

active™

LIVE YOUR LIFE TO THE FULL OUTDOORS

DARTMOOR

SPECIAL
FREE
ISSUE



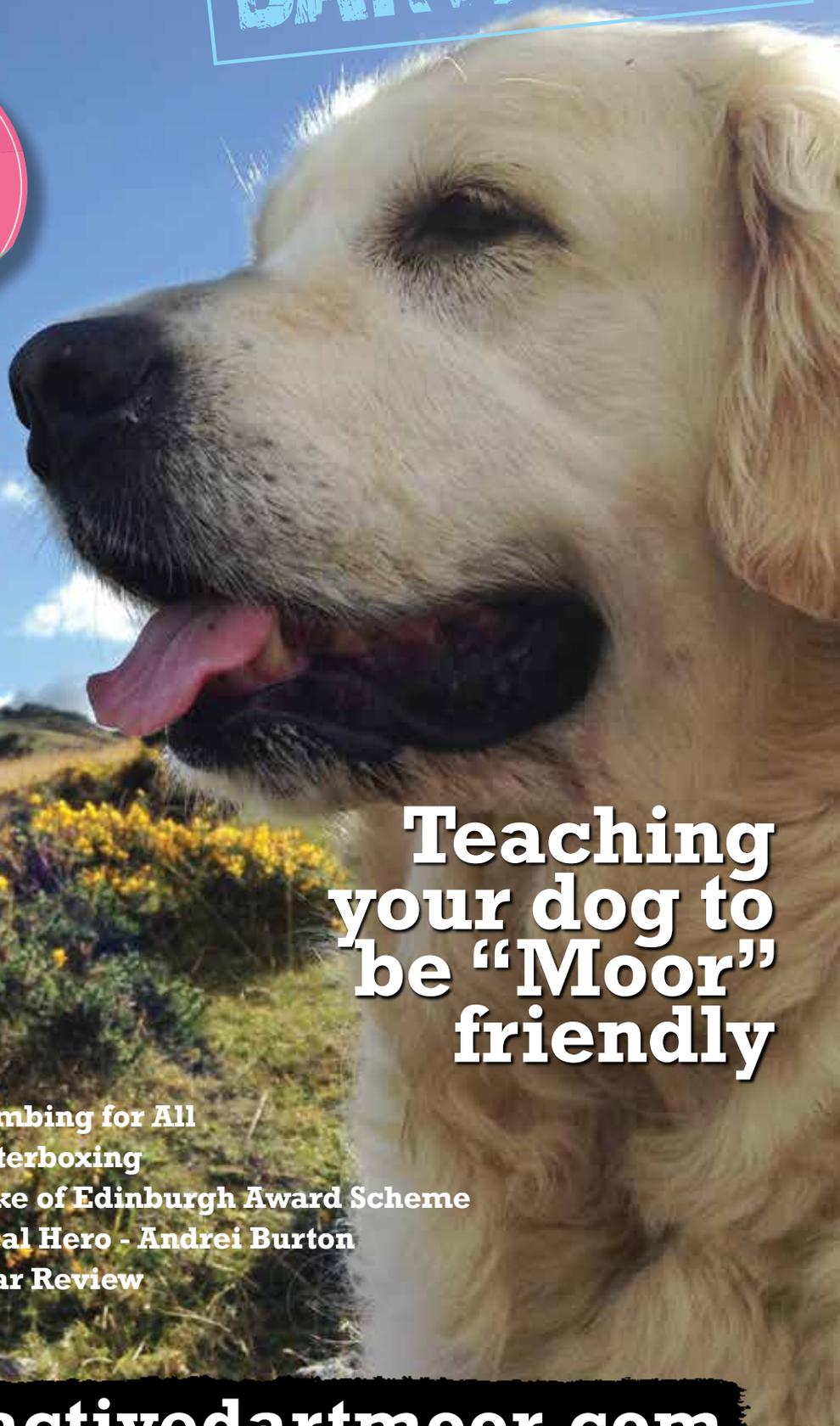
Dartmoor through the horse's ears



Active Dartmoor goes underground!



Two Blondes head for Whooping Rock



Teaching your dog to be "Moor" friendly

- ▶ Climbing for All
- ▶ Letterboxing
- ▶ Duke of Edinburgh Award Scheme
- ▶ Local Hero - Andrei Burton
- ▶ Gear Review

Visit www.actedartmoor.com

Right Kit

for the
right Kountry



KOUNTRY KIT
THE OUTDOOR SHOP

01822 613089 | www.kountrykit.com | info@kountrykit.com

22-23 West Street Tavistock Devon PL19 8AN

active

DARTMOOR

Active Dartmoor is published by Active Dartmoor Publishing, Wykeham House, Station Road, Okehampton, Devon EX20 1DY 01837 659224

PUBLISHERS

Jenny How
jenny@activedartmoor.com
Simon Lloyd
simon@activedartmoor.com
David Guiterman
david.guiterman@btinternet.com

EDITOR

Anna Baness
anna@activedartmoor.com

ART DIRECTOR

Simon Lloyd

ADMINISTRATION

Jenny How
jenny@activedartmoor.com

ADVERTISING MANAGER

Jenny How
jenny@activedartmoor.com
01837 659224

Active Dartmoor is published three times a year. Copy date for each issue is approximately six weeks before publication.

The editor is always pleased to consider material for publication. Any transparencies, prints and copy sent by post must be accompanied by an SAE for their return. Material that is on offer elsewhere cannot be accepted. It must be original and not infringe the copyright of others. Authors and contributors must have obtained the copyright holder or archive's permission to use any photographs, drawings or maps etc submitted. We are unable to accept poetry or fiction. The views expressed by contributors to Active Dartmoor are not necessarily those of the editor.

DISCLAIMER Whilst every effort has been made to ensure that adverts and articles appear correctly, Edgemoor Publishing cannot accept responsibility for any loss or damage caused directly or indirectly by the contents of this publication. The views expressed in this magazine are not necessarily those of its publisher or editor.

IMPORTANT NOTICE No part of this publication may be reproduced, stored in a retrieval system (including CDs) or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior permission of the publisher.

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 by Jenny How



Dartmoor – lots to do and see

Spring is such a good time to get out and about and try new things after the winter and there are always plenty of different things to do on Dartmoor. In this latest issue we've explored a wide range of activities to inspire you over the coming months.

For the walkers among you, the Two Blondes are back with a great route on the east side of the National Park, taking in some less well-known areas between North Bovey and Manaton. Whether you walk alone or with a dog our Dogs on Dartmoor feature, by local trainer Lilly Bond, has some top tips for enjoying a day out with your canine friend or avoiding unwanted attention from strange dogs. We are now

well into the lambing and bird nesting season and Dartmoor Livestock Protection Officer, Karla Mckechnie, provides a profile of her job and contact details if you spot any injured livestock while you're out and about.

However, if you spot something that looks more like a plastic lunch box hidden beneath a rock it's likely you've stumbled on a letterbox. If you've heard about letterboxing but never tried it then go to page 18 and be inspired by Ian Barber who shares his passion for the search in the first of our new 'Getting Started in ...' series. Ian has found over 15,000 letterboxes so you can be sure he knows what he's doing.

At the more extreme end of the scale Andrei Burton is our latest Local Hero and he shares his enthusiasm for mountain bike trials riding, a passion that has taken him from Bonehill near Widecombe-in-the-Moor to the international competitive circuit and tours with *Top Gear*, while David Guiterman discovers that there's something for everyone at Dart Rock Climbing Centre.

Finally, if you're looking for a goal to train for this summer then why not sign up for the Chagford Challenge our featured Big Tick? This annual event has moved to the autumn so there's still plenty of time to get ready, and if you don't fancy training alone then why not check out what Moorland Guides, our profiled business, have to offer over the coming months?

Whatever you do, enjoy yourself on Dartmoor this spring.

Anna

CONTENTS

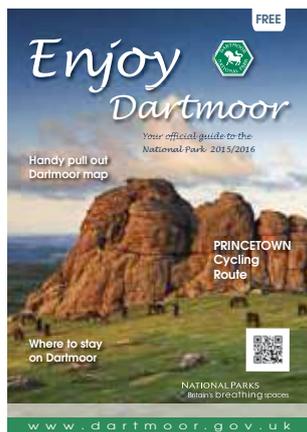
- | | |
|--|--|
| 04 From the Pony's Mouth
News from around the Park | 22 Cave Rescue
Devon Cave Rescue Organisation |
| 06 Big Tick
Chagford Challenge | 25 Dogs on Dartmoor
Paws for Thought |
| 08 Volunteering
Duke of Edinburgh Award | 30 Classic Walk
Another Two Blondes Bimble |
| 10 Local Hero
Andrei Burton | 34 Gear Review
Stoves for a day and a night |
| 14 Climbing for All
Dart Rock Centre | 36 Free Speech
News from our advertisers |
| 16 Pub Ride
Bridleways and Beer | 39 Action Round-Up
Events reports |
| 18 Getting Started
Letterboxing | 42 What's On
What's happening over the next few months |

NEWS

News from around the Park

Enjoy Dartmoor in 2015

Dartmoor National Park's popular *Enjoy Dartmoor* magazine has been published ready for the new season. This full-colour FREE guide to the National Park is packed with useful information, interesting features and plenty of ideas for having fun outdoors on Dartmoor – PLUS it now contains an accommodation section.



PHOTOGRAPH © DNPA

Enjoy Dartmoor is available at all three National Park Visitor Centres and from the network of Tourist Information Centres within an hour's drive time of Dartmoor. It is also available at select cafes, pubs, campsites and tourism businesses in and around Dartmoor. You can also see *Enjoy Dartmoor* online at www.dartmoor.gov.uk.



Visitor Centres Scoop Gold Award

Dartmoor National Park Visitor Centres have been awarded Gold in the 2014/15 Devon Tourism Awards. The Centres at Princetown, Postbridge and Haytor scooped the Gold Award in the Tourism Service of the Year category amidst some pretty stiff competition.

The Awards celebrate Devon's tourism establishments with winners going through a three-stage judging process, including assessment of their websites, mystery visits and an independent judging panel. Richard Drysdale, Visitor Services Manager for Dartmoor National Park said: "Dartmoor National Park Visitor Centre staff deal with a wide range of Dartmoor enquiries annually from over 150,000 visitors who come from all over the world. This award is therefore wonderful recognition of their professionalism, the service they provide and the knowledge that they impart to our visitors."



PHOTOGRAPH © JENNY HOW

Dartmoor National Park Visitor Centres Summer Opening

Dartmoor National Park Visitor Centres at Princetown, Postbridge and Haytor are operating their summer opening schedules from April and will be open daily from 10am to 5pm, helping you make the most of your visit to the National Park.

The National Park Visitor Centre, Princetown, is the flagship Centre and an ideal place to start your visit. You will find superb displays, a great children's discovery zone, films and exhibitions.

The National Park Visitor Centre at Postbridge provides an excellent gateway to the north moor for enthusiastic hill walkers and staff at the Centre will be pleased to help you to plan a suitable route. To find out more about Bronze Age Dartmoor, call in to see the Life, Death and Landscape exhibition.

The Centre at Haytor is staffed by knowledgeable local people who will be pleased to help you with your visit to the area. It provides an ideal starting point for those visiting the iconic Haytor Rocks and the surrounding moorland.

Are you a climber or walker who cares about biodiversity? Would you be interested in receiving free training and guidance in identifying wild plants?

The new National Plant Monitoring Scheme (NPMS), launching in spring 2015, will for the first time enable scientists to take an annual stock take of the UK's wild plants and their habitats, but to do this volunteers are needed.

The scheme asks for volunteers across the United Kingdom to visit a kilometre square local to them and record the plants they find there in several different plots – enabling researchers to explore how plants in different habitats are responding to changes in the environment.

Climbers and walkers who visit remote areas are particularly sought after, as volunteers for more out-of-the-way places are harder to come by. Why not 'adopt' a plot you visit frequently? Perhaps a group of volunteers from your club could band together?

For more information on the NPMS and how to take part please visit www.npms.org.uk.

Dartmoor Junior Ranger Programme Launched

Dartmoor National Park Authority's headquarters at Parke were very busy over one weekend in December last year with the first group of newly recruited Junior Rangers joining members of the Education Team and the Ranger Service to launch a year-long pilot programme of activities.



PHOTOGRAPH © DNPA

Dartmoor's Education and Ranger Services wanted to develop a programme of practical voluntary opportunities that connect young people to Dartmoor's special qualities and encourage them to become

ambassadors for the National Park, promoting messages about care, active enjoyment and wise use.

If successful, Dartmoor National Park Authority will run further programmes in future years. It is aimed at the age range 13 – 15 specifically to build on the success of Dartmoor National Park Authority's highly popular Ranger Ralph Club which provides for families with children in the 5 – 12 age bracket. Education and Ranger staff were pleased with recruitment – the programme reached maximum numbers very quickly.

All activities will provide real conservation work experiences and also cultural/social topics, some examples:

- Farming & land use - farm visit with activities.
- Habitat management - hedgerow planting, woodlands, forestry, bird boxes, surveys.
- Historic environments - stone walling, archaeology, listed buildings.
- Visits - museums, information centres.
- Landscape - litter picks, tourist issues, invasive species, wetland management, dark skies, path maintenance.
- Activities - orienteering, hill walking, cycling, rock climbing.

In addition Junior Rangers will be working towards their eight day John Muir 'Explorer' Awards.

MOTORHOMES GUIDANCE

More visitors each year are enjoying Dartmoor National Park in their motorhomes, but the size of the vehicle may mean some roads are off-limits because of width and length restrictions. If you are visiting Dartmoor in a motorhome, please don't rely on satellite navigation systems to get you to your destination.

Visit the Dartmoor National Park website and use the *Coachdrivers and Motorhome Guide* to plan your route while on Dartmoor (go to www.dartmoor.gov.uk and click on Visiting/Planning your visit/Getting around Dartmoor).

Although it is convenient to pull into a layby to admire the view and have a cup of tea, you are not allowed to camp overnight in any of the car parks or laybys on Dartmoor and must find a designated site. For more information on where to camp visit www.dartmoor.gov.uk/camping

Paws on Dartmoor

Dartmoor is a wonderful place to go walking, especially with your four-legged friend. Over recent years there has been an increase in the number of incidents involving dogs and livestock. The following information and advice will keep you and your dog safe and will help to keep Dartmoor a special place.

On Dartmoor's common land, ponies, sheep and cows are allowed to graze freely, so you must keep your dog under proper control, or on a short lead, when walking near livestock. It is especially important that you keep your dog on a lead during the bird breeding season and the lambing season (1 March – 31 July), so that it does not disturb ground nesting birds, such as skylark, lapwing and curlew, or chase livestock away from their young. If you cannot rely on your dog to come back immediately, when called, keep it on a lead - but if cattle or ponies approach you and your dog, consider letting your dog off the lead for your own safety.

Please be considerate to other users of Dartmoor and ensure that you clear up after your dog - especially if this happens on, or near, a footpath and dispose of poo bags responsibly.

Dogs mess is not just unpleasant, but can cause serious infections in humans and livestock. Please make sure your dog is regularly wormed to keep it healthy and protect Dartmoor's livestock. Some areas of the moor are prone to adders, especially during warm weather. To reduce the risk of your dog getting injured, always keep it nearby and in sight. If your dog should be bitten, keep it still and calm (carry the dog, if possible) and see a vet immediately.

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

For top tips on training your dog to ensure it behaves on the moor see our Dogs on Dartmoor feature on page 25.



