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## DARTMOOR

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

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

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

Main cover photograph War Horse Ride April 2012 by Malcolm Snelgrove  
Equestrian Photographer  
www.equestrianphotographer.co.uk  
Front cover runner photograph by Richard Lowerson



This summer I have been practising hard for winter. Camp craft - in the rain, trail running in the rain, climbing - between downpours and riding Journeyman the Dales Pony - in the rain. No one this year can accuse me - or Journeyman - of being a fair weather enthusiast. Despite the weather rain has not stopped play - and it needn't either. Dartmoor is blessed with the landscape and the access to cater for a variety of activities with plenty of wet weather or winter options (Read Plan-B and see our winter essential article if you are wondering what your b is from your a) to encourage us out and experience the cutting edge of Dartmoor's raw and natural elements.

At times when the moor is at its harshest the real spirit of the place can reveal itself - in this month's issue we hear from Tracey Elliot-Reep and the spirituality she experiences on her long distance treks and what compels her to explore wild places. Tamsin Grey takes on a family cycle route to see the new and spectacular Gem Bridge - a cosy sheltered cycleway hemmed in by woodlands with enticing views of Dartmoor.

Word on the ground is that the not quite so new kid on the block - Bushcraft - has matured in its supply. We take a look at who is offering what and the activities they've programmed for the coming months.

Lastly, having young children shouldn't be a deterrent to a good stomp. We look at some bombproof carriers for short walks, sturdy hikes and a chariot fit for a little outdoor warrior for cycling along Drake's Trail or even towing on skis. I hear the long term forecast says it's going to be dumping big time this winter: maybe the next issue of *Active Dartmoor* will be describing Dartmoor's own Haute Route ski tour across the Tors of the North Moor... I hope you use this edition though to plan your next adventure and enjoy your exploration of this awesome landscape.

John

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

# NEWS

## Active Dartmoor Week – May 2013

If you loved the Olympics and everything it stands for, put a date in your diary for Dartmoor's very own week of challenges.

The Dartmoor Partnership is pleased to announce that Active Dartmoor Week is back for a second year. From 4-11 May 2013 Dartmoor will host a range of events at different venues, showcasing the wide variety of things to do and see in the National Park. With activities ranging from guided walks to geocaching, mountain biking, running and horse riding, the week aims to appeal to people of all ages and abilities. There will also be evening challenge events as well as workshops and inspiring talks from those who have already achieved great things.

Organised by the Dartmoor Partnership (the official tourism organisation for Dartmoor) as part of its funded Active Dartmoor Project, the Week is supported by *Active Dartmoor Magazine*, Dartmoor National Park Authority, the Duchy of Cornwall, West Devon Borough Council and local businesses with funds being raised for the Dartmoor Rescue Groups.

Renowned explorer and owner of the Dartmoor Expedition Centre, John Earle is supporting Active Dartmoor Week and is looking at putting on an event. 'It will be a really special and very challenging week. There will be something for everyone: extreme endurance to gentle enjoyment and everything in between,' he said.

To get involved and sign up for the challenges visit: [www.dartmoor.co.uk/active-dartmoor-week](http://www.dartmoor.co.uk/active-dartmoor-week)

## DARTMOOR NATIONAL PARK NEEDS YOU



Volunteering on Dartmoor is great fun and, in addition to learning new skills, volunteers can be involved in a huge range of projects including bridge construction, stile and gateway installation and walling and hedging projects. Work to benefit Dartmoor wildlife is also undertaken, with boxes

for birds, bats and dormice being made and installed as well as improvements to habitats for butterflies and dragonflies and tree planting schemes carried out.

There are projects and volunteer days throughout the year all undertaking vital work to help conserve and enhance the wildlife, natural beauty and cultural heritage of the National Park.

To find out how you can volunteer for Dartmoor visit the Dartmoor National Park Authority web site [www.dartmoor.gov.uk](http://www.dartmoor.gov.uk) or telephone 01626 832093

## Paws on Dartmoor

Many visitors and local people exercise their dogs when enjoying Dartmoor. Although a dog may not be actively chasing livestock, its presence can still cause disturbance.

The 'Paws on Dartmoor' campaign has been developed in response to the increasing number of incidents involving uncontrolled dogs and livestock but it also provides advice to dog owners on canine health issues associated with taking dogs onto Dartmoor.



### The key messages are:

- Always control your dog, so that it does not scare or disturb cattle, sheep or ponies;
- If your dog is chasing sheep or cattle, a farmer is entitled to shoot your dog;
- When walking your dog on Dartmoor, please keep it on a short lead during the lambing and bird breeding season;
- Regular worming of your dog keeps it healthy and protects Dartmoor's livestock;
- Please ensure that you clear up after your dog and dispose of poo bags responsibly.

'Paws on Dartmoor' leaflets are available from Dartmoor National Park Authority Information Centres or visit [www.dartmoor.gov.uk](http://www.dartmoor.gov.uk).

Karla McKechnie is Livestock Protection Officer with the Dartmoor Livestock Protection Society and the Dartmoor Commoners' Council. Part of her work is to raise awareness of the importance of keeping dogs under close control when visiting access land. She also records and investigates reported incidents of stock worrying. In the last twelve months there have been more than 60 reported incidents on Dartmoor alone.

If you witness any disturbance of livestock by dogs please call the Livestock Protection Officer on 07873 587561, or the Police on 101.

## British Horse Society Produces Cycling Code



Whether you're a horse rider or a cyclist, it is hoped that a new advice leaflet issued by the British Horse Society (BHS) will help to make time in the saddle safer and more enjoyable for all.

The code of conduct for horse riders and cyclists in England and Wales has been produced to enable each user to better appreciate the other's needs and requirements.

The BHS believes that working with other vulnerable road users is always the best course of action in promoting multi use of off-road

routes and safer use of our roads. It is hoped

that this leaflet will enable both groups to have more empathy and understanding for the other.

Mark Weston, BHS Director of Access, Safety and Welfare, said: "Equestrians and cyclists as vulnerable road users share many of the same issues and it is important that we appreciate each others needs."

Whilst incidents are rare and infrequent the charity has a facility for people to report any incident involving bikes and horses on its dedicated accident website, [www.horseaccidents.org.uk](http://www.horseaccidents.org.uk).

The leaflet can be found on The British Horse Society website, [www.bhs.org.uk](http://www.bhs.org.uk).



## SHILSTONE ROCKS STUD AND RIDING CENTRE – 50 YEARS OF EVOLUTION

by Alona Newbolt-Young

PHOTOGRAPH ELIZABETH NEWBOLT-YOUNG



### 1960s

In the early 1960s Elizabeth Newbolt-Young moved to Chittleford Farm, Widecombe. The 13th century stone farmhouse was almost derelict and the land needed a lot of work to make it useable.

The long term project was

to build up the Dartmoor Pony Stud, but two other enterprises were started to create an income; a herd of pedigree South Devon Cattle and the trekking centre.

The name Shilstone Rocks came from Elizabeth's connection with that area of Dartmoor. During her childhood she spent many hours with the wild Dartmoor ponies beneath Shilstone Rocks near Throwleigh.

The trekking centre started with twelve unbroken Fell ponies from the Lake District who had to be schooled for the new business venture. The centre offered all inclusive riding holidays for 16 guineas a week! The business took off and was relocated to Blackslade Manor, which was leased, so that Elizabeth could concentrate on building the stud and the farm enterprise at Chittleford.

### 1970s

The trekking centre moved back down the hill to Chittleford following the loss of the lease of Blackslade Manor and local farmers

accommodated clients. A riding holiday now cost £24 to £30 per week all in and the number of trekking ponies increased to 60, mostly Fells, Highlands, Dartmoors and a few cross-breeds for more advanced riders.

Elizabeth and her first husband separated leaving her with four young girls to care for, as well as the stud, farm and trekking enterprises. Unable to keep everything going, she had to sell the cattle. However, a short time later, her knight in shining armour arrived. Elizabeth and Roderick Newbolt-Young married in 1976 and continued growing the business.

### 1980s onwards

Over the years Roderick and Elizabeth diversified offering full and half day rides and the business kept growing until it could accommodate over 100 customers per day. All five daughters (Nicky, Claire, Tracey, Jo and Alona) have at times been involved. For the last ten years Alona has been holding the reins with her parents and responding to ever increasing legislative changes.

### 2012

Fifty years on, the riding centre comprises 24 horses and ponies including homebred Dartmoors, Highlands, Irish Draught and Connemara crosses and the Dartmoor stud is world renowned. In addition, the farm supports a pedigree herd of Dexter cattle producing 'Delicious Dartmoor Dexter Beef' which is sold locally.

Many people return year after year to this 'special' place, often bringing children and grandchildren.

#### Further information

Tel: 01364 621281

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

PHOTOGRAPH ELIZABETH NEWBOLT-YOUNG



## ACCESS APPLICATIONS ENCOURAGED

The British Horse Society has encouraged equestrians to submit applications for new bridleways as part of the Paths for Communities project, a Natural England initiative to encourage local communities to help provide new bridleways.

Mark Weston, Director of Access, Safety and Welfare, said: "It is important that horse riders identify suitable routes and submit applications pursuant to this scheme so that we can increase

the small percentage of the rights of way network that horse riders currently enjoy.

"It may be possible in many circumstances to put forward proposals to join up existing bridleways that are not currently linked up."

Paths for Communities projects must include some element of new Public Right of Way creation. In most cases this will be a bridleway creation. Community groups can

apply for a grant to help create the route and the scheme will operate until March 2014, with a total fund of £2million.

For more information on Paths for Communities and how to submit a project, please visit [naturalengland.org.uk](http://naturalengland.org.uk).

Local riding groups with little experience in rights of way can contact the BHS for help or get in touch with their BHS Access and Bridleways Officer for advice.



PHOTOGRAPH JULIETTE EDMUNDS



# CYCLE EVENTS

## DARTMOOR'S (IN)FAMOUS FIVE

In the first edition of *Active Dartmoor* two years ago we looked at the growing popularity of cycling and in particular cycle sportives, the cyclist's equivalent of the marathon. This trend is still continuing. According to Ken Robertson, organiser of the Dartmoor Classic. 'There is an overall surge across the nation in the numbers of people taking to cycling. This started some four years ago with the Beijing Olympics and has accelerated since then. As the newcomers seek to improve their fitness they see a sportive as a target and a challenge. The same challenge exists for the long term cyclists, especially those who see racing as a step too far.'

With its quiet lanes and challenging ascents Dartmoor is a popular venue for both cycling and cycle events. Here we provide a round-up of the top five along with tips for preparing for your first sportive.



PHOTOGRAPH WWW.ISWORGLUK





PHOTOGRAPH GRAHAM BRODIE

### 3 The Dartmoor Devil (Audax)

**DATE:** Sunday 28th October 2012

**DISTANCE:** 65 miles (106km)

**RIDER INFORMATION:**

The original mass participation endurance ride on Dartmoor is now in its 20th year. A Gold standard 'Audax Altitude Award' ride, it is recognised as one of the hardest 100km rides on the Audax calendar and riders travel from across the UK to take part. It is not for the distance of 65 miles that the event has gained its fearsome reputation, but for the regularity of large hills to climb, and the vulnerability to the October weather on the high moor. Ten hard climbs are required to complete the course, this equates to a hill every 6.5 miles, and amongst these are the notorious Pepperdon, Dartmeet and Widecombe hills.

