



Get active, get healthy and get shouting about our great outdoors!

Use 'Love Parks Week' as an excuse to explore a new neighbourhood in Plymouth, or visit some of our other fantastic natural spaces within only thirty minutes travel from the city centre. Lots of free family events, guided walks, nature, art and craft activities to choose from. Events are run by local volunteer groups, residents, charities and Plymouth City Council - working together in partnership.

Plymouth's Love Parks Week is all about celebrating the huge variety of natural spaces 'green and blue' that the city and its surroundings have to offer.

#### Plymbridge Woods

Check out the peregrine falcons at Cann Quarry Viaduct. Every summer the National Trust sets up a hide to protect and survey the nesting birds that have been coming since 1995. Visit [www.plym-peregrines.co.uk](http://www.plym-peregrines.co.uk)

#### Events Include:

##### Bug Hunt!

(Plymbridge Car Park) / Wednesday 27 July / 10.30am - 12.30pm  
Guided bug hunt along our nature trail. Dishes and microscopes provided.  
Cost: £4 for children, free for adults.  
To book contact: Lucy Tozer Tel. 01752 341377

##### Woodland Art

(Plymbridge Car Park) / Thursday 28 July / 10am - 1pm  
Play in the woods and explore the outdoors using art and crafts. Materials supplied.  
Cost: £5 for children, free for accompanying adults.  
Contact: Steph Rodgers Tel. 01752 341377

#### The Tamar Valley

You can go walking, treesurfing, canoeing or mountain biking. Or for something more relaxing, take a boat trip to Cotehele Quay, enjoy a cream tea and visit National Trust's Cotehele House and gardens. For more information [www.tamarvalley.org.uk](http://www.tamarvalley.org.uk)

#### Events Include:

##### Geophysics for all!

Cotehele House, Cotehele, Tamar Valley / Saturday 23 July - Tuesday 26 July / 10am - 4pm  
Conduct a magnetometry and a resistivity survey. No experience necessary, everyone welcome!  
To book Tel. 01822835030 or e-mail [bookings@tamarvalley.org.uk](mailto:bookings@tamarvalley.org.uk).  
Also - informal guided walks up to the geophysics area, with some information about the history of the estate and Medieval deer park.

#### FIND OUT MORE!

This is just a small selection of Plymouth's outdoor events. For information on other activities in Love Parks Week and during the summer, visit [www.plymouth.gov.uk/steppingstones](http://www.plymouth.gov.uk/steppingstones)

For information on Plymouth's Local Nature Reserves and the fascinating nature you can explore go to [www.plymouth.gov.uk/natureconservation](http://www.plymouth.gov.uk/natureconservation)

#### Why not plan a car-free visit to one of our natural spaces?

##### By land:

To plan your journey around Plymouth on public transport go to [www.plymgo.com](http://www.plymgo.com)

The Transmoor Link bus service will take you to Dartmoor. Regular service from Plymouth to Exeter via Princetown and Moretonhampstead.

To plan your journey go to [www.journeydevon.info](http://www.journeydevon.info)

Regular trains go from a number of Plymouth stations to the Tamar Valley. For more information visit [www.carfreedaysout.com](http://www.carfreedaysout.com)

##### By sea:

There are a range of water taxis and cruises from the Barbican, Cremyll, and Mount Edgcumbe. Visit [www.tamarcruising.com](http://www.tamarcruising.com) and [www.cawsandferry.co.uk](http://www.cawsandferry.co.uk) for times and prices.

Hop on the ferry at the Barbican to get to Mountbatten and Batten Bay. Go to [www.mountbattenferry.com](http://www.mountbattenferry.com) for times and prices.

A large format version of this leaflet is available on request. Please contact Stepping Stones to Nature on 01752 307849 or email [steppingstones@plymouth.gov.uk](mailto:steppingstones@plymouth.gov.uk)

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LOVE  
PARKS  
WEEK

Love  
Parks Week:  
Naturally  
Plymouth  
23 - 31 July 2011



Positively  
Plymouth

## Nature in the City

### Choose from a whole range of events in natural spaces within the city's boundaries.

#### Plymouth's 15 mile Green Discovery Guided Hike

Start and finish Central Park, Park and Ride Car Park /

Saturday 23 July / 10am start, all day

Walk the Co-op Way, a route that circles the city and takes in a range of beautiful natural spaces.