Cuckoos calling

The distinctive call of the cuckoo can be heard across Dartmoor each spring between April and June. Sadly cuckoo numbers have declined by almost 70%

nationally in the last twenty years and the iconic sentinel of spring can no longer be heard across most parts of Devon. Within this picture of decline, Dartmoor holds nationally important populations of cuckoo which are thought to be stable within the National Park (in 2005 numbers were estimated to be about 100 males).

Since 2013 advances in satellite tagging technology have enabled the British Trust for Ornithology (BTO) to track the incredible journeys of cuckoos between Dartmoor and the Congolese rainforest where they spend most of the year. Following the success of the Flight of the Cuckoo project working with Devon Birds, the BTO and the University of Exeter to find out more about the complex lifecycle of this iconic bird, the project will continue during 2015.

Anyone who sees or hears a cuckoo is being asked to report their observations on a live recording map on the Devon Birds website. In 2014 more than 728 records were reported with over 600 records for Dartmoor. Listen or watch out for cuckoos from early April to July and click on the following link on the Dartmoor National Park website or call Julia or George Harris (Devon Birds) 01822 853785 or email clonwayteam@btoopenworld.com

Meanwhile you can track the location of the satellite tagged cuckoos by following the link from the website www.dartmoor-npa.gov.uk/lookingafter/laf-naturalenv/cuckoo



CHAGFORD CHALLENGE

If you're looking for an event to train for this summer then why not sign up for our latest 'Big Tick' the Chagford Challenge, which has moved to a new autumn date this year?

The well-established and popular Chagford Challenge, organized by the Cornwall & Devon Long Distance Walking Association (LDWA), is primarily a walking event although entries are accepted from runners. There are thirty, twenty-one and seventeen mile options and the event starts and finishes at the Jubilee Hall in Chagford. The first Chagford Challenge in April 1990 was organized by Peter

Cooper and ably assisted by his wife Betty, who organized the catering at the Jubilee Hall and at the various checkpoints around the routes.

Peter and Betty, were early members of the LDWA who had previously organized walks in Shropshire and Yorkshire. When they moved to Chagford and joined the Cornwall & Devon LDWA they suggested a moorland challenge event based at Chagford.

For the last three years

organization of the event has passed to Barry and Rosemary Olver, assisted by approximately thirty members of the Cornwall & Devon LDWA marshalling the event in various roles.

"The most challenging part of organising an event like this is the catering, supplying enough food and drinks at the base and for the outdoor checkpoints, as none of them have cooking facilities," says Barry. "The admin, though not an easy task, is a lot easier than it would have been in Peter's



KEY FACTS

Date: Sunday 20 September 2015

Entries open: The beginning of May

Maximum number of entries: 200

Distances: 30 miles, 21 miles, 17 miles

Fastest times: 30 miles – 6 hours (average 9.25)
21 miles – 6 hours (average 7.75)
16 miles – 3.5 hours (average 6.75)

Further Information:

www.ldwa.org.uk/CornwallAndDevon

time because we're able to use computers, email and the internet."

Each of the last three events has been memorable in its own way. In 2012 it was a wet and windy day making it difficult for the walkers and runners but even more challenging for the marshals staffing the outdoor checkpoints. There was also a visit from the fire brigade to deal with smoke coming from under the warming cabinet in the kitchen of the Jubilee Hall.

In 2013 the event took place during a very cold spell and the temperature never rose above -2 all day. Again this was very difficult for the walkers and runners, but even more challenging for the marshals staffing the outdoor checkpoints in the very low temperatures. However, last year, which was the 25th anniversary of the event, saw perfect walking conditions, if anything a little on the hot side.

The routes used today are still loosely based on the route Peter devised in 1990, with changes being made by the different organizers through the years. The entrants are supplied with a route description: in Peter's day that would consist of just a list of grid references and you would have had to work out your own route. Today the route description is a detailed list of instructions enabling the walker/runner to navigate their way around the route.

The Chagford Challenge is not a race: it is a personal challenge for the individual to complete the route they have chosen within the eleven-hour time limit. Because of this results are not published, however the fastest and average times for the distances are recorded.

For the past three years the Chagford Challenge has been held at the end of March, the same weekend that the clocks change. The entry list opened at the beginning of November and all the two hundred places were normally taken by the end of December.

Over the years the thirty mile route has proved the most popular and attracted the greatest number of entrants. Walkers and runners of different ages, abilities and experience enter the event. For some it is their first challenge walk, while other more experienced walkers/runners use the thirty mile route as a training walk for the LDWA's "100" that takes place in May. There are also a number of schools that enter teams, using the Chagford Challenge as part of their training for Ten Tors.

This year the date of the event has changed from March to the end of September to avoid the lambing and bird nesting season. The organizers feel that this change will give them more scope for routes on the open moor and hopefully better weather. It also means that readers still have a chance to enter! ■

SILVER LININGS

Matt Parkins shares his experience of supervising a Duke of Edinburgh Award Scheme expedition



It's dark. Leaving the road I start a steep climb through ancient bracken clad lanes, passing a network of stone walled meadows. On the open moor the sky gets lighter, revealing cloud formations tinged with peach. The breeze is chilly. I'm glad I wasn't camping last night, like the four Duke of Edinburgh (DofE) expeditionists I'm meeting up with. Vapour trails glisten in contrast to patches of blue. They're not the only signs of flight over the moor; the pale belly of a snipe takes off in front of me, leaving us both a bit startled, followed by a couple of meadow pipits. Approaching a stone circle I see four figures in the clearing gloom: it's them. We chat as the sun parts the clouds and the whole moor glows amber with a slate grey backdrop. The boys have made good time on day two of their trek and, checking their maps, they set off again. Without interfering, I'm supervising their silver route practice and they're proving their competence. The route ahead could be tricky though, it's misty on the high ground so their navigation skills may be needed.

During a clear spell I walk to the next tor but stop half way to watch a flock of birds; they aren't regular moorland birds. What are they? Creeping closer I see they're redshanks, wading birds. What a wonderful spectacle as they take to the air together, chattering, flying left, then right and settling again in the distance. On reaching Wild Tor the weather takes a turn; the mist we saw earlier has descended. I find a gap in the granite and sit for a minute in earshot of the boys.

"We'll have to walk into that," they say as they prepare to set off, kitted up with waterproofs. Out of the mist emerges another group of young people. A quick chat with one of their leaders reveals that, in response to austerity cuts, the Dart Trekkers were set up to prepare south Devon school children for the Ten Tors.

It's time to press on to a pre-arranged meeting place at Grey Wethers, the double stone circle near Fernworthy Forest. My fellow volunteer supervisor is going to keep

an eye on the boys for the rest of the day and see them into their camp. Now alone, I choose a different route home. A red grouse leaps from the heather in panic as I ascend Whitehorse Hill. Back at Wild Tor the blue sky and sun finally return. Here my eye is caught by flickering wings over the tussocks; a merlin pursues its prey with precision. A pair of ravens keeps me company for a while, exchanging a few clicks and clonks. I start to think this has been one of the best bird spotting days I've ever had on Dartmoor. They've given my cloudy day a silver lining and I hope the boys setting up their tents reach a rewarding silver target of their own.

If you want to help our next generation to explore, understand and care for the moor you can contact your local Duke of Edinburgh group and offer your help; I enjoy seeing them confidently explore these beautiful places. Descending to the car past the ancient stone walls again I see a pair of jays collecting acorns. What a way to finish a colourful day.

The Duke of Edinburgh Award Scheme on Dartmoor

Simon Gillard

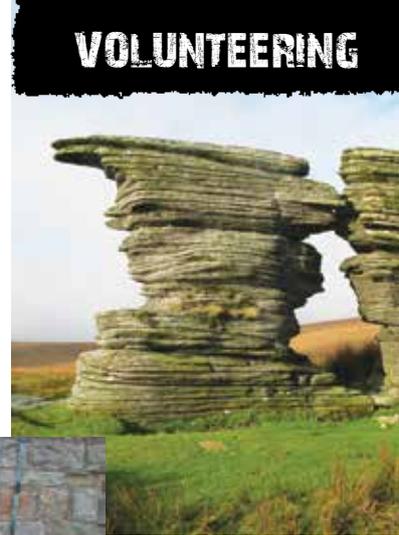
The DofE relies heavily on volunteer input, especially for expedition assessment. An expedition group can either source its own assessor or ask the Dartmoor Network to find one, and whilst there is a fee paid to the Dartmoor Network for this latter source, it is nominal and doesn't get paid to the assessor. It is common for expenses to be reimbursed in either scenario though.

As well as assessors, each expedition team will need remote adult supervision, the number of adults being determined by the Health & Safety/Safeguarding policies of their DofE Centre. If they are on the moor, then the chances are that they are taking part in their Gold DofE expedition, since we discourage Bronze and Silver expeditions from journeying through terrain that is designated as 'Wild Country'.

Walking teams are made up of between four and seven members and at Gold level they will arrive for an acclimatisation day before the start of their expedition, which in itself will run for four days and three nights. Each expedition must have a defined aim, rather than just a distance or destination, with the emphasis on journeying through rather than travelling over the terrain. The aim is entirely theirs to define, but common examples are investigation of erosion or human impact on the moor, recording flora and fauna, researching Bronze Age settlements or identifying stone rows etc.

The young people are unaccompanied and self-reliant throughout, their supervisors support them remotely, just occasionally touching base to ensure all is well. The assessor has a similar remote stance, the intention being to ensure that the young people develop initiative and a spirit of adventure and discovery, by planning, training for and completing an adventurous self-sufficient journey as part of a team.

As far as becoming a volunteer with a Devon County Council supported DofE Centre, there are several roles that can be filled. As well as the Expedition Section, there are Volunteering, Physical, Skills and Residential Sections, and young people need support with all of these. Most young people get this from DofE Coordinators (manage a Centre) or DofE Leaders (support the Coordinator) who volunteer at a DofE Centre or school running DofE, and the more people who can volunteer for those roles, the merrier. Obviously if those people want to get involved with expeditions, that is fine, but there is a lot more to DofE



than the expedition and the continued support of young people throughout the time they are doing their DofE is vital to their success.

When a prospective volunteer contacts us we will meet for an informal chat about their skills and interests and where we could find them a group. If they want to go forward, we will take up references and put them through the Disclosure and Barring Service process. Once we get everything back, we can then signpost them to the appropriate contact at the DofE Centre previously identified. We can then organise and often deliver DofE specific training appropriate to their role. ■

Further Information

Simon Gillard, DofE Manager, Devon Youth Service 01647 440983

Every year over 5000 young people take part in a Duke of Edinburgh Award Scheme expedition on Dartmoor.



ANDREI BURTON THE AD INTERVIEW

Local trials rider Andrei Burton has been a top ten world rider for ten years, and is currently ranked 9th in the world. He started riding at thirteen and calls Bonehill Rocks his “office” as training there gives him endless inspiration. He describes what he does as simply riding over anything in front of him, “the more obscure and difficult the better”. When we met recently for coffee, his talent, enthusiasm and dedication for the sport was evident.



you can ride over different things has always been the attraction for me, there are so many techniques to learn. I think competing encourages you to become good at everything, it shows your ability to adapt and not necessarily just ride what you want to ride or are good at. It also gives you a chance to travel. Last year one weekend I was in Durban, South Africa, then Dubai for a couple of days, then Bern in Switzerland for the European Championships.”

How do you support your cycling?

“I’m sponsored by Echo Trials Bikes and local company Saltrock Clothing who play a key role in my career. I also have other smaller sponsors such as The Quay Climbing Centre and Crossfit Exeter who help with training etc. The Action sports shows that I do across the UK support most of my career. It’s a balance between shows bringing money in and competitions that cost!”

Is the kind of riding you do dangerous?

“Injuries are not uncommon (at the interview Andrei had his left arm strapped up). I fell off in the World Cup and crushed the cartilage in the back of my hand. I took seven weeks off after the injury but had to get back on the bike to ride in Norway for *Top Gear* in November. As I depend on shows so heavily, injuries are a big problem for me. It’s been nearly six months now and I am still wearing a brace on my wrist when training.”

How committed are you to training?

“I have an addictive personality for training. In the winter I train for 3 – 4 hours a day increasing to 35 hours per week leading up to the season, this is actually quite a bit less than I used to train! My training is split between riding, gym work and climbing. I started climbing to strengthen

advertising work, filming projects and occasional stunt work. The work is seasonal and I’m flat out from March/April until October. For instance in 2010 I did just under 150 events in a year and once I did fifteen shows in eight days with only about 1.5 hours sleep a night. I’m based in Exeter and during the winter months train in my warehouse that the charity, Book Cycle very kindly let me use, having that facility has had a huge impact on my riding.”

How did you get into mountain bike trials riding?

“I started riding at thirteen and watched other kids in Exeter. I found out that what they were doing had a name “Trials” riding. Working out how it works, how



Do you have any mentors?

“I went to watch Martin Ashton at a show after I had just started riding when I was about thirteen. He was an amazing rider and was my hero. Now I am lucky enough to know him after we kept meeting at events and he is still an inspiration to this day.”



What’s your day-to-day life like?

“Busy! During the year I compete all over the world, run a UK arena tour of shows with up to 30 riders, work on *Top Gear Live*, do



PHOTOGRAPHS © WWW.PETERSTEPHENS.CO.UK



my core after a back injury as it's low impact compared with gym work and riding. I've really got into it and have even competed in a few indoor competitions, most recently my first International Competition in Sheffield where I represented the Quay Climbing Centre. Riding is still my priority though. I'm not climbing to win at the moment but find that it improves my grip strength and all round condition. I have less problems with arm pump now."

Do you have any diet tips?

"Good coffee! Actually I do take a number of supplements, chondroitin, glucosamine and spirulina. I also use Green Magic from Protocol to combat free radicals. I had a calculation done on the level of free radical damage I have from the training I do. A normal person has about 1500 units of free radical damage daily, mine was something crazy like 8000 units so it's important that I take something to counteract that and stay in shape. "Riding is as much a mental game as a physical one. Good reactions

are crucial so I need to ensure that I have physical stamina but also the confidence and mental stamina."

Tell me about your bikes

"I have six trials bikes, two running exactly the same, a mountain bike, a downhill bike and a 24 inch street bike. My trials bike is an Echo Pure Mark 4. It's lightweight (8kg) and super rigid. Racing Line provide my brakes which are incredibly powerful. I also use custom Continental tyres. I find that tyres make a huge difference particularly with the British winter!"

What was your biggest moment?

"That's tough to answer, there have been so many over the years. I guess it was being on the world podium in Japan in 2005, or maybe getting my 3rd Guinness World Record, or maybe just riding on Dartmoor on a sunny day and feeling perfect on my bike, its tough to decide!"

How do you relax?

"I'm not good at relaxing. I suppose I climb to relax. I don't do holidays although I have just been to Thailand with my girlfriend. We spent a week looking round and two weeks climbing."

What is your favourite place on Dartmoor?

"I feel at home at Bonehill and it has become known as my "office". I should think I've spent over 3000 hours there, the rock structures really inspire me. I also like Houndtor and the valley below Haytor."

What's does the future hold?

"Last year I was involved with Prudential Ride London which was the biggest mass participation event in Europe and we're expanding it this year. I'm currently the only person in the world to ride over cars while they're being driven and I have a whole new routine with Top Gear and the Paul Swift Stunt Driving Team. The 2015 Top Gear Tour will be really exciting!"

Top tips for others?

"Practise, practise, practise... and have fun. You always learn something more easily if you're enjoying it. It's the hours you spend on the bike that make you better. It can take me three years from thought to execution on some projects, so give it time, stick with it and enjoy the process!" ■

Where to see Andrei over the next few months ...

