

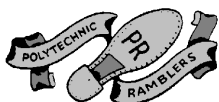
# THE POLYTECHNIC RAMBLING CLUB

(in association with the University of Westminster)

Founded 1885

Affiliated to the Ramblers' Association (Inner London Area)

Affiliated to HF Holidays



## General Secretary

Gillian Swan  
72 Hundred Acres Lane  
Amersham, Bucks.  
HP7 9BP  
Tel: 01494 721098  
gillian.swan@dsl.pipex.com

## Programme Co-ordinator

Pamela Beach

Tel: 020 8471 2585

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](http://www.tfl.gov.uk) for travel updates in the Capital or you can check trains on [www.nationalrail.co.uk](http://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 **NEW** web-site ([www.polyramblers.org.uk](http://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 – JUNE to SEPTEMBER 2015

### JUNE

**FRIDAY 5<sup>th</sup> – WEDNESDAY 10<sup>th</sup> – ANDALUCIA, SOUTHERN, SPAIN:** 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. Leader: Mike Coyle 020 8542 4951 or michael.coyle@btinternet.com.

**FOR THOSE NOT GOING TO SPAIN: SATURDAY 6<sup>th</sup>: BERKHAMSTED to TRING STATION:** A walk along the Grand Union Canal for a couple of miles then up through fields to Wigginton. After lunch there is a fairly short walk through more fields and over the A41 to Tring station. Meet at Euston stn. Buy OPDR to Tring. Northampton train, dep. 9.54, arr. Berkhamsted 10.22 Lunch at the Greyhound PH Wigginton. Distance 6.2 miles. EX/LR 181. Leader: Sandy (Tel 0207 385 0493).

**SUNDAY 14<sup>th</sup> RUNNYMEDE (CIRCULAR):** Celebrating the octocentenary of Magna Carta – a ramble over Runnymede with picnic lunch on Coopers Hill (if wet we will retire to the Barley Mow PH, Englefield Green) Meet Waterloo stn. Buy OPDR to Egham. Train dep. 10.09 (Clapham Jn 10.14, Richmond 10.29) arr. Egham 10.50 where leader will join group. Distance 7 miles approx. LR 176. Leader Geoffrey (01525 714105 / 07773 225602 on the day). Sun hat & cream!

**WEDNESDAY 17<sup>th</sup>: EVENING WALK IN BANKSIDE:** A short evening walk to discover the history of the area south of London Bridge. Meet at 18.30 outside Borough Station (Northern Line - Bank branch). Meal afterwards in a local venue if desired. Leader Dominique (07908 623 207).

**SUNDAY 21<sup>st</sup>: WALK WITH LONDON BLIND RAMBLERS – OTFORD & SHOREHAM (Kent) via lavender farm, (returning to Shoreham or on to Eynsford).** Walking along the Darent valley and riverside path to the lavender fields which should be at their most fragrant. Meet at Charing Cross stn. Buy OPDR to Otford (Kent). Train dep. 9.40 arr. Otford 10.45. Lunch stop at Lullingstone country park where food and drinks are available or bring a picnic lunch. Distance approx 4 miles for walk back to Shoreham or 8 miles if you continue to Eynsford (tea room & pubs in both villages). EX 147/162. Leader Pam (020 8471 2585 or 07804 969 599 on the day). Please let Pam know if you can come and help accompany our blind rambling friends. The walk can't go ahead without helpers!

**SATURDAY 27<sup>th</sup>: LOOP 12 – COCKFOSTERS to ENFIELD LOCK (zone 6) (LINEAR):** Join Anna & Martin. Ramble Enfield Chase; view Botany Bay; touch The Ridgeway. Distance 8½, 5½ or 3 miles. Leaders will meet you at Cockfosters (Piccadilly line, zone 5) at 10.00. Lunch at Rose & Crown, Clay Hill Road. For 3 mile option contact anna26.dsouza@yahoo.co.uk or Martin on 07518109945.

### JULY

**SATURDAY 4<sup>th</sup> : ARLESEY (Beds) to HITCHIN (Herts) (LINEAR):** We follow the Hicca Way along the river Hiz Valley. Meet Kings Cross station. Buy OPDR to Arlesey. Peterborough train departs 9.35, arrives Arlesey 10.24. Pub lunch at Ickleford. Return from Hitchin. Distance 8.5 miles or 7 miles if not going to Hitchin Town Centre. LR167. Leader Dominique (07908 623 207).

