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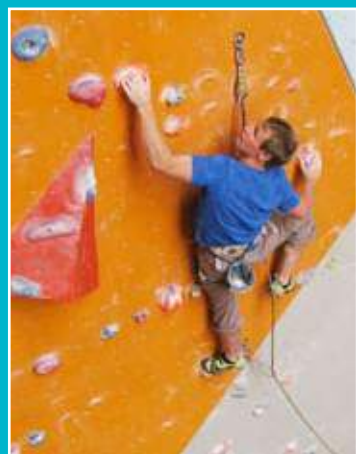
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DARTMOOR

SPECIAL
FREE
ISSUE



**FIVE TOP PICNIC
SPOTS**

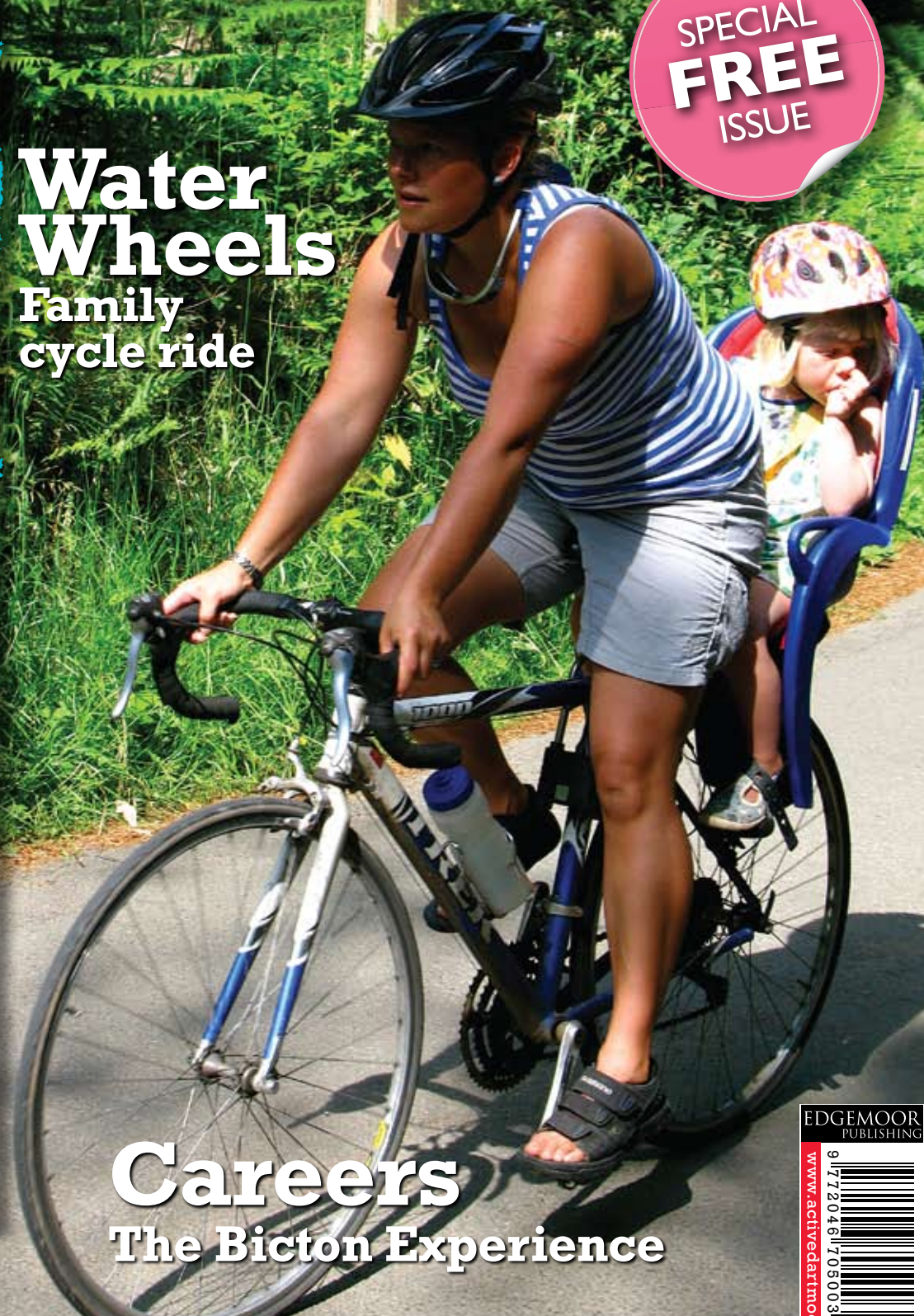


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DARTMOOR

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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 Ten Tors by Andy Bateman



After a surprisingly beautiful summer with so many opportunities to get out on the moor and enjoy long, dry, sunny and active days the signs of autumn are finally with us. As growth begins to slow down, leaves change colour and the nights draw in it's easy to see why, since ancient times, autumn has been viewed as the beginning of a new year, a time for reflection and perhaps also for planning and resolutions that are less brash and public than at New Year.

With this in mind we've taken training as the theme for this issue, both personal and professional. If you're looking to try something new or to up your game then be inspired by the opportunities

and supportive networks at The Quay Climbing Centre in Exeter, which has taken 'climbing for everyone' as a motto and made it a reality. Alternatively, if cycling is your thing and the Tour of Britain's mountain climb finish at Haytor has made you itch to get back in the saddle and try your own challenge, then why not take on Dartmoor's newest 'Big Tick' and test yourself on the relaunched Dartmoor Way Cycle Route over a day or longer.

The autumn is also the start of a new academic year for many and a good time to consider current and future career paths and professional training. Active Dartmoor visited Bicton College near Budleigh Salterton to find out how realistic it is to consider changing a passion for the outdoors into a successful career. You may be surprised and hopefully inspired by the answers.

On a gentler note if keeping up your summer fitness and your children's enthusiasm for the outdoors is more what you have in mind as the season changes then why not follow Tamsin Grey's Water Wheels route, either cycling or on foot, and explore the quieter and somewhat more sheltered area of the National Park around the reservoirs of Trenchford, Tottiford and Kennick? Or take some food and advice from one of Dartmoor's local delis and head off to one of our top 5 picnic spots in the National Park for a delicious meal with a stunning view.

Finally, although we all hope that with proper training and equipment we'll enjoy a day out on the moor and return home again safely, things don't always go to plan. This is where Local Heroes The Dartmoor Rescue Group come into their own. Although all the teams are made up of volunteers, read our feature and take the publisher's word for it - they truly are professionals who deserve some thought and support if you enjoy the moor regularly as so many of us do.

John

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

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PHOTOGRAPH © DNPA

Get set for the Tour of Britain!

This September sees the return of the Tour of Britain cycle race to Dartmoor for the fourth year running. In the year when Britain's premier cycle race celebrates its 10th year, Dartmoor will host the first ever mountain climb finish at Haytor on Friday 20 September. The Devon stage of the Tour will see ninety-six of the world's top class riders and is likely to include Olympic champion Bradley Wiggins and defending champion local rider Jonathan Tiernan-Locke. The 85 mile (137km) Devon Stage starts at Sidmouth and continues through the centre of Exeter onto Chudleigh, Moretonhampstead and Bovey Tracey, before tackling a grueling climb up to Haytor within Dartmoor National Park, where it is due to finish around 2.30pm.

The popularity in road cycling has increased over recent years and this year live television coverage of the race will be shown on ITV4, to an estimated 8 million UK audience with a highlights programme broadcast each evening. The Tour of Britain will also be broadcast to over 125 countries, providing a unique opportunity to showcase Dartmoor to a worldwide audience.

Hosting a summit finish at Haytor has presented some challenges for organisers as thousands of people are expected to come and watch the race. Dartmoor National Park Authority is working closely with the Tour of Britain organisers, Devon County Council, Teignbridge District Council, emergency services and local communities to plan for a successful day. A road closure will be in operation between Bovey Tracey and Haytor (Hemsworth Gate) from the Thursday evening until late Friday afternoon as a result of the race. Park and Ride facilities will be operating from Bovey Tracey and Holwell Down, as there will be no vehicular access in the Haytor area.

Make sure you arrive in plenty of time as there will be lots to keep you occupied during the morning. There will be a promotional zone and local food and refreshments and local schools will be competing in a Haytor Hill Climb challenge.

Why not ensure you get the best spot at the finish by staying overnight at local camping sites provided at Five Wyches, Ullacombe Farm and at Holwell Down. There is no wild camping allowed on Haytor. For other local accommodation providers visit www.dartmoor.co.uk

For more information on the Tour of Britain visit www.dartmoor.gov.uk/cycling

Details about the event, travel information and camping is being added to the website as it becomes available.



PHOTOGRAPH © DCC

NEWS

PHOTOGRAPH © DNPA

PAWS ON DARTMOOR

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

On Dartmoor's common land, ponies, sheep and cows are allowed to graze freely, so you must keep your dog under proper control, or on a short lead, when walking near livestock. Please also ensure that you clean up after your dog and dispose of poo bags responsibly.

