, I love the walk to my namesake, Hare Tor, via Tavy Cleave, an experience I can now share with my son as he practices for his first Ten Tors Expedition this year.

### What does the future hold for Devon Air Ambulance?


We are always looking to develop the service we provide to the people of Devon. This year sees us celebrate 21 years of the Devon Air Ambulance. In that time we have moved forward from using a second-hand ex-military aircraft

operating just five days a week, to two aircraft operating 7 days a week covering a period of up to 14 hours a day in the summer. Later this year we take possession of our second brand new aircraft, designed specifically for the needs of the patients we meet and all made possible by the support of the people of Devon. Extending even further the hours each day we can deliver our service to the seriously ill or injured, whilst at the same time increasing the clinical capabilities of the service, will help ensure that we can help even more patients in their time of need.

**The Devon Air Ambulance Trust is completely independent of central or local government and needs to raise in the region of £4.5 million each year to keep their helicopters airborne.**

**To find out more or make a donation visit:**  
[www.daat.org](http://www.daat.org)





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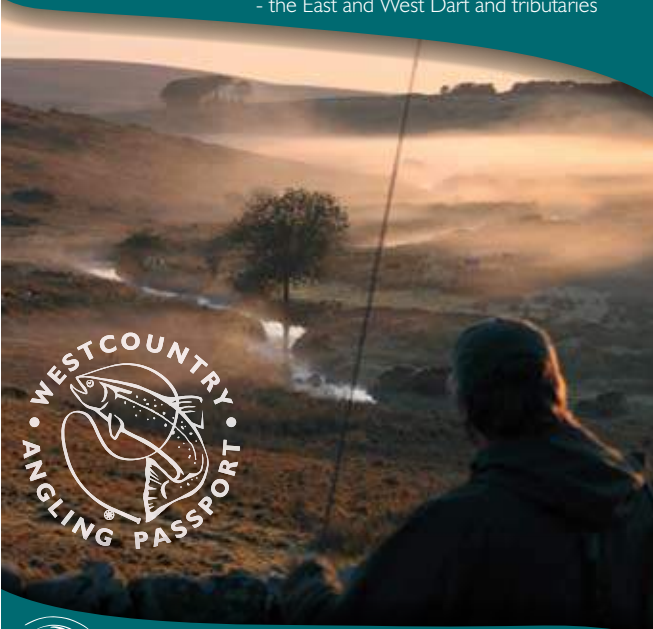
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## Wild Fishing on Dartmoor

MIKE WEAVER

Wild trout in wild places – that is the lure of Dartmoor for so many fly fishers. Many of Devon's main rivers spring to life in the heart of Dartmoor before flowing south to the English Channel or north to the Atlantic and all of them are full of hard-fighting wild brown trout. And the plus is that much of this trout fishing is open to all at a modest fee for a day on the river. So here is a chance to explore mile after mile of sparkling boulder-strewn streams as they tumble down from the high moors. The river season opened on 15 March - now is the time to get started.

ABOVE Mike Weaver fishes at Fernworthy  
LEFT West Dart above Two Bridges

PHOTOGRAPHS MIKE WEAVER



**W**ith more than 25km of fishing on the West Dart and East Dart, as well as their tributaries, the Duchy of Cornwall's Dartmoor Fishery is one of the country's most extensive fisheries and a day's trout fishing on all of this water costs only £10. The West Dart is a substantial river and a day spent fishing from Hexworthy up to the mouth of Cherrybrook offers an endless variety of long glides and runs, fast boulder-strewn sections, plenty of pocket water and deep pools. The catch should include trout between 7 and 10 inches but this stretch of the West Dart has produced the occasional big fish of over 11lb and trout up to 3lbs have been caught.

If you really want to stretch your legs, park at Postbridge and then fish your way up the East Dart. Above Hartlyland, there is a beguiling area of small pools that stretch upstream for a mile before you swing west at the Beehive Hut and fish up towards Sandy Hole Pass. When you stop fishing the final bonus is taking the direct route back to Postbridge over Broad Down with magnificent views over the south of Dartmoor.

There is much more to enjoy on the Duchy Fishery. Try Cherrybrook between the two road bridges that cross the stream, Blackabrook for the half mile below Oakery Bridge, or the upper West Dart from Two Bridges up to Wistman's Wood. The quality of the trout fishing on the Duchy waters is underlined by the fact that the Fly Fishing National Rivers Final will be held here for the second year running on 14 July 2013.

Another popular destination for the fly fisher is the Upper Teign Fishing Association fishery, where for £12.50 a day you can fish the lovely wooded Fingle Gorge as well as the Dunsford Nature Reserve and the meadows around Chagford. Most anglers start at Fingle Bridge where there is an endless variety of runs, glides and pools interspersed with broken rocky stretches above and below the Bridge. A morning fishing upstream from Fingle Bridge to Drogo Weir can be very productive, with every chance of catching brown trout up to 12 inches on a dry fly, nymph or wet fly. The boulder-strewn pools below Sharp Tor offer really exciting fishing, but take care when wading on the slippery rocks.

So what tackle will you need to make a start on the Dartmoor streams? Where the rivers are fairly open, a rod around 8ft 6in with a size 4 floating line is about right, though a shorter rod can be useful on any small tree-lined streams. In the early season, when the water is still cold, many anglers opt for the combination of a bead-head nymph on the point and a buoyant dry fly on the dropper – try a gold-head Hare's Ear Nymph and a Klinkhamer. As the weather warms up a variety of dry flies come into their own and local favourites include Black Gnat, Elk Hair Caddis, Adams and Klinkhamer. Traditional Devon flies like Blue Upright, Half Stone and Pheasant Tail are also worth a try. Although many stretches can be fished with thigh waders,



*West Dart at Prince Hall*

more and more anglers are turning to body waders to access the maximum amount of river. Whichever waders you use, a wading staff is essential for safety and to avoid the stumbles that spook the fish.

The wild trout on the Dartmoor rivers are a precious resource and conservation is a priority. Most anglers practice

catch-and-release to preserve stocks and increasing numbers are using barbless or de-barbed hooks to ensure that fish are released quickly and easily.

Although the brown trout is the main quarry on the Dartmoor streams, there are also opportunities to fish for salmon and sea trout – particularly on the West Dart and Teign. Salmon fishing on these rivers is very dependent on rain but if you catch them as they drop back after a spate you could be in for a pleasant surprise. Fly only is the rule on the West Dart but fly or spinner can be used on the upper Teign. Night fishing for sea trout with a fly on one of the big pools of a Dartmoor river is a real local speciality and a test of any angler's skill, but never go out at night on a new water without checking it out in daylight first.

For the fly fisher there is far more to Dartmoor than just the rivers, with half-a-dozen reservoirs where the South West Lakes Trust provides a variety of trout fishing opportunities. Kennick and Burrator are regularly stocked with rainbow trout that average close to 2lbs and can be in excess of 5lbs, while Fernworthy is stocked with brown trout around 12 inches, to supplement the natural stock. Avon Dam, Meldon and Venford are all classified as wilderness fisheries with no stocking and totally wild brown trout – and these three lakes are as close to free as you can get with only an Environment Agency licence required.

A rod of 9ft or 9ft 6in with a 7 floating line will cover most situations on the lakes, though a sinking line can be useful when the trout are down deep. Popular wet fly patterns on the lakes include Diawl Bach, Damsel Fly Nymph, Pheasant Tail Nymph, Montana Nymph, Viva and various Buzzer Nymphs – and when the fish are rising Black Gnat, Hawthorn and various sedge patterns.

Sadly many would-be fly fishers see this branch of angling as difficult and challenging but it has never been easier to learn the basics and start catching trout on a fly. Professional fly-fishing instructors offer a short cut to success and the introductory and follow-on days at Kennick run by the South West Lakes Trust



*Trout fishing on upper Teign beneath Sharp Tor*

provide an easy entry to the sport.

So, if you have yet to fish Dartmoor, this is the year to come and enjoy our wild moorland fishing in some of Britain's most beautiful country.

## FACT FILE

**DUCHY OF CORNWALL FISHERY**  
Over 25km of West Dart, East Dart and tributaries. Trout permits £10 per day from local agents, where Westcountry Angling Passport tokens can be used.

**UPPER TEIGN FISHING ASSOCIATION**  
12km of the upper Teign from Chagford to Steps Bridge. Trout permits £12.50 per day from numerous local agents or with Westcountry Angling Passport tokens. Visit: [www.upper-teign-fishing.org.uk](http://www.upper-teign-fishing.org.uk).