May 22 – 23
Top Gear Live – Belfast

May 30 – 31 **UCI Trials World Cup R1 – Krakow, Poland**

June 5 – 6
Top Gear Live – Sheffield

June 13 – 14
Top Gear Live – Durban

July 11 – 12 **UCI Trials World Cup R2 – La Mongie, France**

August 1 – 2 **Ride London Urban Trial Contest**
After the huge success of the 2014 event, Ride London and Andrei Burton are teaming up again to bring a huge urban trials contest to the streets of London.

To find out more about Andrei Burton visit:
www.andreiburton.com

Dartmoor Farmhouse
Accommodation from
£24pppn.

Perfect for walkers,
climbers, horse riders and
paddlers of the River Dart.
Quality local pubs nearby,
full traditional English
breakfast.



Fresh eggs from our
chickens and ducks.
Guest sitting room with
log burner. Great guest
reviews.
online bookings through
our website.



Lowertown Farm

Bed and Breakfast Accommodation



Putting Dartmoor First award • Holiday with your horse!
Top 10 Farmstay UK Countryfile Magazine
Top 100 Selected Farms Country Living Magazine
www.lowertownfarmdartmoor.co.uk
01364 631034



Charity number 1109196



Moorland ponies are an integral part of the Dartmoor landscape. In addition to drawing in visitors, they play a vital role in grazing the moor and maintaining its character. But in recent years, their numbers have been in decline.

The Dartmoor Pony Heritage Trust was established in 2005 in response to widespread concern about the viability and long-term survival of the traditional Dartmoor pony. We are based at Bovey Tracey, Dartmoor where we operate a purpose-built, all-weather visitor and education centre.



We offer a free 2 ½hr guided walks across Bellever

Taking in Bronze Age Archaeology, Myths and Legends of the Moor and of course Ponies, led by one of our highly experienced guides. Also open every Sunday afternoon up to end of October.

Adopt a Dartmoor Pony And help to keep the traditional ponies on the moor!

For just £20 per year for UK adopters (£25 for overseas) you will receive full details and a colour picture of the Heritage pony you decide to adopt, together with a beautiful drawing and an adoption certificate. An adoption makes an ideal anniversary, birthday or Christmas gift. You will also receive regular updates to let you know how your pony is getting on with their training and all the adventures they have been having!

Visit us at our all-weather visitor centre at Parke Estate, near Bovey Tracey, south-east Dartmoor TQ13 9JQ
Come and meet the adoption ponies and learn about their heritage and future!

01626 833234 • admin@dpht.co.uk • www.dpht.co.uk

DARTROCK

CLIMBING CENTRE



Come Climb With Us

Indoor climbing in the heart of Devon

Some of Devon's Best indoor bouldering
Lead climbing
Top roping
Auto belays

Training facilities
Coaching
Highly qualified and knowledgeable staff

Kids clubs
Adult club nights
Outdoor instruction/guiding
Caving, deep water soloing, mountaineering

Ideal for the expert climber or first time novice



NEW EXCITING BOULDERING CAVE UNIQUE IN THE SOUTH WEST!! Artificial cave system

DART ROCK CLIMBING CENTRE DART MILLS, OLD TOTNES ROAD
BUCKFASTLEIGH TQ11 0NF

EMAIL US: INFO@DARTROCK.CO.UK
PHONE: 01364 644499

Climbing for All

David Guiterman discovers something for everyone at the Dart Rock Centre.

I have thought for many years about all the outdoor activities that I could engage in without the use of the fingers on my right hand. I have enjoyed many of them personally; running, rowing, cycling and even the odd bit of horse riding. Never did I think the challenge of rock climbing would be a remote possibility. A visit to the Dart Rock Climbing Centre opened my eyes for the first time to the possibilities. Rock climbing on Dartmoor, I discovered, combines excitement, challenge, satisfaction and the opportunity to get to grips with



some of the best rocks in the South West.

The Dart Rock Centre has been developed by expert climbers to help everyone realise their rock climbing

potential. There are climbing walls for every ability. From the low bouldering wall you can just drop off with no fear of injury to an impossible-looking overhang and everything in between. There is even a section devoted to developing caving skills.

My instructor for the morning was Wendy Sampson who had recently guided me through the tortuous passages of Pridhamsleigh Cave. See issue 9 of *Active Dartmoor*.

As Wendy explained, everyone is treated as an individual. Lessons are tailored to suit all abilities. The Centre has tutored many who have limbs missing, including some with no legs. "You would be astounded what people can do," Wendy said. "Modern artificial legs are amazing these days." There are even artificial legs being developed specially for mountaineers. They will provide all the flexibility, articulation and small footprint required for rock climbing. Prosthetics for rock climbers can sometimes be provided by the National Health Service.

You don't need to take any equipment as everything is provided. I was asked what I thought a pair of climbing shoes would look like. Were the soles smooth or studded? I learned

that smooth soles gain maximum grip and that fitting is all important. They must fit precisely to get the greatest benefit from what seemed to me at first to be inadequate footholds.

Whatever their ability, Wendy's job is to encourage beginners to get to the top. She explained that many beginners are terrified of heights. "They will climb halfway up and then start freaking out." She reassures them. "If you can go part way up then you're perfectly capable of getting right to the top."

It's all about building confidence no matter what your ability. Once a week Wendy tutors schoolchildren with special needs. She told me of a girl who has been coming to the Centre for two years. It took six months of practice before she finally made it to the top. It was an emotional experience for both Wendy and the girl. She now shins up the indoor climbs regularly.

The time had finally come for me to try a bit of serious indoor rock climbing. Wendy explained that feet and legs do all the work; hands and arms are used to stop you falling off backwards. The first instruction was how to use footholds. Beginners sometimes feel they have to use their whole feet but this entails turning the foot sideways making it difficult to move and climb. Although, at first, it seemed to be somewhat precarious, the trick is to use the toes. Once I was firmly strapped into a harness, attached to a rope running over the top of the climbing wall, I was ready to go. At the other end of the rope was Ben who had threaded the rope through a karabiner friction device. As I climbed he took up the slack. It was reassuring to be told that were I to fall I wouldn't drop far. Yes, I did reach the top. Climbing without right hand fingers didn't seem to be too much of a problem.

Back at the bottom, Wendy explained the three-point principle; two feet and a hand or two hands and a foot should always be in contact with the rock. Would it be possible to climb using only one arm? Applying the three-point principle was out of the question. I just had to try it. Off I set. Changing a foothold wasn't too bad but taking a fresh handgrip ... whoops nearly fell backwards. It just seemed impossible to make progress.

It wasn't until I was advised to try climbing in a corner that I began to gain height. That was better; I was able to brace my body with my feet planted on two walls at right angles to each other.

Safely back down again, I asked how it was possible to climb a single wall face with one arm.

"It's all a matter of balance," Wendy said. "Perfect this technique and it's not too difficult." Using body balance to take the strain off arms and legs is just as valid for able-bodied climbers as it is for me.

It was now time to put my newly-acquired skills into practice on real Dartmoor rock. So it was off to Leigh Tor just off the Ashburton - Two Bridges Road. We arrived in a snowstorm. Conditions seemed impossible for climbing. However after five minutes the sky cleared and the sun came out. The weather was now just right. Ben had already attached the safety rope to the top of the Tor. Everything was ready for me to have a go.

Leigh Tor is not like most tors on Dartmoor. Although made of granite, its joints are angular rather than rounded. There are numerous hand and foot holds to choose from. Granite, being coarsely crystalline, provides a reassuringly secure grip in almost all weathers. Each rock type has its own characteristic set of holds. Those who climb a lot on one rock type come to understand where to look for the holds. Leigh Tor is ideal for beginners having both an easy and a more challenging face.

Under the expert guidance of Wendy and the safety provided by Ben at the other end of the rope, climbing this rock face one-handed was surprisingly simple. It seemed that I had hardly left base before I was up at the top enjoying that wonderful sense of achievement that makes rock climbing so satisfying.

The good news is, given the right instruction, rock climbing can be for almost everyone. So go along to the Dart Rock Climbing Centre and give it a go. If you're not sure whether rock climbing is for you, take the opportunity see others practising on the climbing walls. At the same time chill out in their lounge while enjoying delicious cake and sipping coffee. ■



FURTHER INFORMATION

Robbie Warke **Dart Rock Climbing Centre**

Dart Mills Old Totnes Road Buckfastleigh TQ11 0NF Tel: 01364 644499
www.dartrock.co.uk

Jim Bonney **Adventure Rehab**

Provides lead amputee recovery coaching
Newton Abbott Telephone: 01626 836580
www.adventurerehab.co.uk

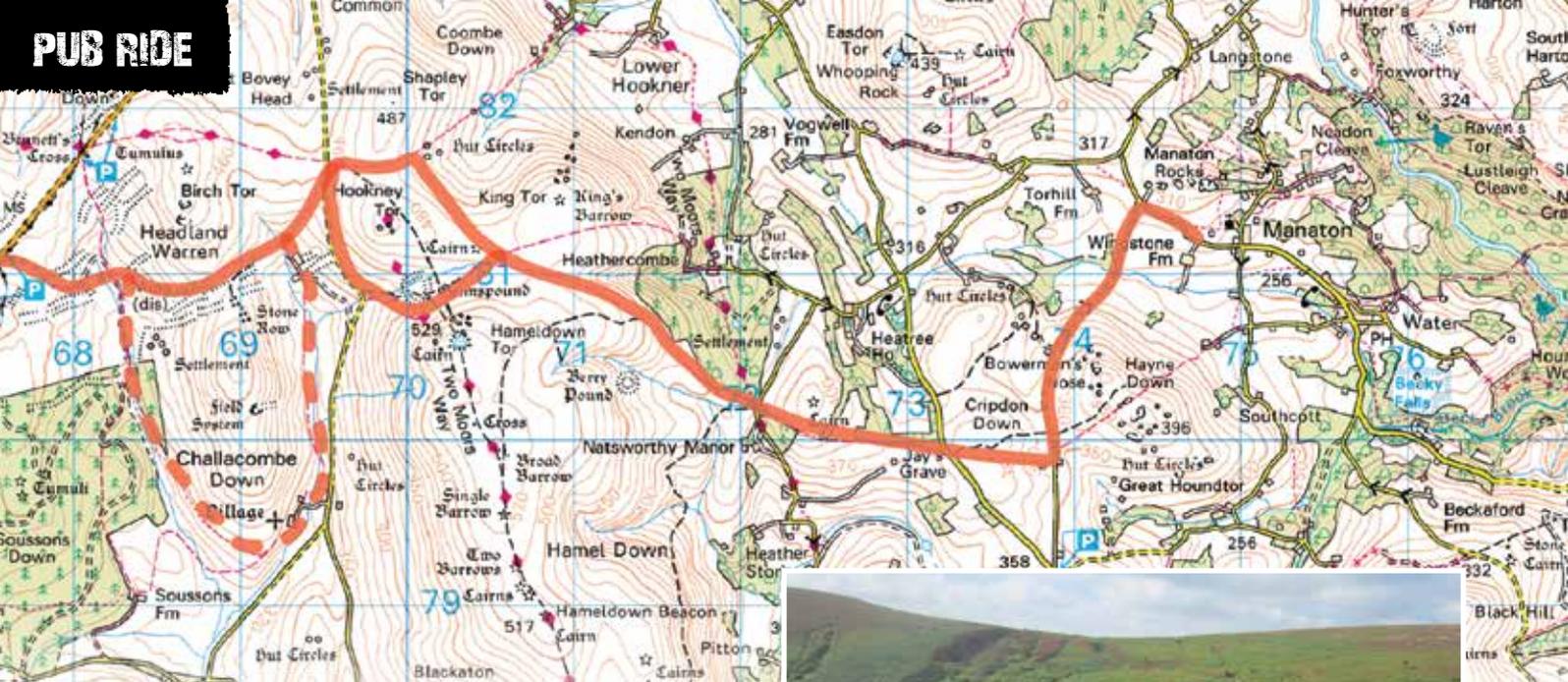
The following two private providers will design and make bespoke rock climbing prosthetics:-

Pace Rehabilitation Ltd

Chesham, Buckinghamshire HP5 2QA Telephone: 0845 4507357 www.pacerehab.com

Proactive Prosthetics

Elstead Surrey GU8 6LB Telephone: 01252 702 500 www.proactiveprosthetics.co.uk



BRIDLEWAYS AND BEER

Helen Newton shares a fantastic riding route on the eastern side of the National Park

What better way to experience Dartmoor than from the back of a horse? Taking in a country pub along the way is even better! Not every pub offers a horse friendly environment, but The Warren House Inn is one that does, so when some friends visited from Gloucestershire with their horses, I decided to devise a ride for them to enjoy the moor and the Inn.

Our route took us from Wingstone Farm at Manaton where my friends had accommodation for themselves and their equine chums. We rode the lane off the Manaton to North Bovey road that took us up Hayne Down with Bowerman's Nose to our left. We turned right just before the gate across the road at Moorhayes for a canter up Cripdon Down followed by a jog down the hill to Jay's Grave where we stopped a moment to admire the fresh flowers which mysteriously appear every day and to consider the sad tale of poor Kitty Jay.

The bridleway from there to Natsworthy is a pretty one with views to Honeybag Tor, Hameldown and the green valley between them. The next stage took us through two gates, across a road and over the East Weburn river (a trickling brook at this point), followed by a long pull up to Hameldown. A great opportunity to let the horses go, safe in the knowledge that they would have run out of steam before reaching the memorial stone that I wanted everyone to see. This is the memorial to the loss of four RAF airmen and their Hampton bomber returning from operations in France in 1941.

Our inspection of this memorial gave the horses a chance to recover before we headed out across the hill and worked our way down across open moorland to our next feature of interest, the Bronze Age Settlement that is Grimspound. From here we rode around the base of Hookney Tor, crossed the road and followed the bridleway across Headland Warren where we had a tantalising glimpse of our lunchtime destination as well as views to our left of stone rows and hut circles.

This valley has been mined for tin for over 800 years and we were able to see the remains of the most recent tin mining settlement at Vitifer Mine, deserted since 1913. The horses



PHOTOGRAPHS © HELEN NEWTON

had a good drink at Redwater Brook and from there it was only a fifteen minute ride on well defined paths to the pub. The Warren House Inn has had, for as long as I can remember, hitching posts for horses, which is a great advantage for a pub. As far as I am concerned, it should be compulsory!

We were able to sit within view of the horses whilst enjoying a light lunch, a beer and beautiful scenery. We retraced our hoof prints on the return journey with a detour up to Hookney Tor and across Hookney Down to rejoin our path back down to Natsworthy. We could have turned right at Vitifer Mine to do a very pretty two and half mile loop following the permissive bridleway through Golden Dagger Mine and the mediaeval Challacombe village, from there along the bridleway back to Headland Warren Farm. Do this in May and you will be treated to the sight of a blanket of bluebells at Challacombe Down.

The horses were keen on the way home and before we knew it we were back at Wingstone, tired but happy having had a fine day on the moors. The whole route was approximately 12 miles and at a fairly leisurely pace took 4 hours including the pub stop.





Ride straight onto **Dartmoor** from...



RIDING STABLES



OPEN
ALL YEAR -
7 DAYS A WEEK

We are a family-run stables, providing escorted rides across Dartmoor for any age and ability of rider. Wide selection of horses and ponies to suit everyone!

- Families and groups welcome
- Friendly atmosphere with experienced and helpful staff
- Hats and other equipment provided free of charge

FOR MORE INFORMATION OR TO BOOK, PLEASE RING.