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

GOVERNMENT CASH FOR DARTMOOR CYCLING PLANS

Ambitious proposals to improve cycling access to Dartmoor National Park have received £4.4 million of Government funding.

Devon County Council and Dartmoor National Park, who are leading the successful bid, have welcomed the announcement by the Department for Transport.

The project will open up access to the moor by improving and completing a number of multi-use trails on Dartmoor as well as creating "cycling hub" sites at Princetown and Moretonhampstead, which will provide dedicated facilities for visitors.

The aim of the investment is to encourage visitors to explore more of the routes along existing disused railway track beds and canal tow paths, and extend their stay in the area.

Around 600,000 cycle trips are made to the National Park annually. The new scheme is expected to encourage more people to cycle to the moor, with up to 43% increase in cycling between 2015 and 2018, bringing an extra £6 million to the local economy and creating the potential for around 100 new jobs.

Targeted improvements within the scheme include upgrading existing routes on Dartmoor, developing a route from Exeter to Dartmoor via Haldon Forest Park, and completion of the Wray Valley Trail with the development of a bridge over the A38 to establish a viable commuting and leisure route between Newton Abbot and Bovey Tracey.

The Granite Way will also be upgraded to fill in any remaining gaps and complete part of a wider Devon Coast to Coast route which is not only part of the National Cycle Network but also part of the Eurovelo network and Cycle West, a partnership project which has established better cycle links with Normandy and Brittany through the ferry port and rail station at Plymouth.

The grant will help fund improved signing and interpretation and also in a flexible, cycle-friendly taxi scheme and a cycle hub at Newton Abbot rail station, both of which will improve access to Dartmoor.

Life Death and Landscape exhibition at the National Park Authority Visitor Centre - Postbridge

If you haven't seen it yet, the Life Death and Landscape exhibition, telling the story of Bronze Age Dartmoor, is on display at the National Park Authority Visitor Centre at Postbridge. The exhibition was created by Exeter's Royal Albert Memorial Museum and Art Gallery (RAMM) and Dartmoor National Park Authority and has been recently given a new look with some great updates.

See a superb display of stone tools and weapons, some fine replica bronze tools and weapons and a specially produced replica Bronze Age Trevisker Ware cooking pot. A film being screened during the exhibition tells the story of how the pot was made.

A specially commissioned replica of the Hameldon dagger, possibly one of the most important prehistoric finds on Dartmoor is also on display.

Read about how our ancestors lived and died on prehistoric Dartmoor and see information on recent prehistoric Dartmoor discoveries including the internationally important Whitehorse Hill cist.

There is plenty to do for young people with a specially designed History Hunter's quiz, a sand dig box enabling children to try their hand at uncovering some prehistoric finds and a 3 dimensional jigsaw.

Siting the exhibition at Postbridge is particularly appropriate as the Centre lies within a short walk of some fine Bronze Age remains including settlement and burial sites, enabling visitors to see for themselves why Dartmoor is one of the most important areas in western Europe for prehistoric archaeology.

The National Park Visitor Centre - Postbridge, is situated in the main Postbridge car park on the B3212 Moretonhampstead to Two Bridges road.



PHOTOGRAPH © DNPA

A Winning Combination

Dartmoor National Park Authority has recruited local Olympian and Team GB Pistol Shooter, Georgina (Gorgs) Geikie, as a Dartmoor Ambassador with a remit to raise the profile of Dartmoor as an activity destination.

Gorgs has lived on Dartmoor all her life and regularly uses Dartmoor for her fitness training (running, cycling and horse riding) and her natural enthusiasm for the place will be a real asset. Earlier in the year she attended the Devon County Show, where she was interviewed by Pippa Quelch for Radio Devon and attracted people of all ages to the Dartmoor National Park stand, offering them the chance to be photographed holding the Olympic torch, which she carried through Okehampton in the run-up to the Olympics.

Gorgs will make appearances at the National Park Visitor Centres and will be involved in promotional activities to support key events, such as the Tour of Britain cycle race when it finishes at Haytor. Her mission is to engage with the public to tell them about the variety of recreational opportunities on Dartmoor and she will also appear in a short film, trying her hand at the different activities and hopefully inspiring people to have a go themselves.

The film will be shown in each of the National Park Visitor Centres, on the Dartmoor National Park Authority website (www.dartmoor.gov.uk) and on Youtube.

Adventure Clydesdale



PHOTOGRAPH TIM ANCRUM

A new business has recently arrived on Dartmoor. Adventure Clydesdale based at Brimpts Farm, Dartmeet rides out exclusively with magnificent Clydesdale Heavy Horses. The business is based on the amazing adaptability of the Clydesdale breed, which has a wonderful nature and impressive ability. In our changing world, many breeds, including the Clydesdale, have lost their purpose as agriculture has moved on, but Adventure Clydesdale can demonstrate to you that these wonderful horses still have a role in the modern world as very special riding horses, which inspire confidence in their riders as they stride out through the countryside. The Clydesdales consistently surprise people with their gentle temperament, forward going nature and impressive ability to negotiate the often difficult moorland terrain.

The trail rides offer the chance to experience the pleasure of riding the big friendly giants in a beautiful place with interpretation of the fascinating moorland environment, its archaeology and natural history. Adventure Clydesdale offers rides across Dartmoor, Exmoor, Bodmin Moor and many other beautiful parts of south west England. Riders are able to participate in all aspects of the ride including the pre- and post-ride preparation and care of the horses. On longer rides accommodation is provided in a variety of special locations.

Adventure Clydesdale offers a variety of ways of spending time with the BFGs with rides from 2 hours to multiple days. Hands on experience weeks are also offered where clients can stay at Brimpts Farm and enjoy spending time looking after the horses and participating in various rides out. In addition to the riding draught work operations on the farm are being developed to show off the horses in their original role.

For more information contact Tim or Aileen on 07901943038 or visit www.adventureclydesdale.com.

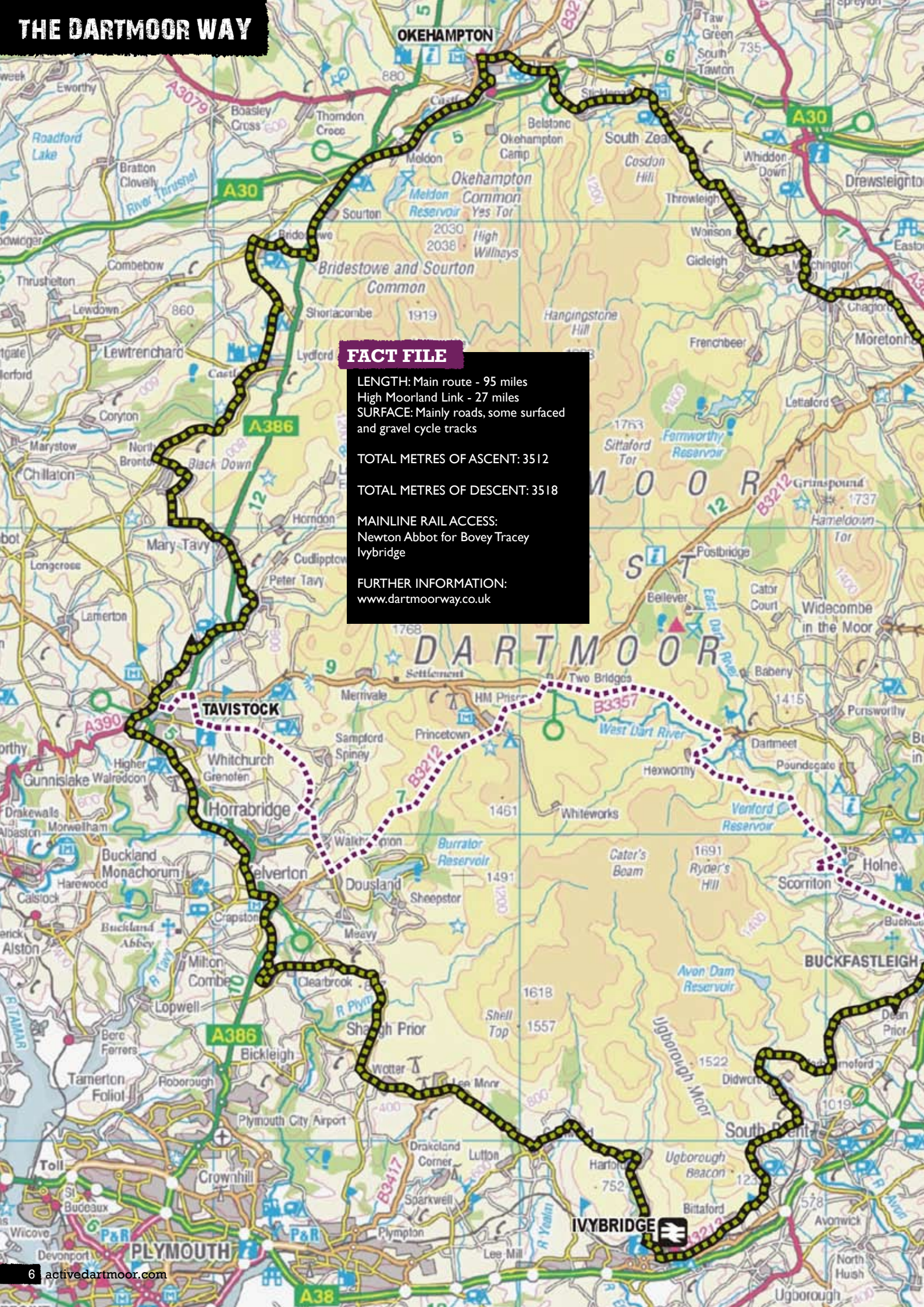
Brimpts Farm offers a variety of accommodation, award winning tea room, farm walks and visitor facilities. For more information tel: 0845 0345968 or visit www.brimptsfarm.co.uk.