A three-year route rotation means that interest is maintained for returning riders. The Dartmoor Devil also offers complimentary soup. This year soup is provided by The Post Inn at Whiddon Down.

The event starts from Bovey Tracey and a celebratory atmosphere awaits in the Kestor Inn at Manaton for the finish of the event, with warmth, drinks, and another cyclists menu.

Close out your summer cycling season with a ride to remember! Savour the fine scenery from wooded valleys to the open expanse of the high moor and enjoy the reward of conquering all that is placed in the path of the intrepid rider in this renowned cycling event.

Awards are available for all finishers, with special awards to recognise those who have finished 6 times, and for those who have succeeded on 2x6 and 3x6 times. There are just three riders in this latter category, amazingly two of whom have completed every single Dartmoor Devil ride.

**WEBSITE:**

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

### 2 The KinesisUK Hell of the West Sportive

**DATE:** Sunday 30th September 2012 (Please note date has changed from originally advertised 1st July)

**DISTANCE:** Around 50 miles (80km), but do not underestimate the nature of the terrain.

**RIDER INFORMATION:**

The route starts and finishes at Parke Estate, near Bovey Tracey and offers a day of trails, moorland tracks and a few 'special' sections thrown in for good measure, to make a tough but rewarding ride. Dartmoor has some stunning riding, some brutal climbs, fast flowing descents and plenty of great off-road. This event will show off all of the amazing riding that Dartmoor has to offer – that's not just about riding on the road. The terrain is a mix of road and off road so for the more confident rider a cross bike will probably be the best choice, but if you are new to riding off road or you just don't have a cross bike then a mountain bike will be fine. Riding a road bike is not an option.

There'll be a feed station at Princetown with water, energy drink and light food but you need to be prepared for a long day in the saddle. Don't ride without tools, tubes and some food. There'll be a tech wagon out on the course and a broom wagon to cater for bike deaths but assume self sufficiency and you'll be covered.

Estimated time to complete the route: Gold: 5 Hours, Silver: 6 hours, Bronze: 8 hours.

Age restrictions: Minimum 16 years (parental consent required at registration).

**WEBSITE:**

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

### 1 The Moor 2 Sea Sportive

**DATE:** Saturday 8th September 2012

**DISTANCE:** 'Challenge' route 67 miles (108 km). 'Extreme' route 112 miles (180 km).

**RIDER INFORMATION:**

New for 2012 but set to become an annual fixture on the first weekend in September. Run by Just Events, the Moor 2 Sea offers you a choice of two new and exciting routes. Starting and finishing at Exeter Racecourse both routes conclude with a 'King of the Mountains' style hill climb at Mamhead followed by a two mile closed circuit finish around the perimeter road of the Racecourse. There are medals for all who are able to complete their chosen route within the specified times and a special 'King of the Mountains' medal pin for all who are able to beat the KoM stage time.

**WEBSITE:**

[www.moor2sea.com](http://www.moor2sea.com)

PHOTOGRAPH HELEN NORTH-COTT

MAIN PHOTOGRAPH DAVID ELLISON





PHOTOGRAPH GRAHAM BRODIE

## 5 Dartmoor Classic Cyclosportive

**DATE:** Sunday 23rd June 2013 (provisional)

**DISTANCE:** Choice of 2 routes: 104 miles (166 km) and 65 miles (104 km). **PROVISIONAL**

**RIDER INFORMATION:** The routes start and finish in Kingsteignton.

The Dartmoor Classic is a non-commercial Cyclosportive, organised by the Mid-Devon Cycling Club and run in association with Specialized. Entries for the event have always sold out months ahead of the publicised closing date.

Although a sportive, not a race, the event is timed and medals are awarded to those who complete their chosen distance within the qualifying times. All entrants will be issued with electronic timing chips. The timing chips will be used to register times through designated checkpoints along the route (splits), and record completion time.

Water and energy drinks, bananas and other energy foods will be supplied at the feeding stations. Although all riders should aim to be self sufficient in case of any mechanical problems on the day, there will be marshals at key locations and mechanical support vehicles patrolling the course should riders encounter any problems that they are unable to resolve themselves. There will also be mechanical assistance available at the start and feed stations if necessary.

Anyone under the age of 18 years considering entering this event should be a regular and competent cyclist. Minimum age for the 104 mile route is 15 years. Minimum age for the 65 mile route is 12 years when accompanied by a responsible adult entrant and 15 years where unaccompanied.

A unique Dartmoor Classic Sportive Trophy and Free Gift Pack will be given to everyone who completes their chosen course.

**WEBSITE:** [www.dartmoorclassic.co.uk](http://www.dartmoorclassic.co.uk)

## 4 Devon Dirt

**DATE:** Late April (check website from September onwards for actual date)

**DISTANCE:** 45 miles (72km)  
**RIDER INFORMATION:**

The route starts and finishes in Ashburton and encompasses a wide variety of terrain both on and off road. There are some challenging hills, a couple of sections that are technically quite difficult, but many that are easy riding. There is some idyllic scenery, ranging from moorland tors and picturesque villages to woodland and river valleys.

All riders receive a route check card to be marked at control points on the way and a goodie bag. There is a refreshment stop and certificates available for those who complete the ride.

There is no set speed or time limit for the event, the object is to complete the course safely, but it is anticipated that everyone will return by 17.30.

**WEBSITE:** [www.devondirt.co.uk](http://www.devondirt.co.uk)



PHOTOGRAPH GRAHAM BRODIE

## TOP TIPS ON PREPARING FOR A SPORTIVE

### MENTAL AND PHYSICAL PREPARATION

- Build up your fitness level to a standard that will make the day enjoyable.
- Join a club that will guide your progress with rides of increasing pace but never leave you stranded.
- Enter events inside your ability range and enjoy the day.

### MECHANICAL PREPARATION

- Make sure you have a bike that is 'fit for purpose' e.g. it is the right size for you and you can ride it without too much stress on the contact points of hands, feet and bum and also places like neck and shoulders.
- Before each sportive check the bike over and pay special attention to the state of the tyres - look for cuts in the tread and sidewall.
- Check the rims for excess wear.
- Check the brakes for efficiency and that the brake blocks are not worn past their wear indication lines.
- Check that the full range of gears function.

Finally always ride as per the highway code and never beyond your capabilities.

Tips kindly provided by the organisers of the Dartmoor Classic.





## TRACEY ELLIOT-REEP THE AD INTERVIEW

**A**dventurer and photographer Tracey Elliot-Reep from Widecombe-in-the-Moor started riding as a young child. Her love for horses and faith in God has since taken her on four marathon solo rides on three separate continents. She has faced everything from rattlesnakes and drug smugglers, to bears and mountain lions and has documented her adventures in three beautifully illustrated books. She was working on a fourth about her latest ride across Europe, from Greece to north west Spain, when we caught up with her, but willingly took the time out to tell us about her life.

The first thing that strikes you about Tracey is her huge enthusiasm for everything she's doing. She may be busy but she seems to be thriving on it. "I love horses, adventure, taking pictures and dreaming big," she says. "We're happiest when we're following our dreams."

Tracey's dreams have certainly lead her in some interesting directions. Her first ride across North America was a dream come true, a dream she'd first had as a child playing cowboys and Indians on her Dartmoor pony on the moor close to her home. Today in between adventures she still lives within a mile of the farm where she grew up. ■

### What's your day-to-day life like when you're at home in Widecombe-in-the-Moor?

"Very busy! I fund all my rides and dreams with my photography business and I do all the distribution myself, so at the moment I'm juggling delivering orders locally, packing orders for posting out and other admin tasks with writing my new book. To write the book I have to get out of the office so I go to a friend's shed. It has a great view."

### How did you get into riding and photography?

"I was born and bred near Widecombe on my mother's Shilstone Rocks pony stud so I grew up riding Dartmoor ponies on the moor. The photography came later. I wasn't academic and wanted to work with ponies but my mother steered me to do art. I went to Torquay Tec and loved making things. I tried all sorts of things from jewellery to ceramics. After that I literally joined the circus with my sketchbook and travelled along the south coast of England looking after camels and llamas. That lead on to a lot of different jobs from teaching horse riding in North America to milking cows in Israel. Then I found out

what I really wanted to do when I went to photography college in South Wales. I could combine my love of photography with animals and horses. After five years as a freelance photojournalist for magazines I started my card business twenty years ago with six local postcards while living in a caravan with my Jack Russell terrier."

### Tell me about your early days riding

"My first long ride wasn't actually that long, it was four days around the moor with my older sister. I'm not sure why I ever wanted to go on a long ride again as our pack pony either refused to move or charged off emptying the contents of his pack across the moor."

### The titles of your books all start with *Riding by Faith*. Can you tell us a little about that?

"I was always curious about God but I'm not into religion, I'm into relationships. For me it isn't about how many times I go to church. I believe that faith is a force that attracts good things, that encourages you to believe, to expand. I look back on my life and I see how God was directing my steps even

before I asked Jesus into my heart in Jerusalem. On my rides I have faith that things will turn out alright, that people will appear when I need help. For instance I'll meet the people who can take pictures of me at the right moment, such as for the front cover of my new book. In Mexico I prayed for water when my horses needed it and someone came along to help me find it. Dartmoor gives me the space to dream, I then pray about my dreams and put actions to them."

### How many horses/ponies do you have?

"I keep all the horses I use on my rides, so I've got three in New Zealand, two Quarter horses in Colorado, two Highlands and two Greek ponies in the UK."

### How do you relax?

"I know it sounds like my work but I go out riding on the moor on Callum, my Highland pony, taking pictures. I also find roaming around Dartmoor on foot with a camera is relaxing. You can go to places on foot that you can't reach on a pony."

### What is your favourite ride on Dartmoor?

"I know the east side best and I love the area from Widecombe to Okehampton. It's so varied with rugged tors and steep valleys."

### What is your favourite place on the moor?

"I can't choose one. I like different places in different seasons, the bluebells near Hound Tor when there's no one else around, the heather on Hameldown. I like the solitude of the moor, the sense of being a pioneer when you're the first to set out in the snow."



### What top tips would you offer other riders thinking about riding the sort of distances that you have?

"Take a good attitude but also take with you 'faith' that you will meet good people and have nice surprises. I can't think of any nasty people I met on my journeys as I just don't expect people to be nasty! I expect people to be helpful and hospital whether it is just hello or a stay. I was thinking, even when I was slogging through Greece and it was too hot to walk as I got heat stroke but making my

ponies move forwards generated too much heat too, it really helps to be thankful/grateful. I remember saying 'thank you' every time we passed through some shade! I know that's not only for the rides, being grateful and thankful makes all the difference to how one enjoys one's life.

The amazing thing about just riding off into the sunset (hopefully not too much rain!) is the people you meet that you would never otherwise meet (some lifelong friends) and the places you get to go that you would never go to if you were in a car ... and riding ponies and horses - most people are curious and want to say 'hi!'



### What are your plans for the future?

"I have a dream to set up children's therapy centres around the world using Dartmoor ponies. They are the best children's ponies there are and at the same time I'll be helping to ensure the survival of the Dartmoor pony, which is now a rare breed. I'm exporting the first two Dartmoor ponies to New Zealand in December."