01822 810526



Babeny Farm Stables



Fall in love with Dartmoor and our horses, whilst experiencing stunning scenery and creating memories. A warm welcome awaits both novice and experienced riders. 1 & 2 hr hacks including pub rides

Book NOW to avoid disappointment

01364 631296

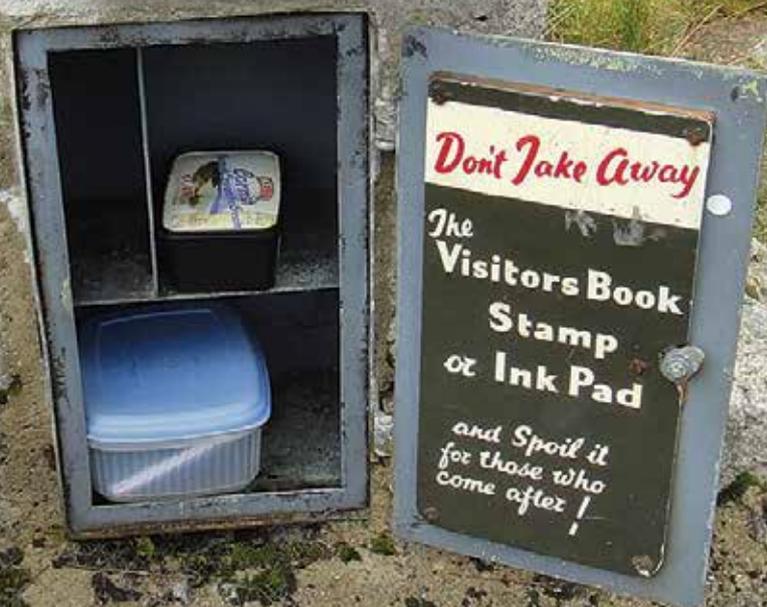


Poundsgate Newton Abbot Dartmoor TQ13 7PS
www.babenyfarm.co.uk info@babenyfarm.co.uk

Getting Started in Letterboxing

In the first of a new series Ian Barber introduces this popular Dartmoor activity that is enjoyed by people of all age ranges.

PHOTOGRAPH © RICHARD WILES



Gather the best bits of treasure hunting, navigation and art. Combine them with a bit of exercise and place conveniently in the largest wild area in southern England. Ladies and Gentlemen: Dartmoor letterboxing.

This obscure, yet highly addictive hobby has nothing to do with the Royal Mail red pillar boxes of course. Letterboxing's roots lie deep in the northern moor at Cranmere Pool. When James Perrott, a moorland guide from Chagford brought his guests in the mid 19th century to this spot, their trek could be recorded by the leaving of a calling card in a bottle he'd planted at the site.

Modern day letterboxing involves following clues to find hidden 'letterboxes'. A letterbox typically contains a rubber stamp and a visitors' book. A letterboxer takes an imprint of the stamp and leaves an individual mark in the book. There are many hundreds of letterboxes on Dartmoor, yet it is possible to walk all day and, unless actively searching, not spot any at all.

I was introduced to letterboxing at a young age, but I was quickly hooked. The family trips to the moor were eagerly anticipated, and I was searching under every rock and in every crevice on the moor - like a ferret - in my hunt for boxes. The family collection of stamps grew steadily, until now when almost 25 years later, the scrapbooks we filled contain over 15,000 stamps. I love Dartmoor letterboxing as much as ever, and despite having lived and worked abroad, and all over the UK, I was drawn back to the South West to be close to the moor and continue adding to the letterbox collection, updating my blog as I go.

To get letterboxing, you'll need a map - the OS Dartmoor Explorer map is perfect - and a compass, preferably a sighting compass for accuracy. Some letterbox clues provide GPS coordinates, like in its spin-off hobby, Geocaching, so a GPS can be of use. You'll also need to take paper or a book and an ink pad to take impressions of any stamps you find, and it may help to have a walking pole or similar, to poke under rocks where boxes may be hidden.

A circular walk in an easily accessible area of the moor is the best way to start letterboxing. This can best be achieved by purchasing a charity walk. Clues for these can be bought at one of the Letterbox Meets, held every year at Lee Moor Village Hall on clock-change Sundays, in March and October or by obtaining the current list of walks from the Letterbox 100 Club, the informal group for those who have amassed 100 stamps. The Meet is a great opportunity to join the Club. The catalogue of Dartmoor letterbox clues is sold there too.

Alternatively, you might like to take your chance and visit such places as Pew Tor, Cox Tor, Staple Tors, Belstone Tors and Row Tor, all of which have a fair number of boxes hidden under rocks around their slopes. Please ensure that any letterbox found is well hidden in the same place it was found, and not visible to any passer-by.

Dartmoor letterboxing is great for families, perfect for competitive types, awesome for almost anyone really! It tests navigation skills which last got an airing at Scouts. The requirements of solving cryptic letterbox clues, visiting unexplored corners of the moor and general observation ensures that new found appreciation and knowledge of the moor is gained through letterboxing.

Happy hunting!



Charity Letterbox Walks

Searching for these boxes was how many Dartmoor letterboxers started their hobby. Cluesheets are sold to raise money for good causes. The siting of this type of walk requires advance permission from the National Park Authority due to the numbers of people that complete the walk as well as the sensitivity of the landscape.

Clues

Whilst chance finds come from just searching under rocks, following a clue can quickly pinpoint a box location. Clues are an element that makes Dartmoor letterboxing so unique. Typically a letterbox clue involves several compass bearings on surrounding visible landmarks such as tors, standing stones and buildings, plus some detail of where and how the box is hidden such as the shape and size of the rock it is beneath.

Other clues may state how far from a point the box is, such as from a wall corner or stile, this is usually measured in paces. Some clues provide full Ordnance Survey grid references, as used in Geocaching. These can help narrow down a location and when a GPS is used it can obviously make letterboxing easier.

Not all clues are straightforward though. Some clues are intentionally tricky, with cryptic or vague references which require map work, intricate knowledge of the moor or puzzle solving skills in order to find them. They often provide fewer compass bearings and are quite a challenge to find!



Essential Equipment

- Map
- Compass, GPS and the skills to use them.
- A selection of coloured ink pads, as very few letterboxes include them.
- Postcards, some paper or a book in which to make a copy of the stamp found.
- A 'personal stamp' - unique to you - so you can leave your mark in the letterbox visitors' books found.

Letterbox stamps can take many forms. A selection can be purchased at craft shops. Some artistic folk hand craft their stamps using carving tools on pieces of rubber. Unique, custom made designs can be turned into sheets of polymer stamps by companies such as Nina Crafts www.ninacrafts.com or The English Stamp Company www.englishstamp.com.



Siting a Letterbox

To site a letterbox you will need:

- A blank notebook as a visitors' book.
 - A rubber stamp.
 - A robust and airtight letterbox container.
- Good quality clip-lid food boxes are excellent. Though to survive long term on Dartmoor may require two boxes - one inside the other. Two boxes also helps protect against vermin damage. Please do not use metal containers so as to avoid confusion with Ministry of Defence debris.

Anyone can site a letterbox but letterbox owners are responsible for maintaining their own boxes. Boxes should only be sited in natural holes and cavities on land which has public access. Please avoid siting any boxes in archaeological features, such as cairns and stone circles or in locations where they will obviously disturb wildlife, such as known bird nesting sites.

Letterboxing Code of Conduct

The National Park Authority and the Letterbox 100 Club have produced a code of conduct for letterboxing which offers top tips on letterboxing responsibly. The code states that letterbox hunters should always follow the Country Code, and search for letterboxes in a way that does not damage land, and leave letterboxes as you would hope to find them - securely closed and well hidden. For more information, check out Dartmoor National Park Authority's online guide to Letterboxing www.dartmoor-npa.gov.uk/visiting/vi-enjoyingdartmoor/vi-letterboxing.

Further Information

- www.letterboxingondartmoor.co.uk
- www.dartmoorletterboxing.org
- www.who-is-the-challenger.blogspot.com

Moorland Guides

Anna Baness finds out about the success of this cooperative



who have recently retired who have had a lifetime of hill walking both on Dartmoor and elsewhere and want to share their enthusiasm with others.

Moorland Guides now offers a wide range of walks, talks and courses, from six hour strenuous walks across the high moor to strolls around the local towns and navigation courses to national standards. The guides are also involved in Ten Tors training, the Duke of Edinburgh Award Scheme and provide a private guide hire service to international schools, coach groups, hotels and others as

well as continuing to work voluntarily for Dartmoor National Park Authority offering guided walks and talks to UK schools. In 2015 they will be providing at least one guided walk each day of every weekend from the beginning of April until the end of September.

Whilst the majority of their work is on Dartmoor, the guides also work in other areas including the Jurassic Coast, Exmoor, Bodmin, the north Devon coast, Lundy Island and Skomer and further afield, including the Lake District and even the Himalayas. Their flexibility enables them to tailor what

It was a freezing cold day when I caught up with Simon Dell to find out more about Moorland Guides, perhaps the largest group of guides working within the National Park. Despite the coldness of the day Simon's enthusiasm for the business was immediately evident, a business that came about as a result of austerity measures imposed on Dartmoor National Park Authority by central government.

It was created in 2012 by the former guides of the Dartmoor National Park Volunteer Guides Service as a small cooperative comprising existing and qualified guides who, for many years, had been working with Dartmoor National Park Authority leading guided walks and also supporting the educational programme by guiding school groups from both this country and abroad. When the National Park Authority stopped providing the existing public guided walks programme and also relinquished the international student guided walks involvement, Moorland Guides set about filling the gap.

"It was a great opportunity for the guides themselves to look at the guided walk programme and take it forward as a

private entity," Simon says. "It also gave us the chance to expand the variety of walks available, to listen to clients and customers and provide a new and innovative programme of walks aimed at all abilities and groups."

There are currently twenty-five guides on the books ranging in age from some in their twenties to others in their late seventies. Generally they are people



they offer to their clients' needs and Simon will be providing a week-long tour of English castles to an overseas client this summer.

In 2014 the guides ran approximately 300 walks and courses and did over 400 talks. This number looks set to increase during 2015. The website currently has 1400 hits a month and Simon prides himself in not turning any work down. "We have a good relationship with other guides," he says. "If we're really busy we can put work out to them. We want to support rather than take over from those already out there. It's all about sharing the guiding, there's enough work for all of us."

One particular area of work that is increasing is the private guide hire for coach companies. The companies are beginning to talk to each other more and Moorland Guides already has bookings through until November.

So how exactly do the Moorland Guides design their successful programme of public walks? Simon feels that since they became independent of the National Park Authority they have been able to become more flexible. They send out a monthly newsletter seeking feedback and hold six-monthly meetings among themselves to discuss ideas and changes. Individual guides generally have their particular interests and often work in their local geographical areas and say what walks they'd like to do. "I keep the overview," Simon says. "Coordinating all the walks and making sure that they fit together."

Simon estimates that in 2014 they had 3500 young people on their walks and over 5000 other people. "In summer the majority of our clients are people who are nervous of going out by themselves and turn up on spec," he says. "Most of the winter walkers are locals who don't want the responsibility of navigation." It isn't unusual for people to become regulars with

certain guides.

Some walks are bookable and some are not, it depends on how much effort the guide has had to put in to running the walk or course. Generally, enough people book or turn up for the event to run, but on the rare occasions that the guide turns up at the start of a non-bookable walk and no one turns up, they are almost thankful for the break and go for a walk themselves anyway.



PHOTOGRAPHS © SIMON DELL

Sometimes the opposite can happen. Simon runs a weekly town walk around Tavistock, which has proved very popular, and on one particular evening he had fifty-four people turn up. "It worked out alright," he says. "It was a Sunday evening stroll so the town was quiet and I was able to gather the group together at each point and move around the town fairly freely."

Moorland Guides is evolving and not all the guides originally worked for the National Park. New guides shadow others to start with and then Simon will join the new guide's first walks to ensure that they are working to the standard required. "We have a name to protect," he says and it certainly seems to be a name that an increasing number of people are associating with a great way to explore Dartmoor and beyond. ■

WOULD YOU LIKE TO JOIN MOORLAND GUIDES?

Would you like to join Moorland Guides?

Simon is always open to new approaches and is happy to meet for a chat over a cup of tea. The following are the minimum requirements he is looking for in a guide.

- Enthusiasm for Dartmoor
- Several years knowledge and experience of Dartmoor
- Walking Group Leader qualification or similar
- Outdoor First aid Certificate
- CRB check is desirable
- A gregarious nature and the ability to communicate

Further Information
www.moorlandguides.co.uk



CALL OUT



David Guiterman joins the Devon Cave Rescue Organisation on a callout.

PHOTOGRAPHS © DAVID GUITERMAN

The SARCALL went out from the leader of the Devon Cave Rescue Organisation (DCRO) on the evening of December 10th.

In the late afternoon, a small group of children had been playing down by the river when they thought they heard voices. This was strange as, apparently, there was no one around. Having enjoyed using the rope swing they decided to explore the nearby hillside. Just as it was getting dusk they heard the voices again; this time much clearer. There seemed to be some urgency; one of the voices was clearly distressed. The children hurried back to the nearby village of Hennock where they alerted the landlord of the Palk Arms. As he knew the area was riddled with mine working, he immediately called the emergency services. They passed the information on to the DCRO.

Not so long ago the cave rescue leader would have rung around the members to find out who was available. Valuable time would have been lost. This is no longer the case. The recently developed Search And Rescue Call (SARCALL) system has changed all that.

On receiving an alert, the emergency services contact the SARCALL system and provide all the details. The information is then passed to the appropriate rescue team leader who logs onto SARCALL to activate all the team members simultaneously with text messages; no

ringing around needed.

When a team member gets a call-out activation (by any means - landline, mobile, SMS or email) he or she sends an SMS from their mobile to a special number giving information on their availability and time to rendezvous. SARCALL recognizes who has sent each message and automatically builds a report. The leader knows within a minute or two who is available and when they will arrive.

The system worked perfectly. A full team assembled after dark on a showery night to be briefed by the team leader who fortunately had a map of the mine workings. A lot of old mines were never mapped. Having a map makes things much easier. It was quickly apparent that the most likely location of any casualties would be at the bottom of a vertical shaft where it joins a horizontal adit. This would explain why voices could be heard both by the river and at the top of the hill.

The shafts of many old mine workings were capped by the simple expedient of felling a tree over the top of the shaft and piling rubble on top of it. After not too many years the tree trunk rots and the cap is ready to collapse. For this reason walkers on Dartmoor are advised not to explore any depressions in the ground that might indicate a capped shaft.

I was introduced to the rescue team. The team that night included two dogs, both of which, I was told, were highly trained in resuscitation. One of them

was to play a major role as the drama unfolded.

The leader split the team into two groups. One party worked its way along the river to the adit entrance whilst the other climbed the hill to investigate the top of the vertical shaft. Both groups kept in radio contact. A messenger waited at the entrance to the adit to relay messages between the two groups.

I joined the adit party and we entered the narrow horizontal working. As we brushed against the rock walls our hands and clothing began to turn red and sparkle. Great Rock Mine was the last working mine in Devon. It produced micaceous haematite. This iron oxide was used in the manufacture of anti-rust paint. Much of it ended up on railway bridges where the mica content sparkled in the sunlight. The shining faces of some of the worshippers at Hennock Church on a Sunday had little to do with their religious fervour. Everyone could see who worked down the mine.

We soon encountered the casualties. They had indeed fallen down the shaft. The rescue team immediately began a painstaking assessment of their injuries. One of them, Simon, appeared to be in a bad way. He kept drifting in and out of consciousness and was almost incoherently complaining of neck, back and abdominal pain. The other, who told us that her name was Liz, seemed to be suffering from a badly broken left leg but appeared otherwise uninjured.

