

# Suggested Equipment

The majority of the equipment listed below can be bought from Lawsons or Satellite Sports in Ivybridge.

**If you are not equipped adequately the leader will not take you on the walk.**

Below is a list of equipment that we think you should take with you on every walk.

**Flask** Containing at least one litre of drinking water or cold squash. Two litres is more advisable at the height of summer.

**Footwear** Walking boots or walking stout trainers, either should be well broken in.

**Waterproof Jacket & Trousers** NOT JEANS! Water proof trousers

**Lunch** Sugary foods are good sources of energy, plus an emergency energy bar.

**Warm Layers and Hats**  
**First Aid Kit & Personal Medication**

If you suffer from asthma or are likely to require any more specific medication during the day you will need to bring this yourself - Please let your leader know info.

**Day sack** About 25 litres.

**Gaiters, Trekking Pole(s)**  
**Mobile Phone & Waterproof Mobile Phone Bag**  
**Map & Compass**  
**& Plastic**  
**Whistle**  
**Survival Bag & Small Carry mat**



## Ivybridge Walking & Outdoor Festival



28th April - 7th May 2007

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Essentials for home living

# Ivybridge Walking & Outdoor Festival 2007

Information for all events can be obtained at Nature's Larder 01752 894197 in Ivybridge. Bookings and tickets from Nature's Larder unless otherwise stated. For further information email to [mwalkone@btopenworld.com](mailto:mwalkone@btopenworld.com) or [www.Ivybridge-devon.co.uk](http://www.Ivybridge-devon.co.uk) or refer to Signpost magazine or Beacon Advertiser for April 2007.

The Dartmoor National Park Walks, no booking required - turn up at appointed time and pay guide. More details and discounts see The Dartmoor Visitor publication or tel. 01822 890414 or [www.dartmoor-npa.gov.uk](http://www.dartmoor-npa.gov.uk)

**All walks are subject to change, please call to confirm prior to attending.**

## Programme of Walks & Events

### Saturday 28<sup>th</sup> April 2007

#### Wembury to Ivybridge 15miles

Lead by Mark Walker. Easy walking bring a picnic. Coach leaves Ivybridge at 8am.

**Information Stall** in Glanvilles Mill, Ivybridge 9am-1pm. Details on all events and bookings taken.

**Dartmoor National Park Improvers Navigation** 6hr Cost £12. Start 10.30am from Princetown TIC

**Ivybridge Letter Box Trail** Organised by Tony Rea. Trail to be out from 28<sup>th</sup> April for one month Clues (£1). **Walk & Overnight Camp** ( 10 x 2 ) Adult & Child, 6pm start, 3 mile walk on Friday evening, Camp & a 5 mile walk back to Ivybridge. Own camping equipment required. Organised by Mark & Sue Hawkins.

### Sunday 29<sup>th</sup> April 2007

**Dartmoor Freewheeler Cycle Bus** - Will pick up you & your bike from Ivybridge and drop you at Princetown - Cycle back - down hill !! Self guided

**A walk from Dartmeet** - 10am - 8 miles. Lead by Nigel Hall. Badgers Holt car park Grid Ref 673733 Moderate walk 4hrs max. **Dartmoor National Park Exploring Holne Moor** 3hr Guided Walk Cost £4.50 Start 10am from Combestone Tor.

**Cycle ride from Ivybridge** 11am Leonard's Road car park. 15 miles - along quiet lanes & pub to finish. Organised by Jacky Walker, Pedal Bashers of South Hams - Social Cycling.

### Monday 30<sup>th</sup> April 2007

**Dartmoor National Park 2hr Moorland Guided Walk** Start 2pm from Lukesland Car Park, Harford Road, Ivybridge. **Basic map reading**, route finding and planning a route. Ivybridge Town hall 1900 to 2100, please bring a 1:50000 OS Map Sheet no' 202 and a compass if you have one. **Teign Valley Hash House Harriers** 7pm Cross country run / jog, about one hours exercise and then to a Devon Hostelery. [www.tvh3.com](http://www.tvh3.com) for more details.

### Tuesday 1<sup>st</sup> May 2007

**Easy Health Walk** (Level 1) More details 01752 896999. Meet at 09.55 outside the South Dartmoor Leisure Centre. **Ashburton Hash House Harriers** 7pm - Cross country run / jog about one hour's exercise and then to a Devon Hostelery. **Guided walk through Lukesland Gardens** 7 - 9pm followed by an illustrated talk. **Walking in the Himalayas.** Lorna & John Howell. Cost £5.00.

### Wednesday 2<sup>nd</sup> May 2007

**Moderate Health Walk** (Level 3) about 90 mins. More details 01752 896999

Meet at 09.55 outside the South Dartmoor Leisure Centre. **Beacon "Not Bothered"** Organised by Andy Mitchell & Jack Barker, an event for local schools. **South Hams Hash House Harriers** 7.30pm - Cross country run / jog about one hours exercise and then to a Devon Hostelery. [www.sh4.org.uk](http://www.sh4.org.uk) for more information.

### Thursday 3<sup>rd</sup> May 2007

**Moderate Health Walk** (Level 2 ) More details 01752 896999. Meet at 09.55 outside the South Dartmoor Leisure Centre. **Dartmoor National Park Moorland Walk** 4hr Guided Walk Cost £5.00 Start 11pm from Lukesland Car Park, Harford Road, Ivybridge 7 - 9pm Two Moors Way - 30 Years on

**Guided walk through Lukesland Gardens** followed by an illustrated talk on the **30 years of Two Moors Way** by Steve Church, cost £5.00.

### Friday 4<sup>th</sup> May 2007

**Dartmoor National Park Landscape of Moorland & Woods** 3hr Guided Walk Cost £4.50 Start 10am from Shaugh Bridge. **Family Letterbox Trail** 6pm -8pm Organised by Tony Rea

### Saturday 5<sup>th</sup> May 2007

**Dartmoor National Park 2hr Children's Discovery Dartmoor.** Activity Cost £1.50 Start 2pm from Hay Tor Lower Car Park. **Coastal Walk from East Prawle** 10am, 6 miles, 4 Hrs. Meet East Prawle Village Green Lead by Mark Walker.

### Sunday 6<sup>th</sup> May 2007

**Two Moors Way in a Day!** - During the day the whole of the TMW, Lynton to Ivybridge will be walked by a team from Ivybridge. Cost £5.00. **Dartmoor Freewheeler Cycle Bus** - Pickup you & your bike from Ivybridge and drop you at Princetown - Cycle back - Down Hill!!! Self Guided. **Dartmoor National Park Dartmoor's Famous Tramway** 3hr Guided Walk, Cost £4.50, Start 11am from Hay Tor Lower Car Park. **Dartmoor National Park Archaeology of the Two Moors Way**, 6hr Guided Walk Cost £6.00 DNPA Start 10.30am from Viaduct, Ivybridge. **Dartmoor National Park 2hr Visit to a 14<sup>th</sup> Century Devon Longhouse**, Cost £3.00. Start 2pm from Bel Corner.

### Monday 7<sup>th</sup> May 2007

**Dartmoor National Park Tin, Tors & Tombs** 3hr Guided Walk Cost £4.50. Start 10.30am from Venford Car Park. **Dartmoor National Park Family Introduction to Dartmoor** 2hr Guided Walk Cost £3.00 Start 10.30am from Postbridge. **Dartmoor National Park Discovering the Dam** 2hr Guided Walk Cost £3.00. Start 2pm from Shipley Bridge Car Park.