### Tracey will be talking about her travels and signing books at the following venues this autumn:

- 14th September - Torquay
- 12th November - Great Parks, Paignton
- 25th November - National Pony Society AGM
- 3rd December - Launceston Farmers
- 7th December - Lydford Hall

To confirm times, places and further dates please visit Tracey's website:

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



# HOT STUFF

Bushcraft is a broad spectrum of woodland-based outdoor activities that attracts people for many different reasons. It can provide a survivalist challenge for young-guns, the building blocks for a school in the forest or a great family day out learning the skills of shelter building and outdoor cooking. But common to all these subtle differences Bushcraft is about connecting with the landscape and exploring the roots of our dependence on nature.

Whilst Dartmoor is renowned for its open moorland there are secluded wooded valleys and extensive forests that are worthy of exploration. There are also many local providers of Bushcraft related activities offering quality instruction in magical locations. Here we speak to the pick of the crop:

PHOTOGRAPH CHARLIE LORAM



# Connecting Young People with Nature

## Wild Woods 'n Willow

are an eclectic team of environmental educators who inspire awe, wonder and respect for nature through practical, sensory and playful activities outdoors. Their emphasis is on mentoring young people over a year or longer. 'We offer enjoyable outdoor experiences that help young people engage with the natural world and improve their understanding and skills whilst opening up possibilities for things to be different,' says Linda Lemieux who has worked with Ray Mears among others. 'All our activities also seek to foster authentic feelings of community.'



### EDITOR'S PICK

ESSENTIAL BUSHCRAFT – AUTUMN  
(for 8 – 12 year olds)  
29th October  
Further Information  
[www.wildwoodswillow.org.uk](http://www.wildwoodswillow.org.uk)

## Family Camps

WildWise's flagship events are their camps. Their 'Dangerous Weekends for Boys' provide an opportunity for fathers and sons to spend an adventurous and exciting time in the outdoors together, the annual 'Family Camp' is a wonderful holiday for all ages with an array of outdoor activities, crafts and skills and the 'Wild Ones' camps allow children to have a wild nature experience without their parents. Other events include Bushcraft camps for teenagers, canoeing trips, traditional craft workshops, and day courses on wild food and fire making.



### EDITOR'S PICK

WILDWISE SCHOOL FOR  
EXTRAORDINARY KIDS (8-12yrs) (Half Term)  
30th October  
Further information  
[www.wildwise.co.uk](http://www.wildwise.co.uk)

## Outdoor Adventures

Through their half-day Bushcraft sessions, Bushcraft days and Bushcraft weekends, Adventure Okehampton offers everyone the opportunity to learn some basic Bushcraft skills in a fun and friendly setting. From generating your first spark of fire, to navigating by the stars and building an overnight shelter, the emphasis is on practical learning to develop your Bushcraft skills.



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

## Forest School

The Forest School is a well respected Danish concept that relies on learning by experience in a range of wonderful woodland settings. As far as possible the sessions are child led to build on their interests and to promote a sense of connection and belonging to nature and to the land. Forest Schools are growing in popularity among parents with young children in the UK. On Dartmoor two providers work closely together. Woodpecker Forest School runs sessions at Stover Country Park and in a beautiful mixed woodland at Heatree Activity Centre near Manaton. Staff at Heatree have also been sharing the seasonal changes with Early Years and Foundation Stage children from other schools and nurseries in the area for the past eight years.



Further information  
[www.woodpeckerforestschool.co.uk](http://www.woodpeckerforestschool.co.uk)  
[www.heatree.com](http://www.heatree.com)

## Engagement with the Land

Overlooking Dartmoor, Embercombe with its lakes and woodlands, is an outdoor classroom of infinite possibilities. 'We are a social enterprise that exists to touch hearts, stimulate minds and inspire people to take committed action for a truly sustainable world.'

Developing leadership, nurturing a deep and lifelong love of nature, exploring global challenges and sustainability with open programmes and working weekends is the essence of Embercombe. There are opportunities to experience this special place and these important themes for organisations, families, friendship groups, small children and young adults.



### EDITOR'S PICK

#### THE JOURNEY

A 5-day residential programme of personal exploration that particularly focuses on reconnecting us with the natural environment as a source of our power and strength.  
5th – 10th November  
3rd – 8th March  
Further information  
[www.embercombe.co.uk](http://www.embercombe.co.uk)



PHOTOGRAPH CHRIS HOLLAND



Whether you're keen to go walking, cycling, running or even skiing there are a number of great products to help you get out there with your baby or toddler – using common sense and the manufacturer's guidance on the right age to start each activity with your child of course.

## Framed Carrier Osprey Poco Child Carrier



RRP  
£150+

### GREAT FOR

Adventurous walkers with well-equipped toddlers

New for Spring/Summer 2012 is Poco, Osprey's brand new three-strong child carrier range for the outdoor-enthusiastic parent. Packed with innovation and with a TÜV GS safety certified lightweight design, this new range breaks boundaries.

Three years in the making, Osprey's Poco child carrier series is comfortable for parent and child as well as fulfilling stringent safety requirements. This range of packs features the following innovations: unique sunshade deployment; comfortable, quick-adjust, full ventilated back system which modifies the carrier to fit small and large adults; clever storage solutions and additional safety details to keep parents' minds at rest.

A top-loading child seat offers maximum safety for the child, as well as comfort through cushioning and ventilation. The saddle is height-adjustable to accommodate a growing child. Adjustable foot stirrups, fully padded framing around the child seat, an adjustable child yoke/harness, and an integrated sunshade (Poco Plus and Premium only) are all clever features offering the child maximum comfort.

The Poco series encompasses a padded, ventilated, quick-adjustable harness, utilising Osprey's ventilated AirSpeed™ backpanel with a tensioned mesh lumbar area, and ErgoPull™ hip belt closure offering maximum support and comfort for the parent. A curved aluminium frame with injection moulded hinges [covered for safety] offers a stable and safe free stand that makes a reassuring 'click' when fully deployed.

Optional extras on the Poco child carrier include a rain cover or sunshade (Poco only).

The Poco series comes in three different colours: Romper Red, Bouncing Blue and Koala Grey.

For further information and local suppliers:  
[www.ospreypacks.com](http://www.ospreypacks.com)



## Soft Carriers Ergobaby



RRP  
£79+

### GREAT FOR

Shorter more sheltered walks with young babies

These soft carriers are as comfortable for a longer walk as for a quick trip to the shops and can be used for those very first trips out soon after birth. They are designed to hold and cradle your baby just the way you do, with your baby's legs properly supported in a natural sitting position. The Ergobaby carrier is as comfortable for you as it is for your baby. The carrier distributes your baby's weight evenly across your hips and shoulders so you can enjoy being close to your baby while having your hands free.

The Ergobaby carrier can be worn in the front, back or hip position, and supports babies up to 45 lbs., and infants 7-12 lbs. with the use of the Infant Insert. It comes in a range of different styles including original, organic, sport and performance, the latter two being made of durable, quick-drying materials for ultimate outdoor performance. The carrier comes in a wide range of colours and there are a number of optional extras.

For further information and local suppliers: [www.ergobaby.eu](http://www.ergobaby.eu)

## Cycle Trailer/ Buggy Chariot Trailer

RRP  
£569+



### GREAT FOR

Forest trails and cycleways

If you really want to enjoy lots of different outdoor activities with your baby or young child you can't do much better than to purchase a Chariot Trailer. Manufactured by Chariot Trailers Inc in Canada, their unique Child Transport System (CTS) enables a quick and easy modal shift between cycling, walking, trekking, jogging and even skiing, embodying the company ethos of reducing the dependence of families on motor vehicle transport.

All Chariot Trailers are designed from both the child's and the parents' view points, addressing passenger and load space requirements, the need to assemble and disassemble and hitch/unhitch with ease. Any number of travel requirements is satisfied by the wide range of accessories available to enhance the basic trailer.

The different wheel options mean that you can cycle into town, park up and change the trailer into a buggy convenient enough to wheel round the shops in a matter of seconds. The wheels also detach completely and the body folds down for transportation.

The sport range of trailers have full suspension ensuring good stability and a comfortable ride. There is a choice of one or two child models.

For further information and local suppliers: [www.amba-marketing.com](http://www.amba-marketing.com)



# ONE HELLER OF A ROUTE



PHOTOGRAPH © EXMOOR HARRIERS

The route of Dartmoor's meanest and toughest off-road race also provides an idyllic afternoon walk

**W**hen Matt the mountain guide returned from Chamonix recently to revisit Dartmoor, his early training ground, we agreed to meet up for a family walk. After little discussion we chose a route that has been described as everything from 'hell' to 'stunning' depending on whether the writer had taken an afternoon stroll between the famous Hound and Haytors or had joined over three hundred other runners to try and beat the Haytor Heller course record of 39 minutes 21 seconds.

The race itself, organised by Teignbridge Trotters, takes place every year one evening towards the end of July and draws in a range of runners, but the route is a great one summer or winter as it sweeps up past Haytor Rocks, down into the Becka Brook valley, then up and round Hound Tor before returning across Holwell Lawn, past another disused granite quarry, up and over Haytor once again before a sprint finish down the long grassy slope to the National Park Information Centre.

Whether you fancy taking part in the annual challenge or prefer

to take on the route in your own time, the Haytor Heller has much to offer, although with several hundred metres of ascent it is not for the faint hearted. The race itself starts half way up the main path to Haytor. However, unlike the race-day runners it is best to start your walk from the lower car park close to the Information Centre. From here you cross the road and head up the long grassy slope to Haytor Rocks on the summit. Every year many thousands of people take the same route but it's still quite possible to avoid the crowds if you pick the right time and day.

At the top you may decide to take the time to climb the rocks via the steps cut in the granite during the nineteenth century (when there was also a metal handrail to help tourists reach the summit) for a stunning 360° view or continue round the tor as the runners do. Whichever you choose, on a clear day you'll be able to see for miles north west to the ridge of Hameldown and Cawsand in the far distance or south east towards the Teign Estuary and the coast near Shaldon.





PHOTOGRAPH JOHNNY BAKER

Having rounded the rocks, swoop downhill again in a north-easterly direction past the disused Haytor Quarries and across the granite tramway that was built in 1820 to transport granite from Haytor down to barges on the Stover Canal and from there out to the coast via the Teign Estuary. Granite from Haytor was most famously used for the London Bridge that opened in 1831 and was later dismantled and exported to Arizona in 1970. (An 18 mile walking trail, The Templar Way, follows the export route of the granite from Haytor to the coast at Teignmouth.) Follow in the footsteps of the race runners and head out across the plateau of Haytor Down and Black Hill curving westwards and dropping down to meet the wall above Leighon. From here a track leads south alongside the wall and then between fields to emerge onto open moorland again. It starts as the byway that drops down into Leighon itself, but rather than follow the byway to its destination

keep straight on along the bridleway and continue to follow it as it meanders between granite boulders and down through the trees to the Becka Brook.

Cross the Becka Brook via a small granite clapper bridge and follow the bridleway steeply up the west side of the valley towards Greater Rocks and Hound Tor Medieval Village. If you're running the route this is one of your steepest sections of ascent so breathe a sigh of relief when you reach the top.

Go through the gate, leaving the deserted Medieval Village on your right. The remains of the four 13th century stone farmsteads that were probably abandoned in the early 15th century can still be seen. Head on up and through Hound Tor in an anti-clockwise direction before dropping down southwards to Holwell Lawn. If you're feeling tired after the climb you can make the route a little shorter here by admiring Hound Tor from a distance before turning left and following the path close to the foot of Greater Rocks and round

to Holwell Lawn.