Both casualties had to be carefully stabilized before they could be moved out. As Simon appeared to have severe spinal injuries he had to be carefully immobilized on a spinal board. It was important to ensure that handling Simon and removing him from the mine

didn't cause any further damage. It was with equal care that he was then rolled onto a stretcher.

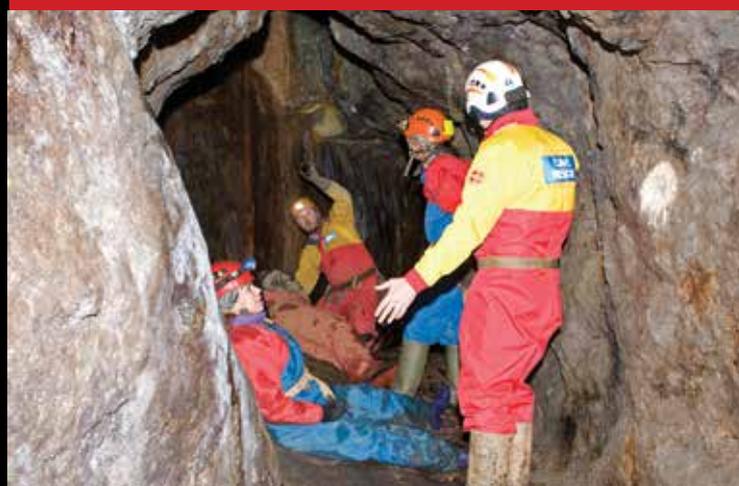
Two other members of the team concentrated on Liz. They carefully tied the broken left leg to her sound right one in order to immobilize the fracture. Team members constantly talked to and reassured both casualties.

Then came the time to get them out of the mine. Unfortunately, there was only one stretcher available and this was needed for Simon. Liz appeared to be in too much pain to be able to walk even with assistance. It was then that the rescue spaniel played his part. A couple of licks and Liz was on her feet, legs untied and walking without difficulty. Simon was stretchered to the cave entrance where he too made a miraculous recovery.

This was one of the monthly rescue exercises carried out by the DCRO to help ensure that their skills are kept highly tuned should they be needed for real. It is not often that cavers need rescuing; they are for the most part a self-reliant group. DCRO is however often called upon to help out with aboveground rescues. Readers can find out more about the activities of DCRO by following them on Facebook.

The Great Rock Mine is secured by locked gates on all the adit entrances and the vertical shafts are securely fenced.

As I had guessed, the two dogs were just there to have fun; no training needed for that. Regular readers of *Active Dartmoor* might start to believe that Simon is accident prone. The Simon "rescued" from the mine was not the same as our own Simon who got into trouble in Issue 6. ■





The Dartmoor centres

The Dartmoor Centres offer group accommodation and adventurous activities for schools, youth groups, community groups and clubs at our two residential centres on Dartmoor.

Dartmoor Training Centre

Self catered or fully catered - Sleeps 50



CLIMBING
CAVING

MOUNTAIN BIKING
WALKING
EXPEDITIONS
BUSHCRAFT
ORIENTEERING

Pixie's Holt

Fully Catered - Sleeps 42



The Dartmoor Centres also offer professional training for outdoor leaders

- MTE Hill & Moorland Leader
- South West Mountain & Moorland Leader Awards
- First Aid for the outdoors courses

www.dartmoorcentres.co.uk

Paws for Thought

Dog walking is a popular activity on Dartmoor but dogs can and do disturb livestock and wildlife unless they are under proper control. Here Lelly Bond, a member of the Association of Pet Dog Trainers (A.P.D.T.), shares her top tips for ensuring that your dog is always welcome on the moor.



PHOTOGRAPH © JENNY HOW

Dartmoor: a place to relax and unwind from the stresses of everyday life, is heaven-sent for dog walkers. Like us, dogs need mental as well as physical exercise in order to stay healthy and have quality in their lives. In fact dogs that have limited mental stimulation often develop behavioural problems so providing them with good, quality exercise suited to their age and health is all the more important.

The pleasure of being outdoors, at one with your dog, seeing them enjoying life and using their incredible senses is something that probably only a “dog person” can understand but things can, and sometimes do, go wrong. Probably first to mind is chasing livestock, but chase, a natural behaviour, is stimulated by movement so runners, horse riders and mountain bikers can also be targets. To a walker, even a calm approach by a dog may not be welcome but if they jump up it can also cause fear or even injury.

These behaviours are rewarding for the dog but clearly unacceptable to us. Chasing results in endorphins flooding the body providing such a massive feel-good factor that each and every chase motivates the dog to do it again, and again. Jumping up results in attention, which is what the dog is seeking by its actions. Even being told off is a form of attention and will therefore serve the purpose for some dogs.

So, what can be done?



Puppy outdoors safely under control on a training line and then being encouraged to stay close to owner

Training your dog

Prevention is better than cure, but adult dogs can still learn, so if your dog already behaves in ways that are unacceptable ask for help from a professional trainer. Take care that he or she is qualified and belongs to a reputable organisation that endorses only modern, positive training methods. Punishment is sometimes offered as a quick fix, but it rarely works and can lead to serious problems later.

Basic training and thinking ahead goes a long way. Start as soon as you bring your puppy home to prevent your dog learning that these behaviours are fun. Once learnt, never forgotten!

- 🐾 Socialise your puppy to all forms of livestock and people of all appearances. This reduces the chance of fear and aggression developing.
- 🐾 Prevent your puppy learning that “chase” is fun. Do not let it chase anything that you are not in control of, even in your garden. This includes birds and butterflies. Instead direct attention on to toys such as balls or frisbees.
- 🐾 Prevent your puppy learning to jump up on people. Do not let anyone give it attention unless it has four paws on the ground.
- 🐾 Teach a reliable recall, down and stay. Practice on a regular basis and in all situations. A good training class dedicated to young puppies can be helpful with this.
- 🐾 Do not leave recall to chance. Young puppies tend to keep close to you and will come if called but as they gain more confidence to explore they learn that some activities are more fun for them than returning to you. Use a long training line attached to a chest harness until their recall is 100% reliable.
- 🐾 Near livestock, keep your dog on lead and its attention on you. Reward it for ignoring the animals. Use rewards that your dog likes, not those you think it “should” like.

- 🐾 Dogs are stimulated by sight, sound and scent to varying degrees depending upon the individual and the breed. They signal their intentions so learn to spot the signs and distract them before they react. Watch for them scanning the environment and “locking on” to something of interest. This is the point when they start to switch off from you. Act quickly and call them back for a game or a treat. Dogs in full chase will not hear you.
- 🐾 Do not allow your dog to approach another dog that is on a lead. There will be a reason. For example, it is in training, injured, old, aggressive or fearful.
- 🐾 Stay within the law. Keep dogs on leads as and when directed.

If you're approached by a dog ...

Dogs approach people for various reasons. Most are friendly and just want attention. Some may be stimulated by curiosity, for example, the strange silhouette of a hiker with a backpack, but will be friendly on arrival, although perhaps quite excited. A few rush up for other reasons. For those people on the receiving end, surprised by the sudden arrival of a dog, what should you do?

ALWAYS

- 🐾 Stay relaxed and remain disinterested.
- 🐾 Stand still with your arms held close to your body or folded.
- 🐾 Avoid looking at or speaking to the dog. If it jumps up, turn away and if it is overly interested in something you are holding, drop it to the ground. When it loses interest move away slowly.
- 🐾 If you are knocked over, curl up into a tight ball in a kneeling position if possible and keep your head and arms tucked in. Remain still until the dog loses interest and moves off or the owner has arrived and the dog is back under control.

NEVER

- 🐾 Run away: this will stimulate any chase instinct or act as a game.
- 🐾 Push the dog away or down or shout at it: this will increase the dog's level of excitement, or may frighten it, which may lead to fear aggression.
- 🐾 Give eye contact or try and stare the dog out: Eye contact can frighten the dog or act as a challenge and stimulate aggression.
- 🐾 Wave your arms around: this can increase levels of excitement or frighten the dog, which may lead to fear aggression.

Body language

The dog's body language can help you to tell how it is feeling but it should always be read as a whole and in context. The signals that dogs give can be fleeting and the natural physical appearance of some dogs can make it difficult to read them. In general, friendly dogs wag their tails in big, broad sweeps or even in big circles. Some are so enthusiastic they may appear to wag their backsides as well. They have a relaxed body, soft expression, smooth forehead and may have squinty eyes. The mouth will be open but the teeth are not bared. Remember that the friendly dog that approaches you is seeking your attention and if it is given then that dog will repeat the behaviour and is more likely to approach the next person it sees. This person may not be dog friendly.

Unfortunately, some friendly dogs have learnt to jump up when greeting and some over excited dogs do this too. Remember the tips given above if this happens.

An aggressive dog does not move in this fluid, relaxed way but slowly, stiffly and purposefully, holding its tail rigid or high. It may wag, but very little and stiffly or it might seem to vibrate. They watch you or stare intently and you may hear a low growl, an early verbal warning. Never stare back. With increasing threat the head is pushed forwards, forehead wrinkled with lips drawn up to expose the teeth.

Nervous dogs are unlikely to rush up to you. Their tail is held low or tucked between the legs although you may see a short wag. They crouch to varying degrees, lean back and appear tense or worried. Their ears are pulled back or flattened to the head and you may see the whites of their eyes. Tongue flicks, lip licking and yawning are all signs of anxiety. Some nervous dogs can show mixed signals that include elements of both fear and aggression. They may be aggressive in an attempt to frighten things away. It may be tempting to try and touch a nervous dog to show it that you are friendly but if they feel trapped in any way they may bite. Some dogs may bark to invite play but bursts of short, explosive barks are a warning sign.



PHOTOGRAPH © RICHARD DRYSDALE

Finally, if you cannot resist greeting a friendly dog:

- 🐾 Always ask the owners permission first. They may be training their dog and prefer you to ignore it.
- 🐾 Only ever acknowledge the dog when it has four paws firmly on the ground.
- 🐾 If the dog is relaxed, friendly and confident then greet it by standing slightly side on, let it sniff your closed hand then stroke its chest or shoulders. Stop if it chooses to break contact and if it moves away do not follow it. If the dog is showing even minor signs of nervousness then leave it alone.

When greeting a strange dog **NEVER**:

- 🐾 Put your face close to its face.
- 🐾 Approach it head on, lean over it or stare at it.
- 🐾 Hug it.
- 🐾 Overwhelm it with an over-the-top greeting.
- 🐾 Pat it on top of the head.
- 🐾 Follow and try to continue stroking it when it has moved away from you.

Like us, dogs have a sense of personal space and this varies with the individual, breed and the situation. Not every dog wants to be greeted. What would you do if a total stranger rushed up and gave you a kiss? What might a dog do if you did the equivalent to it?

Further Information
www.pawstolearn.co.uk



PHOTOGRAPH © TAVISTOCK TIMES

INFO
Dartmoor Livestock Protection Officer -
Karla Mckechnie
07873 587561

I work on Dartmoor as the Livestock Protection Officer for the Dartmoor Commoners' Council and the Dartmoor Livestock Protection Society. I have spent all my life on Dartmoor and live in Horndon, Mary Tavy, with my husband, two sons, horses, cats and dogs. The job is unique and I love the variety it brings. I am actively involved on a day-to-day basis with the commoners and have built up a good relationship with them. I am passionate about the role I play in the welfare of the animals grazing the moor and on call 24/7. On occasions, I am called out in the middle of the night to deal with some of the more serious injuries to ponies and cattle.

In 2014 I received and dealt with 938 calls relating to the welfare of livestock. I am the link between the public and the farmers and the first point of contact for the police and Dartmoor National Park Authority when there are problems. There were 50 reported dog attacks on livestock during 2014 and 78 road traffic incidents. It is disquieting to note that road traffic accidents are on the increase. December saw the highest number of recorded incidents (10) and January 2015 (7). The worst roads for accidents are on the B3212 (Yelverton to Princetown and beyond) and the B3357 (Tavistock to Two Bridges and beyond). Black-spots are the Four Winds Car Park, Merrivale, between Peak Hill to Devil's Elbow and the area around the Warren House Inn. When the roads are gritted in winter, ponies and cattle are attracted by the salt. Between October and November cattle make their way down from the higher parts of the moor knowing that they will soon be gathered into the farmstead.

Dog Attacks on Livestock

Dogs should be on leads at all times around livestock if they are not trained to come back on instant recall. Dogs do not "play" with sheep, it is their natural instinct to chase, attack and ultimately kill prey.

It is difficult to obtain the necessary evidence needed for a criminal prosecution. The injuries sheep sustain are horrendous and often they die from these injuries. In most cases the public press have found it too distressing to print the photographs. I have been able to obtain monetary compensation for several farmers whose animals have been seriously injured or killed. However, this is not the answer. The only solution is responsible dog ownership.

Dartmoor is larger than Exmoor or the New Forest, and the Dartmoor Livestock Protection Society is grateful for information on any livestock welfare matters. Anyone with information is asked to report it.

Reporting an incident

If you have you seen sheep chased, savaged or killed by dogs or come across injured or dead livestock please:

- 🐾 Note the exact location, ideally with a grid reference.
- 🐾 Note the paint mark on sheep, ear tag number on cattle or brand on ponies.

Further information www.dlps.org.uk



PHOTOGRAPH © LELLY BOND

Puppy being lured into the "down" from a sit position



ADVENTURE PHOTOGRAPHY WORKSHOPS

IN PARTNERSHIP WITH ADVENTURE 360



**Malcolm Snelgrove
Photographer**

07973 118237

www.malcolmsnelgrove.com
malcolm@malcolmsnelgrove.com



**ADVENTURE
THREE SIXTY UK**

www.adventure360uk.com

ACTIVE ON DARTMOOR Adventure Photography Workshops will see budding photographers with a taste for the great outdoors empowered by these unique courses set against the backdrop of Dartmoor's wild and dramatic landscape.

Embark on the Active on Dartmoor Adventure Photography courses and expect to develop skills above and beyond standard techniques as you learn how to take breath taking images of up and coming stars of adventure sports as they rock climb, kayak, mountain bike, trail run and wild camp on Dartmoor.

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

Each day ends with a friendly group chalet style cook up and presentations by the instructors sharing their experiences in the Outdoor Adventure industry. Discuss life out on expedition, photography skills and equipment and what commissioning editors look for in images.

Count on a wonderful weekend with new photography friendships made during these unique workshops with the distinct Dartmoor landscape as the backdrop.





