# THE POLYTECHNIC RAMBLING CLUB

(in association with the University of Westminster) Founded 1885 Affiliated to the Ramblers' Association (Inner London Area) Affiliated to HF Holidays

Pamela Beach

**Programme Co-ordinator** 

Tel:



#### **General Secretary**

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President: Mrs Christine Bignold

FOR NEW MEMBERS: All club walks are either circular or linear and start as from the time of arrival of the train and/or bus. If you are arriving by car, please advise the leader before the day of the walk. Lunch is mostly at a pub. If you are unsure about suitable clothing for a walk please contact the leader. OS Maps: EX= Explorer, LR= Land Ranger. Train tickets: OPDR (Off-Peak Day Return formerly CDR (cheap day return)) or Group Save. tfl = www.tfl.gov.uk for travel updates in the Capital or you can check trains on www.nationalrail.co.uk. FOR ALL MEMBERS: BEWARE planned and unplanned engineering works! Remember timetables may still be subject to change because of ongoing track repairs. If there is a last minute change the next available train will be taken. Please keep an eye on the website, or contact the walk leader if in doubt. In the event of extremely adverse weather conditions, please phone the leader to find out if the walk is still on. Visit our web-site (www.polyramblers.org.uk) to see the most up-to-date programme details. If you would like to lead a walk on the next programme,

contact Pam (020 8471 2585) with full details. Contact Solvig (020 8693 3751) with social event details (restaurant, theatre visits etc.). **FOR LEADERS:** If you have a mobile phone and you have put the number on the programme, please turn it on prior to your walk meeting time!

#### **PROGRAMME OF EVENTS – FEBRUARY to MAY 2015**

### FEBRUARY

SATURDAY 7<sup>th</sup>: INNER LONDON AREA RAMBLERS' WALK FOLLOWED BY AGM: Keep tabs on the Ramblers, Inner London Area! Meet at Wood Green tube station at 10am for 8-mile walk via "3 Peaks" to Camden Lock for snack before meeting at 2pm at Pirate Castle, Gilbey's Wharf, Oval Road, NW1 7EA. Nearest tube: Camden Town. Guest speakers. For queries, contact Pam.

<u>SUNDAY 8<sup>th:</sup> QUEEN ELIZABETH OLYMPIC PARK: (CIRCULAR)</u>: Come and explore the Olympic Park after the Olympics! Meet at Stratford (zone 3) Piazza outside the station at 10am. Bring emergency rations in case watering holes are closed or too full or too expensive! Distance flexible. Plenty of places to peel off along the way. Leader: Pam).

SATURDAY 14<sup>th</sup>: CHELSFIELD to SHOREHAM (Kent) (LINEAR): Undemanding walk, attractive Kentish villages of Chelsfield and Shoreham, two steepish descents towards the end, but some stunning North Downs scenery. Meet Charing Cross stn. Sevenoaks train dep. 10.06, Waterloo East 10.09, NOT STOPPING at London Bridge, arr. Chelsfield (zone 6) 10.45. Early lunch at Lullingstone Golf Centre after only 3 miles. Further 3 miles after lunch, arr. Shoreham stn in time for 15.10 or 15.40 to Blackfriars, or change at Bromley S. for Victoria. Possible tea at Shoreham. For those with a Freedom Pass, only travel outlay would be single for return from Shoreham to Swanley. For those with Travelcard, only additional outlay would be single from Shoreham to St. Mary Cray. Otherwise buy OPDR to Sevenoaks (which covers both lines). Total distance 6 miles. Map EX 147. Leader: Peter Tarl

SUNDAY 22<sup>nd</sup> : FLITWICK - CIRCULAR WALK FROM FLITWICK VIA EVERSHOLT: A mixture of fields and woodlands in Central Beds, little undulation in places but mostly level. Meet at St Pancras Station (near UK ticket office) Buy OPDR to Flitwick. Train dep 10.04, arr Flitwick 11.06. Lunch at Green Man PH Eversholt. Distances 8¼ miles. LR 166/153 EX192/193. Leader Geoffrey, who will meet the party at Flitwick stn.

SATURDAY 28<sup>th</sup>: HASLEMERE (CIRCULAR) Lovely Surrey walk in woods & downs. There's a strong possibility of mud though, so come prepared. Meet Waterloo station. Buy OPDR to Haslemere. Train dep. 09.30, arr. Haslemere 10.20.. Lunch at the Red Lion in Fernhurst which is nice but a bit pricey- there's a large green for those who prefer to brave the elements & enjoy sandwiches al fresco. Distance 8.7 miles. EX 133. Leader Harriet –

#### MARCH

SUNDAY 8<sup>th</sup>: MARLOW to COOKHAM (LINEAR): Another attempt to do this walk which was cancelled post-Xmas because of engineering work. Meet at Paddington Station. Buy a cheap day return to Marlow. Oxford train departs 09.45, arrives 10.58 with a change at Maidenhead (10.27/10.35). Lunch at the Bounty, Bourne End. Distance: 7 miles. EX172. Leader: Danny NOTE CHANGE OF DATE FOR THIS WALK!