**SOUTH WEST LAKES TRUST**  
Kennick: stocked rainbow trout; season 15 March to 31 October; £22.50 per day; 6 fish limit; tickets on site or on-line. Burrator: stocked rainbow trout; season 15 March to 31 October; £17 per day; 5 fish limit; permits from Yelverton Garage, Snowbee UK or on-line. Fernworthy: stocked brown trout; season 15 March to 12 October; £14 per day; 4 fish limit; permits on site or on-line. Avon Dam, Meldon, Venford: wild brown trout (no stocking); free to EA licence holders; season 15 March to 12 October. For further

details, including concessionary rates and other permit options, season permits and competitions visit: [www.swlakestrust.org.uk](http://www.swlakestrust.org.uk)

**WESTCOUNTRY ANGLING PASSPORT**  
Fishing on many beats in the South West as well as Dartmoor. Visit: [www.westcountryangling.com](http://www.westcountryangling.com).

## GUIDES

Dave Hoskin:  
[www.dartmoorschoolofflyfishing.com](http://www.dartmoorschoolofflyfishing.com).  
Richard Jackson:  
[www.devonflyfisher.com](http://www.devonflyfisher.com).  
Paul Kenyon and Geoff Stephens:  
[www.flyfishingdevon.co.uk](http://www.flyfishingdevon.co.uk).  
Mike Stone:  
[www.devonfishing.co.uk](http://www.devonfishing.co.uk).



*Trout fishing at Broadmoor Pit on upper Teign*



**D**artmoor is a busy place during late winter and spring. Lambing is in full force and migratory birds like stonechat and wheatear return to the open moors to nest and bring up their young. In the dry periods of March the open horizons are often smudged with the haze and rising columns of brown smoke from swaling - the controlled burning of molinia on the open range of Dartmoor.

In amongst all this activity young people from across the region practice and compete to undertake a rite of passage and a journey into the wilderness of Dartmoor. The Ten Tors Challenge. I have discovered in the six years I have been assisting Cullompton Community College that no one who has seen Ten Tors is unmoved by it and no one who has walked Ten Tors is unchanged by it. Upwards of 125,000 people from across the south-west have taken part in its 50 year history.

Ten Tors is a truly tough undertaking. It is an odyssey best told by those who take part ... *Active Dartmoor* meets the teams, pupils and staff of Cullompton Community College and the Mid Devon Plodders as well as the organisations involved with managing Ten Tors to find out more.

PHOTOGRAPHS JOHN BAKER



### THE SCHOOLGIRL

'Ten Tors is a two day walk, run by the army, across Dartmoor either 35, 45 or 55 miles long, visiting ten checkpoints on ten tors in teams of six. When I was around the age of nine and ten I started to go onto Dartmoor with my Dad, walking about 25 miles in a weekend, I really enjoyed walking on Dartmoor and carrying my bag on my back, I feel this inspired me to train for Ten Tors with my school. This year is my first year of doing Ten Tors and so far I and

the rest of the 35 team have completed a series of training walks around Exmoor and Dartmoor. Last weekend we had our first camp and walk which was very tiring.

On Saturday we met at school for scrutineering our bags to make sure we had the correct kit for the night ahead of us, we checked the tents and completed our first aid certificate. That night we stayed near Princetown and in groups had to erect the tents and make dinner which consisted of 'boil in a bag.' We woke up early the next morning to put down the tents and make breakfast, we then set off walking. In our bags we carry our personal kit, for example, spare clothes, food and rations, sleeping bag, roll mat, and lots of water. We also have to carry team kit, for example, a first aid kit, a tent, stove and pots to boil water in as well as maps, and compasses.



# TRUE GRIT

## A TALE OF TEN TORS



The weather on Dartmoor is so unpredictable. On our last walk it went from frost to sunshine, then from hail to rain and then it came out sunny again. Paying attention to the weather is very important in our training because if it rains all night the rivers will be very swollen from the water running off the hills, this will potentially make river crossings very hard if there isn't a small footbridge.

Ten Tors is not for the fainthearted, it is hard and requires a lot of team work, when we walk we have to be a closely knit team and stay together. The tors take perseverance to climb but once you are at the top you feel amazing and on top of the world. Most of all I know I can do anything if I put my mind to it. From our training I have learnt a lot of map reading skills and enjoy taking control

of the navigation in our team. While other team members are amazing at encouraging the team and are always there to help you, we also need a main team leader, who is in charge of the group, and plenty of great walkers. Having a good team and to all get along really well is important because you have to spend many weekends training with them for the real event in May. Before the event I think I will be nervous but I have trust in everyone doing Ten Tors and I think I will feel confident being with my team because everyone helps each other out.

Overall it is a great thing to do because you learn so much, have a really good time, but at the same time you learn a lot about yourself.'

**Annie White** - Year 10, practicing for the 35 mile event



### THE VETERANS

*What I witnessed with Cullompton Community College and Mid Devon Plodders is the willingness from the staff to encourage the young participants to progress with their skills and training beyond Ten Tors. Past pupils who are now old hands contribute to the training of teams and are now qualified moorland leaders who come back to share their experience and enthusiasm for getting stuck in...*

'Once I got a taste for the freedom of the moors and the camaraderie that comes in a team facing a challenge, I needed to follow through with all the distances, successfully

completing the 35, 45 and 55 miles as team leader on all occasions. The memories I got from these experiences are invaluable. I decided to help out to aid the organisers of the teams who had done so much work to see me succeed. I also wanted to pass on my enthusiasm to the newcomers.'

**Matt Porter** - Engineering student

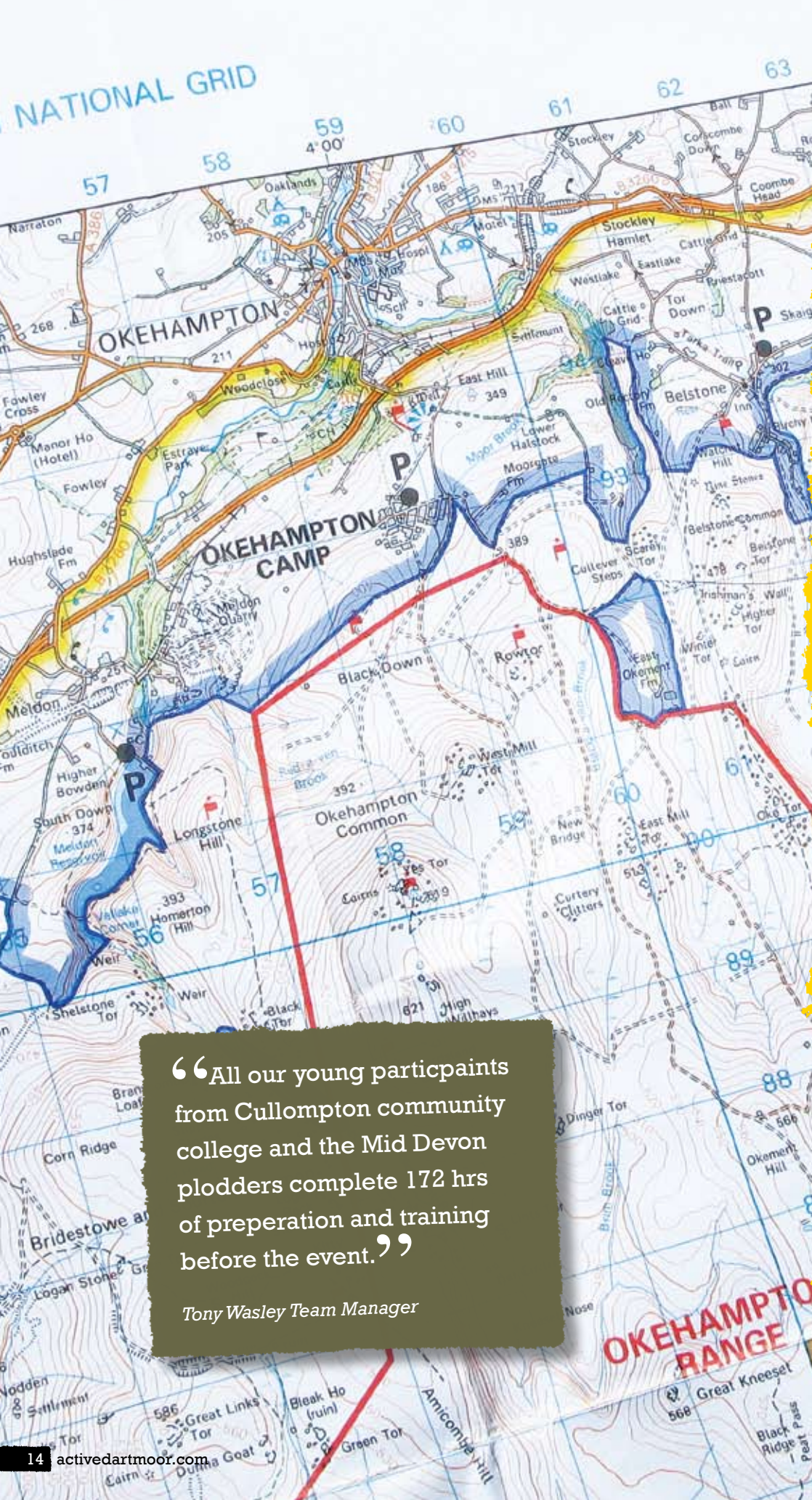
'After the 35 I was hooked; I then went on and did the 45 and 55. Since then I have been working towards my Mountain Leader Certificate.'