OUTDOOR SPECIALISTS SINCE 1977

Stores in Taunton, Bristol & Exeter

www.tauntonleisure.com

- Walking • Camping • Climbing
- Trekking • Travel • & Much more

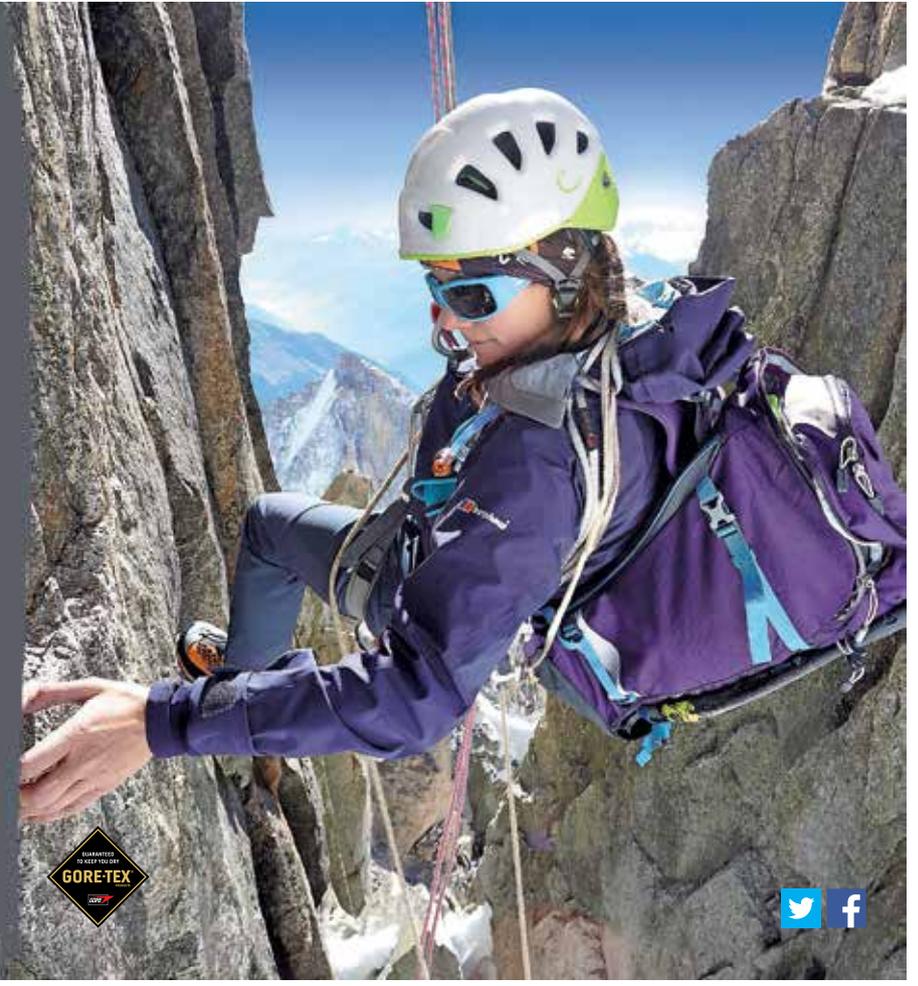


berghaus

Rab



**TOTAL PROTECTION
FROM THE ELEMENTS**



I walking

National Trust on Dartmoor

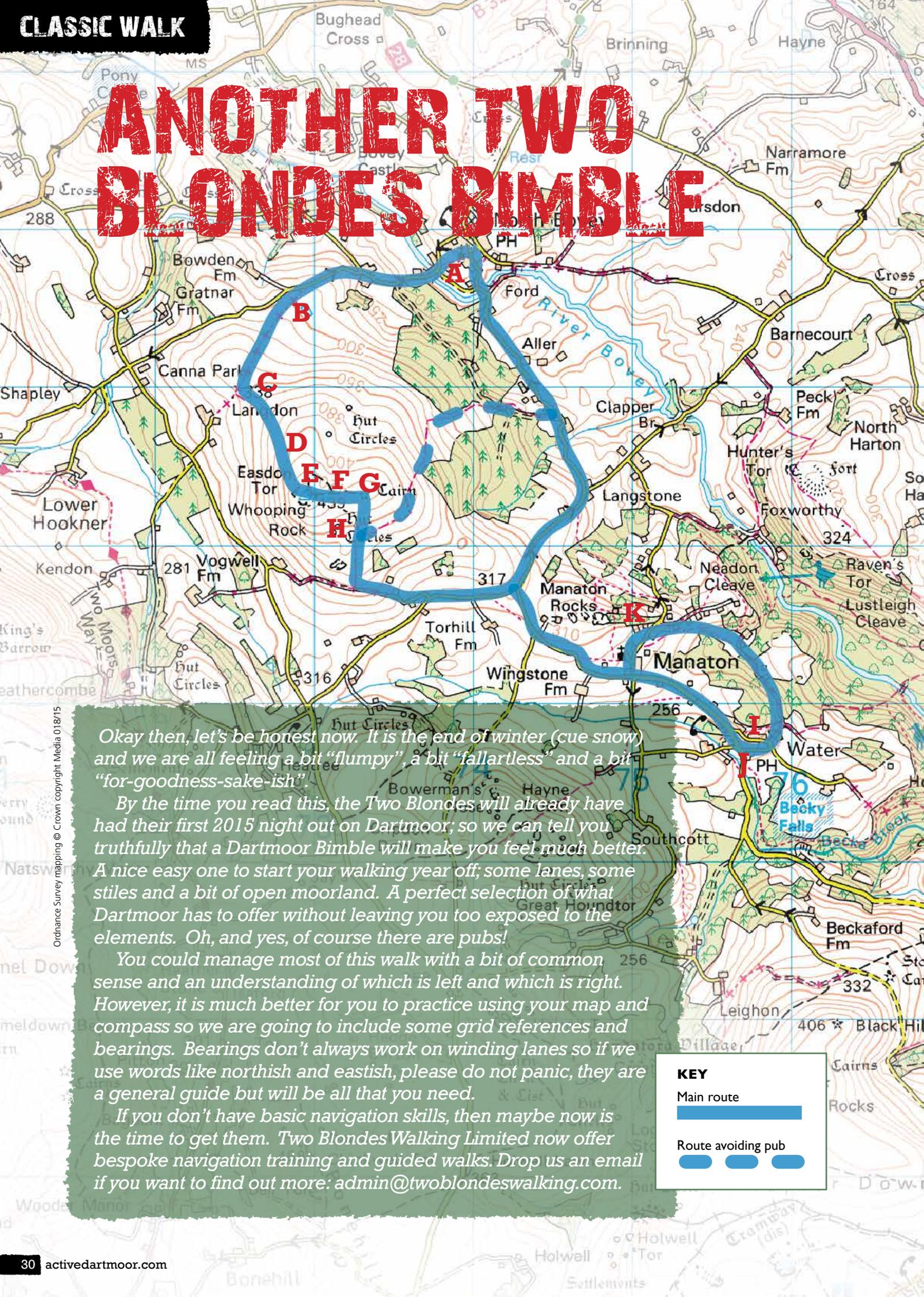
Take a gentle stroll or a more adventurous walk on the open moor. Car parks at Plymbridge, Cadover bridge, Parke, Lydford Gorge, Finch Foundry and Fingle bridge.

01626 834748
nationaltrust.org.uk/parke

National Trust



ANOTHER TWO BLONDES BIMBLE



Ordnance Survey mapping © Crown copyright Media 018715

Okay then, let's be honest now. It is the end of winter (cue snow) and we are all feeling a bit "flumpy", a bit "fallartless" and a bit "for-goddness-sake-ish".

By the time you read this, the Two Blondes will already have had their first 2015 night out on Dartmoor; so we can tell you truthfully that a Dartmoor Bimble will make you feel much better. A nice easy one to start your walking year off; some lanes, some stiles and a bit of open moorland. A perfect selection of what Dartmoor has to offer without leaving you too exposed to the elements. Oh, and yes, of course there are pubs!

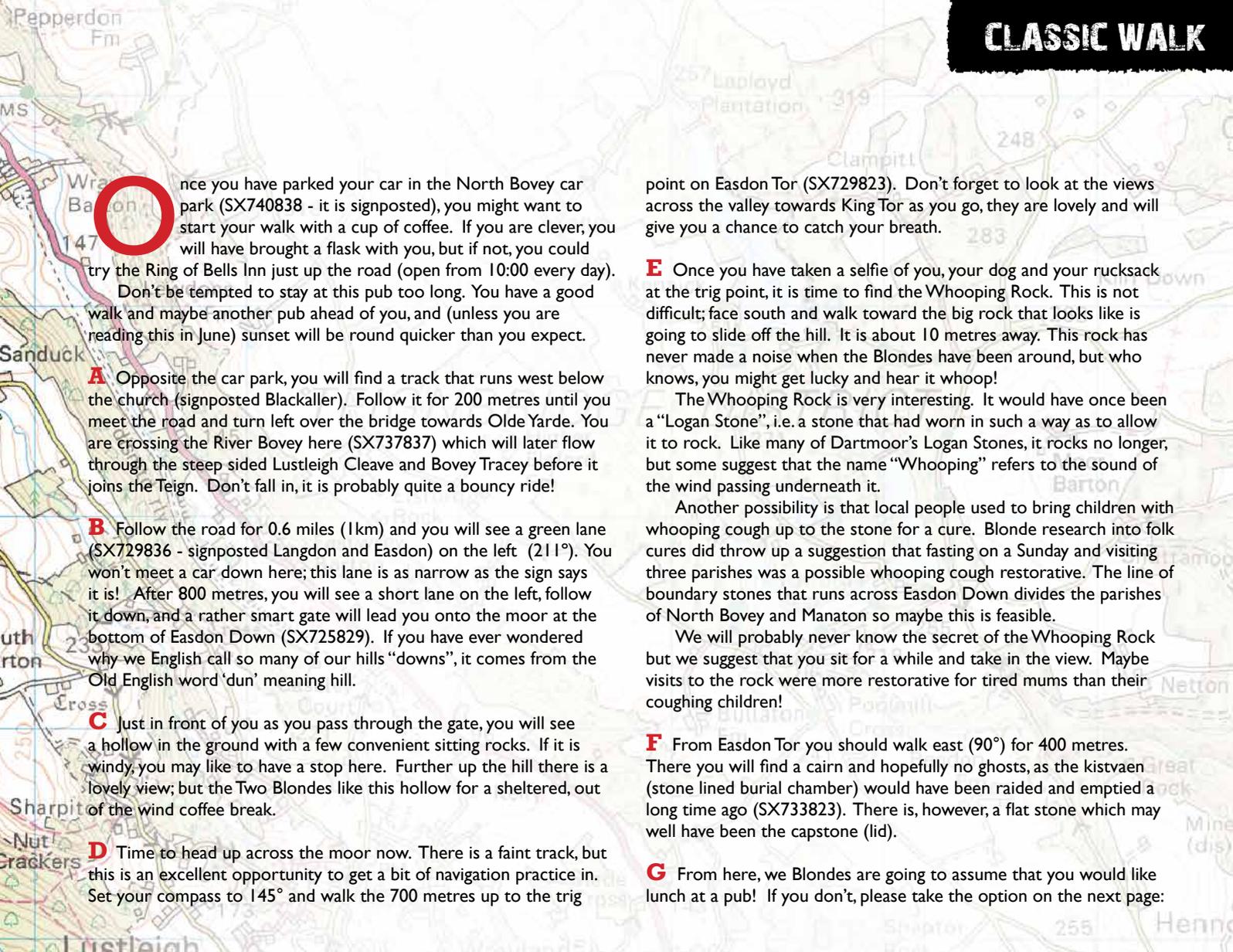
You could manage most of this walk with a bit of common sense and an understanding of which is left and which is right. However, it is much better for you to practice using your map and compass so we are going to include some grid references and bearings. Bearings don't always work on winding lanes so if we use words like northish and eastish, please do not panic, they are a general guide but will be all that you need.

If you don't have basic navigation skills, then maybe now is the time to get them. Two Blondes Walking Limited now offer bespoke navigation training and guided walks. Drop us an email if you want to find out more: admin@twoblondeswalking.com.

KEY

Main route


Route avoiding pub

Once you have parked your car in the North Bovey car park (SX740838 - it is signposted), you might want to start your walk with a cup of coffee. If you are clever, you will have brought a flask with you, but if not, you could try the Ring of Bells Inn just up the road (open from 10:00 every day).

Don't be tempted to stay at this pub too long. You have a good walk and maybe another pub ahead of you, and (unless you are reading this in June) sunset will be round quicker than you expect.

A Opposite the car park, you will find a track that runs west below the church (signposted Blackaller). Follow it for 200 metres until you meet the road and turn left over the bridge towards Olde Yarde. You are crossing the River Bovey here (SX737837) which will later flow through the steep sided Lustleigh Cleave and Bovey Tracey before it joins the Teign. Don't fall in, it is probably quite a bouncy ride!

B Follow the road for 0.6 miles (1km) and you will see a green lane (SX729836 - signposted Langdon and Easdon) on the left (211°). You won't meet a car down here; this lane is as narrow as the sign says it is! After 800 metres, you will see a short lane on the left, follow it down, and a rather smart gate will lead you onto the moor at the bottom of Easdon Down (SX725829). If you have ever wondered why we English call so many of our hills "downs", it comes from the Old English word 'dun' meaning hill.

C Just in front of you as you pass through the gate, you will see a hollow in the ground with a few convenient sitting rocks. If it is windy, you may like to have a stop here. Further up the hill there is a lovely view; but the Two Blondes like this hollow for a sheltered, out of the wind coffee break.

D Time to head up across the moor now. There is a faint track, but this is an excellent opportunity to get a bit of navigation practice in. Set your compass to 145° and walk the 700 metres up to the trig

point on Easdon Tor (SX729823). Don't forget to look at the views across the valley towards King Tor as you go, they are lovely and will give you a chance to catch your breath.

E Once you have taken a selfie of you, your dog and your rucksack at the trig point, it is time to find the Whooping Rock. This is not difficult; face south and walk toward the big rock that looks like is going to slide off the hill. It is about 10 metres away. This rock has never made a noise when the Blondes have been around, but who knows, you might get lucky and hear it whoop!

The Whooping Rock is very interesting. It would have once been a "Logan Stone", i.e. a stone that had worn in such a way as to allow it to rock. Like many of Dartmoor's Logan Stones, it rocks no longer, but some suggest that the name "Whooping" refers to the sound of the wind passing underneath it.

Another possibility is that local people used to bring children with whooping cough up to the stone for a cure. Blonde research into folk cures did throw up a suggestion that fasting on a Sunday and visiting three parishes was a possible whooping cough restorative. The line of boundary stones that runs across Easdon Down divides the parishes of North Bovey and Manaton so maybe this is feasible.

We will probably never know the secret of the Whooping Rock but we suggest that you sit for a while and take in the view. Maybe visits to the rock were more restorative for tired mums than their coughing children!

F From Easdon Tor you should walk east (90°) for 400 metres. There you will find a cairn and hopefully no ghosts, as the kistvaen (stone lined burial chamber) would have been raided and emptied a long time ago (SX733823). There is, however, a flat stone which may well have been the capstone (lid).

G From here, we Blondes are going to assume that you would like lunch at a pub! If you don't, please take the option on the next page:



PHOTOGRAPH © TWOBLONDES

No pub option: There is a stone wall 200 metres due south of you. You should head down towards it. On the way, you might see a tall rock stack. It is not marked on the OS map but is called “Figgie Daniel”. We would love to tell you why it is called that but we don’t know. Say hello to him for us.

When you reach the wall, you need to walk along it heading eastish until you come to the end of it. From there, you should follow a path which runs north (9°) for 600 metres. There are a few bridleway signs to guide you.

The bridleway then turns eastish again (82°) and goes straight down the hill through a magical area of moss covered boulders, conifers and native trees. Follow the bridleway all the way down for 800 metres to the lane near to Luckdon (SX745827). From there a walk of about 0.6 miles (1km) down and then up the lane, in a northwestish (330°) direction will take you back across the River Bovey (SX740836) to your car.

H To find the pub (you must be hungry by now), you will need to go to Manaton. Head south from the cairn and walk downhill for 600 metres, following the wall boundary until you meet the green lane (SX732817). Head east along the lane until you reach Barracott (300 metres). From here, follow the lane down to Langstone Cross. Then take a right turn and head along the lane southeastish for 0.6 miles (1km) until you reach Manaton (SX750811).

