

A walk along the TTT

(with a stop for tea)

Enjoy the summer outdoors and stretch your legs on a walk through the countryside. This month we walk from Torbay to Totnes on the Torbay Totnes Trail (TTT or Three Ts for short).

Don't be put off by the full distance of this walk (9 miles/14.5 km): you can break it up by stopping on the way for lunch or tea (or both!) and there are shorter options too.

The full walk

Start at Livermead bus stop (1) and walk towards Cockington along Cockington Lane. At the first junction take the footpath, and follow the path until you reach the end. Now follow the road until you reach the middle of Cockington Village (2).

At the junction, turn left up the hill for about 250 metres (275 yds). At the signpost, turn right into Cockington Court and follow the marked path past the pretty lodge and through the grounds of the Court. The path does not go to the main house, but instead takes you along roads and paths to the gamekeeper's cottage in the woods (3); the gamekeeper was the man who made sure that there were always plenty of 'game' birds such as pheasant in the woods for shooting and eating.

After the gamekeeper's cottage the path begins to climb through Manscombe Plantation, past the Warren Barn and into the fields, before going back into the woods again and descending to the bottom of the valley.

After about 700 metres (780 yds) take care: the path divides. Take the left path here (4).

Follow the path to the road. Turn left onto the road - being careful of

Short routes

Take bus No. 7 from Paignton bus station (Mondays to Saturdays) or 111 from Torquay (every day) to the bus stop in Vicarage Road in Marldon (6). Length of walk from Marldon to Totnes: 5.5 miles (9 km), or reverse route to Cockington: 3.5 miles (5.5 km).

the traffic - and carry on past Occombe Farm (5) to the larger road. Cross this road and turn right, and follow the road until you reach a roundabout.

Use the subway to cross the busy road, then follow the signs to a small bridlepath through a narrow field. Follow this path for about 350 metres (400 yards) then turn left onto a footpath. Follow this to the next road.

You are now on Vicarage Road. Look left, and you will see two bus stops (6), where buses to and Torquay and Paignton stop. In front of these stops is a road called Meadow Park. Walk down this road and take the first road on the right (also called Meadow Park).

At the end of this road walk past the concrete bollards and into a lane. Turn left and walk to a crossroads.

When you reach the crossroads you can see the church straight ahead (7). To the right is the Church House Inn pub, which serves good food. The walk, however, continues straight on up the hill past the church.

The hill is steep, but short. At the top bear right and carry on along the road for about 100 metres (110 yards)

and look out for a footpath on the left. Turn left up the steps onto the footpath. Keep on this footpath along the edges of the fields to the top of the hill.

Look around: there are great views here of the countryside across the valley. The high hill with two TV aerials is Beacon Hill (8), one of many hills in England with the same name which was the site of a fire used to warn of the arrival of the Spanish Armada in 1588.

At the end of the fields go through a gate and down steps into the woods.

At the road at the bottom turn right then - after a few paces - left onto another footpath into the fields.

Follow the footpath along the edges of the fields. The views open up here and to your right, on a good day, you can see all the way to the hills of Dartmoor.

Go through a gate and through some trees, then into another field and down to a small road. This is a 'green lane', an ancient road that was never modernised for cars. Turn left, and follow the lane across a stream and up to another small road. Take the left fork here and follow the road through the valley to a larger road at Afton Bridge (9). Turn left again, then take the first road on the right.