GET ACTIVE ON DARTMOOR

There is still time to see Active Summer, the latest exhibition at the National Park Visitor Centre - Princetown. Active Summer promotes all that is great about getting out and enjoying the National Park. Visit the exhibition to find out more about the range of great outdoor activities which you can enjoy – hire a bike and go for a self-guided cycle along safe traffic free trails, try geocaching, camping out under clear Dartmoor skies, horse riding across unspoilt moorland, or challenge yourself on Dartmoor's granite climbs. Dartmoor is great for adrenaline pumping sports with top athletes like 2012 Tour of Britain winner Jonathan Tiernan-Locke and mountain bike champion Andrei Burton both honing their skills in the National Park. Dartmoor is also a place where, no matter what your age or ability, you can find something to provide that sense of fulfillment after a great day in the hills.

The exhibition runs until 25 September 2013. For more information visit www.dartmoor.gov.uk.

THE DARTMOOR WAY



FACT FILE

LENGTH: Main route - 95 miles
High Moorland Link - 27 miles
SURFACE: Mainly roads, some surfaced
and gravel cycle tracks

TOTAL METRES OF ASCENT: 3512

TOTAL METRES OF DESCENT: 3518

MAINLINE RAIL ACCESS:
Newton Abbot for Bovey Tracey
Ivybridge

FURTHER INFORMATION:
www.dartmoorway.co.uk

THE DARTMOOR WAY CYCLE ROUTE

Has The Tour of Britain encouraged you to take on your own cycling challenge? If so, why not try Dartmoor's newest 'Big Tick' the Dartmoor Way Cycle Route? Whether you fancy immersing yourself in the scenery for a few days or longer or want to test yourself and complete the Route in a day, the Dartmoor Way has something to offer a wide range of cyclists.



Originally conceived in 2000, the Dartmoor Way Cycle Route has recently been updated to completely circle Dartmoor. It now forms a 95 mile signed route that links the towns of Okehampton, Tavistock, Ivybridge, Buckfastleigh, Ashburton, Bovey Tracey, Moretonhampstead and Chagford and offers stunning views of the high moor. The Dartmoor Way follows quiet Devon lanes and minor roads and uses traffic-free cycle tracks wherever possible. It offers a great way to explore the fringes of the National Park. However, don't be lulled into thinking that it will be flat for the Route takes on its fair share of Dartmoor hills as it winds its way between high granite hedge banks rich with wildlife, through mixed woodlands and over streams tumbling down from the moorland above.

The route also passes through a number of smaller villages and hamlets so if you're taking your time there are plenty of places to eat, drink or even stop for the night. However, if you're pushing on to complete the Route in a day you can rest assured that there will be places to refill your water bottles and stock up on energy food.

By spring 2014 it's planned to have checkpoints positioned around the route where riders can obtain a stamp and have their times recorded. There will also be a page on the website where participants results will be shown (if wanted!) so timings can be compared.

In addition to the main circular route, there is a 27 mile High Moorland link from Tavistock to Buckfastleigh which offers the challenge and exhilaration of the open roads with their long ascents and descents and allows cyclists to follow a figure of eight route, or alternatively enjoy either of the shorter north or south circular routes separately. Whilst you will undoubtedly be more at the mercy of the weather and perhaps of the dreaded head wind, this Link offers stunning views across the open spaces at the centre of the National Park.

The Dartmoor Way now boasts a new identity and an interim website has been set up where you can download PDF maps of the route. A more comprehensive site is planned with detailed route information on points of interest, side excursions, accommodation providers, inns and tea rooms as well as cycle hire and repairers.

Funding for the update of the Route has been provided by the Greater Dartmoor LEAF Fund, Devon County Council, Naturesave Trust, M & G Jones Charitable Trust and the Glendinning Group and the project has come under the umbrella of Sustrans. ■



PHOTOGRAPHS © DARTMOOR WAY



—— Main cycle route
 High Moorland link

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DARTMOOR RESCUE GROUP

**“CALLOUT. MISPER MALE 50 RV BELSTONE
GRID: SX619935. RESPOND Y/N.”**

On a warm Tuesday evening in July the text message came through and a group of approximately twenty men and woman including lorry drivers, engineers, surveyors, accountants, teachers and doctors from all over Devon dropped what they were doing and headed for the quiet village of Belstone on the northern edge of the National Park. Within a short time the red uniformed figures were gathered around the self-contained control unit of the North Dartmoor Team of the Dartmoor Rescue Group parked on the green overlooking Belstone Cleave, where I joined them. With scant information to go on, as is often the case at the start of a rescue, a search plan was drawn up to find the lone injured man who had been spotted by another walker somewhere near the river.

For a while the casual observer might have thought that nothing was happening as the men and woman talked quietly among themselves with their rucksacks at their feet, occasionally rubbing at a midge as the sun began to drop and the insects gathered. Nothing could be further from the truth. Inside the control vehicle Search Manager Paul was working with speed and precision to draw up a plan for the evening to ensure that the team worked with maximum efficiency to find the casualty as fast as they could.

on their age, gender and activity and helps searchers to narrow down the search area. Although little was known about the casualty that evening it was believed that he was a male leisure walker who had fallen while taking photographs. Using this information to feed into the Sarcor programme on his computer Paul was able to prioritise the areas for the search and plan how best to deploy the team.

Four separate teams were assembled, two Hasty Teams to make swift progress along the paths to the north and south of




PHOTOGRAPHS: GAVIN GRIMSEY



With the incident report in his hand he referred to his bible the *Lost Person Behaviour* book. Compiled in the USA after analysis of hundreds of different incidents, but equally applicable in the UK, the book provides statistically accurate information on what behaviour a casualty might follow depending

the river, a Rope Team who would remain at the vehicle until the casualty was found and a fourth team on standby also at the vehicle in case more equipment was needed or a different approach had to be taken.

Each team had a team leader, who was briefed by Paul and given the casualty details and an



approximate grid reference of his suspected location, a navigator and casualty carers (all team members are trained in life support and first aid but casualty carers go on to take further qualifications). Each team member carried a rucksack containing their own spare clothing, safety gear and emergency food as well as specific equipment that they might need during the search. Each team also had a GPS that would later be used to plot points on the computerised map to show which areas had been searched.

I joined Tim and his Hasty Team of three who were to search the south side of the River Taw and we set off at a brisk walk down into the valley and tested his radio to ensure that we had comms with control before we crossed the river via the footbridge at the head of Belstone Cleave. The evening was still and warm and shouts of 'hello Dartmoor Rescue' floated back and forth between us and the team to the north of the river. The path we followed was narrow and we scanned the bracken and other vegetation on each side as we went. If we had been looking for a child we would have had to check behind every boulder and tree more carefully as Tim told me that children will often hide and not answer the calls of rescuers even if they can hear them, fearing that they are in trouble.



After a short time a man was spotted lying motionless in the grass among boulders below the path and close to the river. We called down to him and he raised a hand but made no attempt to move. Tim, who was also acting as the comms person that evening, quickly requested a secure radio (basically a channel where a message can be passed among the Group without being overheard by a third party) before letting all teams know that the casualty had been found.

Following an assessment of the casualty's location and the steepness of the terrain, support from the Rope Team was requested before any members of the team could go down to the man. Within ten minutes the eight person team arrived and quickly set up an abseil from a tree above the path. Two team members donned climbing helmets and lowered themselves down to the casualty where they made a fuller assessment of the situation and the man's potential injuries. The casualty's responsiveness was assessed along with the weather conditions and likelihood of hypothermia. Luckily the weather was warm but even then with evening approaching and the sun going down the casualty's temperature had to be carefully monitored as it was not known how long he had lying there

before he was found. In less inclement conditions people can chill down rapidly and hypothermia becomes a real risk.

As the Hasty Team from the north side of the river joined us the report from the casualty site came up and we learned that the casualty was Simon, a 50 year old man who had slipped down the slope whilst taking photos and had a suspected neck and ankle injury. Tim radioed through the report and requested a stretcher and Entonox as soon as possible while the casualty carers carried out a full spinal check, fitted Simon with a collar, helmet and fracture splint and offered him oxygen.

Further assistance was then needed to move Simon onto a vacuum mattress that would mould around him and protect his spine from movement so additional team members abseiled down, taking care not to send any loose rocks or debris onto the people below. I watched with Tim as Simon was carefully moved sideways. Whilst this was going on the Rope Team were busy setting up a more industrial pulley system for the stretcher when it arrived.