This area is Access Land but is also used by the South Devon (Moorland) Pony Club for various events during the summer months (April to September). See their website for further details.

Follow the route past some of the Pony Club cross country jumps, where young riders come to pit their wits against the sweeping hillside and challenging wooden structures, and on downwards to the Becka Brook again. Here it's time to get your feet wet and ford the brook as there's no bridge.

After a short gentle meander between more granite boulders follow the path as it begins to climb more steeply again towards Holwell Tor. From here you will have a short almost level respite along the granite tramway past another disused quarry before leaving the granite rails behind and turning even more steeply uphill to a slight plateau pocked with old workings and another section of ascent up towards Haytor Rocks again.

From here you have the wonderful sprint or ambling downhill finish back to the car park. Whether you've walked or run the route or done a bit of both you have now completed six stunning off-road miles. ■

## FOOT FILE

A good but unmarked and adventurous walk requiring experience in navigation and walking in open country. If in doubt join a guided walk with the Moorland Guides.

**LENGTH:**  
6 miles (9.6km)

**TIME:**  
Running – 39 minutes 21 seconds +; walking – 2 hours +

**START/FINISH:**  
Haytor lower car park (by Information Centre)

**SUITABLE FOR:**  
Fit runners, keen walkers  
**MAP:**  
OS Explorer OL28 Dartmoor  
**PARKING:**  
Information Centre car park (GR 765771)

## RACE FACTS

- The race has been going since 1985.
- It was originally called the Moorland Run but was renamed the Haytor Heller after one of the finishing runners came back and said, 'That was a hell of a race'.
- The race has the highest start (above sea level) and the longest and steepest start of any race in England.
- The course record of 39 minutes 21 seconds was set in 2011 by an Ethiopian, Berihu Tesfay, running on behalf of Exmouth Harriers.
- The race is always popular and all places are filled by the beginning of June, so it's best to enter early (entries open on 1 January).

**Further Information**  
Teignbridge Trotters  
[www.teignbridgetrotters.co.uk](http://www.teignbridgetrotters.co.uk)  
South Devon (Moorland) Pony Club  
<http://branches.pcuk.org/southdevonmoorland/>



# HAYTOR HELLER

Refreshments  
at car park



Still standing  
at the finish

Good track

Steep path

Important  
turn



A great walk for  
active parents

Wet feet  
river crossing

Good in low water  
avoid in rain or  
high water

Open country careful  
navigation required



Mountain guide with  
important client at Greateron



The Heller is  
full of hills

Climbing Haytor  
requires caution

Open water  
and steep  
slopes

Children should  
be supervised  
by adults



# 'Nice bikes for nice people'

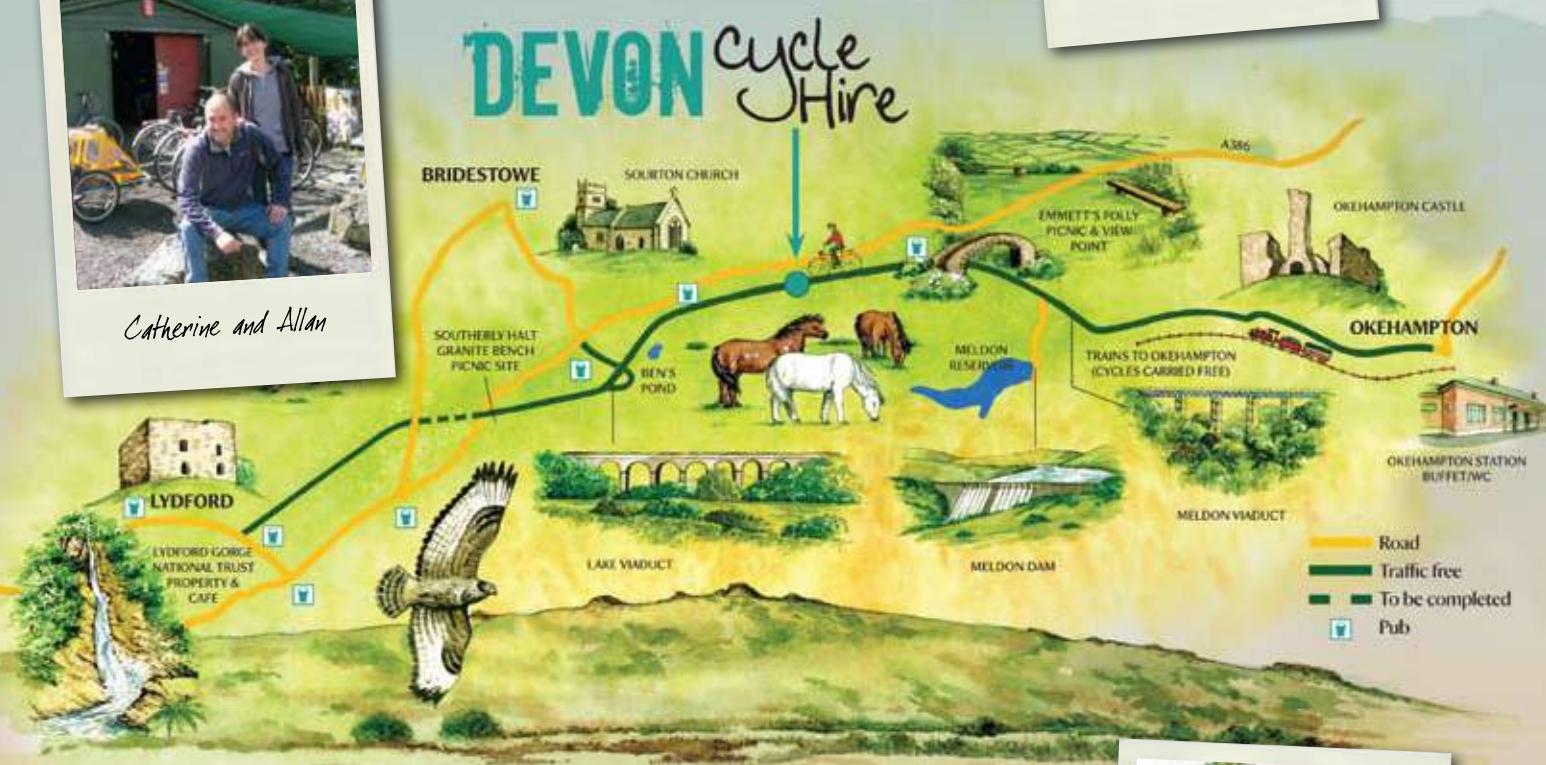
Anna Baness visits Devon Cycle Hire and discovers why it makes such a great family day out



The bike depot



Catherine and Allan



Despite the gloomy weather and the low cloud hanging over Sourton Down, it's already busy when I arrive at Devon Cycle Hire to talk to owners Catherine and Allan Goff. Children are jumping up and down in excitement outside the immaculate collection of green wooden buildings as Allan carefully adjusts their bikes while their parents quiz Catherine for tips on the best route to take and the opening times of the pubs along the way.

## LOCATION

Situated within a minute of the A30 and right on the Granite Way not far from the spectacular Meldon Viaduct near Okehampton, the centre is in a fantastic location. The Goffs took over the business in July 2009 and haven't looked back. 'We were searching for an outdoor business in Devon,' Allan says. 'Either to start up or to buy. When we saw Devon Cycle Hire for sale it was perfect as we love cycling and hiking on Dartmoor.'

With fifteen miles of traffic free cycleway right on their doorstep and hire options of 4 hours, a full day or longer there are plenty of routes to choose from. 'People come with the idea of cycling right out onto Dartmoor but then they see the hills and many realise that it's better to cycle along the edge and look at it, the views are stunning where the cycleway opens out,' Catherine says.

## RESTOCK AND REPAIR

A small but well stocked on site shop offers everything from helmets and gloves to saddles, spares and soft drinks. In between preparing hire bikes Allan offers a running repair service for passing cyclists. Devon Cycle Hire is also an authorised dealer for Claud Butler and runs an online shop. 'People can come and try one of the bikes before buying,' Allan says. 'We'll even deduct the hire cost from the purchase price if they decide to buy.'

## OPTIONS

Many of their customers are visitors staying in the area but the local side of the business has grown over the last few years. Catherine and Allan cater for individuals and groups large and small and will



A great place to pedal a level

also deliver bikes to local accommodation and cater for corporate events and schools.

'We had two young men who cycled all the way round the moor in three days following the Dartmoor Way route,' Catherine says. 'And a group of 87 French cyclists who arrived in two buses and couldn't speak any English. That was a bit of a challenge as we don't speak French.'





## BIKES

The Goff's have a wide range of immaculate bikes to suit most abilities including a number of electric bikes for those looking for a less strenuous day out. There are also trailers for children and dogs.

### Adult

Mountain  
Hybrid  
Tandem  
Electric

Tramper all-terrain electric wheelchair (part of the Countryside Mobility South West scheme)

### Child

Individual bikes  
Tag-alongs  
Trailers  
Bike seats

### Other

Dog trailer  
Helmets  
Panniers

## TEAM WORK

The couple clearly take great pride in their customer service and work as a team. Catherine taking bookings over the phone, meeting and greeting the customers as they arrive and fitting helmets while Allan quietly selects and prepares the bikes, adjusting seat heights and checking that children are happy and comfortable on their tag-alongs before each group moves off.

'We like to keep it personal,' Catherine says. Allan agrees adding: 'Our biggest success is the number of compliments we receive for the bikes, they're definitely growing.' ■

## FACT FILE

**DEVON CYCLE HIRE LTD**  
CONTACT: 01837 861141  
LOCATION: Sourton down,  
Dartmoor, Devon, EX20 4HR  
[www.devoncyclehire.co.uk](http://www.devoncyclehire.co.uk)

## MORE INFO

### Opening Times

#### Spring/summer

9am – 5pm

Easter – September: 7 days  
a week in school holidays,  
6 days during term time  
(closed Wednesdays)

#### Autumn/winter

9am – 5pm

October half term: 7 days  
February half term: 7 days

Bookings taken at other times  
– please call for availability.

## CATHERINE'S TOP PLACES TO VISIT ON A BIKE

### Meldon Reservoir and Dam –

cycle across the dam for beautiful views out across the water. A great place for a picnic.

**Meldon Viaduct –**  
breath-taking views out to the north moor.

**Lake Viaduct –**  
built of local stone in 1874  
also offering amazing views  
of the moor.

## THINKING OF EATING OUT?

### The Bearslake Inn

Lake  
Tel: 01837 861334;  
[www.bearslakeinn.com](http://www.bearslakeinn.com)

### The Prewley Moor Arms

Sourton Down  
Tel: 01837 861349;  
[www.prewleymoormoorarms.co.uk](http://www.prewleymoormoorarms.co.uk)

### The Highwayman Inn

Sourton  
Tel: 01837 861243;  
[www.thehighwaymaninn.net](http://www.thehighwaymaninn.net)



01647 221307  
*Bringing Dartmoor to life*



- School Residential
- Youth group activity days
- Forest School

**Heatree Activity Centre, Manaton, Dartmoor, Devon, TQ13 9XE**  
admin@heatree.com [www.heatree.com](http://www.heatree.com)

## Dartmoor Expedition Centre

Comfortable barn bunkhouses sleeping up to 35 people. Established 41 years as an Outdoor Education Centre. Used by many walking, climbing, canoeing and caving groups as well as schools and youth groups. Free showers. All facilities for self-catering or meals provided if ordered.