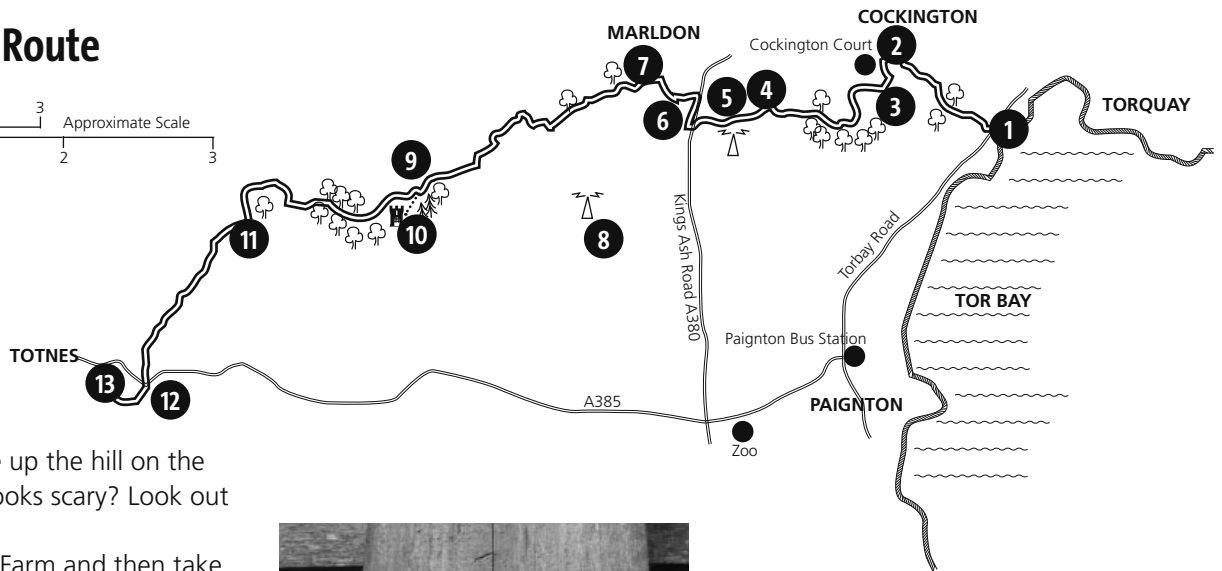
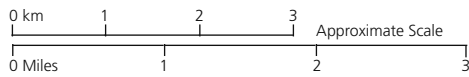
You are now near to Berry Pomeroy Castle (10). If you want to visit the castle (or have a snack in the excellent café), take the first footpath on the left and the castle is about 200 metres (220 yds) up the hill.

Carry on along the road and along the bottom of the valley. You can see

Occombe Farm

Occombe Farm (5) is a working farm on the edge of Paignton which is run by the Council. It has an award-winning farm shop and café, an easy-access nature trail and an education centre. The shop, café and nature trail are open to the public all year round and entry is free. There are events and activities from time to time - see the What's On section.

Sketch Map of Route



the ruins of the castle up the hill on the left. Do you think it looks scary? Look out for the ghost!

After Castle Mill Farm and then take the left fork. You will pass the old sawmill on your right. Follow the track through the valley - do not take any of the forks to the left or right but keep on the main path.

Carry on until you reach a road at Netherton, then turn right past the houses and take the first road on the left. Past Gatcombe Mill turn left again - but watch out for cars. Carry on along the road then take the first road on the right, signed "Mare and Foal Sanctuary" (11).

This is another Green Lane, and you should carry straight on up the hill and along this lane for just over a mile (1.6km). You will pass a lot of caravans belonging to 'travellers' - people who choose not to live in permanent houses.

The Green Lane becomes a proper road as you reach some houses, and you will soon come to the busy main road to Paignton (12). There is a pedestrian crossing to your left: cross the road here and walk down the hill into Totnes. Cross the bridge and turn right past the Royal Seven Stars. The bus stop for the return to Paignton is opposite the Seven Stars on the bridge side of the road (13).



The TTT path is clearly marked with these signs.



Between Cockington and Totnes the path also follows the John Musgrave trail.



Berry Pomeroy Castle

The castle was begun in the 1300s by the Pomeroy family and inside is a later house begun for the Pomeroy family, but never finished. The castle was abandoned by 1700. The ruins are supposed to be haunted by several ghosts: the White Lady is said to climb St Margaret's Tower (she was last seen in 1987); seeing the Blue Lady is meant to be a warning that there will soon be a death. There have also been reports of a ghostly carriage, and countless inexplicable occurrences at the castle, known as the most haunted castle in England.

» To get to Livermead take bus 12, 12A or 12C from Paignton Bus station towards Torquay. A single ticket costs £1.65. RiverLink buses run every hour from Totnes to Paignton. A single ticket costs £1.50.

Berry Pomeroy Castle is open 10.00 to 18.00 in August and to 17.00 in September. Café opening times vary. Entry to castle £4.50. See www.english-heritage.org.uk

Ordnance Survey maps OL20 and 110 cover the route of this walk.