Simon was conscious throughout and his casualty carers reassured him about what was going on and how he would be lifted to safety. The Entonox arrived first and Simon was given some welcome pain relief before the stretcher arrived and was lowered down to him. Cocooned in the now rigid vacuum mattress Simon was safely moved onto the stretcher which was then guided by two team



members as it was winched back up to the path.

Once Simon was safely on the horizontal other team members set about fixing the single wheel to the stretcher while Tim radioed through an ETA at base to David at the control vehicle. All that was left to do was to clear the site of ropes and equipment and carry Simon out to Belstone village green. His carers warned him that he might feel sick on the journey and team members began to guide the stretcher out along the path with it's one wheel. Ahead another member warned of rocks and obstacles and every care was taken to keep Simon's ride as smooth as possible.

Although the distance to cover wasn't too great Tim made sure that team members rotated in and out of the bearer positions to prevent anyone becoming over tired particularly when the path grew steeper and rockier after we recrossed the river and made our way back to the control vehicle.

Unusually no ambulance or paramedics were waiting for us on the green and that would have been worrying if the whole evening had

not been a practise and the casualty actually Simon Lloyd the publisher of *Active Dartmoor*! Whilst he was treated as a potential spinal injury victim Simon's worst injuries were probably a few midge bites and a real case of motion sickness following a mile of being carried lying on his back looking up at the sky unable to move.

All in all the evening was reassuring. Although none of us want to find ourselves in a situation where we need rescuing we can rest assured that should we be unfortunate enough to become a genuine casualty for the DRG we will be treated with the utmost professionalism by a team who all volunteer their time for free due to a love of the moors and a genuine desire to help. ■



“

Armed only with a can of insect repellent spray, I felt somewhat apprehensive as I stood looking out at the open moor from Belstone's Great Green. I was waiting to be led down into the valley below at the start of the team's Tuesday evening training exercise, during which I was to take part in the role of "casualty".

I needn't have worried. From the second the first team members reached me, where I eventually lay beside the river at the bottom of a steep bank, the whole operation was extremely efficiently organised and the words "You're safe now" felt very calming, even though this was only an exercise. I was constantly reassured and made fully aware of what was being done to me and why. I had continuous one on one contact with my designated carer, who regularly asked how I was feeling and whether I was comfortable.

I was aware of a lot of activity going on out of sight, but the atmosphere was one of quiet organisation. I only felt a few nerves when I was winched up the steep slope to the path, being tightly held in position on the stretcher I felt very vulnerable and the trip back to the top of the green seemed a lot longer than the ten to fifteen minutes it actually took! I was monitored constantly, and could hear the guides in front calling warnings to my carriers, "rock on right", and "low branch on left". The wheel that was attached to the bottom of the stretcher gave my journey a bit of a rolling motion, which when combined with being tightly packaged and laying flat on my back felt very disorientating, but this had been explained to me at the start of my rescue so came as no surprise.

Had this been a real rescue, the emergency services would at this point have joined in and I would have been driven or flown to hospital, but for me this exercise was over. As we reached our destination I was gently unloaded from the wheel and set on the ground still on the stretcher, offered some water and advised to sit up very slowly before attempting to stand. Wise words, as I weaved around for a few minutes on legs that refused to function properly!

I was, and still am, left with the sure knowledge that should I ever be in real need of assistance on the moor, I would be utterly confident to place my life in the hands of these men and women who devote so much of their time to being part of the Dartmoor Rescue Group.

”

FACT FILE

- The Dartmoor Rescue Group was started in 1968 in the Tavistock area. There are now four Search and Rescue Teams - Ashburton, Okehampton, Tavistock and Plymouth.
- There are approximately 160 callout members (about 40 per Team).
- It costs approximately £15,000 per year per Team to run.
- Each Team responds to 20 callouts on average per year.
- The most common incidents, each forming approximately a third of all callouts are: elderly missing persons (dementia sufferers usually) in rural and urban areas (not on Dartmoor), despondent and suicidal persons (on and off the moor and mostly found deceased), missing walkers and hikers on Dartmoor, usually lost - these include a few Ten Tors Teams during the training period, and Duke of Edinburgh teams.

For further information or to make a donation visit:
www.dartmoor-rescue.org

Brimpts Farm

DARTMOOR

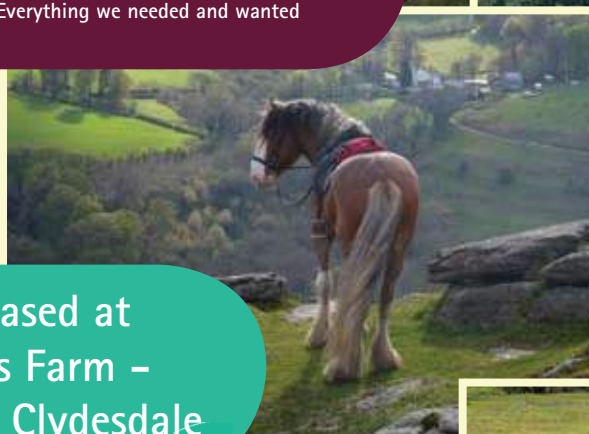
Brimpts Farm nestles in the heart of the West Country's Dartmoor National Park in Devon. It has been a Duchy of Cornwall tenant farm since 1307. Brimpts is a wonderful place to visit in a stunning setting and has earned itself a well-deserved reputation for good, old fashioned hospitality.



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



Brimpts Farm is undeniably an outdoors sort of place. Wellie boots, walking gear, rucksacks and general holiday clutter may abound, but The Barn has a useful drying room in which to hide everything away before retiring to the bliss of the alfresco hot-tub.



Now based at
Brimpt's Farm –
Adventure Clydesdale



At Adventure Clydesdale we specialise in long trail rides, something that Clydesdale heavy horses excel at.

We are advocates of the principles of "intelligent horsemanship" which is practised in various forms. Our horses are trained through these methods and we will pass on these ideas during your hands on experience with us.

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Tim or Aileen on 07901943038 or check out the website www.adventureclydesdale.com we are also on facebook which is linked from the website.

Email us at timancrum@hotmail.co.uk

For more information of this amazing experience please contact

Brimpts Farm Dartmeet Dartmoor PL20 6SG
Telephone 01364 631450 info@brimptsfarm.co.uk
www.brimptsfarm.co.uk



5 OF THE BEST PICNIC SPOTS ON DARTMOOR

There are of course a great many beautiful picnic spots on Dartmoor from the popular riverside areas at Spitchwick and Cadover Bridge to the more remote splendours of Fur Tor and Redlake. Some are best enjoyed during the heat of the summer while others make the perfect stop for a hot drink or a flask of soup during the colder months. We asked the owners of local delicatessens and food shops to recommend where they would take their perfect picnic and here's what they told us.

Haytor



PHOTOGRAPH © MIKE STOKES

If you're in the Bovey Tracey area then this has to be the place to take your picnic. Although Haytor is the most iconic tor on Dartmoor with its own visitor centre and thousands of visitors each year it's still possible to find a quite spot for a picnic and enjoy the views uninterrupted. Rather than picnicing right beside the rocks why not drop down a little and explore the area around the disused quarries either to the west or north east of the tor itself or walk out along the granite tramway that now forms the start of the Templer Way, a walking trail that follows the old export route of the granite from the quarries to the coast?

RECOMMENDED BY:

Gill at Manns, Bovey Tracey - Tel: 01626 830372;
www.delimann.co.uk

Meldon Hill - Chagford



PHOTOGRAPH © TIM JENKINSON

Turn right at the top of the square in the centre of this historic stannary town and follow Manor Road downhill out of the town. At the bottom of the hill turn left and take a stroll past the recreation field and across the flat area of common before attempting the challenging north face of this isolated hill that overlooks Chagford. Site of the locally famous Two Hills Race (Nattadon forming the second hill) Meldon offers picnickers stunning 360° views from the top and a variety of grassy areas to spread a rug among the rocks that form mini tors at the summit. For the less energetic there's the chance to drive round to the south side and park in a small car park before following a wide, gently sloping grass path to the top.

RECOMMENDED BY:

Chris and Catherine at Blacks Delicatessen, Chagford -
Tel: 01647 433545; www.blacks-deli.com

Simmons Park - Okehampton

PHOTOGRAPH © WWW.BIGBLUEWOLF.CO.UK



If you're looking for a great picnic spot for younger children on the northern side of the National Park or perhaps a more sheltered option during the shoulder months, then Simmons Park, Okehampton is the place to visit. Situated 250 metres south of the centre of the town, to the west of the East Okement River, Simmons Park covers 4 hectares and includes formal gardens, specimen trees, rocky banks planted with ornamental shrubs, woodland and grassy areas perfect for spreading out a picnic rug or playing games.