**Rowden Farm, Widecombe-in-the-moor**

Tel: 01364 621249. Grid ref: SX699764

Email: earle@clara.co.uk

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



## Moorland Guides

The Home of the Moorland Guides of Dartmoor and beyond

Guided walks for everyone

Come along and join one of our qualified and experienced guides whether you are on holiday or live locally.

A wide variety of walks for everyone, ranging from a short morning stroll to an all-day arduous hike into the moor's heart.

You choose!

For more details  
**07579 969121**  
[www.moorlandguides.co.uk](http://www.moorlandguides.co.uk)






### Roadford Lake Country Park

Escape to the country for a variety of great activities...

- sailing • windsurfing • canoeing • rowing •
- fishing • walking • camping • cycling •
- climbing walls • high ropes • archery •

...or just relax in our tea rooms

Call **01566 771930** for further details or visit [www.swlakestrust.org.uk](http://www.swlakestrust.org.uk)

Follow the brown tourism signs to the Lakes

Check our website for further details on activities and events



# THE BIG COUNTRY



Dartmoor is a fantastic but, at times, challenging place to ride, it is also home to many riders who enjoy the moor for relaxation, training and competition. We spoke to five riders about their particular interest, their favourite ride and what they love about Dartmoor.

Journeyman, Rummy and Buffy take on water at Fur Tor

PHOTOGRAPH JOHNNY BAKER

## TREC

Julie Brand lives on the south side of the moor. She got hooked on Trec after attending a local training session. Since then, as her navigation skills have improved, she has learned how to navigate her way across Dartmoor and has developed a true love of the place. Last year, she organised the GB Trec Championships at Holwell Lawn, near Hound Tor and enjoyed designing challenging orienteering routes for fellow competitors. Here she describes the Level 2 route which is one of her personal favourite rides on the moor and is just over 12.5 miles (20km).

## Houndtor Circular

From Holwell Lawn riders headed out towards Hound Tor before picking up the bridgeway that leads steeply down into the Leighon Valley. After crossing the granite clapper bridge riders skirted along the bottom of Black Hill before crossing the road and heading across Trendlebere Down. Riders then picked up the byway near Pullabrook Woods and followed it through Houndtor Woods and out to the Kestor Inn at Water.

The ride through the wood is a lovely contrast to the vast open spaces and great views that you get on Trendlebere Down. The next section of the route is along quiet lanes out towards Hayne Cross. From there a byway heads up onto the moor and turns into a bridgeway to cross Hayne Down. As you descend towards the road Bowerman's Nose can be seen on your right.

From the road there is another bridgeway up across farmland and out to the famous landmark of Jays Grave. If you cross the road, and go through the gate, another bridgeway takes you out to Natsworthy Manor.

Crossing directly over the road another bridgeway heads on up over the great open space of Hameldown. This path just begs to be cantered up! Instead of following this path all the way out to Grimspound, riders turned slightly at the RAF memorial stone and headed up to the ridge. In good weather the views are just amazing. The route then followed the Two Moors Way across Hameldown before turning off the moor to pick up a steep tarmac road that drops down into Widecombe-in-the Moor, near the Old Inn.

At the village green, turn left past the tea rooms and ride out of the village to take the next turning on the left. This lovely quiet road winds through the ancient hamlet of Bonehill and rises steeply back up to the open moor near Bonehill Rocks. To return to Holwell Lawn riders headed north east across Bonehill Down to the cattle grid on the road near Holwell.

Holwell Lawn is privately owned but if you want to ride this route there is a public car park near Hound Tor which is large enough for horse transport.



PHOTOGRAPH ABBY CHISHOLM

Le Trec, now known simply as Trec, (Technique de Randonnee Equestre de Competition) arrived in the UK in 1998, brought over by a man named Robert Jones who was living in Ashburton at the time. The sport originated in France amongst professional equestrian guides and leaders. It is designed to test navigational competence, control of the horse's paces and the ability to tackle a series of obstacles, all designed to replicate challenges that may be encountered whilst out hacking.

Trec is a very friendly sport and prides itself on the fact that almost anyone on any horse can take part. There are four levels ranging from the entry level (1) where navigation is up to 12km and straightforward to level 4, (international) where both the horse and rider are fully tested and can expect to be riding for up to eight hours.

**Further information**  
[www.trecsouthwest.com](http://www.trecsouthwest.com)  
[www.trec-uk.com](http://www.trec-uk.com)



## TRAIL RIDING



Jonathan Mathys believes that, 'with the best riding in southern England, a tour of Dartmoor with friends can be wonderful, equal to that of a foreign safari and right here on your doorstep. Remarkably, few do it, but with sensible preparation, local knowledge, good horses and hopefully good weather ... enjoy!' He is the originator and brains behind [www.ridedartmoor.co.uk](http://www.ridedartmoor.co.uk), a website that he set up to provide the detailed information that riders need to enjoy the moor with their horses. Here he shares one of his favourite rides.

### Horse Riding on Dartmoor: Key Map

home • preparation • maps/routes • message board • resources • gallery • contact

click on map for area maps



#### ROUTES

##### Overview of routes and moor

Route E is a circular tour avoiding military areas. Approx 60 miles, 4-5 days.

##### Route G: Colverton

Route G is a circular tour (approx 10 miles).

##### Route F: Torridge Valley

West way through southern Bds. Approx 40 miles, 5-6 days.

Route H: Princetown, from Colverton. Approx 40 miles, 5-6 days, mostly tracks.

Route J: Zetel, Torridge Valley. Approx 40 miles, 5-6 days. Rougher than J.

Route K: Whitehorse Hill, 2 miles, 2 hrs. Some poor ground.

Route L: Hatherdown, Approx 7 miles, 2.5 hrs. Some poor ground.

Route M: Hatherdown Hill, 2 miles, 2.5 hrs. Great but only in good visibility.

Route N: Broomfield, 2 miles, 4 hrs. Difficult, poor ground.

Other routes are in preparation.

Known tracks are marked on maps but be aware that there may be others that are not shown.

## Erme Valley to Princetown

Up the Erme Valley to Princetown is the best way through the south west quarter of the moor on a horse. It's about 12 miles, so allow around 5 hours.

From the south it starts along the Dismantled Tramway to the old Red Lake China Clay Works, known locally as the 'Puffing Billy' track. There are three miles of lovely galloping turf alongside the Tramway up to Three Barrows Hill then a further three miles on the track through poor ground. There's a good lunch stop at the old clay beds north of Quickbeam Hill where a sunken walled enclosure offers an excellent sheltered coral. Continue to follow the track through boggy ground then turn west onto the Abbots Way. The going is soft and slow for a mile down to the river but after the ford there's lovely grass most of the way to the dramatic Erme Pits. This is the centre of this part of the moor rightly described by author Hemery as the best bit. Go west around the pits and then find the tiny track north-west up to Broad Rock. Soft slow ground takes you to Plym Ford then from here there are tracks that take you easily to Princetown.

**[www.ridedartmoor.co.uk](http://www.ridedartmoor.co.uk) - offers a riding guide by Jonathan Mathys along with information, maps, advice and lists of B&Bs that cater for horses and riders.**



**Juliet Edmunds, the British Horse Society (BHS) Bridleways Sub Officer for Dartmoor, has ridden and walked on Dartmoor for thirty years. She liaises between Dartmoor National Park Authority and BHS members and welcomes feedback from riders all over the moor on bridleway and other riding-related access issues. Here she describes one of her favourite rides on the north moor.**

## South Zeal to Postbridge

For this ride you will definitely need to use a map, a fit horse, a friend, a phone and someone to drop you off at the start and pick you up at the end! It's approximately 15 miles so allow at least four hours, mainly walking and trotting, but not ambling! It is also best done in the late spring to early autumn as some areas are boggy all year round – not bad when it's been dry but difficult in the wet.

A good place to start the ride at the north end is the bridleway from the Throwleigh road near Shilley Pool (SX653912). Follow the track above the wet ground below Cosdon Beacon, contouring around the base of the hillside, rather than going straight up and down the other side. A stone circle marks the point where the route joins the track to Little Hound Tor, which then goes onto Hound Tor and Wild Tor – all good going in the summer time (unless it has been as wet as summer 2012!)

From Wild Tor you will need to head south for the Peat Pass. Sometimes you can simply follow the trail there, but at times when the grass grows well, the track is less easily seen. Look carefully at the map and head slightly left of the Pass, rather than straight to it, as the going here is especially rugged, tufty and peaty. If you get into difficulty, go back and have another go. Hangingstone Hill is the next goal, and this includes possibly the worst wet area (about 20 yards) of the whole ride. It is generally quite passable via the visible track across this stretch, but prepared to pick your way through. On to Whitehorse Hill, Quintin's Man and down to Little Varracombe. Again, this crossing can be a little awkward but look around for a decent entry and exit. Heading up to Sittaford Tor, bear right to the gate into the area below Sittaford (riding in this area is by kind permission of the Duchy of Cornwall and tenants until you reach the bridleway). Follow the track down to the bottom of the hill, which will take you through to the right of the brook, and then over a wide crossing to the far bank. There is a lovely easy ride straight down the bridleway to Postbridge via a number of little crossings, gates and a bridge.

**Juliet can be contacted at: [Juliet.csj@btpopenworld.com](mailto:Juliet.csj@btpopenworld.com)**

## RIDING WITH MOOR CARE

### Where you can ride

- You can ride on the open moor provided that it's common land, as well as along a wide variety of bridleways and historic byways.
- For further information on common land go to the Dartmoor National Park Authority website: [www.dartmoor-npa.gov.uk](http://www.dartmoor-npa.gov.uk)

### Staying safe

Dartmoor is full of challenges for the horse rider. You will need to constantly assess the weather which can change suddenly, especially on high ground, and the state of the going, and be prepared to dismount and lead your horse over particularly steep or rough areas.

- When crossing rivers or streams beware of deep water,

submerged boulders and flash floods and do not attempt to ford water that is deeper than your horse's belly. Be ready to quit your stirrups very quickly and slip off should your horse fall. Boggy areas may be on either side of a crossing, so closely follow the previous tracks.

- Blanket and raised bogs are fragile habitats important for many different wildlife species, give boggy ground a wide berth. Watch out for areas of bright green sphagnum moss or longer areas of vegetation such as deergrass, or haretail cotton grass, which will indicate softer ground. If your horse starts to 'go in' retrace your steps.

**At times the northern half of Dartmoor is used for military training and live firing and should be avoided. Visit [www.dartmoor-ranges.co.uk](http://www.dartmoor-ranges.co.uk) for further information.**



**Joanna Radford is the British Horse Society Representative for Dartmoor. She is consulted on matters that affect riders and horse owners. She has lived in Widecombe parish since 1981. She shares one of the favourite rides of her cob Basil and his successor, Magdalen, on the south moor.**



PHOTOGRAPH ROGER CAVE

The ride starts along Dr Blackall's Drive to Mel Tor and then up to Corndon Tor. Everywhere you get fantastic views although inevitably it includes steep climbs, but that's good for horse fitness, and good for human fitness as you work to keep the horse moving! From Corndon Tor it's easier going northwards along the ridge until you can see Cator Gate, a smooth grassy slope down to the road. It's then a short hack north-west along the road until the brideway gate onto Cator Common on your right.

