

## Reflection and Prayer

As you leave Belstone you will follow the old leat to a well.

Although it has no dedication it is commonly described as a Holy Well.

You then walk close by the river to the Lady Well at Sticklepath. The Belstone well dates from medieval time and its natural spring which bubbles here has provided life-giving water to the villagers of Belstone and Sticklepath for generations.

Pause for a moment to let the water run over your hands. Perhaps take a moment to bring to mind what is life-giving to you and give thanks for it.

As you follow the river, you might like to think of how it flows, the waters constantly moving forward, over and around the rocks, giving life

to the land around and the wildlife who drink from it as it journeys from the spring to the sea, joining with other waterways as it flows.

Have you ever thought about what your life's journey to this point might look like if it were mapped out as a river? If you have a notebook and pencil perhaps stop for a while and stretch it out. What fed you and helped you to grow when you were young, what twists and turns have you been through, have there been times when life felt like a period of drought and waters dried up, what have been the occasions in your life when the river was full and flowing majestically?

You might like to keep your map as part of a Pilgrim Journal and maybe add a Devon Pilgrim stamp to it at Sticklepath church to mark this point in your journey.



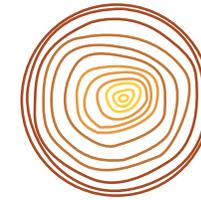
“If you are thirsty, come! If  
you want life-giving water,  
come and take it.  
It's free!”

(Revelation 22:17, CEV)

Share your journey with us [#DevonPilgrim](#)

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# The Archangel's Way

wander and wonder

## STAGE 4

St Mary the Virgin, Belstone  
to St Mary the Virgin, Throwleigh  
(direct route)



‘Look and ask for the ancient paths,  
where the good way lies; and walk in it,  
and find rest for your souls’

(Jeremiah 6:16)

# STAGE 4

## Belstone to Throwleigh



This card will take you from Belstone to Throwleigh. However, a longer version of the route is available which takes in the Cosdon Stone Rows.

If you wish to include the stone rows in your journey, please use Stage 4A (via Cosdon Stone Rows)

From Belstone Church, turn right at The Tors Inn onto the Green looking out across the Taw valley. Keep slightly left and take the upper path past the bench high up above the banks of the river, keeping the wall and fence on your left.

Continue straight on following the path (an old leat) until you reach a small well on your left. Take the path that goes downhill to your right, to join another broad track.

Turn left here and then veer right through the trees, to cross the footbridge over the River. This bridge features quotations from Tarka the Otter, the book by Henry Williamson.

Follow the path, with the river close on your left and continue through woods along the bank. At the end of the path turn left through a gate to another footbridge. Cross this and follow the path to Finch Foundry.

The path enters a narrow-banked lane, with the Quaker Burying Ground on your right,

before entering the gardens of the National Trust's Finch Foundry with its excellent cafe.

Continue through and under the building, turning left along the main road through Sticklepath. St Mary's Church is 400 metres on your left.

Rest and reflect a while on this site where worshippers have gathered for almost 1,000 years.

On leaving the Church, retrace your steps along the main road past Finch Foundry. Cross the River Taw and take the left fork immediately after the bridge. Shortly turn left again along a track, part of the Tarka Trail, leading to South Tawton. St Andrew's Church, with its impressive roof bosses, is on your left.

During your visit to the church, perhaps reflect on countless others who have sat in these pews and looked up to the roof bosses, perhaps turning their attention to the heavens beyond.

From the church, head back down the main road to the south, forking left at Moon's Cross. Go downhill past a turning to the right and, before you get to the river crossing, take the signposted footpath to the right across fields, turning left when it reaches the lane.

Follow the lane to the centre of South Zeal and the little church of St Mary.

Both the chapel and garden are places of peace and sanctuary.

From St Mary's, go downhill past the Village Shop and Café and The Oxenham Arms, before turning right onto a footpath between the houses set back from the road. The path leads across grass to another tarmac lane, where you turn left.

Shortly on your right take the footpath (ignoring the tarmac lane just before it) that winds its way steeply up the hill behind the houses. Ignore too, the path to the left where a garden opens up, but continue to the gate where you turn sharp right and climb steeply up to the busy main road. Count the steps!

Turn left and stay on the pavement before carefully crossing the road at the bend and taking the lane uphill to the right of the houses at Ramsley.

Take the track in the trees off to the right that will bring you out to the common land. Bear left up the hill for splendid views across the valley to Cosdon Hill and over South Zeal.

Continue on the grassy tracks to the south steadily going downhill, steep in places, until the road is reached, where you turn left. You will now be walking on tarmac lanes to Throwleigh.

Follow the road keeping right at the fork, heading for Clannaborough. At the next fork, after a cattle grid and just before Clannaborough Farm, keep left. Follow this lane downhill and at a left bend you will see a gate with Dartmoor Way signs. You can use this track across fields with several stiles and a boardwalk that will bring you into the church from the north side. If you prefer keeping to the lane continue past before climbing up to Throwleigh. You will arrive at the Church Lych Gate on your right, one of the few thatched ones surviving.

Here, at St Mary the Virgin, you will again find roof bosses depicting the Three Hares, and the Green Man.