RECOMMENDED BY:

Val at Kilworthy Capers, Okehampton - Tel: 01837 658900

The Arboretum - Burrator

PHOTOGRAPH © SUE SPEDDING



Burrator is of course most famous for its reservoir which draws many people to this south western part of the National Park. While there are many beautiful picnic spots close to the water, the Arboretum, at the top end of the reservoir, with its wide variety of specimen trees, winding paths and bridges is a lesser known and often quieter spot for a picnic. Children will love running along the flat paths and the whole area is accessible for those with special needs. The site has its own free car park.

RECOMMENDED BY:

Sonya at Yelverton Stores, Yelverton - Tel: 01822 852407; www.yelvertonstores.co.uk

Natsworthy Gate - Widecombe

PHOTOGRAPH © WWW.TERRYJHURTPHOTOGRAPHY.COM



If you're looking for a quiet stream-side spot then consider stopping off at Natsworthy Gate approximately 2 miles north of Widecombe-in-the-Moor along a minor road that leads out of the centre of the village. Keeping to the right of the East Webburn River, which is still really a stream at this point, walk along the path partly up towards the Airforce memorial stone then branch left to a small pool by the stream, with a little tree for shade and water for a cooling paddle. ■

RECOMMENDED BY:

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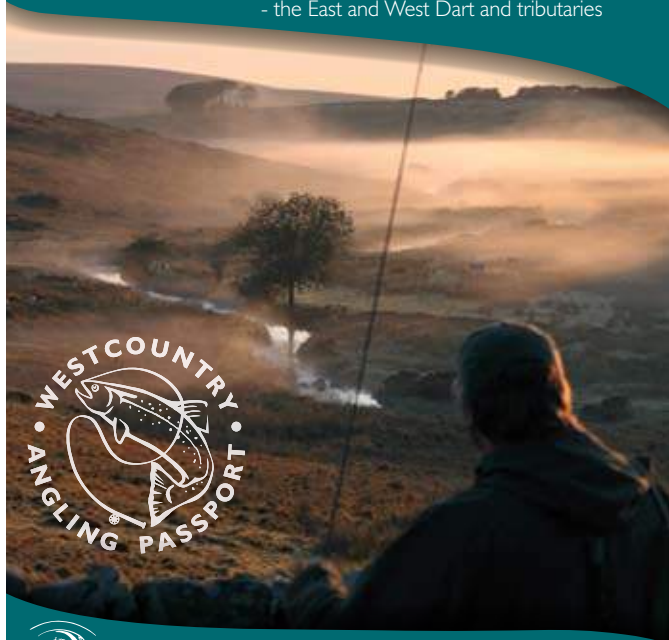
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THE BICTON EXPERIENCE

Do you have a passion for the outdoors in general or for a specific activity such as climbing or kayaking? Have you ever dreamed of turning your interest into a viable career and wondered if it might really be possible? If so, read on for *Active Dartmoor* visited Bicton College, one of the south west's premier training establishments to find out what it takes to gain a professional qualification in the outdoor sector and what employment prospects are like afterwards.

Set in 200 hectares of open parkland and rolling countryside near Budleigh Salterton, Bicton welcomed its first intake of twenty five students from the Women's Land Army in 1947. In the 'Dig for Victory' spirit, they arrived from all over Britain as Bicton began to establish its reputation as a vocational agricultural training college. Now the college accommodates 1000 full-time students studying courses ranging from floristry to equine studies, IT and of course Outdoor Adventure Training. Although most come from Devon and the wider south west there are students from all over the UK and even from as far afield as Canada.

Students are generally looking for a combination of practical learning and academic achievement – they can even retake their GCSEs alongside their main qualification to improve their chances of getting noticed by employers. The College strongly supports this kind of progression, and encourages students to work to their highest ability.

Bicton isn't just for school leavers however. It has also had a great deal of success in supporting mature students through a change of career into the outdoors. Following graduation around 87% of all students go straight into employment. There are also opportunities to progress onto studies at university level or to become an apprentice. The Bicton Employer Services team works with over forty employers across the county to support apprentices.

Part of Bicton's appeal is undoubtedly its location, with both Dartmoor and the south coast within easy reach. However, the college also has a reputation for delivering excellence in its outdoor courses and offering students realistic prospects of gaining employment after completion.

"We have excellent links with industry and pride ourselves in finding students work after completing their course at Bicton or guiding them towards a programme that will allow them to develop their skills further," says Sue Room, the Marketing Officer. "Some recent examples would be Sam Hann, Adam Habasinski and Frances Cavanagh."

Whilst the College is undoubtedly career focused it also has a strong environmental ethos. All Outdoor Adventure Training courses seek to develop an appreciation of the environment among students whether they are mountain biking, kayaking or climbing. It is also sensitive to the impact of its own training activities on outdoor locations.

"Bicton has a clear understanding that there are certain areas within Dartmoor National Park that are under pressure from heavy use. Haytor and Newbridge being good examples," says Sue. "Although we do visit many of these sites for educational purposes we aim wherever possible to seek alternative venues. This is done not only for the benefit of other people who have come to Dartmoor to enjoy the tranquility of the outstanding natural environment but also to give our students an opportunity to explore some of the more remote areas and have a wilderness experience."



PHOTOGRAPHS © BICTON COLLEGE

THE STUDENTS

SAM HANN

Sam started at Bicton with a huge amount of enthusiasm but no real qualifications to shout about. He was coached through his Level 1 Diploma in Sport and on to the Instructor Training Course where he was able to gain some valuable National Governing Body (NGB) awards. After supporting him with his application for seasonal work in America, Bicton helped him find a suitable advanced level apprenticeship.

In this position at Tiverton High School, Sam's role is to support the delivery of outdoor education throughout the year groups and academic levels. This work regularly takes him out to Dartmoor to guide young people through their exploration of the moors, rivers and crags. He has also been offered the challenge and opportunity to manage a new indoor climbing facility in Tiverton when he completes his apprenticeship at the end of the year.

ADAM HABASINSKI

Adam completed the Adventurous Activity Leadership course at Bicton and won the award for outstanding effort and achievement. After working in a seasonal position for CRS Adventures based at the River Dart Country Park he was offered a full-time instructor's position. Since then he has progressed on to become their chief instructor and has worked closely with the college to develop the Bicton/River Dart Country Park partnership. At a recent awards ceremony he was presented with an award in recognition of his achievement.

CRS Adventures, near Ashburton gives all Bicton students the opportunity to experience a busy and market-leading outdoor centre as part of their studies and provides many of them with work opportunities both at their base and across Dartmoor.

FRANCES CAVANAUGH

Frances came to Bicton College to complete a Foundation Degree in Outdoor Adventure, Leadership and Management. At this time she was relatively new to the outdoors but was keen to develop her skills alongside her academic study. She went on to top up to a full degree at Lancaster University and gained seasonal employment with The Trekking Company based in the Ashdown Forest in Sussex. After graduating, Fran returned to Dartmoor to further her practical skills and to gain some NGB qualifications. She has recently been successful in gaining a much coveted job as a centre assistant at Plas-y-Brenin, the National Mountain Sports Centre based in Snowdonia.



Bicton then offers students support with their applications and setting goals to help them achieve any relevant qualifications required. This is a process that is continually reviewed to ensure that Bicton meets the needs of students and employers alike. This year 91% of the students on the Instructor Training Course went into related employment with the remaining 9% accessing further training or apprenticeships.

THE COURSES

Bicton offers a range of Outdoor Adventure Training courses meeting the needs of students and employers from Level 1 through to Foundation Degree. There are also specialist short courses and an Instructor Training Programme.

PROSPECTS

Bicton works closely with a number of outdoor centres from small family run businesses on Dartmoor through to some of the biggest in the industry with centres across the UK and Europe. Potential employers are invited to visit Bicton College in the autumn term to give a presentation to students and to discuss expectations and the application process.

THE STAFF

Course leaders come from a variety of backgrounds but all have a wealth of outdoor experience and qualifications to match. Bicton firmly believes that in order to nurture the leaders, instructors and coaches of the future the staff must themselves be passionate about what they teach and experts in their field. In addition to being qualified teachers all the outdoor course managers and instructors hold a range of outdoor leadership qualifications. A minimum of Mountain Leader, Single Pitch Award and BCU L3 Coach (or equivalent). There are also staff that hold higher level awards, such as Winter ML, BCU Coach L4, Mountain Instructor Award and RYA Senior Instructor, in a range of disciplines. Some members of staff are cave leaders, mountain bike leaders and surf coaches.





JUSTIN NICHOLAS

**Programme Manager
for Instructor Training
Course and Outdoor
Apprenticeships**

Qualifications held:

Cert Ed, Mountain Instructor
Award, BCU L3 Kayak Coach.

Before starting at Bicton Justin worked as an instructor for a number of different outdoor centres throughout south Wales and south west England. During this time he also worked as duty manager for Bristol Climbing Centre. After gaining his Mountain Instructor Award in 2004 he spent most of his time guiding and instructing climbing in North Wales, Scotland, Pembroke and on the Cornish sea cliffs as well as leading climbing holidays in locations such as Spain and Sardinia.