<u>SATURDAY 14<sup>th</sup>: ANNUAL GENERAL MEETING</u>: University of Westminster, 309 Regent St. All members welcome. Refreshments available after the meeting. Notice of motions should reach the General Secretary (address above) not later than 14 February.

<u>AFTER AGM: GUIDED TOUR OF BROADCASTING HOUSE</u>: Visit the HQ of the BBC. £11/£12.75. Starts 1.45pm. Visit lasts approx 1 ½ hours. Contact Pam NOW to check availability. First come first served. ).

THURSDAY 19th 7.30pm: MUSIC AT BARBICAN: Guildhall Symphony Orchestra: Rachmaninoff, Stravinsky & Sibelius. Tickets £15/£10/£5 (concs). Contact Pam () pp Mary S to register interest.

<u>YHA WEEKEND, FRIDAY 20<sup>th</sup> - SUNDAY 22<sup>nd</sup> – CHEDDAR</u>: This trip is now fully booked. However there may be late cancellations so contact Danny (qprduffy20@hotmail.com or) if you wish to go on a waiting list.

SATURDAY 21<sup>st</sup>: ALTERNATIVE SHORT WALK from WADDON PONDS to CARSHALTON (Surrey) (LINEAR): – (yes you've done it before!): *Pleasant walk, flat, no cliffs and about 3 ½ to 4 miles long.* Early lunch at Rose & Crown PH, Wallington. Meet Victoria stn. Train dep. 10.33, arr Waddon 11.06. Leader: Rosie ().

<u>SUNDAY 29<sup>th</sup>: BOX HILL & WEST HUMBLE to MERSTHAM (LINEAR)</u>: Path crosses River Mole, climbs to the summit of Box Hill, a steep and long climb but lots of places to stop and admire the views towards Dorking, Reigate and Denbies, then round several old (and one active) quarry, through woodland, up Juniper Hill, Colley Hill and Reigate Hill, excellent views over Reigate and Redhill. Meet Victoria stn. Buy OPDR to "Dorking stations", Train dep. 9.10, arr. Box Hill & Westhumble 10.06.. Distance 10 miles, EX 146. Leader Jackie (). **NB First day of BST**!

## APRIL

EASTER SUNDAY 5<sup>th</sup>: NEWPORT to AUDLEY END via SAFFRON WALDEN (LINEAR): A walk through the gently rolling countryside of northwest Essex. Meet Liverpool Street stn. Buy Super OPDR to Audley End. Stansted train departs 09.55 (Tottenham Hale 10.07). Arrives 10.54 after a change at Harlow (10.23/10.28). Lunch in Saffron Walden (venue tbc). Distance: 8 miles. EX195. Leader: Danny)

SATURDAY 11<sup>th</sup>: ETCHINGHAM (CIRCULAR): A walk through undulating East Sussex countryside. May be muddy. Meet at Charing Cross stn. Buy OPDR to Etchingham. Hastings train dep. 9.15, arr 10.30. Pub lunch at Robertsbridge. Distance approx 7.5 miles. EX 136, LR 199. Leaders: John () and Caroline ().

SATURDAY 18<sup>th</sup>: LINEAR WALK PUTNEY to TEDDINGTON via RICHMOND PARK: Hopefully azaleas and rhododendrons will be in bloom in Isabella Plantation. Route will be take us to Putney Heath, Wimbledon Common, Richmond Park, Isabella Plantation, and Pembroke Lodge where those wanting a shorter walk can stroll down the hill to Richmond. Longer walk continues to Ham House and along the river to footbridge and over to Teddington. Distance 6.5 miles to Richmond, 4 more to Teddington. Lunch at Pembroke Lodge cafe in Richmond Park or bring a picnic (cafe is usually busy). Meet East Putney stn (District Line) at 10.00 am. (10 mins from Earl's Court). Leader: Mike Coyle) EX 161, LR 176. East Putney is zone 3, Richmond zone 4, Teddington zone 6.

WEDNESDAY 22<sup>nd</sup>: EVENING WALK – DISCOVER THE NEW KING'S CROSS (CIRCULAR): A short evening walk to discover the new King's Cross and learn about its past. Meet at 18.30 at the front of Kings' Cross Station under the clock tower. Meal afterwards in a local venue if desired. Leader Dominique ().

SATURDAY 25<sup>th</sup>: LOOP STAGE 11 - ELSTREE to COCKFOSTERS (LINEAR): Meet St Pancras Thameslink, Bedford train departs Platform B at 09.40, arriving Elstree (zone 6) at 10.04. Distance 10<sup>1</sup>/<sub>2</sub> miles or 7 miles (finish at High Barnet). <u>Short option (3<sup>1</sup>/<sub>2</sub> miles)</u>:- Make your way to High Barnet (zone 5) Northern line. Turn left out of station, through car park and up to the main road. Cross over the pedestrian crossing and turn left down the road (250 yds) to The Old Red Lion pub. The main group expect to be there for lunch at 13.30. Leaders Anna d' S and Martin.

