

The River Plym from Sea to Source

Walk 1 3.5 miles

The Saltram Estate



The River Plym flows from a small pond on Dartmoor to Laira Bridge where it becomes The Cattewater and flows into the waters of Plymouth Sound.

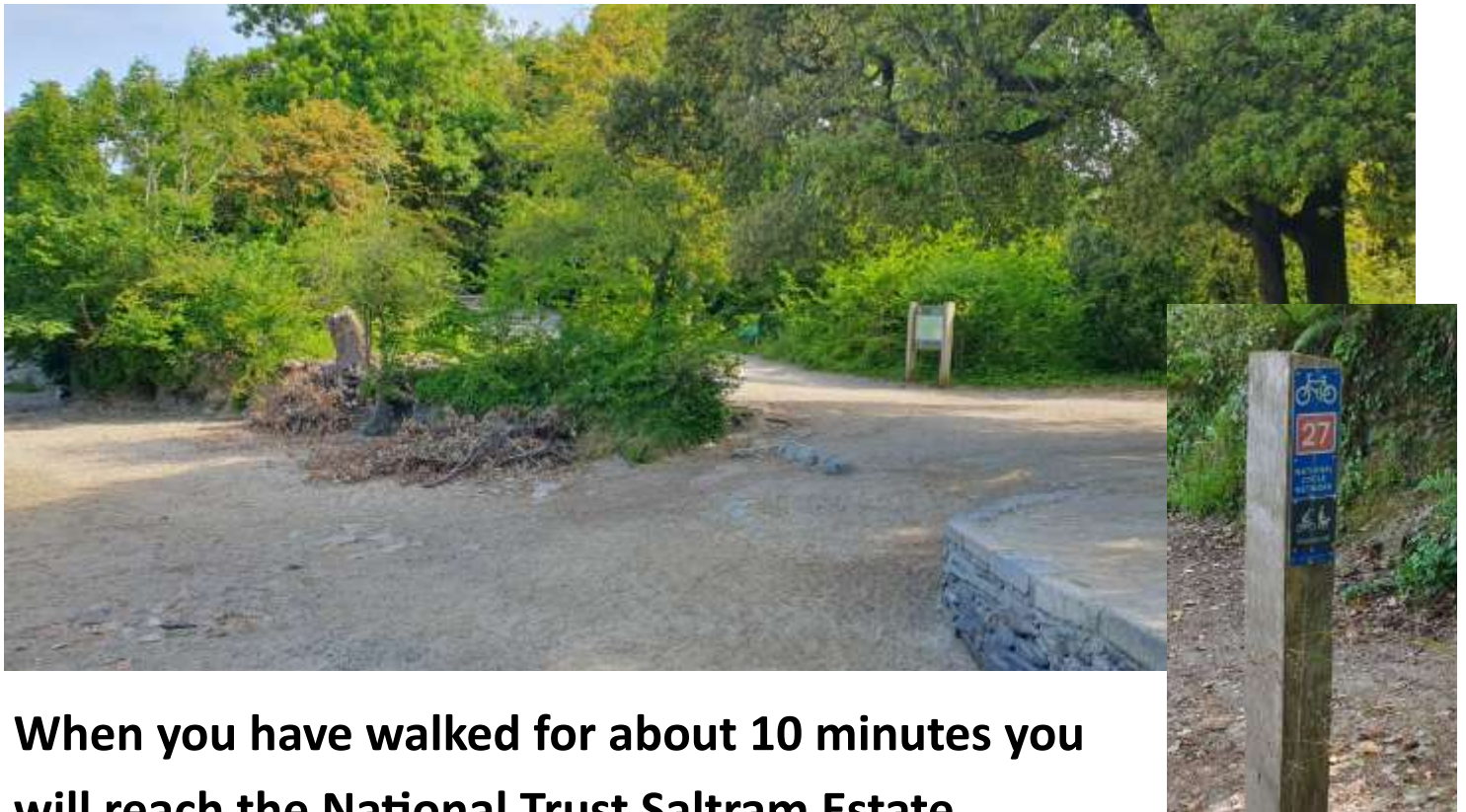
On this first of 8 excursions up the river from Laira Bridge to Plym Head you will visit the National Trust Estate at Saltram. You will walk next to the river until turning and walking back past Saltram House. The walk is about 3.5 miles and will take you about 2 hours to complete or a bit more if you have a coffee and cake at the Saltram House café.



The walk starts in the free car park opposite the entrance to Chelson Meadows. The post code is PL9 7JA



From the car park and with the river Plym on your left set off to Saltram by taking the grey coloured path which is just for pedestrians.



When you have walked for about 10 minutes you will reach the National Trust Saltram Estate.

Continue on the wide path that is closest to the river. It's called The Riverside Walk and is part of route 27 cycle route.