In 2007, with a young family and a desire for a more stable approach to work Justin joined the team at Bicton. Working at the College has allowed Justin to develop some of his other interests further and to gain leadership awards in a range of water sports. He is still obsessed with climbing but also has an infectious enthusiasm for adventure whether it takes him to the mountains, rivers or the sea.

THE OUTDOOR ADVENTURE TEAM

FLETCH

Fletcher can often be seen hanging around a café car park having just competed in a cycle event or talking about how he's going to buy a stand up paddle board - one day.

DES

Des has recently been bitten by the triathlon bug and often completes long swims such as that from Ladram Bay to Budleigh Salterton. When he's

not doing this he's usually to be found getting out of the river Severn in the dark having surfed the bore for several miles! Search bictonoutdoor on YouTube.

KARL

Karl is the sailor of the team and loves a bit of kite surfing when the wind is blowing the right way, is the right strength and the water the right temperature.

JEV

Jev is one of those people who can pretty much do anything whether it's riding obscenely large jumps on his mountain bike, kayaking, climbing or canoeing. He has also recently found out that he likes a bit of sailing too.

ROB

Rob is a solid all-rounder and he is the guy in the office to go to if you need a bit of advice about your latest DIY project. He also likes a bit of caving.

TONY

Tony is no slouch either. When the rest are planning their summer holiday Tony is usually preparing for his next overseas expedition. He seems to have been everywhere and done most things. This year he will be heading out to Rwanda to lead an expedition to the Mountains of the Moon. ■



INFO

Bicton College,
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 - Uniformed Public Services
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 - OA Leadership Management (progress to final year BA Hons at Plymouth University)

'I studied the Level 1 course and it really motivated me to want to become a Sports Instructor - it's what I'm doing next.' *Jobb Earl 1st Year*

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'What I learnt at Bicton was vital in my securing a job as estate manager - I'd got experience and a NPTC qualification.' *Adam Burnett 2nd Year*

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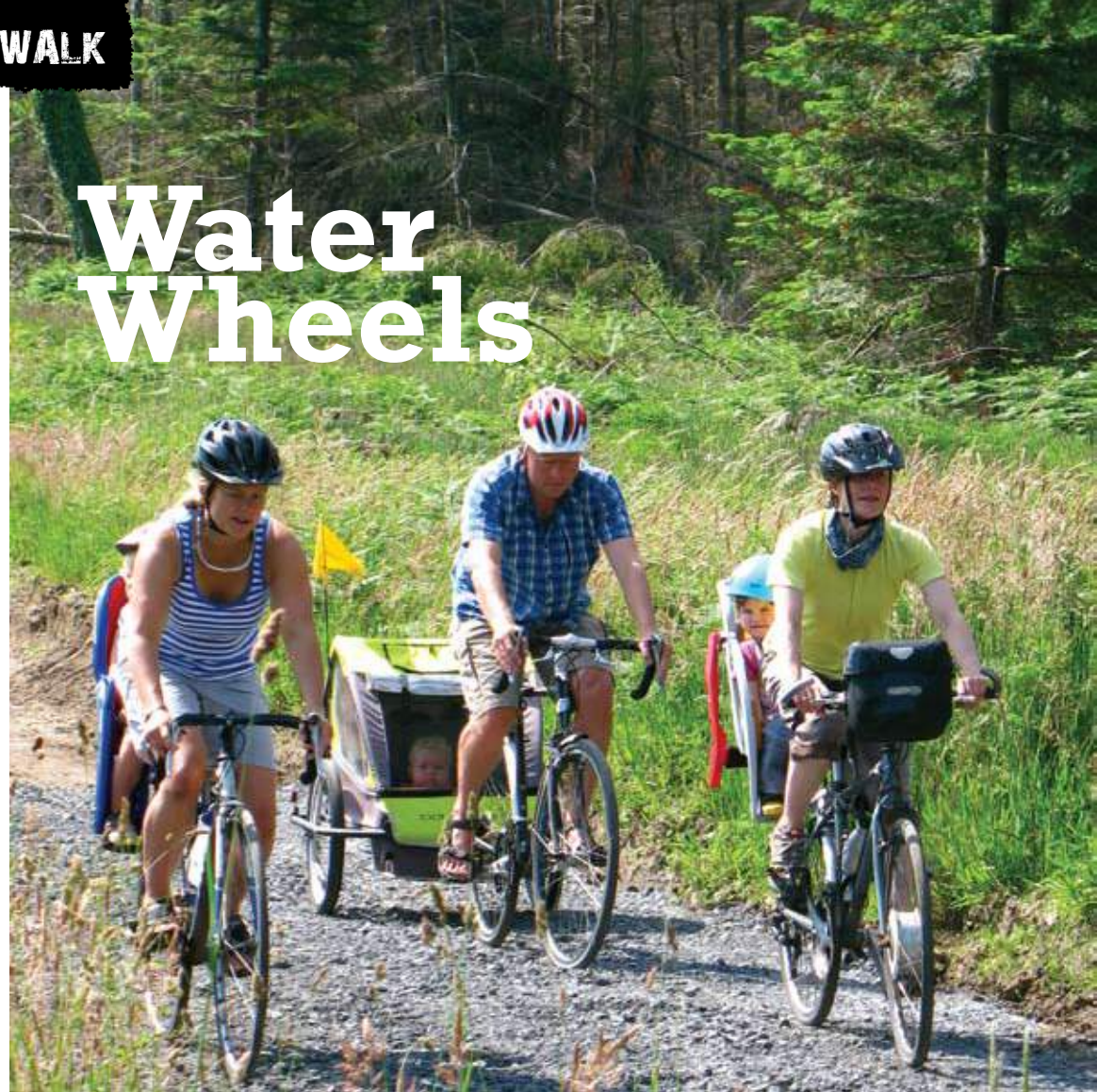
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Tamsin Grey explores a circular route around the reservoirs on the eastern side of the National Park.

Starting and finishing at the main car park at Trenchford Reservoir on the eastern edge of Dartmoor high above the Bovey Valley, this route explores one of the lesser-known areas of the National Park and offers a mix of quiet roads and off-road sections along tracks through woodland around the scenic reservoirs of Trenchford, Tottiford and Kennick. There are options to extend the route and add more challenging loops so it could be ideal if you're in a group of mixed abilities. It's also a great route for all weathers as it's more sheltered than the high moor in the wind and rain and has a number of beautiful picnic spots along the way with views out across the water.

At the start cyclists and walkers can choose separate routes around Trenchford Reservoir which later converge. The waterside footpath that leaves the car park on the left (if you are facing the Reservoir) offers a scenic walk that follows the bank in an clockwise direction until you come to the road. It gives you a great chance to see the wildlife along the water margins but is not recommended for those with young children and pushchairs due to the narrowness of the path and the proximity of deep water.

Cyclists should leave Trenchford car park by the main entrance and turn left and immediately left again along the road to Kennick and Tottiford Reservoirs. Those following the road will find themselves sweeping round over Trenchford Dam with views out across the water on the left and down to the water treatment works on the right. After you have crossed the dam continue to follow the road over the next dam between Trenchford and Tottiford Reservoirs (reservoir walkers you will join the road at this point).



Water Wheels

Tottiford is the oldest reservoir in the National Park and was built in 1861 with Kennick following in 1884 and Trenchford completing the trio in 1907. During the summer of 2010 Channel 4's Time Team spent three days with a crew of over 60 investigating a recently discovered prehistoric complex at Tottiford. The discovery of the complex, which includes a stone circle and stone rows, was announced the previous winter by Dartmoor National Park Authority following the draining of the reservoir by South West Water for maintenance. A number of trenches were opened up at strategic points over the site, various types of geophysical survey took place, old maps were looked at in detail and the former landscape setting of the site was examined. Soil samples were taken to provide important dating and environmental information. The site was also flown over and a reconstruction of how

the site might have appeared in prehistory was produced by their artist Victor Ambrus. The site was fully reinstated afterwards and reservoir water levels returned to normal.

There is a section of steep hill after the dam but it's short so keep going! Follow this quiet road through the woods to the next T-junction. Although the road is narrow there are plenty of passing places so even if you do hold up a motorist or two it won't be for long. At the next T-junction turn right - signposted Reservoirs - for the short descent to Kennick Reservoir.

The next section of the route follows the reservoir edge with beautiful views out across the water. Kennick is a popular trout fishery and is around 50 acres in size. It was one of the first venues in Europe to be stocked with rainbow trout. On the left you will see the new Anglers Lodge and during the fishing season (15 March - 31 October) you will often see people fishing

from the banks or out in boats. In late spring the opposite bank is ablaze with rhododendrons.