**SATURDAY 11<sup>th</sup>: HEVER to COWDEN (West Kent) (CIRCULAR).** We go to Dry Hill and onto Cowden, and then return to Hever via Markbeech. Note there are 21 stiles! Meet London Bridge stn (Keep your eye on National Rail and our NEW website for any changes to train). Buy OPDR to Hever. Take 9.08 train to Hever; arrive 9.50 Hever where leader will meet group. Lunch at the Fountain PH (<http://fountain-cowden.com/>) in Cowden. Distance 9.5 miles. Return by hourly train at 6 minutes past the hour. EX 147 (Sevenoaks). Leader: Kim Chowns (07954511619).

**SATURDAY 18<sup>th</sup>: HARLOW TOWN to BROXBOURNE (Herts) (LINEAR):** The Three Rivers walk through pleasant meadows and riverside. Easy pace. Meet at Liverpool St stn. Buy OPDR to Harlow Town. Cambridge train dep 10.28, 10.40 Tottenham Hale, arr Harlow Town 11.03. Distance approx 6.5 miles. EX 174. Drinks available at the leader's house in Broxbourne after walk. Leader: John H (tel: 019992 466848).

**THURSDAY 23<sup>rd</sup> : SEVEN BRIDES FOR SEVEN BROTHERS:** Contact Shirley to see if there are any returns or more availability. (020 7722 1005).

**SATURDAY 25<sup>th</sup> : WENDOVER (CIRCULAR).** An undulating walk with a gradual climb up Coombe Hill offering a

stunning view of the Chilterns, across fields to the village of Ellesborough, woodlands, passing Chequers and back to Wendover. Meet at Marylebone stn. Buy OPDR to Wendover. Train depart 09.40, arrive Wendover 10.30. Pub lunch stop tba. Distance 8.5 miles. LR 165, EX 181. Leaders Sunita (07867121019), Lucy and Peter (07704892532) who will join the train at Harrow-on-the-Hill.

**SUNDAY 26th JULY: SHORTER WALK - LITTLE VENICE, REGENT'S PARK & PRIMROSE HILL (CIRCULAR):** *An easy walk along a secluded canal to a superb park and a panoramic viewing point.* Meet 10.30 at Warwick Avenue (Bakerloo Line) station. Lunch at the Queen's PH, Regents Park Road or a picnic on Primrose Hill. Distance: 5.5 miles. EX173. Leader: Danny (07591-999016).

## AUGUST

**SATURDAY 1st: BOSHAM to CHICHESTER (LINEAR).** A flat, watery walk around Chichester Harbour (high tide at noon!) to the pretty village of Bosham, a £2 ferry trip to West Itchenor for lunch and then via the marina and the old ship canal to Chichester (visit cathedral if desired). Meet at Victoria stn. Buy OPDR to Bosham. Take 09.32 train to S'ton & Bognor. Change at Chichester 11.04/11.11, arr, Bosham 11.17. Lunch at The Ship at W. Itchenor. Busy pub, no group bookings, so bring picnic or take a chance. Distance 10 miles. EX 120. Leader: Sandra (020 8542 4951/ 07713 155893.).

**SUNDAY 2nd: SHORT WALK to visit HATCHLANDS PARK and house (NT), (Surrey) (CIRCULAR):** *Georgian country house near Guildford with surrounding estate parklands. Waymarked walks, ancient woodland and woods. Collection of keyboard instruments, paintings.* Meet Waterloo stn, buy OPDR to Clandon (Surrey). Guildford train dep. 10.32 arr. Clandon 11.32. House open 2-5.30pm. Free for NT members, non-members £8.90 (house & gardens), £4.70 (grounds only). Lunch at tea rooms or bring picnic. Distance 5 miles approx. EX 186/187. Leader Val Evans (tel 020 87670442 or 07932882244 on the day).

**SATURDAY 8th: ICKNIELD WAY STAGE 2: DUNSTABLE to STREATLEY (BEDS):** *Heading north east we pass the villages of Wingfield and Chalgrave, cross the M1 to reach the highest point in Bedfordshire at Sundon Hills Country Park and the Sharpenhoe Clappers.* Meet at St Pancras Thameslink. Buy OPDR to Luton. (with PlusBus if you don't have bus pass), Bedford train dep. 09.18, arr. Luton 09.53. Busway to Dunstable (every 7-8 mins, journey 15 mins). Pub lunch tbc or bring picnic. Return by bus from Streatley to Luton (hourly, journey 30 mins). Distance: 11-12 miles. Check website nearer the time for options to shorten. EX 193. Leaders: Gillian and Stuart (01494 721098/ 07719 452023).