**Matt Phillips** - Outdoor Activities Instructor

'Ten Tors has been a great learning curve. I have been involved in Ten Tors for nine years now. Four years taking part in the event and five as a trained group leader. I enjoy helping the kids develop



NATIONAL GRID



themselves whether it's team building, confidence or more responsibility. It's great to encourage these skills as it will help with future jobs and provide a good base for employers to work on. This is what makes me continue to help out and make a difference. Not only that, but I love every bit Dartmoor has to offer and my Ten Tors experience has brought the best out of me.'

**Spike** - Cullompton College  
Ten Tors legend and Apprentice Electrician

'I see it as a way of life now and I don't think twice about helping.'

**Martin Lock** - Petrolhead and Engineer



## THE TEACHER

'The start - the cannon and the crowds streaming away with such purpose - never fails to raise the hairs on the back of my neck.'

The aims of Ten Tors (gaining an appreciation of, and respect for, the outdoors; the natural environment and its history; gaining new skills of navigation; developing fitness, teamwork, resilience, self esteem and friendships) are all met through the training and event. As a teacher I see young people develop in many ways and that impacts positively upon their performance and attainment in school. In short they mature into young adults.

It is very satisfying to see former pupils who

“All our young participants from Cullompton community college and the Mid Devon plodders complete 172 hrs of preparation and training before the event.”

Tony Wasley Team Manager



went through Ten Tors now assisting with the training as experienced qualified leaders, volunteering to pass on their knowledge and enjoyment.'

**Guy Sturtivant** - *Physics Teacher at Cullompton Community College*



## THE PARENT

'I watched my daughter Alice grow in confidence. She knows if she can do this she can do anything. Turning up to help is the least I can do for this. Plus it's fun.'

**Nick Morgan** - *Alice's Dad*



## THE RANGER

'Ten Tors provides an opportunity for people to enjoy the National Park and experience the wildness and remoteness and sense of challenge that can characterise the moorland areas. It is vital, however, that any large-scale recreational activities that take advantage of this living landscape do so in ways that do not

compromise our own and others efforts to conserve its special qualities. That is why the Dartmoor National Park Authority works very closely with the Ten Tors Committee and needs the active support and engagement of all involved in Ten Tors to ensure that damage is avoided.

Therefore, we ask every manager and every participant, both in training and during Ten Tors, to do all that is possible to minimise their environmental impact on the moor and consider the needs of others. We hope that you will use Ten Tors to learn a bit more about the natural environment and the National Park whilst also enjoying yourselves!'

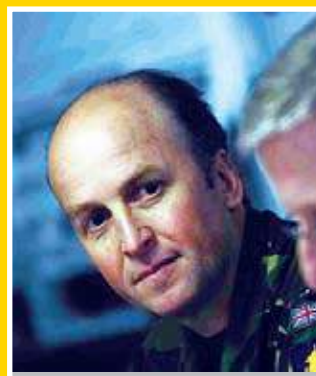
**Rob Steemson** - *DNPA rep on the Ten Tors Committee*



## THE LAND AGENT

'The Duchy of Cornwall fully supports Ten Tors and the Jubilee Challenge as events which provide fantastic opportunities for young people. It is of course critical that these events are facilitated in a manner which gives appropriate regard and consideration to the working, farmed landscape of Dartmoor and the ongoing dialogue that exists between event organisers and those affected by the event is key to ensuring the event's continued success.'

**Tom Stratton**,  
*Duchy of Cornwall*



## THE SOLDIER

'It is most important that the event remains a challenge for the participants, whilst being safe. The Army, as the lead organisation, faces a number of issues and challenges during the annual circle of organising Ten Tors and Jubilee Challenge. Critically, for me, I have outstanding support from external agencies, such as DNPA, DRG (Dartmoor Rescue Group) and the Police, to assist me in overcoming these challenges to provide a safe and challenging event. In addition, the Army recognises the importance of youth development in the south west and fully supports this outstanding event. As to what I feel is great about Ten Tors, it helps shape the values, attitudes, teamwork, development and fitness of thousands of young people – it literally changes lives for the better.'

**Brigadier Piers Hankinson** -  
*Director Ten Tors*



## FACT FILE

Ten Tors is open to teams of six, in any male/female combination - aged between 14 and 19 - from schools, youth organisations (Scouts, Guides, Youth Clubs) and Service cadets based in the seven counties in south west England.

The event usually takes place on the second weekend of May.

The event has a 400-team limit.

The first Ten Tors Expedition took place in 1960.

In 1975 the Sussex Police Cadets became the first girls team to complete a 45-mile route.

The Jubilee Challenge is a special event for children with physical and learning disabilities. It has been held as part of the Ten Tors Event since 1977.

Further information:  
[www.exeter.ac.uk/tentors/](http://www.exeter.ac.uk/tentors/)







## THE TRAINER

Ten Tors is a unique event and for many young people provides them with an opportunity to develop wide range of life skills, whether that be navigation and wild camping or just being getting of bed at the right time and getting your own bag packed.

In order for the young people to have worthwhile learning experiences they need the support and guidance of competent adults, such as teachers, youth leaders, parents and others. Many of whom give many hours of their own time. Part of that time commitments is in their own training in order to ensure they themselves can lead others safely in what can be a very challenging environment, especially during the depths of winter when teams start training.

There are a number of suitable training schemes available to leaders and the level of qualifications they require will depend on their intended training activities, who else they have to support them and their role within the management of their Ten Tors teams. Many adults get involved because they have considerable skills and experience in the mountains themselves whilst others gain in knowledge and experience through their involvement as volunteers. Whichever route is taken everyone involved in the leadership and training of young people should be assessed as 'competent' to do so and work within clear operating procedures.

The South West Mountain & Moorland Leader Training Scheme (SWMMLTS) has been in existence for over 30 years and continues to meet the needs of schools, colleges, youth and community groups operating on Dartmoor and within the greater south west England and South Wales.

**Brendan Stone**  
Head of Centres  
The Dartmoor Centres

**For details of the scheme and training and assessment opportunities please email;**  
[ldp-dartmoorcentres@babcockinternational.com](mailto:ldp-dartmoorcentres@babcockinternational.com)  
**telephone The Dartmoor Centres on 10364 631500 or visit our website**  
[www.dartmoorcentres.co.uk/training.html](http://www.dartmoorcentres.co.uk/training.html)



Cooking up the obligatory boil-in-the-bag



Campcraft with pitching tents, cooking and packing rucksacks correctly are drills well rehearsed



Group leaders on assessment take time out to reflect why outdoor education like Ten Tors is often a transformational experience



# NATURAL NAVIGATION



At *Active Dartmoor* we think being able to navigate using a map and compass, to Journey from A-B, without the need for Devon Air Ambulance, Dartmoor Rescue, your mum or a friendly boy scout is a key skill. Indeed, we have run a previous navigation article and in this issue we look at some of the gear and books that help acquire the necessary skills and drills. Here, Mark Lane of *Wilderness Guides* gives a few thoughts outside the box and takes a different perspective looking at Natural navigation and using nature's sign posts to enrich a moorland journey.

No wonder the Army do navigation training on Dartmoor. Its featureless, wind-scoured undulations can present a real challenge - especially in poor weather. Tales of lost people in the mires of the moor abound. Even sober souls speak of the more sinister edge of whimsy where travellers, being 'piskie-led', have had to turn their clothes inside out in order to break the hex and find their way off the moor.

Whilst Dartmoor presents drama in its landscape, it is of different kind than the obvious peaks and valleys of more vertiginous national parks: spinning around on the spot can reveal an identical landscape in all directions. However if you look carefully there are numerous clues, even on this windswept plateau, to help point your way.

To successfully navigate using natural signposts it is important to understand Dartmoor from a wider perspective. It is a high fist of granite surrounded by lower ground. Water flows off it, from its centre to its edge. Ultimately, if you follow these, then you will find your way off the moor. It might take a while though! But nearly all water flows towards the sea. It is also useful to note that there are only five 'big' bodies of water on the moor - each of them a reservoir - Venford (s/e), Fernworthy (e), Burrator (s/w), Meldon (n), and Avon Dam (s).

Following the outflow from these will ultimately lead you off the edge of the moor and to civilization.