This is wonderful fast country if the ground is dry – not as common as you might think on hilly, holey and rocky Dartmoor – so now comes a swift crossing of Cator Common, keeping to the brideway and looking out for other users, to the gate near Soussons Forest. Now, it's against my principles to turn round and go home the same way, so I turn right when I reach the minor road and follow it for a short distance to pick up the brideway through Soussons Farm on the left. This takes you on over the hill to Challacombe Farm, up the valley to Headland Warren Farm and out to the road. Cross this and climb up to Hameldown. Back towards home – the horse always knows and speeds up in anticipation of tea – along the ridge of Hameldown to Rowden Ball. By now we are both quite tired, so we get back onto the road up past Shallowford and trot along to Lock's Cross. We keep on the road, heading south over Lock's Cross and up to Primm's Cottage on Sherberton Common. Then it's another great gallop, up to the Tavistock Road and over to Mel Tor. Living where we do, it's always home along Dr Blackall's Drive, as the alternative is the main road which nowadays is far too busy for enjoyment. And that, after all, is why I ride.

**Joanna can be contacted at: joannaradford1@aol.com**  
**Further information**  
**www.bhs.org.uk**



## ENDURANCE RIDING

Jo Chisholm has been involved in endurance riding for longer than she can remember. In 2001 she realised her dream (and hopefully her husband's!) and moved to Dartmoor for the riding. She is on

the committee for the South West Group of Endurance GB and runs Pleasure and Competitive rides on and around Dartmoor as well as demonstrations and talks on endurance. Here she describes the route of the Brentor Ride, a competitive ride run in September.

The route starts near Lamerton and runs up past Brentor, with its famous hilltop church, then on to Gibbet Hill and around to Blackdown before crossing the A386 and heading towards Willsworthy. This is the 'vet gate' or halfway point for the longer routes, and a checkpoint. The loops run around White Hill, past Doetor Farm onto High Down, then head north to Nodden Gate. From here they follow the contours of the moor along Southerley Down towards Sourton Tors with stunning views west towards Cornwall. Prewley is the furthest point and the riders then turn back up Sourton Tors and head for home along a route just below Great Nodden, passing through Nodden Gate and returning to the Willsworthy Check Point via a slightly different route. Depending on the class, they either return along the east side of Gibbet Hill after crossing the A386 again, or go on another loop around the Wheal Jewell Reservoir before returning along the track back past Brentor to the start. This is beautiful riding country with lots of smooth grass where it's possible to pick up the pace.

Long distance or endurance riding is a family sport, open to anyone with a horse. It is about going out and meeting people, riding through the countryside, and most of all, enjoying yourself. It is one of the fastest growing sports in the country with more and more riders finding out what it involves by entering their first 20 mile (32km) ride. It offers a unique competitive challenge and is a supreme sport for learning about equine fitness. Veterinary checks before and after competitive rides – and in the middle too for longer distances – ensure the best possible care is taken of your horse.



PHOTOGRAPH ABBY CHISHOLM

With rides ranging from 20 to 100 miles within a set speed range, endurance riding takes a lot of quality training, ideally working horses on hilly and grassy terrain, rather than roads, which cause concussion and will eventually lead to unsound joints. Dartmoor is a perfect place for such training and also for competing in one of the rides organised annually by the South West Group of Endurance GB.

**Further information**  
**www.endurancegbsouthwest.com**  
**www.endurancegb.co.uk**

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phone evenings and meal times



## East Week

The wind went right through her, because  
she was transparent today.

Normally she could see for miles, everything  
was hiding, except a sky lark enticing upwards.

Scattering ewes, her hands seizing up with cold,  
she tried to paint knowing her husband was at home

waiting for a call about his father: whether he'd risen above  
or gone down. She's left him to wonder while she fretted

with the easel, ranged, finding footholds between  
gorse that was coming out of itself; studying

to learn a piece of swaled ground, black  
as liquorice, while geese rattled on a farm below.

Sooner or later she'd have to take the lower path, using  
the holly tree as a guide, a hawthorn rising through its core.

Julie-anne Rowell

Four poems from an informal  
group of Dartmoor poets who  
meet regularly to wander the  
moor and pause to look around,  
storing images in head and  
heart and notebooks.

## Moss

Sphagnum dips under the crush of my weight,  
takes the shape of my footsteps,  
bears the mark of my intrusion,  
the shallow indentation  
perseveres, until rain swells  
the rafts of fronded moss.

Rebecca Gethin

## Bog cotton

Tufts of cloud –  
as if weather fronts  
had grown on the tip of a stalk,  
shaking their flocking out in the wind,  
- buds of fog opening  
and from a distance,  
they seem to dance  
like sheets of rain  
quivering the bog.

Rebecca Gethin

## Grenofen

The strawberries have gone over  
hardened their skins  
no longer the lush plush of June  
the only raspberries are frozen or mouldy

these are the last few days  
of travelling with no coat  
soon I'll have to pack an umbrella  
take waterproofs

the bracken is curling brown under green tops  
we walk, write, talk, flock under red berries on the rowan  
welded swirls of trunks  
lean, fuse, support each other

a few butterflies  
flutter the last waltz of summer  
in sudden warmth as the clouds split open  
a transient dragonfly takes a chance

the white noise  
where the Walkham and Tavy meet  
drowns the poems  
in clear greens and browns

we cut through the ravine back up river  
jump over mud pools  
into the first leaves of autumn  
and someone's ashes

Susie Shelley



# Jewel in the Crown



PHOTOGRAPH JOHNNY BAKER

PHOTOGRAPHS ©DEVON COUNTY COUNCIL

## Tamsin Grey explores an exciting new section of the National Cycle Network – Drake's Trail between Yelverton and Tavistock

**A**n impressive engineering project within the National Park is nearing completion as the final sections of Drake's Trail, part of NCN 27 between Yelverton and Tavistock, are constructed. What better place to go for a family day out walking or cycling now that the stunning new Gem Bridge has flattened out the gnarly Grenofen hills that used to make even the fittest touring cyclists short of breath?

For those wishing to keep things relatively flat the new linear, mostly off-road route should be fully open in September. However, if all or part of your group wants more of a challenge there is an option to turn this into a circular route using the quiet minor roads that the interim route followed for many years. To make things

harder still you can even opt to go off road for part of the way and test your fitness on some steep bridleways.

The route links directly into the Plym Valley Trail with Plymouth at its southern end but for a shorter day out or with younger children it's best to join it in Yelverton.

To avoid the busy roundabout crossing in the centre of the village, start from the public car park across the road close to the row of shops off the A386. From here a surfaced cycleway leads out through double stockproof gates onto Roborough Down and winds its way through open country and then woodland to the next road crossing. Be aware that there is a steep hill (by normal cycleway standards) in this section.

At the road go straight across

into Old Station and follow the minor road between the houses to join the next section of surfaced cycleway. After passing through a patch of woodland you will come out onto one of the original stone viaducts. From here there are stunning views out towards the high moor with Sharpitor on the horizon.

After the viaduct pass through another area of broadleaved woodland before emerging onto the recently finished Gem Bridge. At 200 metres long it is the longest bridge on the National Cycle Network and offers dizzying views 24 metres down into the thickly wooded Walkham Valley below. It cost £2.1 million and its graceful steel lattice arches supported on slender 'wineglass' shaped columns echo the design of the original Brunel viaduct built in 1891 and demolished in the 1960s.

After the bridge there is a short climb up to a picnic area with granite seats and bike racks. To mark the completion of the bridge a time capsule was buried here on 22 May 2012. Beyond the picnic area you will soon come to a wooden ramp then climb further to a junction. The next phase of the final route taking in Grenofen Tunnel is due to open mid September 2012. This route will continue straight on and provide a relatively flat surfaced path all the way to Tavistock. In the interim, the route turns left down an unsurfaced path through woodland and meadows to join the minor road network near Grenofen Bridge. Be aware that there are some steep hills on the interim route between here and Tavistock. It can however, be used in conjunction with the final route for a more challenging



## ROUTE INFO

**LENGTH:** Approx 11.5 miles (18km) depending on which route you take.  
**TIME:** Allow at least 4 hours  
**START/FINISH:** Yelverton car park SX518678  
**TERRAIN:** Mostly surfaced cycleway or tarmac lanes with unsurfaced off-road options. Some steep hills on the more challenging options.  
**MAPS:** OS Explorer OL28 Dartmoor; HARVEY Dartmoor and surrounding area for Cyclists, Tavistock cycle leaflet.  
**PUBLIC TRANSPORT:** There are regular bus services between Plymouth, Yelverton, Tavistock and Okehampton. These do not carry bikes.

**IMPORTANT ROUTE UPDATE:** At the time of going to print this route was still under construction. It is due to be completed in September 2012. For up-to-date information on the engineering works and final opening date go to: [www.drakestrail.co.uk](http://www.drakestrail.co.uk).

**KEY**  
— Final Route  
— A harder alternative  
— An even harder alternative

## TAVISTOCK

Tin used to be brought to this ancient stannary town on the south-western edge of Dartmoor National Park for assaying and marketing. It was also the birth town of Sir Francis Drake hence the name of the trail. Today the town has a wide variety of shops, cafes, pubs and accommodation and a regular covered market to explore. There are also two cycle shops if you need any spares or repairs.

Further Information  
 Tavistock Tourist Information Centre:  
[www.tavistockonline.co.uk/tourist\\_info.htm](http://www.tavistockonline.co.uk/tourist_info.htm)  
 Tel: 01822 612938  
 Town cycle map:  
[www.devon.gov.uk/cycling-maps-tavistock.pdf](http://www.devon.gov.uk/cycling-maps-tavistock.pdf)

Statue of Sir Francis Drake

PHOTOGRAPH OSSIE PALMER



circular cycle ride or walk (see A Harder Alternative).

On the outskirts of Tavistock cross the River Tavy via the cycleway bridge and follow the surfaced path past the football ground to the next road. Go straight across and continue along the route signed NCN 27, which takes you anticlockwise around the outskirts of the Tavistock Community College playing fields. Where the path divides alongside the canal keep right towards the town centre. Across the canal you will be able to see the picturesque row of Fitzford Cottages. After a short distance the path divides again. Keep right and go down through the underpass into the public park close to Meadowlands Pool and Leisure Centre. From here you can either turn and retrace your steps to Yelverton or continue onwards to explore Tavistock itself.

## YELVERTON

This large village on the south-western edge of Dartmoor National Park has a variety of shops and several places to eat including Indian and Chinese restaurants. It borders Roborough Down which was used as an airfield during the Second World War. The main row of shops in the centre of the village are mostly still single storey as they had their second storey removed to allow easier access for the planes. There is plenty of parking and a regular bus service to the centre of the village making it an ideal place to start a cycle ride or walk.

Buckland Abbey

PHOTOGRAPH GERALDINE CURTIS





## A HARDER ALTERNATIVE

For those who wish to add more of a challenge to this route and turn it into a circular day out, the original interim route between Grenofen Bridge and Tavistock offers some additional hills along quiet country lanes. For the steepest challenge turn left off the surfaced cycleway at the top of the hill after Gem Bridge and the wooden ramp and before the tunnel. An unsurfaced path leads down through woodland and meadows to the minor road near Grenofen Bridge. Turn right up the road to the next junction taking care on the steep narrow bends. Turn left and continue straight on at the cross roads. At the next junction turn right and head downhill to the outskirts of Tavistock where you can rejoin the surfaced cycleway. Turn left along it to continue into Tavistock or right to return to Yelverton.