Did we say that the pub was in Manaton? Well it is, but you are not there yet. If you like churchyards, the one at Manaton is worth some exploration. You will pass the church again later if you feel an urgent need to get to your lunch. If you do explore, be sure to take a look at the cross that stands by the little gate on the west side of the church. It looks like it has been there forever and is definitely old, but the story goes that the vicar of the parish so intensely disliked the practice of carrying a coffin three times around the cross before burial, that he “disposed” of it. The cross that is now in situ was found much later on, but didn’t fit the hole that had been left by the original cross. Another Dartmoor mystery and yet another Dartmoor cross that has a story to tell.

I Anyway, enough graveyards. Time for a warm welcome and some lunch (you can choose whether or not it is a liquid one). The Kestor Inn is open from 12:00 to 14:00 for lunch (12:00 to 16:00 for Sunday carvery). It offers a warm welcome and serves a wide variety of lovely food. We Blondes usually opt for their homemade soup which is always delicious. There is even a little shop which stocks maps and Dartmoor walking books (and maybe a Blonde Bimbles book one day!)

J Once you have warmed up, eaten your fill and maybe imbibed a Dartmoor based beverage, it is time to head off again. We Blondes don’t like to make things too easy after lunch, so we are going to take you off road again. As you come out of the pub, turn left and then left again into a lane that will take you northeastish (72°) and down into Letchole Plantation (SX757810). This lane veers left after 250 metres and you will follow the track on a bearing of 330°. If you look carefully, you will see the grass topped buildings of the East Dartmoor National Nature Reserve. After 900 metres, you will cross a stream (ignore the track to the right just before the stream). Keep going up your track until you reach a road (600 metres).

K Turn left at the road and after 200 metres (southish), you will find yourself back at the Manaton crossroads (near the church). At these crossroads, turn right and head back along the lane for 0.6 miles (1km) to Langstone Cross (SX742817). Then it is a right turn and another kilometre down to Langstone itself (36°). At Langstone, take a left turn and follow the lane down through Luckdon and Aller Mill (325°). Cross the River Bovey (SX740836) and then a few short strides will take you up to your car (distance from Langstone to North Bovey 0.9 miles (1.5km)).

There you go. We Blondes told you that you would feel better after a Bimble. You don’t feel better? Your legs and back are aching? Well go home and have a hot bath, we promise that you will feel completely excellent after that!

Family Option

Whilst the lanes in this walk are not very busy, they do have cars on them. Please take care if you have young children with you. High visibility vests and tops are available for youngsters and a useful addition to their walking kit. This is a lovely walk for children because it has all sorts of things to climb on, explore and look at. If you want a quick walk with just one section of lane, we recommend a trip from North Bovey up to the Whooping Rock (see sections A-E of our Bimble) and a return the same way. You can tell the youngsters that it is downhill all the way home!

Navigation Notes

Navigation across open moorland can sometimes be easier than on tracks and lanes. Lanes feel safe and can easily lead you in the wrong direction or too far in the right direction.

One trick is to use your compass to make sure that you are heading the right way. Set the bearing on your compass to the one suggested in our Bimble. Point your compass away from you and turn you and the compass around until the red north arrows line up. You should now be facing the right way.

Another trick is to note how long each section of your route should take you. If you walk for longer than that time, then you need to stop and think about where you are. Have you missed a turning? Do you need to go back and check? Were you in the right place to start with? If in doubt, go back to your last known point.

Compasses are great tools and, once you have practiced using one, you will be surprised by how often you wish you had one with you.

FOOT FILE

LENGTH: Without detour to Manaton pub 4 miles (6.5km).
With detour 7.5 miles (12km)

TIME: Without detour to Manaton pub – 2 hours.
With detour – 4 hours

START/FINISH: North Bovey car park SX 740838

TERRAIN: Mixed terrain; green lanes (often muddy but usually pretty), a short open moorland section and some country road walking. Tracks can be muddy and the walk includes a number of stiles

MAPS: OS Explorer OL28 Dartmoor

PUBLIC TRANSPORT: Public transport is limited. Turner’s Tours offer a once a week service from Newton Abbot on a Wednesday. Route number 671 – Newton Abbot to Okehampton

PARKING: North Bovey car park. No charge

NEARBY ATTRACTIONS: Bovey Castle (bring several credit cards). Moretonhampstead (for quirky shopping)

Want to share your favourite walk with readers?

If you have a particular walk that you think other readers would enjoy and have some good images to go with it we’d like to hear from you. Email anna@activedartmoor.com with your idea.

So much more than you ever imagined!

Places to Stay, Places to Eat, Places to Visit



PHOTOGRAPH © WWW.DARTMOORPHOTOS.CO.UK

Everything you could possibly need for a fabulous holiday on Dartmoor at

www.visitdartmoor.co.uk



HOME BREW

Stoves for a day and a night on the ground

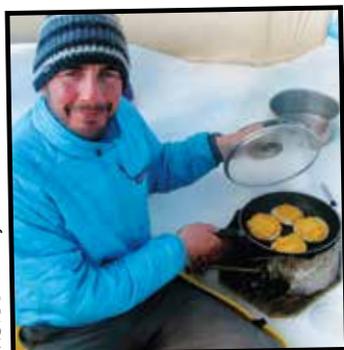
Johnny Baker looks at stoves for a wild night out on the moor

My first stove for the outdoors was my grandfather's 1924 paraffin stove. You primed it with methylated paste. It still has an unrivaled boil time, fold out legs for stability, a set of "prickers" for clearing the jet, removable pot supports to pack down small and a bracket for attaching to a bike for touring. Despite being made of brass and weighing half a kilo when fueled up it was a reliable mountain stove. In 1984 on a seven day solo coast to coast trip across Scotland I used this stove. It never let me down.



- Do not light fires.
- If you use a camping stove then stand it on a stable rock.
- Be aware of fire risks in prolonged periods of dry weather and heed fire risk warning.

The following selection of stoves have been compared using the principles mentioned above. I have plumped mainly for gas canister stoves due to simplicity of use. Modern gas mixes of propane and butane in re-sealable cartridges that screw on to the burner are clean and efficient with goodish performance in winter weather.



PHOTOGRAPH © JOHN BAKER

Cheesy muffins anyone?

Bomb proof features:

- Good Boil time ● Packability ● Availability of fuel
- Stability ● Light weight



Alpkit Kraku 45 grams £25

A modern titanium stove for the solo adventurer. Reminiscent of the pioneering Pocket Rocket by MSR. It was a 2013 ISPO Gold winner. Alpkit make plenty of related products such as a windshield, titanium pot sets and cutlery, chain-sets for hanging bivouacs on Haytor etc etc.

Optimus Eta Spider 600 grams £90

I bought the bigger Eta Power for a three week family cycle tour and was rather skeptical about only one pot, its size and weight. In practice this superb stove was utterly faultless and very efficient - we used only 800 grams of gas. The weight includes integral windshield, pot and bowl with insulated bag for haybox style cooking. It packs up very neatly. The burner can be converted to take liquid fuel for extended remote trips.



Trangia 1100 grams £100

The classic stove for youth expeditions. Integral windshield, pot grip, and aluminum cook-set all available in three sizes. I hauled the largest size up the Frendo Spur - a classic mixed climb in the Alps. Crazy. It's stable, wind resistant and simple to use. But it also has a reputation for dangerous and lethal flare-ups when refueling and therefore needs careful handling. The gas fueled conversions are now the preferred option and stainless steel cooksets are available to replace the traditional aluminum pans. The Trangia kettle is a design classic.

Jetboil 345 grams from £80

My first use of a jet boil, which comprises of an insulated pot that locks onto the gas burner, was using it to brew hot chocolate, soup, noodles and morning coffee whilst anchored to a bum sized bivvy ledge hacked out of ice on the Croz Spur of the Grandes Jorasses in the French Alps. The insulated stove was wedged between my legs so I was careful not to overfill the pot due to its volcanic tendency when boiling. Only good for heating up drinks, runny food and boil in the bag meals. A dependable and compact piece of kit with lots of different configurations including tripod stability kit, French coffee press and companion cups.



.....

The do's and don'ts of stove use

A thousand outdoor enthusiasts and instructors were asked the most common mistakes they had come across when using an outdoor stove. They are listed below:

- Not allowing a stove to cool after use, or forgetting it's hot before picking it up.
- Using the wrong fuel or not checking the gas bottle fits before use.
- Setting up to cook on an uneven surface.
- Putting pan onto boil whilst setting up camp and forgetting about it, allowing it to boil dry and damaging the pots. Titanium pots get hot very quickly and have hot spots which can burn food easily. Teflon pots need some TLC to preserve the pot's coating.
- Refilling a meths stove prior to it being extinguished has proven to be lethal. Supervise all novices and minors.
- Using a stove in a tent can easily result in fire, carbon monoxide poisoning or spilt Oats So Simple all over your kit.
- Don't rely on Piezo igniters, always take a spare lighter.



PHOTOGRAPH © JOHN BAKER

Base camp cooking using MSR stoves

'Free Spirit'
For those with a love for the outdoors and adventure !!

**50+ and up for adventure, fun ?
Want to be part of something different?**

**Contact for more details
01822 880277
martin@spirit-of-adventure.com**

Harford Bridge Park
Dartmoor Holidays by the River Tavy

Ideally located just 2½ miles from Tavistock within Dartmoor National Park

- A selection of quality self-catering holiday accommodation (caravans, lodges and a cottage) available all year round
- A special Shepherd's Hut
- 125 traditional grass camping and caravan pitches beside the River Tavy, hardstands also available
- Near A386 Tavistock – Okehampton road on National Cycle Route 27
- Quality graded by VisitEngland as a 4 star holiday park, AA 4 pennants graded camping and touring site
- David Bellamy Gold Award for Conservation (17 years)
- Dog friendly, cyclist friendly and walker friendly park
- 12 acres of meadow and parkland with spacious level camping and caravan pitches on grass or hard-standings

**Harford Bridge Holiday Park Peter Tavy Tavistock PL19 9LS
E: stay@harfordbridge.co.uk T: 01822 810 349**

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

CAR(e)FREE DARTMOOR: GUIDED WALKS & E-BIKE TOURS

Want to get away from your car and experience the real Dartmoor? Dartmoor Walks & Rides This Way can help. It offers made-to-measure guided walks and e-bike tours - or a hike-and-bike combination - that take you off the beaten track at a pace that suits you.



Dartmoor is wonderful walking country but only a few paths are clearly marked, and without a guide it's easy to overlook the many fascinating remains that dot the landscape. Dartmoor Walks This Way will plan and lead a walk that introduces you to the wonderful varied scenery this area offers: it could be a gentle afternoon stroll that includes a riverside picnic spot or a full-day hike to a remote stone circle.

If you enjoy cycling and/or want to see a larger area, then consider an e-bike tour. Dartmoor's steep gradients put many cyclists off. With an e-bike, the hills are manageable (you still have to pedal so don't expect to just sit there) and it's a real joy to cycle along the quiet lanes, stopping at will to admire a view or a pony. Tours start from a variety of locations around the moor and last for a half or full day. A full-day tour can include one or more walks to visit a prehistoric site, a waterfall or a viewpoint. If you only have one day to get to know Dartmoor, that's the way to experience it up close.



Dartmoor Walks & Rides This Way is based in Ashburton which, unlike Dartmoor itself, is readily accessible by public transport, so you can explore the moor even without owning a car. Either cycle up from the town or you can be driven, at no extra cost, onto the moor to start your walk or e-bike tour.

Babeny Riding Stables In the heart of Dartmoor

Taking over the reins from father Jez Wilkinson, Dee Dee Sibley has committed to continue the wonderful work that her dad put in over a thirty year period to establish Babeny Farm as a superb location from which riders can explore the stunning scenery of Dartmoor. In the process, she becomes the fourth generation Duchy of Cornwall tenant farmer to live and farm Babeny, and the first ever female Duchy tenant on Dartmoor. Dee Dee is keen to point out that she can only accomplish this unique feat with the support of her family and very supportive husband!



The farm and stables sit in a beautiful valley above Dartmeet with an air of complete tranquility. The farm has a rich history as originally it was the the Mill for Lydford Parish, and is now also the home of a thriving livery yard, with a few vacancies still available.

All levels of riders are safely

and carefully catered for, right from the most novice up to riders looking for a more exciting and challenging experience. Instructors are all trained in First Aid, carry two-way radios and have been DBS registered. Rides out include everything from woodland, river crossings and breath taking 360 degree panoramic views to fascinating historical facts, as Dee Dee is passionate and extremely knowledgeable about the history of the moor.

Babeny also runs a thriving Riding Club, with around 65 members, where riders can use their own horse/pony or hire one to enjoy one of the various gymkhanas and events that are run during the year.

With a six month upgrade of the facilities underway, and a new website being launched at the end of March, the future looks bright for this lovely lady, her horses and beautiful farm.

Escape to the Lakes Discover Dartmoor's Hidden Gems

Each lake on Dartmoor, managed by South West Lakes Trust, has its own unique charm and offers the perfect setting for a family day out. Surrounded by tranquil walks, stunning countryside scenery and a wealth of nature and wildlife these lakes offer a peaceful retreat from the hustle and bustle of everyday life.



Burrator

For the more active there are cycle paths, watersports and land-based activities on offer at some of these scenic lakeside locations.

Roadford Lake, located on the edge of Dartmoor between Okehampton and Launceston, offers a variety of activities both on and off the water including sailing, windsurfing, high ropes, archery, trout angling, walking and cycling. There is also a campsite, café and children's play area on site.

Located in Dartmoor National Park, undisturbed Burrator is popular with walkers and cyclists. This attractive Dartmoor trout fishery is one of the most tranquil and picturesque natural angling venues in the South West. There is also a new Discovery Centre on site.

Kennick, Tottiford and Trenchford are beautiful waters located on the edge of Dartmoor near Bovey Tracey with scenic walks and picnic areas. Trenchford also offers pike fishing and Kennick is a premier rainbow trout fishery. Access to Kennick is restricted to anglers only.

Other scenic Dartmoor sites ideal for walking include Avon Dam near South Brent, Fernworthy near Chagford, Venford near Ashburton, Meldon near Okehampton and Lopwell Dam located just 3 miles north of Plymouth. Lopwell also has a café and visitor centre on site.

For more information visit www.swlakestrust.org.uk.

Devon Cycle Hire It's as Easy as Riding a Bike!!

Since taking over the company we have seen the popularity of cycling increase year on year. For those who haven't cycled in ages hiring a bike is a great way to get back into it and The Granite Way is the perfect leisure cycle to get your cycling mojo back!

We specialise in family leisure cycling and have everything you need at our centre for all the family to get out and enjoy a wonderful day. Our extensive fleet includes electric bikes, tandems, tag alongs, child seats, Burley buggies, and we even have a trailer to carry your dog! In addition we also have a mobility Trumper which can be hired



under The Countryside Mobility scheme. There really is something for all the family. Locks and helmets are included in your hire.

Over the years we have expanded our 'shed' shop to stock cycling accessories with helmets, water bottles, locks and of course comfy saddles proving very popular.

Situated in Sourton Down, just off the A30 we have a large customer carpark and once kitted out with your bike you just walk up the slope and you're straight onto the trail. Now the route has been extended there are 18 traffic free miles to explore and if you like some hills then the lane down to Meldon Reservoir and the Dam is worth the effort and a great place to have a picnic.

The Granite Way offers spectacular views of Dartmoor and the surrounding countryside from a level well surfaced trail.

To avoid disappointment please ring and book your bikes.
01837 861141

Ride straight onto Dartmoor from Cholwell Riding Stables

We are a family-run stables, providing escorted rides across Dartmoor to suit any age and ability. Our rides are tailored to individual needs, whether you are looking for a gentle amble or a more experienced ride. With direct access straight onto open moorland, you can enjoy the stunning beauty of Dartmoor at your own pace.