There are only three very large blocks of woodland actually on the moor: Fernworthy, Bellever and Soussons Down. All three are mainly conifer plantation and planted in organised ranks. Fernworthy, with its high ridge facing out into the moor, can be seen from many places as its dark, brooding mass sits heavily on the landscape. Happen across extensive woodland in a valley tells you that you are on the edge of the moor - as it is in the valleys that ring the moor that the old vestiges of ancient oak woodland still exist, they are also home to Dartmoor's major rivers (Dart, Teign, Erme, Okement, Taw and Tavy). Follow them downstream and there is a good chance you will find habitation. Following them the

other way will lead you further into the wilderness. If you come across a small woodland of very stunted, dwarf-like oak then there are only three on the moor: Black-a-Tor Copse (north), Wistman's Wood (middle) and Pile Copse (south). Just through a basic understanding of the



*Black-a-Tor Copse*

bigger features of the moor you can get an idea where you are at most times. It does not have to be just the radio mast at Princetown that is your beacon of last resort.



However, it is not just the big landmarks and clues that can give you pointers to your position. Direction can be understood in the smaller details. Windswept trees are shaped by the south-westerly force of the prevailing wind over many years. Visible volumes of loose moorgrass blades snag on the windward side of gorse, also hint at the prevailing direction. Ponies and sheep scrape shallow shelters in the peaty soil, often away from this wind. Collections of droppings build up on the leeward side of tors over time. Look up into the upper reaches of the atmosphere and you might detect the more consistent high winds of the jetstream giving you a useful steer. And when you get to know the moor more intimately you will understand that parts of the moor have high concentration of grass, some heather, some bracken and only parts have swathes of bilberry. Even the way trees grow can help: their southerly facing branches reaching out more horizontally towards the track of the sun whilst their northern side, impoverished, can be less 'full' and the branches more vertical as they grow upwards in search of light. All are subtle clues but can be added into the mental map to be interpreted as you go.

Because the sun marches across the sky at 15 degrees per hour it



*The power of the south westerlies shapes exposed trees*



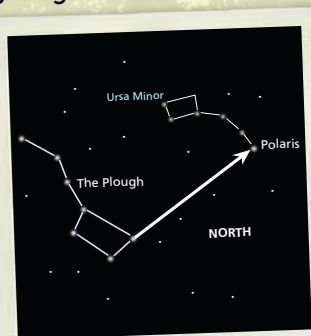
*Moorgrass hung up on the windward side of gorse*

means that if you know the time then you can figure out your direction and if you can figure out the direction then you can tell the time (also useful for when you need to anticipate sundown). There are even ways of telling where the sun is through cloud.

Sun and wind can combine to influence the alignment of houses built on the moor: where windows and doors are faced at an angle away from the south west (wind/ weather) and in a way that the windows get maximum benefit from the warmth of the sun into the room as it tracks a southerly course from east to west. Even the different condition of old thatch on one side of the roof to another may, or may not, give a hint if it was laid

at the same time.

Cloudless skies at night and Dartmoor's low light pollution can leave the starry heavens as your guide: Orion, the Plough or even Cassiopeia pointing the way to Polaris, the North Star. The pointed crescents of the moon, if you join them up can point to a southerly



*Using the Plough in the night sky to find north*

spot down on the horizon and at certain times of year the brightness of Venus or Jupiter can guide you safely on a consistent course.

What light pollution there is marks out Plymouth to the south-west and Exeter to the east.

The moor is not a place just for map and compass, although you would be unwise to venture out without them. But taking a little time to observe the obvious and more subtle clues around you can enrich your experience of the moor, your navigation and your safety.\*

\*I have a personal tip which I call the 'rule of threes' – I tend to use this in many aspects of my wilderness guide work – plant ID, tracking, navigation, routes of rescue etc. Don't just rely on one clue for direction, it might mislead. Try and find at least three indicators that corroborate each other. This will ensure that you reduce (but not remove) the risk of error from relying on just one sign.



*Remember to look around - it's more than just map and compass work...*

## FACT FILE

For more thoughts on bushcraft and natural Navigation visit Marks excellent and informative blog <http://wildernessguide.wordpress.com>



# GEAR FOR THE NAVIGATOR

To avoid the embarrassment of getting lost learn the 3D mantra for navigation. The 3Ds are distance, direction and description. So for every leg of your journey consider:

**1. DISTANCE** – Measure the distance using your compass roamer and convert it to a time, based on the speed you are walking.

**2. DIRECTION** – This may involve bearings or orientating the map to make sure you head off in the correct direction.

**3. DESCRIPTION** – As well as the obvious features you pass, start trying to concentrate on what the contours are doing. Does the leg start flat then go gently uphill before finishing steeply down? Navigation on the moor means there will be fewer walls, and buildings to work from but you will always have some

contours, so start using them now. To determine your 3Ds you will need some essential equipment - at the very least a map and compass. *Active Dartmoor* takes a broader look at what's on offer for the Dartmoor activist.

## Maps

There are two types for walkers worth considering:

**Ordnance Survey 1:25 000 scale OL28 Explorer map** showing rights, of way open access land, military ranges and regional trails such as the Two Moors Way and West Devon Way. An excellent detailed map with field boundaries and antiquities such as bronze age hut circles, stone rows and settlements marked. The moor is divided into two with this map, with the south on one side and the north on the other. My own map is hexed by some Fernworthy Pixie as I have never unfolded the map to the side I have required.

If you prefer you moor on one sheet try the **HARVEY Dartmoor British Mountain Map** £14.95 at a scale of 1:40 000. It is very durable - "Virtually indestructible" according to Sir Ranulph Feinnes.

- Includes Colour shading for easy identification of hills and valleys
- Geological map of the area
- Climbing crags
- Tips on using your map and compass
- Mountain incident and first aid advice
- Useful local phone numbers and websites

For cyclists, the **HARVEY Dartmoor and Surrounding Area for Cyclists map** £12.95 is definitely king of the hill. Recently revised, one side is for mountain bikers and the other for cycle touring showing tried and tested cycle routes. Details include:

- All paths and tracks where cyclists have a legal or permitted right to ride are shown.
- Routes have been graded and colour-coded by cyclists so that you can easily identify the paths that will suit your ability and mood
- Produced in cooperation with Dartmoor National Park Authority
- Includes cycling in the Tamar Valley and Haldon Forest Park

Horse riders will find some very useful maps produced by Jonathan Mathys at his website [www.ridedartmoor.co.uk](http://www.ridedartmoor.co.uk)

## Map case



If you must carry your map in a map case Orlleib make a variety of sizes. There are versions for cyclists to attach to handlebar bags - which

is really useful. Just be aware that a map case on a lanyard around the neck is a dangerous piece of kit able to strangle and flip up to hit you in the eye. I prefer my map to be laminated and stowed away in the chest pocket of my waterproof.

## Compass

There really is only one weapon of choice here and that's the **Silva Expedition 4 compass** - the civilian version of the lightweight, protractor model compass developed by Silva for the British Army. Ideal for quick and accurate reading it includes scaled roamers for measuring distance and giving accurate grid references.

Having said that there is a good compass for runners and that's the classic Silva 6 JET SPECTRA thumb Compass at £60.00. Very simple and quick to use - I made the most of this substantial investment on the Dartmoor OMM a couple of years back. I've even used it on my horse which was rather pointless as the horse knew exactly where he was and which direction to go for dinner.



## GPS

Unless you are into Geocaching this could be a tricky investment. Whilst a GPS unit will have many benefits over a smart phone it will not replace a map and compass. A course with Compassworks would be a good starting point to using and buying a unit that meets your needs



## Apps

I've been using Outdoors Great Britain GPS with OS maps for iPhone very successfully on Dartmoor. You don't need a phone signal for it to work and it's possible to switch off the GPS to lengthen battery life. With this App you are able to select, purchase and download any 1:50k or 1:25k OS maps via the in-app Store; these are the same as the trusted, OS LandRanger™ and Explorer™ maps.



## Watch

For helping calculate distance a watch is a pretty good idea for timing individual legs. A Suunto Core with its barometer, altimeter and storm alarm may be a bit over the top for Dartmoor but it's a good time piece. It's the flagship of the Suunto outdoor range.

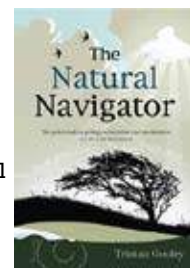


## Books

**The Ultimate Navigation Manual** by Lyle Brotherton integrates traditional methods with cutting-edge GPS techniques into a fresh and intuitive format. Highly Recommended. His youtube clip **Help me 112** is a must watch.



**Natural Navigator** by Tristan Gooley A fascinating read and will help kindle the urge to look at a Dartmoor Journey in a different light.



