

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. You also pass the Cosdon Stone Rows on this route. These mark a pathway towards an ancient burial mound, perhaps part of a ritual journey marking the end of a life.

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 sketch it out. What fed you and helped you to grow when you were young, what twists and turns have you been through.

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 4A

**St Mary the Virgin, Belstone
to St Mary the Virgin, Throwleigh**
(via Cosdon Stone Rows)



**‘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 4A

Belstone to Throwleigh



This longer route from Belstone to Throwleigh takes in the Cosdon Stone Rows. If you wish to take the more direct route to Throwleigh, please use the route card for Stage 4.

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 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.

Continue through and under the building, turning left along the main road through

Sticklepath. St Mary's Church is 400 metres on your left.

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.

After visiting 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 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. Continue to the gate where you turn sharp right and climb steeply up to the busy main road.

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 then bear left up the hill.

Continue on the grassy tracks to the south steadily going downhill, steep in places, until the road is reached, where you turn left and then take the next signposted track on the right (to Nine Stones).

There follows a series of walled tracks and lanes that meander left and right but always uphill to take you onto the Moor and the eastern flank of Cosdon Hill. Keeping the last stone wall on your right you will reach its corner with the Moor and Cosdon Hill beyond.

Keep on the path leading away from the corner and this will lead you up to the triple

stone rows and other chambers and stones that feature here.

On the left-hand side of the stone rows, as you will have entered them, you will see a clear grass track leading away, heading south east, above Cheriton Combe. Take this and when it curves to the left follow the lesser track to the right that leads down to Blackaton Brook where you will cross at the head of its small gorge.

Keep to the track on the other side, straight up heading south east across Throwleigh Common, ignoring the tracks to the left. You will eventually see Shilstone Tor ahead where you can take a break before crossing the lane below.

Cross the lane and take the lane that leads down through the gateway towards Higher Shilston, passing this ancient farmstead on your right.

Keep on the lane past houses on the left until it descends into Throwleigh.

Opposite a track leading off to the right, take the steps in the bank that lead you into the churchyard.

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