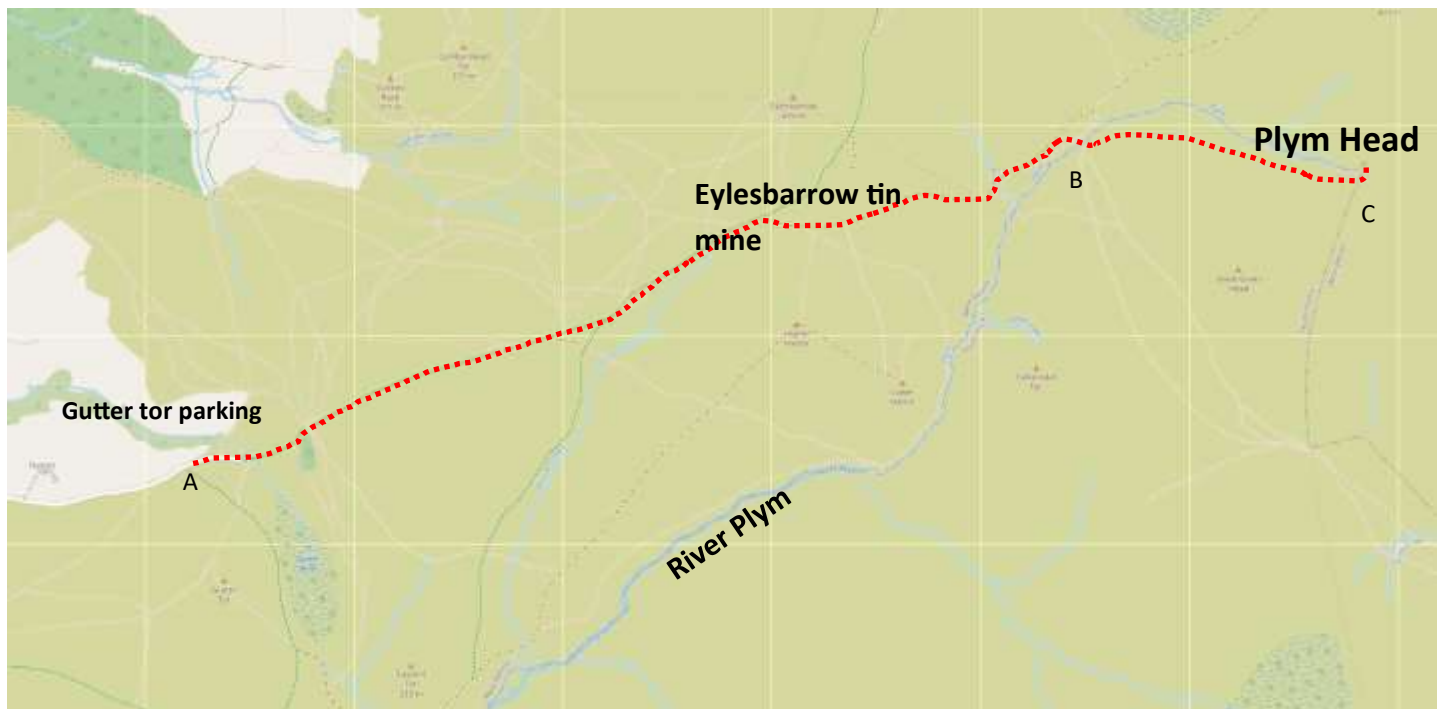


The River Plym from Sea to Source

Walk 8 6 miles

Plym Head a linear walk



This final walk to reach the source of the river Plym starts at the Scout Hut otherwise known as Gutter tor car park. To reach it from Burrator reservoir drive through the village of Sheepstor and take the second left signposted to Nattor. PI20 6PG. It's a fairly easy walk but note that between points A and B there is a wide gravel/rocky path. B to C is open moorland and a bit boggy and tussocky.



The end of the Nattor road is pretty rough so I suggest you park as soon as you can after going over the cattle grid.



Set off from the end of the road and up over the hill and keep going until you reach Eylesbarrow. It will take you about 30/40 mins



When you reach Eylesbarrow fork right



Stay on this track all the way to Plym Ford



Passing through Wheal Katherine



After passing through Wheal Katherine keep a sharp look out for a large post on your right just the other side of the river Plym in the mist.



Then very soon fork right in front of the mound and walk on down to Plym Ford



**It is quite easy to cross Plym Ford
without getting your feet wet.**



**Having crossed over walk on up to the post you have spotted on
the way down.**



**With your back to the notice
walk away from the post veering
slightly left.**



**Without walking into the tussocky grass keep the
marshy valley reasonably close to you on your left.**



**When all the marshy ground and soft rush disappear
and the ground starts to rise up you have reached**



**.....PLYM HEAD THE SOURCE OF THE
RIVER THAT GIVES IT'S NAME TO THE CITY**

**I hope you have enjoyed the trip
up the Plym. Perhaps one day it
might be recognised trail.**