## Courses

If you haven't got the foggiest idea about navigation there are several excellent local providers of navigation courses worth contacting: [www.compassworks.co.uk](http://www.compassworks.co.uk) [www.dartmoornavigation.co.uk](http://www.dartmoornavigation.co.uk) [www.moorlandguides.co.uk](http://www.moorlandguides.co.uk)





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Hiking & Trekking



Ten Tors & DofE



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Forestry Commission  
England

## Explore Believer Forest

Enjoy the tranquility of a picnic by the East Dart River or an exhilarating walk up to Believer Tor to take in the stunning views. Explore the forest itself and discover a wealth of wildlife, archaeology and grazing Dartmoor ponies. **Believer Forest, near Postbridge**



[www.forestry.gov.uk](http://www.forestry.gov.uk)





# walking for health

Walking is great for your health and puts a spring in your step. With Walking for Health, you can join a free short walk nearby to help you get active and stay active at a pace that works for you. It's a great way to stretch your legs, explore what's on your doorstep, and make new friends. The walks are led by friendly, knowledgeable volunteers, specially trained for the job. Along with fellow walkers, the walk leaders provide all the advice and encouragement a new walker needs to build fitness and confidence.

Run by The Ramblers and Macmillan Cancer Support, Walking for Health is England's largest network of health walk schemes with 600 groups

and has helped thousands of people to lead a more active lifestyle over the past twelve years. There are six active groups in and around Dartmoor. Each group meets at least once weekly and offers a range of walks to suit different fitness levels and abilities.

## LEVELS EXPLAINED

### LEVEL 1

Approx 30 – 40 minutes.  
Up to 1½ miles.

### SUITABLE FOR:

Those who do little or no physical activity at present.

People restricted by mobility problems who walk slowly, finding hills a struggle.

### WALK DETAIL:

Flat, level, hard-surfaced paths and pavements. No steep hills or steps. Suitable for wheelchairs and buggies.

### LEVEL 2

Approx 30 – 45 minutes.  
1 – 2 miles.

### SUITABLE FOR:

People that do a small amount of physical activity but need to increase their activity level.

Those with minor mobility problems who walk at a moderate speed and are able to cope with moderate gradients.

### WALK DETAIL:

Footpaths and pavements with some gradients, sometimes steps or uneven terrain.

### LEVEL 3

Approx 1 – 1½ hours.  
2 – 4 miles.

### SUITABLE FOR:

People who already do a certain amount of physical activity.

Those who walk at a faster pace and are able to cope with hills.

### WALK DETAIL:

Footpaths, tracks and pavements, possibly uneven terrain and a few moderate to steep gradients. May include the use of stiles or steps. Can possibly be wet/muddy underfoot depending on the weather.

### WANT TO BE INVOLVED?

The schemes are always keen to hear from anyone who is interested in joining the friendly team of volunteers – you can give as much time as you can spare. **FREE WALK LEADER TRAINING** is offered along with ongoing support.

### Further information;

Kate Wright on 01822 813571 or [kwright@westdevon.gov.uk](mailto:kwright@westdevon.gov.uk)  
Walk this Way Teignbridge on 01626 215603 or [walk.this.way@teignbridge.gov.uk](mailto:walk.this.way@teignbridge.gov.uk)

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)



## HORRABRIDGE WALK AND TALK

Walks start and finish at the London Inn.

**Short Walks (Level 2)**  
weekly – Tuesdays 10am

**Moderate Walks (Level 3)**  
fortnightly – Wednesdays 10am

### Further Information:

Jean Coulthard 01822 853130 or  
Ruth Pain 01822 853333.

## OKEHAMPTON WALK AND TALK

**Short Walks (Levels 1 – 2)**  
weekly – Tuesdays 10.30am  
meet outside Waitrose

**Moderate Walks weekly (Level 3)**  
Wednesdays 10am  
meet opposite the Post Office

**Moderate Afternoon Walks monthly (Level 3)**  
Sundays 1.30pm meet  
outside the Post Office (check  
programme for dates)

### Further Information:

Kate Wright 01822 813571 or  
Olive Hennessey 01837 659257.

## TAVISTOCK WALK AND TALK

Walks start outside The Wharf.

**Short Walks (Levels 1 – 2)**  
weekly – Tuesdays 10.30am

**Moderate Walks (Level 3)**  
weekly – Thursdays 10am

### Mystery Walks

second and last Thursday each  
month

### Further Information:

Kate Wright 01822 813571.

## IVYBRIDGE WALK AND TALK

Walks start and finish at  
Ivybridge Leisure Centre.

**Short Walks (Level 1)**  
weekly – Tuesdays 10am

**Moderate Walks (Levels 2 – 3)**  
weekly – Thursdays 10am

### Further Information:

Kate Wright 01822 813571.



## SOUTH BRENT WALK AND TALK

Walks start outside the newsagents in the centre  
of South Brent.

**Weekly – Fridays 2.30pm**

### Further Information:

Kate Wright 01822 813571.



## MORETONHAMPSTEAD WALK THIS WAY

Walks start from the bus shelter in Court Street  
car park.

### Level 1-2 walks

weekly – Tuesdays 10.30am

### Further Information:

01626 215603.



# WARRENS, GIRTS AND OUZELS

**Tamsin Grey explores a circular route full of historical interest close to the Warren House Inn on the east side of the high moor.**

**S**tarting and finishing at the historic Warren House Inn with its famous open fire that is said to have been burning since 1845, this route can either be walked or cycled and has a number of variations that make it more or less challenging to suit your mood, age, fitness and the weather. It is also accessible by bus, although at the present time these do not carry bikes.

This route is almost entirely off road following unsurfaced bridleways, so expect rough going in places and some mud or lying water at times. It crosses open moorland, dips in and out of Soussons forestry plantation and runs back up the Challacombe valley past Challacombe and Headland Warren Farms offering stunning views of disused tin mines and medieval farming remains and perhaps a glimpse of the elusive ring ouzel.

Starting with your back to the Warren House Inn, turn left along the B3212 to find the bridleway leading off on your right shortly after the small car park on the right. Follow this track as it winds across heather moorland and down into the valley. This whole area formed part of two of the largest tin mines on Dartmoor, Birch Tor and Vitifer, and the deep gullies or gerts left by the surface mining can still be seen. There were also underground workings with mine pits up to 400 feet deep.

For those wanting more of a short stroll and perhaps a picnic,

this valley with its smooth grassy areas alongside the stream makes a great point to aim for. With stunning views of Birch Tor and the walled enclosures built by the mining community for rabbiting and vegetable growing there is much to look at. The enclosures are said to be in the shape of playing card symbols and folklore has it that one Jan Reynolds was picked up by the devil for playing cards in Widecombe Church and dropped his cards in this spot where they turned to stone.

This area is also a favoured by the ring ouzel, a red status species of the highest conservation priority that is

## **Famous open fire that is said to have been burning since 1845**

slightly smaller and slimmer than a blackbird. Keep a look out and you may be lucky enough to see the male with its distinctive black plumage with a pale wing panel and striking white breast band.

If you're planning to carry on, cross the West Webburn River and turn right to follow the track down the valley to the edge of Soussons plantation. Go through the gate and follow the track onwards for a short distance until it divides. Here you have a choice of routes. Keep left for the shorter option following the footpath and permissive bridleway that contours around the hill to Challacombe Farm

passing the disused Golden Dagger Tin Mine on the way. Here you will see the remains of buddle pits used for washing the tin ore and the ruins of Dinah's House, a meeting place and dormitory for the tin miners.

For a longer option turn right and follow the bridleway along the forestry track to Soussons Farm. In front of the farm turn left and follow the bridleway across open grassland and back across the West Webburn before sweeping uphill to join the track down to Challacombe Farm.

Look out for the Medieval Village of Challacombe shortly after passing the current farmhouse where the remains of at least seven houses can be seen. The most well-preserved show similar features to the longhouse with animals and people sharing the same building.

Continue to follow the bridleway straight on up the valley. After the group of cottages on your left the track turns to grass but remains clearly defined all the way to Headland Warren Farm, which along with warrening or rabbit farming, was once said

to have been an inn serving the mining community of the area. Depending on the vegetation growth you might be able to see the remains of the medieval strip lynchets above you on the left.

At Headland Warren Farm turn left up the drive and pass through the yard and in front of the main house to reach the gate back into open country. After the gate you have two options. For a longer route (either walking or cycling) that includes a short section of main road for the cyclists among you, turn right and follow the bridleway up to the road where you will need to turn left and then left again after a short distance along another bridleway that runs up over the flank of Birch Tor before dropping down to Bennett's Cross, a boundary marker of Headland Warren and also of Chagford and North Bovey parishes, and turning left along the B3212 to reach your finish point back at the Warren House Inn. Do bear in mind that this second bridleway crosses open moorland and can be soft and liable to damage in wet weather.