**SATURDAY 15th SHAWFORD (HANTS) (Circular):** *Country walk, starting at Shawford Station, ascending Compton Down (quite steep in places), linking up with Silkstead Lane and the Monarch's Way to Hursley. From Hursley backtracking along part of Monarch's Way, joining up with Shepherd's Lane, before returning to Shawford.* Meet Waterloo Station. Buy OPDR to Shawford. Southampton (Totton) train leaves at 09.39, arr. Shawford at 10.54. Picnic lunch in Hursley recreation ground with Kings Head Pub opposite for those wishing for a more substantial lunch and/or liquid refreshment!! Distance, approx. 8 miles. EX 132, Leader Roy Carpenter (Tel 01962712468 Mob 07759858680).

**SATURDAY 22nd: BALCOMBE (CIRCULAR).** *Lovely walk in West Sussex involving the odd hill.* Meet London Bridge stn. Buy OPDR to Balcombe. 9.12 train arrives at Balcombe at 9.51. Lunch at the Chequers Inn, Slaugham (nice but pricey). Lots of space for those who prefer to eat al fresco. Distance 11 miles. EX134/135. Leader Harriet, 07811 190571.

**AUGUST BANK HOLIDAY FRIDAY 28th to TUESDAY 1st SEPTEMBER: WALKING WEEKEND IN N. WALES.** Based in university accommodation in Bangor. Enquiries to the organisers Gillian & Stuart Swan (tel:01494721098, gillian.swan@dsl.pipex.com).

## SATURDAY 29 AUGUST: SHORT WALK FROM TWICKENHAM TO RICHMOND

Pleasant easy paced stroll along the river starting with a look at Eel Pie Island and then walking by the beautiful gardens of York house (see the statues) and Orleans house where we will have lunch in a cafe there. Then if we would like to, we will cross the river by the ferry and continue along to Richmond. Nice little cafes around on this walk!

Distance: under 4 miles. Meet Waterloo station. Train leaves 10.50 arr Twickenham 11.10. Travel within zones 1-5

Leader: Rosie

## SEPTEMBER

**SATURDAY 5th: LOOP 13 - ENFIELD LOCK (zone 6) to CHIGWELL (zone 5, Central line) (LINEAR).** *Glimpse The Royal Small-arms factory & visit Queen Elizabeth I hunting lodge.* Distance 8½, 4½ or 3½ miles. Meet Liverpool Street stn. Hertford East train dep. 9.42., arr. Enfield Lock 10.04. Lunch at Royal Forest bar/restaurant Premier Inn, Chingford. For 3½ mile option contact Leaders anna26.dsouza@yahoo.co.uk or Martin 07518 10 99 45.

**SUNDAY 13th SEPTEMBER: ROCHFORD (Essex) (CIRCULAR):** *A gentle walk along the River Roach and a visit to a tiny medieval town.* Meet Liverpool Street Stn. Buy Super OPDR to Rochford. Southend Vic train dep 09.44 (Stratford 09.51), arr. 10.46. Lunch at Royal Oak, Great Stambridge. Distance: 8 miles. EX176. Leader: Danny (07591-999016).

**SATURDAY 19th: SOLE STREET (Kent) (CIRCULAR):** *Fairly hilly but scenic walk on the North Downs and Wealdway* CHECK TRAINS nearer the time on our new website! Meet Victoria stn. Buy OPDR to Sole Street. Train dep. 10.04, arr. Sole Street 10.55. Lunch PH Amazon & Tiger, Harvel. Distance: 8 miles. EX 163, Leader: Peter T: (tel: 020 8954 3420, mobile on the day 07952 809254).

**SATURDAY 26th: Bekesbourne (BK) to Wingham (CIRCULAR):** visit villages of Ickham, Littlebourne, Wickhambreaux, Wingham and water mills, across countryside. Meet Victoria stn. Buy OPDR to BK. Train dep. 9.07 arr. BK 10.42. Bring picnic or eat at Anchor Inn, Wingham (<http://theanchoratwingham.com/>). Distance 10 miles. LR 179/189, Exp 150. Leader Kim will meet walkers at BK stn. Tel 07954 511619, leave txt msg instead of voice mail.

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

## AUTUMN TRIP TO NORTHUMBRIA: FRIDAY 2nd to MONDAY 5th OCTOBER

Based in Berwick -on-Tweed with walks on Lindisfarne and along the Bamburgh coast. See article in newsletter for further detail. Contact Danny (qprduffy20@hotmail.com or 07591-999016) to register interest.

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*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.*