PHOTOGRAPH: JOHNNY BAKER




## AN EVEN HARDER ALTERNATIVE

For those wanting an additional challenge taking in some steep unsurfaced sections of bridleway, the circular route can be followed in an anticlockwise direction. Rather than leaving the minor road before Grenofen Bridge continue straight on over the bridge and follow the steep bridleway on the other side up over Roborough Down to meet Down Lane. Go straight on to the next cross roads and turn left. Ignore the first side turning and follow the road to the next T-junction. Turn left and then on the sharp bend turn right onto the cycleway and retrace your way back to Yelverton. ■

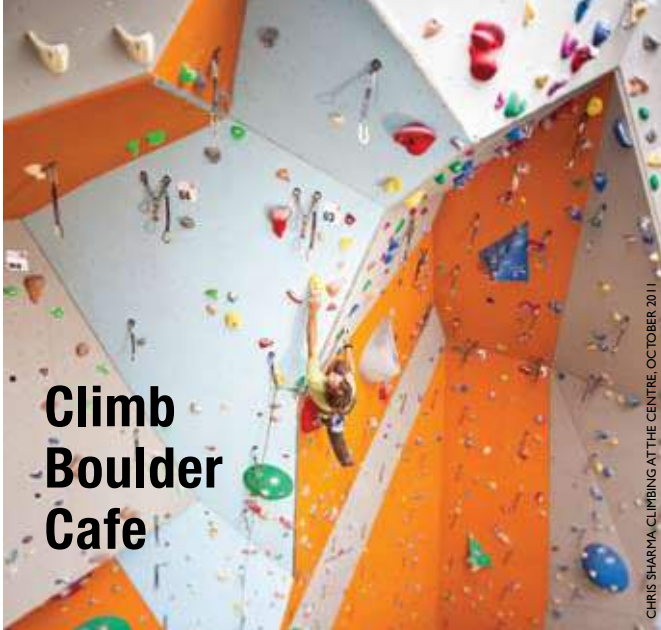


PHOTOGRAPH: PETE RILEY





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# BAKER'S DOZEN

## Johnny Baker's 13 winter essentials for exploring the moor in winter

Dartmoor in winter? Close your eyes and think - rain and wind, knee deep blanket bog (much like this summer really) or crisp azure blue skies, frozen ground and the tors dusted in snow? It can be all of these and more.

Whatever the weather Dartmoor in winter can

offer some magnificent adventures. But exploring the open moor at anytime is a committing and demanding activity. In winter, short days and rapidly changing weather patterns demand careful preparation.

A common-sense approach to expectations, capability, fitness and

skills is key and a weather forecast is at the heart of any preparations. If it's coming in from the west I head for shelter in the east, if it's coming in bad later in the day I'll get up early and head out to be back at the car before a good soaking. If it's going to rain all day and the rivers are up I'll get the Black and

Decker out and do some DIY instead.

Choosing 13 essential items for a big day out on the moor in the depths of winter is a tough call - so in conjunction with Kountry Kit in Tavistock I've pruned my list and grouped some bits together. I might also sneak a few luxuries in on top...

### 1. Hard shell

My waterproof coat and trousers are the hard shell that provide the essential barrier to the elements. In winter I go for a full waterproof hard shell every time - a coat that has a good hood and winter trousers ought to include braces and internal gaiters. All stitched seams should be taped. Goretex material is standard for me but there are advocates of Paramo clothing and there are emerging materials that are challenging Goretex supremacy. **The Berghaus Hurricane Performance**

**shell** is a winter jacket worth checking out.

For occasional use some of the budget brands are surprisingly good - just check the hood and seams.



### 5. Head torch

Winter days are short and it's not uncommon to be traipsing the last few miles back to the car in the dark. Being out on the moor without a head torch when it's getting dim is an unsettling experience and a serious error of judgement. A **Petzl Tikka Plus** with a spare set of fresh batteries lives in the top pocket of my rucksack.



### 2. Map and compass

Paper maps in waterproof covers are dependable technology that don't rely on batteries mobile signal or satellites. Don't be the plonker on the News at Ten who tried to walk across the moor using only a smart phone. That's not smart. Carrying a laminated **Ordnance survey map of Dartmoor** at a scale of 1:25,000 with a **Type 54 Silva compass** and knowing how to use them is a key outdoor skill. Courses on how to navigate in open country are available with the Moorland Guides, Compass Works or Dartmoor Navigation.



### 6. Boots

You might get away with trainers in summer but in winter boots are essential. I use stiff boots but with some flex in the sole. I use traditional leather boots such as the legendary **Scarpa SL** which have been revamped. I lovingly treat with **Nikwax** waterproofing and I have added a pair of **Superfeet** insoles and top with a pair of gaiters. It's worth noting with footwear it's almost always a case of getting what you pay for. A decent quality shop like Kountry Kit in Tavistock will take the time and help you choose the right pair of boots that will give you years of comfortable walking. Err towards reliable brands including Scarpa Meindl, Berghaus, Brasher and Garmon and consider them a sound investment.



### 3. Woolly hat & gloves

I even carry spares. **Sealskinz** are a trusted quality brand. For gloves I go for a wind stopper material and carry a fat pair of mountaineering ski-type gloves in my pack. If you can find a pair of **Dachstein woolen mitts** then these make an excellent emergency pair.



### 7. Phone

Having ridiculed the mobile phone for navigational use - always take one so that you can let people know where you are if you're running late or getting into difficulty. Being able to give the emergency services (The police or **Dartmoor Rescue**) an accurate grid reference should be worthy of an MBE.



### 4. Food and drink

Calorie counting is key. Think (and eat) thousands. Porridge in the morning (or breakfast at the **Fox Tor Cafe**) and high energy digestible food during the day. In winter it's best to eat on the hoof so I gorge every forty minutes or so on **malt loaf**, trail mix, chocolate covered cereal bars and banana cake. A half litre flask of hot chocolate is a welcome luxury but I cannot do without a litre bottle of water. **Nalgene** wide neck bottles are indestructible.



### 8. Emergency stash bag

A group shelter or **bothy bag** is a lightweight shelter that enables you to hide from the elements in the lee of a tor whilst having a brew or dressing a blister. I've also had a silver foil **blizzard bag** in my pack for 10 years now - I've never used it but I know I've got the equivalent of a 3 season sleeping bag stashed away for an emergency. I'll also hide some calorie dense food such as power bars or **Maxifuels Viper Boost**.





## 9. First aid kit

I take a well-stocked but compact **Life systems Adventurer first aid kit**. Last October I did an excellent mountain first aid course at the Dartmoor Centres.



## 10. Spare warm layer



As well as wearing a base layer of merino, a mid layer of fleece I'll take a synthetic insulated jacket too to throw on top when I stop for a break or if it gets really cold. I like the **Arcteryx Atom LT** it's really light, packs small and is very warm for its size. On damp Dartmoor down filled jackets are about as much use as a chocolate tea pot.

## 11. Rucksack and liner

You will need a decent mid size pack with a roll top waterproof liner. My choice is the comfortable **Osperey's Stratos**. With 36 litre capacity it's large enough for a long day out and even a light overnighter. It loads from the top, features a large front zippered pocket, front panel access to the main compartment, a fixed top pocket with two zippered organization pockets and zippered handy mesh pockets on the hip belt for snacks, compass, personal medication etc. The chest strap incorporates an emergency whistle that's loud enough to work to attract attention and there is an integrated rain cover.



## 12. A mate

Exploring the moor by yourself is a special experience that can often result in some form of spiritual enlightenment. In winter I would probably want to share such a special moment with a good friend. Having them around can also be quite handy for decision making, sorting out problems and overcoming any difficulties that you are likely to encounter in winter.

## 13. Plan B

Never ever leave the house without a Plan B. A foul weather alternative is absolutely essential. If it's really rough on the tops how about a wooded valley walk instead? If the rivers are up does your Plan B offer a more benign alternative that keeps you away from these deadly hazards?

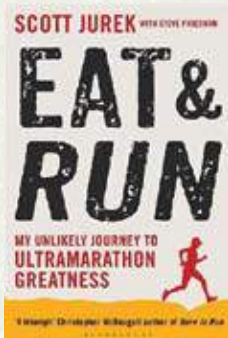


I highly recommend a yomp around the lanes of Illsington and a roast dinner with a pint in **The Carpenters Arms** as the perfect Plan B.

# BOOK REVIEWS

John Baker examines some recent publications

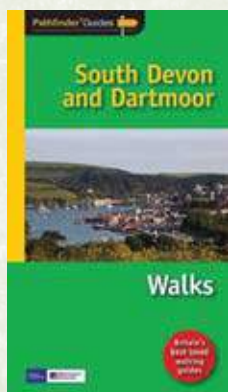
## *Eat and Run* by Scott Jurek with Steve Friedman



An inspirational book by a world-renowned ultra marathon champion who trains and races on a plant-based diet and whose accomplishments are nothing short of extraordinary. Full of stories of endurance and competition as well as practical advice and some of his

original recipes, *Eat and Run* will motivate people to go the distance, whether that means getting out for a first run, expanding your food horizons, or simply exploring the limits of human potential. **£12.99 – Bloomsbury.**

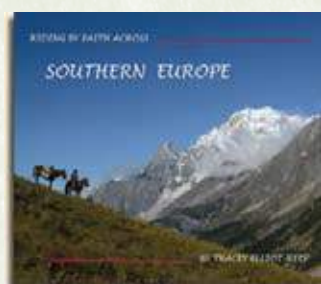
## *Pathfinder Guides South Devon and Dartmoor Walks* by Sue Viccars



A fully updated edition of one of Britain's best loved walking guides. It offers nine routes within Dartmoor National Park ranging from short walks of up to 2.5 hours to longer walks of 4 hours and over. Each walk has a clear Ordnance Survey map and useful information on everything from terrain to height gain.

Of particular interest to dog walkers is the box outlining how dog friendly each route is. **£11.99 – Crimson Publishing.**

## *Riding By Faith Across Southern Europe* by Tracey Elliot-Reep – review by Jonathan Constant



Tracey's new book, *Riding By Faith Across Southern Europe*, is a graphic and gripping account of her latest exploits, taking us from Greece, through Italy, Switzerland, France and Spain. Just like her last major journey, when she rode all the way from Mexico to Canada, Tracey flew out with limited funds, bought two local ponies, and headed off into the hills, with only half an idea of which path she was going to take.

*Riding By Faith Across Southern Europe* is packed with beautiful pictures of landscapes, animals, people and historic buildings. When you're not enjoying the photos, you're getting drawn into Tracey's colourful and enjoyable story. A book for anyone who has a sense of adventure. **£19.99**

## *Walks North Dartmoor* by Richard Hallewell (2012) 32 pages - 21 walks



This guide covers the northern half of Dartmoor (ie, north of a line between Tavistock and Bovey Tracey). The individual walks are all less than 7 miles/11kms in length, but some can be strung together to make longer routes. Highlights include the

walks south of Okehampton, Fingle Bridge & Castle Drogo and the short climb to Haytor Rocks.