Contact Jeremy Sabel to book Tel. 01752 304229

or [jeremy.sabel@plymouth.gov.uk](mailto:jeremy.sabel@plymouth.gov.uk)

#### The Big Cycle

Saltram / Saturday 23 and Sunday 24 July / 11am - 4pm

Cycle routes around Saltram for all ages and levels. Bicycle related displays, advice and activities.

For more information contact Saltram Tel. 01752 333503

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

#### Challenge Bowls Match

Devonport Park / Sunday 24 July / 6pm - 8.30pm

Try the new Bowling Green in Devonport Park (next to the new café) at our Challenge Bowls Match. All welcome.

Wear flat shoes!

Run by Friends of Devonport Park

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

#### Go Bats at night in Ham Woods!

Ham Woods / Tuesday 26 July / 9.15pm - 11pm

Meet at Tewkesbury Close, outside Ham House. Experienced ecologists will take you on a night time adventure with bat detectors. Sturdy footwear and torches needed.

To book, contact Jeremy Sabel Tel. 01752 304229

or [jeremy.sabel@plymouth.gov.uk](mailto:jeremy.sabel@plymouth.gov.uk)

#### Family fun in nature

Aylesbury Fields, Whitleigh / Wednesday 27 July / 12noon - 4pm

Games, wildlife and nature trails, face painting, oral history.

For more info contact Debbie Burton on 01752 306521

#### Eden Project in Plymouth: Mud Between your Toes

Ham Woods, Thursday 28 July / Woodland Wood Nature Reserve,

Friday 29 July / Southway Valley Nature Reserve, Saturday 30 July /

all 11am - 3pm

Join the Eden Project as they transform our local woodlands into playful adventure sites for the day!

See [www.plymouth.gov.uk/steppingstones](http://www.plymouth.gov.uk/steppingstones) for more information

#### Boules Tournament

Moor View Park, Mutley / Friday 29 July / 6pm - 9pm

Create your own boules team. All welcome. Prizes and

refreshments provided. Run by the Friends of Moor View Park

#### Family Kite Festival

Devil's Point Park, Stonehouse / Saturday 30 July / 10am - 5pm

Bring your kite or make your own with us! Competition, displays, treasure hunt and heritage tours.

Run by Friends of Devil's Point [www.devilspointpark.org.uk](http://www.devilspointpark.org.uk)

#### Blue Sound Beach Clean with Camera Obscura

Devil's Point Park, Stonehouse / Saturday 30 July / 11am - 3pm

Help us collect rubbish washed up at Firestone Bay.

To book call Bex Tel. 07943241928. [www.bluesound.org](http://www.bluesound.org)

#### Art and Craft in the Park

Neswick Park, Stonehouse / Saturday 30 July / 2pm - 5pm

Join in with a range of outdoor arts and crafts activities for all ages.

Run by Friends of Wyndham Square.

#### Happy Valley Family Fun Day

Efford Valley, Efford / Saturday 30 July / 11am - 3pm

All welcome at our annual valley celebration. BBQ, bouncy castle, raffle, children's activities.

Run by Efford Valley Friends Group. For more info see [www.hecp.org.uk](http://www.hecp.org.uk)

#### Planting in the park

Freedom Fields Park, Greenbank / Saturday 30 July / 10am - 1pm

Help us plant herbs and vegetables for the café garden. Find out more about management of this historical park and how you can volunteer to help!

Run by Friends of Freedom Fields Park

#### Name that tree!

Central Park / Saturday 30 July / 10am - 1pm

Fun family activity to learn about tree species in the park and Plymouth with experienced volunteer guides.

Contact Plymouth Tree Partnership Tel. 01752 669716

#### OPAL Family Wildlife Day

Forder Valley Local Nature Reserve, Leigham /

Saturday 30 July / 11am - 4pm

Nature trails, treasure hunts, pond dipping, animal-themed stories and face-painting as your favourite animal! Bring a picnic and enjoy your local nature reserve.