The Early Bronze Age village of Grimspound with its circular



PHOTOGRAPHS JOHN BAKER



## ROUTE INFO

**LENGTH:** Main route 5 miles (8km)  
**TIME:** Allow at least 2 hours  
**START/FINISH:** The Warren House Inn SX674809

**TERRAIN:** Mostly off road and a mixture of unsurfaced tracks that can be rough in places and grassy paths. Expect some mud and lying water at times.

**MAPS:** OS Explorer OL28 Dartmoor; HARVEY Dartmoor and surrounding area for Cyclists.

**PUBLIC TRANSPORT:** The Transmoor Link between Yelverton and Moretonhampstead passes the Warren House Inn on a regular basis. It does not carry bikes.

**PARKING:** There is roadside parking outside the Warren House Inn and two small car parks a short distance in either direction along the road. There is also a car park at Bennett's Cross.

**REFRESHMENTS:** The Warren House Inn is open daily from 11am, serving hot and cold drinks from a well-stocked bar. Food is served from midday with an extensive menu and specials boards which cater for all tastes.

wall enclosing twenty-four huts is also a short detour away from here and well worth a visit (turn right up the bridleway then right at the road to pick up the bridleway on your left at Firth Bridge that leads up to the pound itself).

If you're looking for a shorter route, or a firmer wet weather alternative, turn left after the gate and follow the harder path alongside the wall and then up and over Headland Warren. This section can be quite narrow and rough in places particularly on the descent. There are also significant drops into disused mine workings alongside the path.

Back in the West Webburn valley keep another look out for ring ouzels before retracing your way up the bridleway to the Warren House Inn, reputed to be the third highest public house in England. The Inn has been refurbished but retains its character. There is now a restaurant adjacent to the bar and a display of fascinating artefacts highlighting the sometimes turbulent history of the Inn.





# Active Dartmoor Magazine

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# Brimpts Farm

DARTMOOR

Brimpts Farm is a wonderful place to visit in a stunning setting in the heart of Dartmoor and has earned itself a well-deserved reputation for good, old fashioned hospitality.



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Brimpts Farm Dartmeet  
Dartmoor PL20 6SG



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# BACK TO BASICS

Dartmoor has a great selection of camping barns and bunkhouses and two YHA Hostels that cater for groups and often individuals as well. Whether you're looking for a basic 'stone tent' to protect you from the elements or more luxurious bunkhouse-style accommodation with carpeting and a fully equipped kitchen you're bound to find an option to suit.

## Blytheswood Hostel Steps Bridge, Dunsford Tel: 01647 252435



Set in a secluded oak wood on the eastern side of the National Park this hostel is a detached wooden chalet overlooking the Teign Valley. It is an ideal base for exploring the high moor and the Teign Valley. There are woodland walks straight from the door.

This 24-bunk-bed hostel offers flexible accommodation in cosy rooms sleeping between 2 and 8 people in bunks. You can book an individual bed, room, or the whole hostel on a nightly basis.

Communal living/eating area, fully equipped kitchen, dining room with wood burning stove, drying room and picnic areas.

Adult £14 per night, under 18 £8 per night. Whole hostel £200 per night.

## Dartmoor Expedition Centre – Rowden, Widcombe-in-the-Moor Tel: 01364 621249 earle@clara.co.uk



The oldest established independent barn bunkhouse on Dartmoor having been open since 1970. It is ideal for schools, youth groups, walking, climbing and kayaking clubs, birthday, stag and hen parties and is on the Two Moors Way.

Two 300-year-old barns with cobbled floors and thick granite walls. One sleeps 14, the other sleeps 21. Two upgraded rooms (1 double, 1 twin) with more privacy and security for leaders.

Wood burning stove, dining/kitchen area and drying room.

Small groups of 5 or more also welcome, you won't be mixed in and overwhelmed if a big group is staying as well.

Bunkhouse £14.50 per person,  
Loft Rooms £16.50 per person

## Fox and Hounds Hotel Camping Barn / Hostel Lydford

Tel: 0800 0191 700

or 01822 820 206

info@foxandhoundshotel.



Popular with walkers and offering direct access onto the western edge of Dartmoor with spectacular views. The barn has no kitchen or catering area, although the adjacent pub and restaurant serves breakfast and other meals.

Offers affordable hostel-style accommodation with bunk beds in two sleeping areas. Sleeps 10 persons in total.

Bunk only £8, bunk and breakfast £16, bunk and linen £13, bunk linen and breakfast £21

A member of the Youth Hostel Association.



PHOTOGRAPH LAYI

## Fox Tor Café Bunkhouse Princetown

Tel: 01822 890238

enquiries@foxtorcafe.com



Situated in the centre of Princetown, the bunkhouse provides easy access to the open moor. It has central heating throughout and under floor heating in the bathrooms. There is a small self-catering area with cooker, microwave, sink, fridge and toaster and secure drying room/kit storage area. Dogs are welcome providing the whole room is booked and paid for and guests agree to abide by the doggy code of conduct!

Cycle hire available.

The bunkhouse can sleep up to 12 people in 3 rooms of 4.

For 1 bunk £10.50,  
room with 1 person £32.00,  
room with 2 people £35.00,  
room with 3 people £38.50,  
room with 4 people £42.00,  
the whole Bunkhouse £115.00.

## Great Hound Tor Camping Barn - Manaton

Tel: 0800 0191 700



This former farmhouse is located on the eastern edge of Dartmoor near the village of Manaton, in the shadow of Hound Tor. The barn is perfect for exploring Dartmoor's tors, with Haytor, Saddle Tor and Widcombe-in-the-Moor close by. There are two upstairs sleeping galleries and a large recreation/cooking area and a shower on the ground floor.

Sleeps 14.

A member of the Youth Hostel Association.



## Lower Aish Camping Barn – Poundsgate

Tel: 01364 631 229



Situated close to the River Dart and 200m from the Tavistock Inn with the local towns of Ashburton and Buckfastleigh only a short drive away. This is an eco barn using 100 per cent renewable electricity and heating.

Shower block, equipped kitchen and drying room.

Dogs welcome.

Sleeps 18

Group Bookings only.

£120 per night.

## The Plume of Feathers Bunkhouse Princetown

Tel: 01822 890240

[www.theplumeoffeathersdartmoor.co.uk](http://www.theplumeoffeathersdartmoor.co.uk)



Situated in the centre of Princetown with easy access to the open moor, the bunkhouse sleeps 38 people and is ideally suited for larger parties and groups. There are smaller and larger sharing rooms which are clean and comfortable with shared kitchen and toilet facilities.

Group of 10 £140.00 (first night) £95.00 (subsequent nights). Group of 4 £70.00 (first night) £52.00 (subsequent nights). Two people £36.00 (first night) £27.00 (subsequent nights). Single from £15 (first night) £10.50 (subsequent nights).

## Powdermills Bunkhouse Postbridge

Tel: 01822 880277

[martin@spirit-of-adventure.com](mailto:martin@spirit-of-adventure.com)



Comfortable and warm converted granite barn situated in the heart of the National Park. Ideal for walking groups year round or for kayaking groups over the winter. There are beautiful views across the north and south moors and there is an excellent choice of local inns and restaurants within five miles.

An ideal venue for individuals or groups.

Storage heaters in every room, comfortable lounge with wood burning stove, tables, chairs and sofas, firewood provided, drying room, fully equipped kitchen, hot and cold running water, showers.

All you need to bring is towels, sleeping bag and pillow.

26 bunk spaces in 4 rooms – two 4 berth, one 8 berth and one 10 berth. Mattress cover/under sheet provided.

£15 per person per night, £12 for under 18s and students. Exclusive use £250 per night with a deposit of £100.

## Runnagge Camping Barns and Bunkhouse – nr Postbridge

Tel: 0800 0191 700 or 01822 880222

– please note return calls will not be made to mobile numbers due to the costs involved. Please provide a landline number.

[runnaggecampingbarns@tiscali.co.uk](mailto:runnaggecampingbarns@tiscali.co.uk)



Ideally located in the centre of the National Park this is an excellent base for all kinds of activities for groups and individuals and is popular with schools for Duke of Edinburgh and Ten Tors training.

The camping barns or 'stone tents' are a part of the YHA network but are owned and operated by the farm. They are suitable for groups and families. All barns are centrally heated. Each has seating and raised wooden sleeping areas. Toilets and showers are located between the two camping barns. The bunkhouse offers comfortable budget accommodation, dormitory style with 6 bunk beds in each of two rooms. A kitchen, large seating area, toilets and showers are also within the bunkhouse.

Camping barns: £8.50 per person per night or sole use from £85.00 per night.

Bunkhouse: Sole use of both rooms £130.00 per night, one room only (up to 6 people maximum) £70.00 (Sunday to Thursday only).