- Friendly atmosphere with experienced and helpful staff.
- Nervous and novice riders welcome with tuition given.
- Wide selection of horses and ponies to suit all.
- Hats and other equipment provided free of charge.



THE Dartmoor Hawking

FALCONRY EXPERIENCE

- Experiences • Hunting Days
- Weddings/Engagements • Displays & Talks
- Falconry & Horses, Horseback Falconry

North Bovey, Moretonhampstead,
Devon, TQ13 8RT
Tel: 07791560948
Email: info@dartmoorhawking.co.uk
www.dartmoorhawking.co.uk



Ilsington Country House Hotel

NEAR HAYTOR, DARTMOOR

Family owned and run country house hotel set within the Dartmoor National Park, yet only 4 miles from the A38. Traditional Sunday lunch served in our Restaurant with breath taking views of the moors.



Our new Spa is now open!
Day entry, membership and pamper days all available



Sumptuous cream teas with freshly made scones, homemade jam and clotted cream

Morning coffee, cream teas, private dining, weddings and conferences

Our bistro is open all day for food and drinks and also has a large sun terrace for al fresco dining



South Devon Hotel of the Year
2013 - Gold Award

Devon Hotel of the Year
2013 - Bronze Award

Ilsington Hotel, Ilsington Village,
Nr Newton Abbot, Devon TQ13 9RR
Telephone: 01364 661452 www.ilsington.co.uk

Fox Tor Cafe

Licensed Cafe Off-Licence Bunkhouse

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



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



The Village Green, Meavy,
Dartmoor, Devon PL20 6PJ

01822 852944

sjearp@aol.com

www.royaloakinnn.org.uk

For the best in
good local food

For well kept
local real ales

For a great
atmosphere in
a traditional
local inn



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

The Wild Night Run (ten miles) and the Mild Night Run (five miles) January 31, sponsored by Petzl CM

PHOTOGRAPHS © CERI REES



Ceri Rees reports on this annual winter event

Two hundred and fifty runners entered the third Wild Night Run but only two hundred braved the cold winds and blizzard conditions, which had threatened from a distance.

Starting them off from South Brent Village Hall, beside the River Avon on the southern tip of the moor, *Running With Kenyans* author Adharanand Finn performed his customary low key pan and wooden spoon release.

The excitable mass, welled up into a picture perfect nativity scene of snowflakes and a bitter head wind. Both the five mile and ten mile fields tested the newly improved bridlepath, along the old Naptha tramway, which wound upwards for the first two miles, before the fields split at the entrance to Shipley Bridge.

King of The Night, Tom Allan, the overall points leader in the four race series and a member of the race organisers' Wild Running club, was among the early leaders. He was among a group of three, who headed in to the biting 20mph wind beside the Avon Dam. James Green of Axe Valley Runners, was able to find his rhythm in the soft flattish expanse, to make his bid at half way, followed by Tom Allan and Rhys Goodhead.

Tom looked good for second as the runners turned left up onto Brent Hill, after exiting the moor, but Rhys Goodhead took advantage of Tom's slight wrong turn on the run in and extended a 13 second gap by the end. Waiting for them, a minute in advance, James Green was already enjoying the warm sanctuary of the village hall, where The Kitchen Table were serving their locally renown stews.

In the women's race Elizabeth Dyson, a regular face in South West fixtures, made the conditions look easier than most, coming home eight minutes ahead of Rebecca Ezra and Vicky Skelton in 1.21.02.

In the Mild Night Run, Truro College teacher Julian Wills, who had travelled from Cornwall with a bus full of forty students and teachers, ran in joint winners with student Steve Fenney in 40.02. Briony Humphrys finished ahead of Claire Mckenna and Truro student Amelya Lyndsay in the women's race.

The consensus afterwards, was that this race looks set to grow in popularity, as it occupies a special niche in the running calendar and seems to attract a loyal and enthusiastic field, who value the experience above all else. ■

Further information:

www.racesplitter.com/races/CACDC76D4

<http://tinyurl.com/nagg8hs>.



The Trail Events Company

David Guiterman



Dartmoor hosts a number of cross-country races. They include the Lustleigh 10k, the Cosdon challenge and the Mud and Sweat race all of which have been covered by the this magazine. So far there has been nothing in the way of long-distance off-road trail runs; at least not until now.



A new company has appeared on the scene set up by runners for runners. The Trail Events Company was founded out of love for trails and the outdoors.

Their passion is to set up fantastic off-road trail events across Britain's National Parks for any level of endurance racer to enjoy. The routes combine the perfect blend of challenge and awe-inspiring landscapes to ensure runners get the best experience possible.

There are races to suit everyone; 10k, half marathon, full marathon and ultra-marathon. The ultra-marathon at Castle Drogo was about 35 miles. Plans are afoot to organise, for specialist endurance runners, three ultra trail runs of between 50 and 100 miles. Look out for the Devon Coast-to-Coast run coming up soon.

As Trail Events are Dartmouth based, their first foray into trail running just had to be a local Dartmoor event. It lead competitors along the dramatic Teign Valley taking in Haytor, Hound Tor and villages like Widecombe-in-the-Moor. What a wonderful variety of scenery.

Runners and spectators have little idea of the detailed organisation that ensures everything goes smoothly on the day. Nothing can be left to chance. Permission had to be sought from all the Dartmoor landowners involved. Putting out the way marks alone took two and a half days. They then all had to be checked on the morning of the run to ensure every one was still in place and pointing in the right direction.

A field of 40 runners enjoyed perfect weather. Next year it hoped there will be ten times that number. So put a note in your diaries for Castle Drogo on Saturday February 27th.

Further information: www.trailevents.co

The Lustleigh Run

David Guiterman

The Lustleigh Run started in 1991 as a "Fun Run"! It was lengthened in 2011 to become "The 10K Run".

It is renowned as one of the most challenging multi-terrain courses in the local running calendar.

Almost 100 gathered for this year's event. Ages ranged from 19 to 71 (me). A mood of optimism pervaded everyone; the weather being described by officials as "liquid sunshine". No problem with overheating then. We would all be water-cooled.

Off we set. This was my first long-distance race. I did wonder if my geriatric metabolism was up to it so aimed to be last just as a precaution.



PHOTOGRAPHS © DAVID GUITERMAN

Even the marshals were optimistic. The first two, young boys, told us after 200 metres running, "not far to go now".

After a bit of road running, it was into the woods and up a long gradient at the top of which were two young marshals who required high-fives before I was allowed to pass. "Good news," they said. "It's downhill now for a while."

The rest of the field was out of sight. I was kept company by the sweeper who intoned, at every marshalling point, "we are the last". Did I want to keep hearing that for the rest of the race? Could I go a bit faster? Success; the sweeper now had someone else to keep him company.

A wonderful experience, everyone was so supportive.

The winner, for the 4th time, was Lee Turner in 38 minutes 34 seconds; almost half my time.



www.adventureokehampton.com



- Summer Activity Sessions
- Activity Holidays
- Activity Days
- Taster Sessions
- Stay the Day (8-16)
- Skills Courses

Email: bookings@adventureokehampton.com Tel: 01837 53916



GREEN HILL
arts & heritage



Moretonhampstead's Award -winning Arts and Heritage venue

Contemporary art gallery with exciting exhibitions and arts and crafts sales area.
Open 10am-4pm Tues-Sun summer
Tues-Sat winter. Entry Free.
Phone: 01 647 440775 www.greenhillarts.org
for more information.

HILL Wise **FREELANCE DARTMOOR MOUNTAIN LEADER**



DARTMOOR GUIDED WALKS
DARTMOOR NAVIGATION COURSES
WILDERNESS CAMPING
NNAS TRAINING & ASSESSMENTS
SKILLS TRAINING FOR BACKPACKING
COMMERCIAL WALK LEADING

Tel: 01803 812280
enquiries@hillwise.co.uk
www.hillwise.co.uk




moorland fuels
part of your landscape
Your Local Dartmoor Supplier



- Oil Tank Cleaning • Boiler Servicing
- Lubricants • Coal • Heating Oil and Tractor Diesel
- Oil Tank Replacement and Installation

Moorlands House, North Road,
Okehampton, EX20 1BQ
01837 55700
www.moorlandfuels.co.uk

Newcott Farm Cottages
Ponsworthy House
Ponsworthy
Devon TQ13 7PJ

Newcott Farm Cottages, newly refurbished, self catering Cottages set in beautiful peaceful countryside within the Dartmoor National Park.

The 4★ Holiday Cottages are surrounded by Dartmoor's stunning scenery and only a five minute walk from open moorland, granite tors or the Dart Valley. A traditional Dartmoor pub is within easy walking distance.

We are not a traditional farm, our Llamas and Alpacas graze peacefully in the fields nearby.

01364 631489 or 07776215418 www.newcott-farm.co.uk



DEVON cycle Hire

1 min off A30
Sourton Down
EX20 4HR

"Excellent service & wonderful bikes."



New trail section now open!
Direct access onto The Granite Way's traffic free cycling.
We specialise in family friendly cycle hire.
New & used bikes for sale. Mobility Trampler for hire.
Free customer parking & Devon pubs on route.
Spectacular views of Dartmoor
Cycle across 2 historic viaducts & Meldon Dam

01837 861141 devoncyclehire.co.uk

Dartmoor Nordic Walking

Do you like the outdoors?
Would you like to feel fitter?
Lose a few pounds?
Feel more toned?

If so Nordic walking could be the new fitness activity for you.



Phone: Denise 07944 630 677
denise@dartmoornordicwalking.co.uk

www.dartmoornordicwalking.co.uk





WHAT'S ON

Follow Active
Dartmoor on:

facebook

twitter

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

There's a 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 don't forget that the following organisations also run regular activities:

**Wildlife Hit Squad
Every Sunday At East
Dartmoor NNR**
10:00 - 16:00 Tel: 01626 832330
Email: linda.corkerton@
naturalengland.org.uk

**Wildlife Hit Squad
Wednesday Group
Every Wednesday at
Devon Wildlife Trust
Bovey Heathfield Reserve**
Every Tuesday and Thursday
Tel: 01626 832330
Email: linda.corkerton@
naturalengland.org.uk

APRIL PICKS

**Wednesday 1
Wild Walkabout (children
only 10-16yrs)**
Email: Info@craiggrant.org.uk

**Friday 3
Easter egg trail - Parke**
Tel: 01626 834748
Email: parke@nationaltrust.org.uk

**Friday 3
Moorland Guides
Tavistock Town Walk**
Tel: 07845 176870
Email: simondell1958@yahoo.
co.uk

**Saturday 4
Woodland Easter Bunny
Faces - Lydford Gorge**
Tel: 01822 820320

**Sunday 5
Moorland Guides
Tavistock by Twilight for
younger people**
Tel: 07845 176870
Email: simondell1958@yahoo.
co.uk



**Saturday 11
Moorland Guides
Moorland Navigation
at Night**
Tel: 01752 216730
Email: heatherandcolin@yahoo.
co.uk

**Saturday 11 - Sunday 12
Charcoal making
experience at Bovey
Valley Woods**
Tel: 08452 935810
Email davidrickwood@
woodlandtrust.org.uk

**Sunday 12
Free Spirit - High
Dartmoor Walk**
Tel: 01822 880277
Email: martin@spirit-of-
adventure.com

**Sunday 12, Sunday 19
and Sunday 26
The Art Of Nature; a 3 part
workshop presented by
Steve Capel at Burrator.**
Tel: 01822 855700

**Saturday 18
Moorland Guides
Princetown History Walk**
Tel: 07730929665
Email: mikeventon@sky.com

**Sunday 19
Templer Way Challenge**
[http://dsrtashburton.org.uk/
templerwayreg/](http://dsrtashburton.org.uk/templerwayreg/)

**Tuesday 21
Creative Ideas for the
Outdoor Classroom - one-
day workshop**
Tel: 07500 016173
Email: laura@jakalory.org.uk

MAY PICKS

**Saturday 2
Dartmoor Demon**
www.cyclingweekly.co.uk

**Saturday 2
Moorland Guides
Dartmoor Through the Ages**
Tel: 07730929665
Email: mikeventon@sky.com

**Sunday 10
Moorland Guides A Walk
Through the Meavy Valley**
Tel: 01647 440053
Email: jenkins957@btinternet.
com

**Sunday 17
Family Bushcraft day**
Tel: 01647 231330
Email: nature@
wildwoodswillow.org.uk

**Sunday 17
Moorland Guides The
Nature of Dartmoor 2 -
bluebells and bogs**
Tel: Sue Goodfellow
01647 252743
Email: sue@
goodfellowenvironmental.co.uk

**Sunday 17
Teenage Cancer Trust Ride**
www.teenagecancertrust.org

**Saturday 23 - Sunday 31
Mr Drewe's travels trail -
Castle Drogo**
Tel: 01647 433306
Email: castledrogo@
nationaltrust.org.uk

**Saturday 23 - Sunday 31
Children's Bird Trail -
Lydford Gorge**
Tel: 01822 820320

**Thursday 28
Parke minibeast safari**
Tel: 01626 834748
Email: parke@nationaltrust.
org.uk

**Thursday 28
Mini Raft Making and
Sailing for families and
children - Lydford Gorge**
Tel: 01822 820320

**Sunday 31
Gran Fondo Cycle Event**
Tel: 01752 221295
Email: info@spikesports.co.uk

JUNE PICKS

**Saturday 6
Dartmoor Discovery
Ultra Marathon**
www.teignbridgetrotters.co.uk

**Saturday 6 - Sunday 7
Hill Skills**
www.spirit-of-adventure.com

**Sunday 7
Moorland Guides
Ghostly Dartmoor**
Tel: 01837 54727
Email: paul.dartmoor@virgin.
net

**Sunday 7
St Lukes Triple Challenge**
Tel: 01752 492626

**Sunday 14
Ted Hughes' Memorial
charity walk**
Tel: 01392 276381
Email: connie@
farmsforcitychildren.org

**Sunday 21
Dartmoor Classic**
www.dartmoorclassic.co.uk

**Sunday 28
Essential Bushcraft -
Summer**
Tel: 01647 231330
Email: nature@
wildwoodswillow.org.uk

**Sunday 28
Moorland Guides Mines,
Farms and water**
Tel: 01837 54727
Email: paul.dartmoor@virgin.
net

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

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



dartmoor
WALKS & RIDES THIS WAY

Made to measure walks and e-bike rides
In the stunning Dartmoor National Park



07914 184220
www.dartmoorwalksthisway.co.uk




Roadford Lake Country Park
Fun for all the family

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

café and gift shop • walking • children's play area
cycling • sailing • canoeing • windsurfing
rowing • high ropes • climbing • archery
camping • trout angling

near
Okehampton,
PL16 0RL

South West Lakes Trust
Dartmoor Trout Fisheries

Terrific fishing in the most beautiful surroundings

KENNICK, near Christow - Rainbow Trout Fishery
BURRATOR, near Yelverton - Rainbow Trout Fishery
FERNWORTHY, near Chagford - Brown Trout Fishery
ROADFORD, near Okehampton - Brown Trout Fishery



01566 771930 • www.swlakestrust.org.uk

What you can do if your friends are Clydesdale horses!

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

With Clydesdales you can cross rivers, climb tors, gallop over the open moor, jump logs and ditches. You can do a dressage test or take a leisurely hack through country lanes.

The Clydesdale horse has a wonderful temperament and a forgiving nature which makes it an ideal horse for so many people.




www.adventureclydesdale.com Call - 01364 631683



Quay climbing centre

Climbing for everyone...



Located in the heart of Exeter

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

Climbing wall meets theme park

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



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