Contact Alison Smith, OPAL Tel. 0845 456 9803 or

[alison.smith@plymouth.ac.uk](mailto:alison.smith@plymouth.ac.uk)

## Nature Out and About

### Why not explore a bit further afield? Within only half an hour's travel of the city centre, there are loads of outdoor adventures to be had!

#### Antony House, National Trust, Torpoint

The National Trust-owned 18th Century mansion and gardens allow you to follow in the footsteps of the Mad Hatter and Alice as Disney's Alice in Wonderland was filmed here in the woodland garden. Follow the tree trail and enjoy a picnic on the banks of the River Lynher. Regular events, café and parking available (admission charge). [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

#### Events include:

##### Mythical Make-Over Workshops

From Tuesday 26 July (and every Tuesday throughout the summer holidays to 30/08/11) / 12pm - 3pm

Become the lead character in your own stories - workshops making masks, crowns and more!

Cost: £2.00 + admission charge. Target: 5 - 12 year olds

##### Puppet-Making Workshops

From Wednesday 27 July

(and every Wednesday throughout the

summer holidays to 31/08/11) / 12pm - 3pm

Make your own magical and mythical puppets!

Cost: £2.00 + admission charge. Target: 5 - 12 year olds

##### Spellbinding Books Workshops

From Thursday 28 July (and every Thursday throughout the summer holidays to 01/09/11) / 12pm - 3pm

Make and decorate your very own book.

Cost: £2.00 + admission charge. Target: 5 - 12 year olds

##### Enchanting Adventures at Antony

From Saturday 30 July (Every Saturday & Sunday & Bank Holiday Monday to 29/08/11) / 11.30am & 2.30pm lasting approximately one hour.

Coppola School of Performing Arts fairytale performance around the magical gardens. Children must be accompanied by an adult.

Cost: £5.50 + admission charge - Book early.

Target: 5 - 12 year olds

#### Dartmoor

It's National Park's Week too! Did you know Dartmoor National Park is the same size as London but with a lot more sheep than people! To find out more visit [www.dartmoor-npa.gov.uk](http://www.dartmoor-npa.gov.uk)

#### Events Include:

##### Good for you Stroll

Dartmoor National Park, Newbridge / Monday 25 July /

11.30am - 1.30pm

Meet at Newbridge and take a short car journey to the start of the walk. Walk high above the Dart along Dr Blackall's Drive.

Cost: £3.50 To book Tel. 01822 890414

##### Family Myths and Legends!

Hound Tor, Dartmoor / Tuesday 26 July / 10.30am - 12.30pm

Learn about Dartmoor's myths and legends, then have a go at creating your own.

To book Tel. 01822 890414

##### Taw to Tor

Belstone, Dartmoor / Thursday 28 July / 11am - 2pm

Explore the Taw Rivers and surrounding area. Bring a picnic, suitable for children age 7+.

To book Tel. 01626 832093

##### Gps - Get Lost On Dartmoor No More!

Highland Visitor Centre, Princetown, Dartmoor /

Saturday 30 July / 10am - 4pm

Meet in front of the High Moorland Visitor Centre Introductory course to GPS (GPS provided).

Price £20. Booking essential Tel. 01822 890414

#### Mount Edgcumbe Country Park

A great day out for the family, it's just a 10 minute foot-ferry ride from The Cremyll Ferry. Enjoy a picnic, play games in the grounds and explore trails and gardens all for free! You can also visit the Historic House and Earls Garden (admission charge). For more information and to download walking leaflets visit [www.plymouth.gov.uk/mountedgcumbe](http://www.plymouth.gov.uk/mountedgcumbe)

#### Events Include:

##### Outdoor den adventures

Mount Edgcumbe, Barn Pool / Thursday 28 July / 11am - 1pm

Learn den building skills with the rangers.

Cost: £5. Maximum 3 children per adult. Advance booking is essential Tel. 01752 822236

##### Tour of garden and historic buildings

Friday 29 July / 11am - 1pm

Meet outside Cremyll Lodge shop (just inside main gates)

To book contact Friends of Mount Edgcumbe Park -

Valerie Horsley Tel. 01752 822676