#### MAY

BANK HOLIDAY SATURDAY 2<sup>nd</sup> MARLOW & HURLEY (CIRCULAR): A steady climb out of Marlow, leads to a stroll along a tree-lined track & across fields to reach the Thames. We cross the river via Temple footbridge to Hurley where we have lunch in a pub (tbc). We return via Temple Lock along a beautiful part of the Thames to Marlow. Meet at Paddington stn. Buy OPDR to Marlow. Reading train dep. 9.57am; change at Maidenhead arr 10.34, dep 10.38; arr . Marlow 11.01. Distance: 7<sup>1</sup>/<sub>2</sub> miles (12 km). EX 172. Leader: Sarah (

<u>SUNDAY 10<sup>th</sup>: HORSLEY JUBILEE WALK (CIRCULAR)</u>: walk around Effingham, Sheepleas and Horsley, with views from the highest point along the broad ridge of the North Downs, through countryside, farmland and woods. Meet Waterloo stn. Buy OPDR to Horsley. Train dep. 9.32 arr. Horsley 10.27. Bring picnic lunch, Pub stop optional at the end of the walk. Distance 9 miles. EX 145. Leader Susan J. () who will join the train at Clapham Junction.

SATURDAY 16<sup>th</sup>: ICKNIELD WAY STAGE ONE: IVINGHOE BEACON (TRING) TO DUNSTABLE: The first three miles from Tring will take us up to lvinghoe Beacon and the start of the lcknield Way. We head east passing Whipsnade Zoo, the tree cathedral and Dunstable Downs to finish at Dunstable. Meet at Euston stn. Buy OPDR to Tring. Milton Keynes train departs 09.24, arrives Tring 09.59. Pub lunch at Dagnall . Return from Dunstable by X31 bus at 17.25 to Hemel Hempstead station (55 minutes). Other return options to be circulated nearer the time. Distance; 11-12 miles. EX 181/193. Leaders Gillian and Stuart who will meet the group at Tring.

BANK HOLIDAY SATURDAY 23<sup>rd</sup>: GREAT CHESTERFORD to NEWPORT (ESSEX). Walking southwards along gently undulating hills, beside arable fields, which at this time of year is likely to be the vibrant yellow of rapeseed crops. Distance 9 miles, OS 154. Lunch stop half way in Saffron Walden. After lunch the walk follows the Harcamlow way to Newport. Meet Liverpool Street stn. Train dep. 09.28. Arr. Great Chesterford 10.35, where leaders will meet group. Leaders Mike and Heather ().

SATURDAY 30<sup>th</sup>: CIRCULAR WALK in HATFIELD FOREST (Essex) from Hatfield Broad Oak. We will follow the Three Forests Way to Takeley Street and cross Hatfield Forest, an ancient royal hunting forest and we will rejoin the Three Forest Way and make our way back to Hatfield Broad Oak to visit its medieval church. Meet Liverpool St stn. Buy OPDR to Bishop's Stortford (buy PlusBus ticket if you do not have a bus pass). Take 9.10 train (apologies for the early start) to Bishop's Stortford; arrive 9.45. Then Bus 5 at 10.10 from Stop E; arrive 10.32. Lunch at the Green Man pub in Takeley. Distance 10 miles. Return by hourly bus. LR 167. Leader Dominique ().

#### >>>>>>FUTURE EVENTS <<<<<<<

EARLY SUMMER WEEKEND TRIP: WALKING IN ANDALUCIA SOUTHERN SPAIN: FRIDAY 5<sup>th</sup> to <u>WEDNESDAY 10th JUNE 2015</u>. We will be based in Grazalema, an attractive white village in a mountainous area. As usual, there will be shorter and longer walks, and we will visit Ronda, an historic town situated on a dramatic gorge. There are currently 20 who have booked but I am sure that accommodation can be found for a few more. See October to January newsletter for more details or contact the leader: Mike Coyle

<u>AUGUST BANK HOLIDAY WEEKEND: FRIDAY 28<sup>th</sup> AUGUST – TUESDAY 1<sup>st</sup> SEPTEMBER: Walking in Snowdonia, based in student accommodation at the University of Bangor. £50 non-refundable deposit required to secure your place. See Newsletter for details. Organiser Gillian Swan <u>gillian.swan@dsl.pipex.com</u>.</u>

All sporting and leisure activities have inherent hazards associated with them and rambling is no exception. In spite of the safety of members always being of paramount concern, accidents will occasionally occur. It is important therefore that when entering into the activity members appreciate that they have a responsibility to identify the hazards associated with the activity and take all reasonable steps to eliminate or minimise the potential for an accident to arise. We regret that we cannot accept children under 16 years of age on the walks.