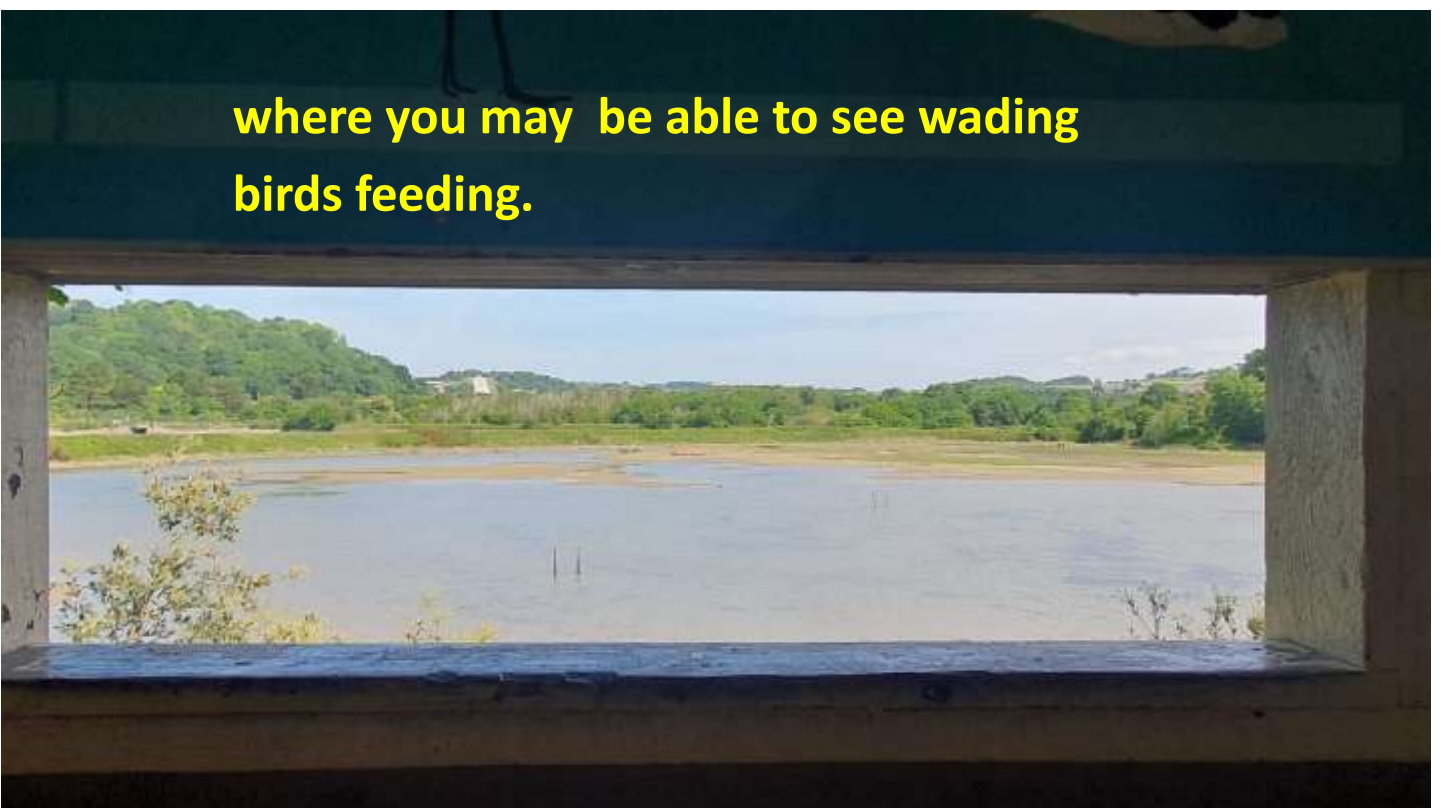


In another 10 mins or so you will reach the Amphitheatre and a fine view across the river.



A bit further on is the bird hide

where you may be able to see wading birds feeding.





At the Y junction fork left

When you reach the next junction continue straight ahead but first make a short excursion down to another view of the river.



The View



About 50m past the excursion track turn right signposted “Boundary Walk”. The path you were on continues next to the Plym all the way to Marsh Mills Flyover but it is here you will now leave the river and start your return.



The path takes you through a wood that borders the A38 Plymouth to Exeter dual carriageway.





When you reach the road go straight across.



Then turn right to walk down towards Saltram House. When you reach the road turn left and stay on the estate road that goes around the outbuildings and play park and is signposted to Riverside Walk.



With Saltram House on your right follow the old road back to where you first entered the National Trust Estate.



When you reach the start of the Riverside Walk fork left for the 10min walk back to your car this time with the river on your right.

For the next walk in the series you will miss out on the next 500 hundred yards of the Plym but you will pick it up again as you go under Marsh Mills Flyover.