**£2.99 – Hallewell Pocket Walks**

## *Walks South Dartmoor* by Richard Hallewell (2012) 32 pages - 22 walks



This guide covers the southern half of Dartmoor (ie, south of a line between Tavistock and Bovey Tracey). The 22 routes are between 1 and 8 miles in length (1.6-12.8kms) and will provide an introduction to an area of great variety.

Highlights include the string of tors east of Tavistock, the paths onto the moorland from the woods around Burrator Reservoir and the standing stones and ruined mine on the Eylesbarrow Mine route.

**£2.99 – Hallewell Pocket Walks**



# WHAT'S ON

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

Follow Active  
Dartmoor on:

facebook

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Whilst winter is a time to batten down the hatches it need not be a sedentary season eating pies and wishing away the weeks until the onset of spring. Despite short days, blustery weather and dark skies there are heaps of activities to encourage exploration which make for an exciting and memorable day out at the weekend. You never know, a day from our calendar may also coincide with crisp sunshine, frosted gorse and far reaching views over the bracken brown moors. **(If this does happen please write to the Ed and enclose a photo.)**

**As well as our list look out for our regular updates and feeds on Facebook or twitter and check out more events from the following providers:**

## Farming, food, festivals & fun

Members of the Dartmoor Partnership publish their events at the Partnership's website from volunteer conservation days, guided walks, and open air theatre to food festivals. For an extensive list of winter events visit the Partnership's website or download their App - a comprehensive and interactive guide to Dartmoor National Park and surrounding towns. Visit the iTunes store for a download.  
**www.dartmoor.co.uk**

## 50 things to do before before you're 11&3/4

The National Trust has worked out 50 things to do before you're 11 and 3/4 Go to <https://www.50things.org.uk/> to find out more. For the rest of us where being 11 and 3/4 is a dim memory best consigned to the sands of time - the National Trust are offering 80 events between now and the end of January - all within a 40 mile radius of Princetown. Use the event finder to find out more:  
**www.nationaltrust.org.uk/visit/whats-on/find-an-event**

## Going with a guide

Moorland Guides are publishing 25 guided events between now and January wandering over the moor's diverse landscape, exploring the archaeology, natural history and culture - past and present; all of which is ready to discover with a qualified and experienced guide.  
**www.moorlandguides.co.uk**

## Promoting your event

If you would like *Active Dartmoor* to help promote your event please contact us via email at [john@activedartmoor.com](mailto:john@activedartmoor.com) You can also post details on our moderated Facebook page.

## SEPTEMBER PICKS

### National Trust Teign Valley Wild Tribe at Fingle Bridge Meadows

(02/09/2012)  
01647 433356

### National Trust Heritage Open Day at Castle Drogo

(08/09/2012)  
01647 433356

### Moor 2 Sea CycleSportive

(08/09/2012)  
[www.moor2sea.com](http://www.moor2sea.com)

### Chestnut Walk around Burrator Reservoir

(09/09/2012)  
[www.chestnutappeal.org.uk](http://www.chestnutappeal.org.uk)

### Digby Trout Memorial Walk

(09/09/2012)  
[dtmemorialwalk@gmail.com](mailto:dtmemorialwalk@gmail.com)

### Moorland Guides War Horse Film Walks

(09/09/2012)  
07579969121

### THE FINAL Lych Way Walk - Bellever to Lydford

(16/09/2012)  
[www.dartmoorsartplymouth.org.uk](http://www.dartmoorsartplymouth.org.uk)

### Bovey Beauty Fell Run

(23/09/2012)  
07827 820637

### Ranger led North Moor Walk

(23/09/2012)  
Rob Taylor 07711 104542

### Hospicecare One Mile Open Swim, Roadford lake, Okehampton

(25/09/2012)  
01392 688090

### The KinesisUK Hell of the West CycleSportive

(30/09/2012)  
[www.hellofthewest.co.uk](http://www.hellofthewest.co.uk)

## OCTOBER PICKS

### Moorland Guides Discovering Fungi

(13/10/2012)  
07579969121

### Castle Drogo Autumn woodland deer walk

(13/10/2012)  
01647 433306, [castledrogo@nationaltrust.org.uk](mailto:castledrogo@nationaltrust.org.uk)

### Dartmoor Trek Widcombe in the Moor

(14/10/2012)  
01884 703536

### Dartmoor Mountain Challenge Widcombe in the Moor

(14/10/2012)  
08700 340 040

### Marie Curie Dartmoor Challenge 2012

(14/10/2012)  
[www.mariecurie.org.uk](http://www.mariecurie.org.uk)

### Devon Galoppen

(21/10/2012)  
[www.devonorienteering.co.uk](http://www.devonorienteering.co.uk)

### Dartmoor Vale Marathon and Half Marathon Newton Abbot

(21/10/2012)  
Sedgewell Kingskerswell  
Devon TQ12 5JD

### The Dartmoor Devil Cycle Event

(28/10/2012)  
[www.dartmoordevil.co.uk](http://www.dartmoordevil.co.uk)

### Essential Bushcraft - Autumn

(29/10/2012)  
[www.wildwoodswillow.org.uk](http://www.wildwoodswillow.org.uk)

### WildWise School for Extraordinary Kids

(30/10/2012)  
[www.wildwise.co.uk](http://www.wildwise.co.uk)

### Conservation Work tasks with the DNP Ranger Service

(08.15.22/10/2012)  
Ranger Peter Rich 07730 064470

## NOVEMBER PICKS

### The Journey

(5-10/11/2012)  
[www.embercombe.co.uk](http://www.embercombe.co.uk)

### Devon/Kerno Night league orienteering event

(10/11/2012)  
[katebiff@hotmail.co.uk](mailto:katebiff@hotmail.co.uk)

### Moorland Guides Discover the Wild North Moor

(18/11/2012)  
07579969121

### Drogo10 Hill race - The Editor's Nemesis!

(18/11/2012)  
[www.thedrogo.co.uk](http://www.thedrogo.co.uk)

### Ranger led walk

Lane Head  
(02/11/2012)  
Ranger Rob Taylor 07711 104542

### Ranger led walk

Steps Bridge  
(17/11/2012)  
Ranger Simon Lee (07711 104541)

## DECEMBER PICKS

### Devon/Kerno Night league orienteering event

(08/12/2012)  
[paulames@bucklandmonarchorum.org.uk](mailto:paulames@bucklandmonarchorum.org.uk)

### Moorland Guides Discover the Wild North Moor

(16/12/2012)  
07579969121

### Ranger led walk Meldon

(28/12/2012)  
Ranger Ian Brooker (07720 509273)

## JANUARY PICKS

### Ranger led reservoir walk Trenchford Reservoir

(12/01/2013)  
01822 890414

### Moorland Guides Discover the Wild North Moor

(20/01/2013)  
07579969121

## FEBRUARY PICKS

### League orienteering event

(10/02/2013)  
[www.devonorienteering.co.uk](http://www.devonorienteering.co.uk)

### Conservation Work Tasks

(February 2013)  
Ranger Ella Briens on 07711 104546

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



## BLACKADON BARN COTTAGES

Walking, Ivybridge 01752 897034

## BOVEY TRACEY GOLF CENTRE

Golf, Bovey Tracey 01626 836464

## CRS ADVENTURES/DART RIVER ADVENTURES

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

## 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

## DARTMOOR PONY HERITAGE TRUST

Animal collection, heritage/ visitor centre, event venue, nature trail. 01626 355314 07890 372 709

## DEVON CYCLE HIRE

Cycling and Mountain Biking. Sourton 01837 861141

## IBEX OUTDOOR

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

## RIVER DART ADVENTURES

Adventure Sports, Fishing, Boating and Canoeing, Swimming Pool, Walking. Ashburton 01364 652511

## ROADFORD LAKE

Okehampton 01566 784859

## SHILSTONE ROCKS STUD & RIDING CENTRE

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

## SOUTH WEST LAKES TRUST

Fishing, Boating and Canoeing, Walking, Multi-Activity Centres, Wind Surfing, Outdoor Activity/ Pursuit Centre 01566 778503

## SPIRIT OF ADVENTURE

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

## THE DARTMOOR EXPEDITION CENTRE

Offers year round bunkhouse accommodation that is simple and robust. Information www.dartmoorbase.co.uk 01364 621249

## THE DARTMOOR CENTRE

Group Accommodation and Outdoor Activities Princetown 01822 890761

## TREASURE TRAILS

Cycling and Mountain Biking, Walking. Devon 07960 630900

## TREE SURFERS

Adventure Sports. Tavistock 01822 833409



## WEEK FARM

Fishing/Fishery. Okehampton 01837 861221

## WINGSTONE FARM

Horse Riding. Manaton 01647 221215

Directory listings are FREE - please let us know if you would like to be included

## 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

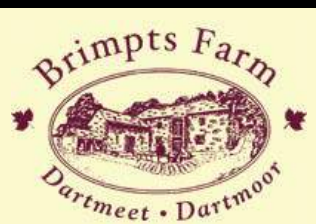
## UPCOTT HOUSE

UPCOTT HILL, OKEHAMPTON, DEVON, EX20 1SQ. TELEPHONE 01837 53743 www.upcotthouse.com info@upcotthouse.com



Winners of the Smarta 100 award and Highly Commended for the Business Green award.

Set at the top of Dartmoor in the heart of Devon, this beautiful period house offers Eco-Friendly bed and breakfast accommodation in Okehampton, the perfect location for that relaxing holiday in Devon to discover Dartmoor.



Traditional Farmhouse Tea Rooms, Seasonal Opening please call for details.

Telephone 01364 631 450 www.brimptsfarm.co.uk Brimpts Farm, Dartmeet, Dartmoor, PL20 6SG



Self catering Holiday Accommodation

Two characterful self-catering holiday cottages, one part of a 16th Century Grade 2 listed Medieval Devon Hall House and the other a detached barn conversion. Located directly on cycle route 27, with ample bike storage.

Monkstone Farmhouse, Brentor, Tavistock, Devon, PL19 0NP Tel: 01822 810222 www.monkstone.com

## 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



A person in a pink shirt and dark trousers is walking two black dogs across a wooden suspension bridge. The bridge is set against a backdrop of dense green trees and a calm river below. The scene is peaceful and scenic, with sunlight filtering through the leaves.

# Ready for an adventure?

## **Get out and about with the National Trust on Dartmoor**

Castle Drogo, Lydford Gorge, Finch Foundry, Parke and Plym Valley.

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

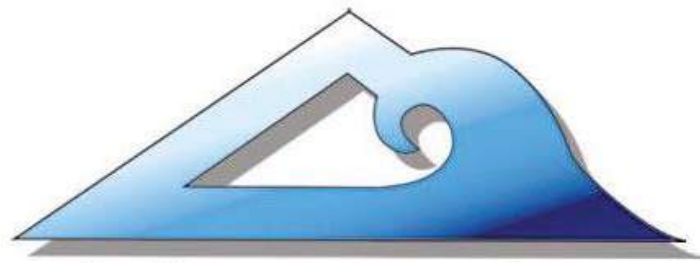
Explore our places at [www.DartmoorNT.org.uk](http://www.DartmoorNT.org.uk)



**National Trust**  
Time well spent

Charity No. 205846 Photo ©NTPL/John Millar





# www.bigpeaks.com

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Monday to Saturday 9 to 5.30 Sunday 10 to 4