## Sparrowhawk Backpackers Moretonhampstead

Tel: 01647 440318 or

07870 513570

[ali@sparrowhawkbackpackers.co.uk](mailto:ali@sparrowhawkbackpackers.co.uk)



A small friendly, relaxed, eco-hostel situated close to the village centre, cyclists are welcome and it's a highly popular second night stop for the End2End cycle route.

14 Beds in dorm, open plan with full length curtains. 1 double / family room. Secure bike shed. Camping kit for hire.

Adults £17.00 / Children £8.00 per night. Double / Family Room - £38.



The Youth Hostels

## Bellever

Tel: 0845 371 9622

[www.yha.org.uk](http://www.yha.org.uk)



If you want to get away from it all for an outdoor activity break, YHA Dartmoor is the perfect spot. The hostel is surrounded by open moorland and forest, with access to a network of off-road routes for walking and cycling - it's a comfortable, child-friendly, rural retreat and provides a perfect base for family rambles.

This hostel offers a full catering service and is fully licensed, selling local beers and ciders.

Beds from £13.00, rooms from £30.02.

## Okehampton

Tel: 01837 53916

[www.yha.org.uk](http://www.yha.org.uk)

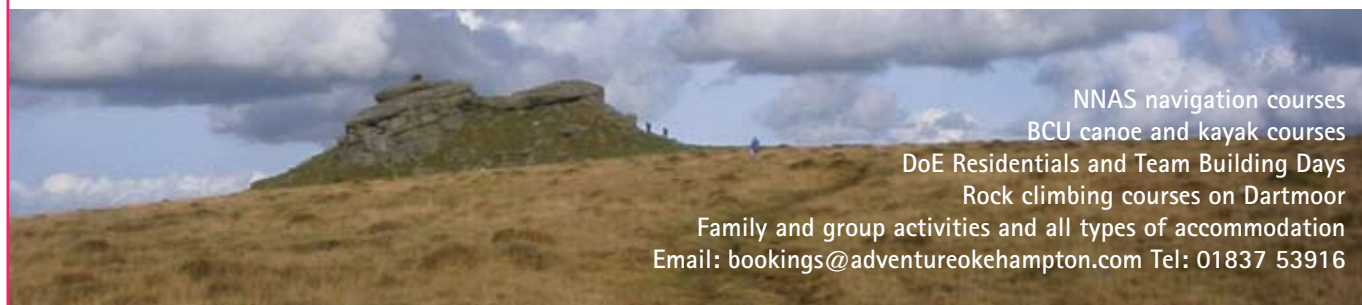


Get active and get an adventure at YHA Okehampton. This old railway goods shed set on the edge of Dartmoor has been converted to a modern hostel offering accommodation for individuals, families and groups. It's a great centre for exploring the wilds of Dartmoor or stopping off on the National Cycle Route. After a day of activities, settle down for an evening meal in the licensed restaurant serving locally sourced food, beers and Devon cider.

Beds from £14.50, rooms from £24.00.



[www.adventureokehampton.com](http://www.adventureokehampton.com)



NNAS navigation courses  
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Email: [earle@clara.co.uk](mailto:earle@clara.co.uk)

Website: [www.dartmoorbase.co.uk](http://www.dartmoorbase.co.uk)

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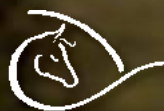
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# WHAT'S ON

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

Follow Active  
Dartmoor on:

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There's a huge 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 organizations:

## Active Dartmoor and the Dartmoor Partnership

There's a lot happening on Dartmoor over the summer months. You just need to know where to find it. From guided walks, festivals, shows, sporting events, music and the arts, there is something for everyone. For a list of events go to: [www.dartmoor.co.uk](http://www.dartmoor.co.uk)

## Moorland Guides

From wildflower strolls to navigation courses the Moorland Guides are offering a wide range of inspiring walks this summer. [www.moorlandguides.co.uk](http://www.moorlandguides.co.uk)

## 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](http://www.dartmoornt.org.uk)

## MAY PICKS

**Saturday 11 - Sunday 12**  
**Ten Tors**  
[http://events.exeter.ac.uk/tentors/enter\\_y.htm](http://events.exeter.ac.uk/tentors/enter_y.htm)

**Saturday 25**  
**Camel Teign Ivor's Dream**  
[www.ldwa.org.uk](http://www.ldwa.org.uk)

**Sunday 26**  
**The Wildlife of a Dartmoor Mire -**  
Ecologist led stroll  
[www.dartmoor.gov.uk](http://www.dartmoor.gov.uk)

**Monday 27**  
**Chagford Two Hills Race**  
Tel: 01647 432576

**Tuesday 28**  
**Cuckoos and other Moorland birds -**  
Ecologist led stroll  
[www.dartmoor.gov.uk](http://www.dartmoor.gov.uk)

**Wednesday 29**  
**Geocaching Event -**  
Everything you need to know about how to get involved in geocaching.  
[www.dartmoor.gov.uk](http://www.dartmoor.gov.uk)

**Wednesday 29**  
**Woodland Explorer Day (children's) Parke,**  
Tel: 01626 834748,  
Email: [parke@nationaltrust.org.uk](mailto:parke@nationaltrust.org.uk)

**Thursday 30**  
**Essential Bushcraft -**  
Summer (Moretonhampstead)  
[www.wildwoodswillow.org.uk](http://www.wildwoodswillow.org.uk)

## JUNE PICKS

**Saturday 1**  
**Dartmoor Discovery Ultramarathon**  
[www.teignbridgetrotters.co.uk](http://www.teignbridgetrotters.co.uk)

**Sunday 2**  
**Wild Tribe (Fingle Bridge)**  
Activities for families with children of all ages from 5-18.  
Tel: 01647 433356, Email: [tom.wood@nationaltrust.org.uk](mailto:tom.wood@nationaltrust.org.uk)

**Saturday 8**  
**Ranger led insight walk on Roborough Down -**  
Boars and Butterflies.  
Tel: 01626 831040

**Saturday 23**  
**Dartmoor Classic Cyclo sportive**  
[www.dartmoorclassic.co.uk](http://www.dartmoorclassic.co.uk)

**Saturday 29**  
**Ranger led walk -**  
Guns, Rabbits and Stone  
Tel: 01626 831040

## JULY PICKS

**Sunday 7**  
**Ranger led insight walk at Newbridge**  
Tel: 01626 831040

**Tuesday 16**  
**Exploring the cists in the Plym Valley -**  
Walk with DNP Archaeologist  
Tel: 01626 831040

**Saturday 20**  
**Bellever Day -**  
Celebrate the Festival of British Archaeology with a number of hands on events and guided walks. [www.dartmoor.gov.uk](http://www.dartmoor.gov.uk)

**Saturday 20**  
**Haytor Heller**  
[www.teignbridgetrotters.co.uk](http://www.teignbridgetrotters.co.uk)

**Saturday 20/Sunday 21**  
**Midnight Madness Walk**  
[www.dartmoorsartplymouth.org.uk](http://www.dartmoorsartplymouth.org.uk)

**Saturday 20/Sunday 21**  
**Bush Craft Camping Weekend**  
Tel: 01822 820320  
Email: [lydfordgorge@nationaltrust.org.uk](mailto:lydfordgorge@nationaltrust.org.uk)

**Sunday 21**  
**Walk with DNP Archaeologist -**  
The Whitehorse Hill cist  
Tel: 01822 890414. Independent walkers meet at cist at 2.30pm

**Saturday 27 - Tuesday 30**  
**Teenage Wilderness Camp (Chagford)**  
[www.wildwoodswillow.org.uk](http://www.wildwoodswillow.org.uk)

**Sunday 28**  
**Six Moor Miles**  
[www.plymouthharriers.org](http://www.plymouthharriers.org)

**Sunday 28**  
**Exploring the archaeology within the Fernworthy plantations**  
Walk with Archaeologist  
Dr Phil Newman  
Tel: 01822 890414

## AUGUST PICKS

**Thursday 1 - Friday 2**  
**Essential Bushcraft Camp (Chagford)**  
[www.wildwoodswillow.org.uk](http://www.wildwoodswillow.org.uk)

**Friday 2**  
**Ranger led family cycle ride**  
Tel: 01626 831040 or 01837 861141  
[www.devoncyclehire.co.uk](http://www.devoncyclehire.co.uk)

**Saturday 10**  
**Ranger led walk from Two Bridges -**  
Trees and Tin  
Families welcome  
Tel: 01626 831040

**Wednesday 14**  
**Ranger led walk - The working Landscape**  
Families welcome  
Tel: 01626 831040

**Wednesday 21**  
**Bushcraft bonanza (National Trust - Parke)**  
Tel: 01626 834748  
Email: [parke@nationaltrust.org.uk](mailto:parke@nationaltrust.org.uk)