At the end of the reservoir you will cross another dam. It's worth pausing for a moment to admire the view out across the water. In the low light of a sunny evening the view is particularly stunning. If you look in the opposite direction down to your right you might just be able to see the top end of Tottiford. After crossing the dam there's another short steep section through trees. Pass round a couple of bends and when the road begins to flatten out again look out for a bridleway on your left. This follows a forestry track, that can be rough in places, through Clampitt Plantation to a T-junction. Directly ahead you will see a plaque marking the site of an old quaker burial ground. Family cyclists will find it easiest to turn right here and follow the track along the edge of a mixed woodland and out to the minor road. Walkers



PHOTOGRAPHS JOHN BAKER

ROUTE INFO

LENGTH: Main route 4.5 miles (7.2km)
TIME: Allow at least 2 hours
START/FINISH: Trenchford Reservoir SX804824
TERRAIN: A mixture of on and off-road. The off-road sections include unsurfaced tracks that can be rough and muddy in places although the easier option should be passable for those towing child trailers or with children in bike seats in all seasons.
MAPS: OS Explorer 110 1:25000 Torquay & Dawlish, HARVEY Dartmoor and surrounding are for Cyclists.
PUBLIC TRANSPORT: There is no public transport to this site at present. The nearest bus routes follow the main roads between Bovey Tracey and Moretonhampstead and between Exeter and Moretonhampstead.
PARKING: There is a free car park at Trenchford Reservoir.
REFRESHMENTS: There are a variety of places offering food in Bovey Tracey, Lustleigh, Moretonhampstead and Christow depending on which direction you are approaching from.
NEARBY ATTRACTIONS: Canonteign Falls to the south east of the reservoirs offers a number of scenic walks and family activities. www.canonteignfalls.co.uk

and more adventurous cyclists have the option to turn left and explore the muddier often single track bridleways around Laployd Plantation and rejoin the main route shortly before the road.

At the road turn right up the hill. This is the longest hill section of the whole route and is still rideable even with a trailer or childseat. At the next T-junction turn right - signposted Reservoirs - and follow the road for a short distance to find a left turn back towards Trenchford. The road takes you gently downhill to the next turning on your right. Take this and follow the road as it winds through the trees. Shortly before the next T-junction there is a car park and waterside picnic area with a picnic bench and great views of Tottiford Reservoir.

At the T-junction turn left and retrace the route alongside Trenchford Reservoir and over the dam to turn right and immediately right again back into the car park. ■

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Worldwide there has been a recent upsurge in climbing participation and ability. Every week it seems that the boundaries of what is possible are being stretched further with harder routes being climbed and younger climbers frequently demonstrating what difficulty really means. The south west is no exception with its rapidly expanding climbing scene. *Active Dartmoor* visited the region's climbing hub - The Quay Climbing Centre in Exeter - to find out more and pick up some tips on how to join in with this popular activity.

THE QUAY TO SUCCESS

Parking by the river in the centre of Exeter is straightforward and the iconic building of The Quay Climbing Centre is easy to spot. Once an electricity generating station for the city it would have received coal from the barges on the quay to power its generators. Today there is a different buzz inside - and whilst The Quay does what it says on the tin: "Climbing for everyone" it is also an inspiring new powerhouse helping to develop some very keen climbers indeed. Inside, the artificial climbing walls are built from multi-faceted panels creating slabs, corners, buttresses, archways, prows, pillars, corners and overhangs - all the architecture you would expect to find at a real crag and features that only the best climbing walls have to offer. In the atrium the wall reaches a high point of 13 metres which is plenty high enough to build up a good head of steam and generate a burn in the muscles. Looking closer, the walls are covered in constellations of bolt on blobs of resin arranged or set in coloured patterns to create many different climbing routes. Climbers follow a graded route of the same colour, either with a top rope, which is anchored through a belay at the top for safety, or as a lead climb where the climber clips their rope into intermediate bolts as they progress upwards, to minimise the hazard of falling. In both cases the climbers rope is belayed by a partner on the ground who manages the rope

through a bit of technological magic called a belay plate. At the top the partnership between climber and belayer is fully tested as the belayer then has to lower the climber back to the sanctuary of the floor.

The Quay's walls are obviously a big investment and reflect a well thought through approach to providing what was a much needed facility in the south west. It's intriguing to still see aspects of the tiled walls of the old generator building - a legacy of pre-war thoroughness and attention to detail. Gavin Atkins a coach and route setter at the wall says. "The growth in participation has been huge - many people want to have a go at climbing and an indoor wall such as The Quay provides a friendly way to take part. Our introductory courses have been massively popular." Mike (Mikey) Cleverdon from The Quay expands on this. "Increased opportunity has been the fundamental driver to this huge uptake in participation. Ten years ago it was only possible if a friend was able to take you outside and introduce you to climbing - there weren't any dedicated accessible indoor climbing walls in the Devon area. Instructors were few and far between and the web with all its information was practically non-existent. We account for five purpose built walls in Devon now - the availability of good instruction and more recently the emergence of professional climbing coaches and all are busy."

PHOTOGRAPHS JOHN BAKER

Get involved

For young people The Quay offers a Junior Climbing Club on Saturday and Sunday mornings plus Monday afternoons. The club is organised into squads with the older teams also visiting outdoor venues, going bouldering on Dartmoor and even climbing new routes on the north coast of Cornwall and Devon. There are also family taster sessions, holiday clubs and coaching sessions for parents who want to be able to belay their children competently. The catchment for The Quay is huge with people driving from Dorset and Somerset to use the wall. For piece of mind The Quay Climbing Centre is an Associate Member of the Association of British Climbing Walls (ABC) and is a Primary Centre for the provision of the National Indoor Climbing Award Scheme for young climbers. The scheme is a UK-wide programme which promotes climbing development for young people and accredits their achievements. For adults the wall offers introductory courses so that older climbers can learn the key skills of putting on a harness, tying into a climbing rope and belaying a partner safely. Mikey is keen to point out that the courses are very progressional. "We do a lot of hand holding, teaching good practice to start with until climbers feel comfortable and can prove their competency with the basics."

KEY PEOPLE



Coach and Route Setter at The Quay - Mikey Cleverdon

Mikey started climbing at school under the wing of an older mentor who carefully showed him the ropes. He then studied a Diploma in Outdoor Education and worked at the Calvert Trust and Barn Climbing Wall before moving to The Quay. Mikey is currently undertaking the Masterclass Coaching Award which supports him in developing the abilities of some local up and coming younger climbers, namely Alex Waterhouse who has made some noteworthy ascents of hard sport routes in Ansety's Cove and the brothers Luke and Pete Dawson. Pete has just achieved 12th place in this year's World Junior Championships. Mikey sees climbing as a multi-faceted sport offering different disciplines depending on what your tastes are and where your ambitions lie. In all aspects though he recommends warming up and cooling down either side of a session. "Proper cooling down promotes rapid recovery," he advises. I watched him coach and he clearly has a gift for motivating and bringing out the best in climbers. In his own time he can often be found at Saddle Tor on Dartmoor which offers some high quality and very hard bouldering. I asked Mikey what he would recommend taking in a pack out on the moor. He has a reputation for enjoying his comforts and his rucksack is therefore massive,

containing a vast array of mittens, down duvets, hats, boots, chalk bag and chalk bucket. "In dry weather the winter time provides good frictional properties on the cold granite rock of Dartmoor," he says. "But you have to protect yourself from the cold - you don't want to pull a muscle or tweak a tendon which are prone to cold weather injuries."



Coach and Route Setter at The Quay - Gavin Atkins

In the flat lands of East Anglia Gavin started climbing indoors, but made frequent four hour trips to the Peak District for his outdoor fix. Now based in Devon - coaching and route setting at The Quay - he laughs when friends complain that some of the quality climbing Devon is blessed with is nearly a whole hour's drive away. Gavin coaches and believes that practicing good form is key. "Completing easier routes with precise movement can help a climber improve their grade a lot," he states. "Bouldering can help break plateaus and improve the power for hard climbing - you can't have too much power!" For climbers seriously intent on improving their grade he advocates "shocking the system" mixing up the training and confusing the muscles so they don't get stuck in a rut. Outside The Quay he can be found bouldering at Combeshead Tor a remote and beautiful setting behind Burrator. "The walk in deters the crowds and the quality of bouldering is superb."



Quay climbers Kenny and Alex

Mickey and I pick on two unsuspecting climbers - Kenny and Alex - to photograph them in action. Mikey is their coach and mentor. They climb outdoors but their learning curve has been shaped at The Quay. "So what brings you the wall?" I ask. "Mikey!" they chorus. "And what does Mikey teach you?" "To suck eggs!" They laugh, joshing him; meanwhile Mickey checks their stopper knots with a wry smile. They climb well, attentive in their belaying and are clearly wall-fit and obviously psyched about the sport.

PHOTOGRAPH: BRENDON CAYLOR



Keen climber Brendan Caylor

I've known Brendan for years being a neighbour in Chagford but with little more than the obligatory passing "hello". It was only at the wall that I got to know him better and to climb with him regularly and meet other climbers. He is the veritable glue of the wall's social scene. "The Quay has been a great place, not only to improve one's climbing, but also to get to know other like-minded and friendly people," he says. "Everyone is very inclusive and willing to help out and with many social events and outdoor outings it's been absolutely great for me to get to know many people down at the wall and join in with what's going on."