**Tuesday 27**  
**Ranger led family stroll towards the Avon Dam**  
Tel: 01626 831040.  
Countryside Mobility South West will be providing 'Tramper' all-terrain mobility scooters for use at this stroll for people who have difficulty walking. Full training will be provided and the use of the scooters is free but places are limited so pre-booking is essential.  
Tel: 01392 459222  
Email: [info@countrysidemobility.org](mailto:info@countrysidemobility.org)

## SEPTEMBER PICKS

**Sunday 1**  
**Wild Tribe (Fingle Bridge)**  
Tel: 01647 433356  
Email: [tom.wood@nationaltrust.org.uk](mailto:tom.wood@nationaltrust.org.uk)

**Saturday 7**  
**Ranger led walk -**  
Cuckoo's, potatoes and water  
Tel: 01626 831040

**Saturday 14**  
**Horseman Xtreme Triathlon**  
[www.endurancelife.com](http://www.endurancelife.com)

**Sunday 22**  
**Bovey Beauty Fell Race**  
Email: [davidrickwood@woodlandtrust.org.uk](mailto:davidrickwood@woodlandtrust.org.uk)

**Saturday 28**  
**Ranger led walk -**  
up the Walkham valley  
Tel: 01626 831040

## OCTOBER PICKS

**Saturday 5**  
**Ranger led autumn walk (Tavy Cleave)**  
Tel: 01626 831040

**Sunday 6**  
**Abbots Way Walk**  
[www.dartmoorsartplymouth.org.uk](http://www.dartmoorsartplymouth.org.uk)

**Sunday 13**  
**Orienteering League Event -**  
Holne Moor  
[www.devonorienteering.co.uk](http://www.devonorienteering.co.uk)

If you have an event that you would like to publicise in *Active Dartmoor* please email [simon@activedartmoor.com](mailto:simon@activedartmoor.com)  
Thinking of organising an event on Dartmoor? Please contact the Dartmoor National Park Access and Recreation team on 01626 832093



# DIRECTORY

Our useful list of activity providers based on and around Dartmoor

## ADVENTURE OKEHAMPTON

Adventure Sports, Cycling and Mountain Biking, Canoeing, Orienteering, Adventure Sport Centre. Okehampton 01837 53916

## CHOLWELL RIDING STABLES

Catering for all ages and abilities. 01822 810526

## DART ROCK CLIMBING CENTRE

Adventure Sports, Climbing and Mountaineering, Adventure Sports Centre. Buckfastleigh 01364 644499

## DARTMOOR DRIVING

Horse Riding. Ashburton 01364 631438

## DARTMOOR NATURE TOURS

Walking, Safari Tours. Bovey Tracey 07858 421148

## DEVON CYCLE HIRE

Cycling and Mountain Biking. Sourton 01837 861141

## DUCHY OF CORNWALL

Fishing on Dartmoor 01579 372140

## EMBERCOMBE

An outdoor classroom of infinite possibilities. www.embercombe.co.uk

## FORESTRY COMMISSION

Explore Bellever Forest, near Postbridge

## IBEX OUTDOOR

Adventure Sports, Boating and Canoeing, Climbing and Mountaineering, Walking, Canoeing, Adventure Sport Centre, Outdoor Activity/Pursuit Centre. Ivybridge 07971497531 01752 837082

## LIBERTY TRAILS

Bespoke riding holidays on Dartmoor. 07967 823674

## MOORLAND GUIDES

A wide variety of guided walks for everyone. 07579 969121

## PONY HERITAGE TRUST

Purpose-built all-weather visitor and education centre. 01626 833234

## RIVER DART ADVENTURES

Adventure Sports, Boating

and Canoeing, Climbing and Mountaineering, Extreme Watersports, Outdoor Activity/Pursuit Centre. Ashburton 01364 653444 01364 652511

## ROADFORD LAKE OUTDOOR + ACTIVE CENTRE

01409 2115079

## SHILSTONE ROCKS STUD & RIDING CENTRE

Tailored hacks for all abilities. A great way to enjoy Dartmoor. 01364 621281

## SOUTH WEST LAKES TRUST HEAD OFFICE

Fishing, Boating and Canoeing, Walking, Multi-Activity Centres, Wind Surfing, Outdoor Activity/Pursuit Centre 01566 778503 www.swlakestrust.org.uk

## SPIRIT OF ADVENTURE

Adventure Sports, Cycling and Mountain Biking, Climbing and Mountaineering, Walking, Multi-Activity Centres, Canoeing, Orienteering, Activity Centre. 01822 880277

## THE DARTMOOR CENTRES

Group Accommodation and Outdoor Activities 01822 890761

## TOR ROYAL

Trekking, Stables and bed and breakfast. 01822 890189

## TREASURE TRAILS

Themed, self-guided trails. 01364 631500

## TREE SURFERS

Adventure Sports. Tavistock 01822 833409

## WILDWISE

Outdoor activities, crafts and skills for all ages. www.wildwise.co.uk

## WILD WOODS 'N' WILLOW

Wildcraft and nature awareness for young people. 01647 231330

## WOMEN'S CHALLENGE CLUB


For great days out - on and off the Moor! 07585 776682

## WOODPECKER FOREST SCHOOL

Learning by experience in wonderful woodland settings. www.woodpeckerforestschool.co.uk www.heatree.com

**Harford Bridge Park**  
Dartmoor Holidays by the River Tavy

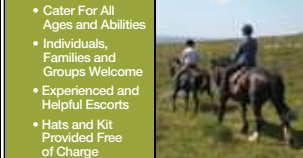
Beautiful level, sheltered park set beside River Tavy 2.5 miles from Tavistock. Open all year. Walker friendly. Cyclist friendly. Ideal base for exploring Dartmoor, West Devon & The Tamar Valley. Hardstands, self-catering caravans, a holiday cottage and a unique Shepherd's Hut for all weather camping.



Harford Bridge Holiday Park, Peter Tavy, Tavistock, Devon, PL19 9LS  
Tel. 01822 810349  
www.harfordbridge.co.uk  
stay@harfordbridge.co.uk

Ride straight onto  
**Dartmoor**  
www.cholwellridingstables.co.uk

- Cater For All Ages and Abilities
- Individuals, Families and Groups Welcome
- Experienced and Helpful Escorts
- Hats and Kit Provided Free of Charge



**Cholwell Riding Stables**  
Mary Tavy • Tavistock • PL19 9QG  
01822 810526


**TOR ROYAL**  
Trekking Stables and Bed and Breakfast



Riding out on Dartmoor for all abilities on our hardy horses and ponies  
Small Groups - Friendly escorts

www.dartmoorhorseriding.co.uk  
01822 890189  
phone evenings and meal times

**Shilstone Rocks Stud & Riding Centre**



Ride in "War Horse" country  
Beautiful, quiet and un-spoilt  
Tailored hacks for all abilities A great way to enjoy Dartmoor

**Tel: 01364 621281**

**Fox Tor Cafe**  
Licensed Cafe Off-Licence Bunkhouse

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!



Two Bridges Road, Princetown PL20 6QS  
01822 890 238 foxtorcafe.com

**The Carpenters Arms**

A delightful traditional country pub - located a few minutes from Haytor in the lovely Dartmoor village of Ilstington.



- Families • Dogs • Horses
- Muddy boots and wet coats are all welcome!

Traditional Sunday Roast.  
Home cooked and locally sourced menu with childrens portions available.  
A good range of well kept real ales, beers, ciders and wines.  
Ample parking in the village

Ilstington, Haytor, Devon TQ13 9RG  
01364 661629 www.carpentersilstington.co.uk

**The Royal Oak Inn**



The Royal Oak at Meavy is in an idyllic location next to the village green. If character is what you want then you could find no better place!  
Food is served seven days a week, home cooked, locally sourced.  
Walking groups welcome... Muddy boots and muddy paws welcome in the bar!

Meavy, Dartmoor, Devon PL20 6PJ  
Tel. 01822 852994 Email. sjearp@aol.com  
www.royaloakinn.org.uk

To advertise in Active Dartmoor call Susie on 01392 201227 or email: info@zaramedia.co.uk





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I   
outdoors

## Dartmoor

Go walking, cycling,  
orienteering, wildlife  
watching or just enjoy a lazy  
day in fabulous surroundings.

Call 01626 834748 for details  
[www.DartmoorNT.org.uk](http://www.DartmoorNT.org.uk)

National Trust





# Quay climbing centre

Climbing for everyone...



## 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!

**clip'n  
climb**  
AT THE QUAY



The Quay Climbing Centre  
Haven Road, Exeter, EX2 8AX t. 01392 426 850  
[www.quayclimbingcentre.co.uk](http://www.quayclimbingcentre.co.uk) [www.clipnclimbexeter.co.uk](http://www.clipnclimbexeter.co.uk)