Quay regulars Denise and Katie

Denise is belaying her 15 year old daughter Katie up a red route graded 6a when I meet them. Katie's hands are plastered in Gymnasts chalk to improve her grip on holds. "I got into climbing via Ten Tors as a student at Exeter College," Denise tells me. "It was a transformational experience and since then I've been climbing and visited places all over the world because of climbing. I love

it and I love Haytor and Low Man on Dartmoor and miss being able to visit Vixen Tor now that the access has been withdrawn." Denise climbs with her two daughters - which in the run of things isn't so unusual but Katie has Cystic Fibrosis and Lucy has Epilepsy. "The wall is very good - they don't make a fuss - they're very inclusive." Katie is bouldering hard whilst we talk - its good physio she tells me. As a member of The Quay's youth squad Katie entered the British Mountaineering Council's Leading Ladder competition and reached the finals held at Kendal. "The wall gives me lots of independence," says Katie. "There are loads of routes and there is climbing for everyone here."



Key development

Cheri Bedford another coach at The Quay and one with a growing reputation as one of the UK's leading lights in women's climbing grabs a bunch of keys and opens an unassuming door at the end of a tiled corridor. "Check this out," she says. Kitted out with the latest training aids such as two campus boards and a campus ladder the room highlights a new opportunity for power generation and will certainly play an important part in improving the locals' strength and ability. At the end of my visit I'm overwhelmed by the enthusiasm for climbing and the opportunities The Quay offers to assist climbers achieve their potential in this growing sport. Torn between this and the glorious weather outside I can only reflect that nights are drawing in and there will be no excuse not to visit, have some fun and get strong for next summer outdoors.

Transition to climbing outdoors

Many people now enter the world of climbing through the front door of their local climbing wall but taking that magical step into the vertical great outdoors can be a little more challenging. Ultimately it's where people head and Devon has a range of excellent venues. "The Derwerstone on the south west corner of Dartmoor has some of the best introductory climbing in the country," says Gavin. "Booking a course with a professional instructor is a good step." There are three excellent Dartmoor-based companies offering courses:

www.verticalfrontiers.com
run by International Mountain Guide Ben Bradford.

www.ibexoutdoor.co.uk
run by Mountaineering Instructor Gavin Kelly.

www.spirit-of-adventure.com
started by John Diplock and Sandy Simpson. ■

Useful websites

www.quayclimbingcentre.co.uk

Information about the wall - its opening times prices, clubs and events. There are also a couple of Facebook pages that support the wall.

www.nicas.co.uk

A good starting point for learning the basics - it's an award scheme for climbers from 7 years upwards.

www.ukclimbing.com

For news, destination information and instructional videos.

http://javu.co.uk

Is the repository of useful information for climbing outdoors in the south west and on Dartmoor in particular.

www.gimmekraft.com

Will soon be launched as an authority on effective training for climbing with its training manual and instructional DVD. A guide for seasoned climbers wanting to learn from professional climbing athletes.

www.moonclimbing.com

Has products and a school of top tips for training.

www.tauntonleisure.com

A good local company but it's best to go and see Nick and Stuart in the shop in the middle of Exeter for sound advice and equipment

www.cotswoldoutdoor.com

Have a shop at Darts farm which offers a good range of equipment and manuals.



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www.dartmoor.gov.uk

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WHAT'S ON

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

Follow Active
Dartmoor on:

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

Active Dartmoor and the Dartmoor Partnership

There's a lot happening on Dartmoor over the coming months. You just need to know where to find it. From guided walks, sporting events, music and the arts, there is something for everyone.

For a list of events go to:
www.dartmoor.co.uk

Moorland Guides

From ecological and historical walks to navigation courses the Moorland Guides are offering a range of inspiring walks this autumn.

www.moorlandguides.co.uk

National Trust

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

www.dartmoornt.org.uk

SEPTEMBER PICKS

Saturday 7 - Sunday 22 Devon Open Studios

Why not pick up a brochure and plan a walking or cycling route between a variety of venues on Dartmoor?

Friday 20 Tour of Britain

First ever hill climb finish - Haytor www.dartmoor.gov.uk



Sunday 22
Bovey Beauty Fell Race
Email: davidrickwood@woodlandtrust.org.uk

Wednesday 25
Hospicare One Mile open Water Swim
www.onemileswim.co.uk
Tel: 01392 688062



Saturday 28
Apple harvest (family volunteering day)
Parke, Bovey Tracey
Tel: 01626 834748 Email: parke@nationaltrust.org.uk

Saturday 28
Ranger led walk - up the Walkham valley
Bring a packed lunch.
Tel: 01626 831040 (Mon-Fri)

Sunday 29
Woodland Explorer Day (children's) Parke
Tel: 01626 834748
Email: parke@nationaltrust.org.uk

Thursday 30
Mud and Sweat - Mini Moor Enduro
www.mudandsweat.com

OCTOBER PICKS

Saturday 5
Apple day
Parke, Bovey Tracey
Tel: 01626 834748 Email: parke@nationaltrust.org.uk

Saturday 5
Ranger led autumn walk
Walk up the Tavy Cleave to Deadlake Foot and surrounding area. Bring a packed lunch.
Tel: 01626 831040 (Mon-Fri)

Sunday 6
Abbots Way Walk
www.dartmoorsartplymouth.org.uk

Sunday 6
Wild Tribe - Castle Drogo
Tel: 01647 433356

Wednesday 9
Fungi Foray with Phil Page at Gidleigh Park Hotel
Tel: 01647 432367

Saturday 12 & Sunday 13
Autumn Woodland Deer Walk & Breakfast
Castle Drogo
Tel: 01647 433356

Sunday 13
Fungi Foray - Holne Woods, near Ashburton
Tel: 01626 834748
Email: Dartmoor@nationaltrust.org.uk

Sunday 13
The Dartmoor Trek 2013
13 Mile Challenge for Marie Curie Cancer Care
Tel: 0845 052 4184
www.mariecurie.org.uk/mountain



Sunday 13
Orienteering League Event
Holne Moor
www.devonorienteeing.co.uk

Sunday 20
Fungi Foray - Castle Drogo
Tel: 01647 433356

Sunday 20
DSRT Burrator Walk
www.dartmoorsartplymouth.org.uk

Wednesday 23
Charity Fundraising Lecture by Doug Scott - Plymouth
www.dougscottplymouth2013.org

Monday 28
Essential Bushcraft - Autumn
www.wildwoodswillow.org
Tel: 01647 231330



Tuesday 29
Expedition
A day on the move practising wilderness skills on Dartmoor.
www.wildwoodswillow.org.uk
Tel: 01647-231330

Tuesday 29
Adventure Okehampton Family Rock Day
Tel: 01837 53916



Tuesday 29
Ranger led family den building activity
Tel: 01626 831040 (Mon-Fri)

Thursday 31
Family orienteeing
Parke, Bovey Tracey.
Tel: 01626 834748 Email: parke@nationaltrust.org.uk

NOVEMBER PICKS

Saturday 16
Ranger led walk - down the Walkham valley
Bring a packed lunch.
Tel: 01626 831040 (Mon-Fri)

If you have an event that you would like to publicise in *Active Dartmoor* please email 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 CLYDESDALE

Trail rides on Dartmoor on Clydesdale horses.
07901 943038

ADVENTURE OKEHAMPTON

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

BICTON COLLEGE

College of the Countryside, set amidst 200 hectares of parkland. 01395 562400

CHOLWELL RIDING STABLES

Catering for all ages and abilities. 01822 810526

CRAIG GRANT

Bushcraft and Survival, Outdoor Education courses
07813 005765

DART ROCK CLIMBING CENTRE

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

DARTMOOR DRIVING

Horse Riding.
Ashburton 01364 631438

DARTMOOR NATURE TOURS

Walking, Safari Tours.
Bovey Tracey 07858 421148

DEVON CYCLE HIRE

Cycling and Mountain Biking.
Sourton 01837 861141

DUCHY OF CORNWALL

Fishing on Dartmoor.
01579 372140

EASTLAKE STABLES

Catering for all ages
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EMBERCOMBE

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www.embercombe.co.uk

FORESTRY COMMISSION

Explore Bellever Forest, near Postbridge. www.forestry.gov.uk

FOX TOR CAFE

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IBEX OUTDOOR

Outdoor Activity/Pursuit Centre. Ivybridge.
07971 497531 01752 837082

MOORLAND GUIDES

A wide variety of guided walks for everyone. 07579 969121

PONY HERITAGE TRUST

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01626 833234

QUAY CLIMBING CENTRE

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01392 426850

RIVER DART ADVENTURES

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

ROADFORD LAKE OUTDOOR + ACTIVE CENTRE

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01364 621281

SOUTH WEST LAKES TRUST HEAD OFFICE

Outdoor Activity/Pursuit Centre.
01566 778503

SPIRIT OF ADVENTURE

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01822 880277

THE DARTMOOR CENTRES

Group Accommodation and Outdoor Activities. 01822 890761

TOR ROYAL

Trekking, Stables and bed and breakfast. 01822 890189

TREASURE TRAILS

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01364 631500

TREE SURFERS

Adventure Sports. Tavistock
01822 833409

WILDWISE

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www.wildwise.co.uk

WILD WOODS 'N WILLOW


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01364 661629 www.carpentersilstington.co.uk

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



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National Trust



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