

# THE POLYTECHNIC RAMBLING CLUB

## Programme Co-ordinator

Pamela Beach

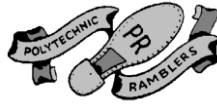
Tel:

(in association with the University of Westminster)

Founded 1885

Affiliated to the Ramblers' Association (Inner London Area)

Affiliated to HF Holidays



## 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](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 NEW 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 with full details. Contact Solvig 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 2016

### **FEBRUARY**

**SUNDAY 7<sup>th</sup>: CHIPSTEAD (CIRCULAR):** *An undulating walk taking in a varied landscape of ancient woodland, open downs and farmland.* Meet Victoria stn. Train dep. 09.35 (change E.Croydon 9.52/9.59) arr. Chipstead (zone 6) 10.20. Lunch stop The Well House Inn, Mugswell. Distance approx 8.7 miles, EX.146. Leader Susan J.

**SATURDAY 13<sup>th</sup>: BERKHAMSTED to TRING via Bridgewater Memorial and Aldbury (LINEAR):** *Short walk beside Grand Union Canal, gradual ascent to the Bridgewater Memorial, through the Alpine Meadow. Cafe & shop at Memorial, then steep descent to Aldbury. Lunch at Greyhound PH or benches for picnic nearby. From Aldbury short walk to Tring stn.* Meet Euston stn. Buy OPDR to Tring. Train dep. 9.45, arr. Berkhamsted 10.22. If long queue in Virgin Trains booking hall, try Midland Trains ticket office by platform 9. Distance 6 miles. EX181/LR165. Leader: Sandy

**SATURDAY 20<sup>th</sup>: EVENING WALK from BIRCHINGTON to HERNE BAY (LINEAR):** *Walk along Thames estuary at dusk (NB full moon), towards the atmospheric towers of 12<sup>th</sup> century Reculver monastic church and then up to Herne Bay.* Meet Victoria Stn. Train dep. 13.37, arr. Birchington 15.15. NB long train journey, fare is around £10/15 with Network/Senior Railcard (without Freedom pass or other discounts). We might not be back in London before 21.00 or 22.00. Meal/snack at King Ethelbert Inn, Reculver. Distance 8.5 miles. LR179. Leader Dominique

**SUNDAY 21<sup>st</sup> CHARLTON (zone 3) to FALCONWOOD (zone 4) (LINEAR):** *We follow the Capital Ring for most of this walk, passing Charlton House and Severndroog Castle.* Meet at London Bridge stn. Plumstead train dep 10.23, arr 10.38. Or meet at Charlton station at 10.38. Lunch at cafe in Oxleas Meadow. Trains from Falconwood go direct to Victoria, or change for London Bridge. Distance: approx 6.5 miles. Leaders: John and Caroline .

**SATURDAY 27<sup>th</sup>: WOLDINGHAM to OXTED (LINEAR):** *A walk in the North Downs and the countryside to the south which promises to be not too hilly.* Meet at Victoria station. Buy OPDR to Oxted. Train dep. 09.53, arr. Woldingham 10.26. Lunch at the Hare & Hounds PH Godstone. Total distance about 8 miles. EX146. Leader: Peter T. .

### **MARCH**

**SATURDAY 5<sup>th</sup>: ANNUAL GENERAL MEETING:** University of Westminster, Regent Street. All members welcome. Refreshments available after the meeting. Notice of motions should reach the General Secretary (address above) not later than 6 February.

**AFTER AGM: REGENT STREET CINEMA** Watch the Polyramblers' website. Programme available 5 weeks before.

**SUNDAY 6<sup>th</sup>: BERKHAMSTED (CIRCULAR):** *Lovely walk through woods and fields. Some steep inclines but not lengthy ones.* Meet Euston stn, buy OPDR to Berkhamsted, Catch 10.01am train. Lunch stop tbc. Distance 11 miles/18km. EX 181. Leader Jackie . **NB Mothering Sunday!**

**FRIDAY 11<sup>th</sup> to SUNDAY 13<sup>th</sup> : YHA WEEKEND, LULWORTH COVE:** The annual YHA trip heads to Dorset for exhilarating coast walks. Now fully booked. If you want to go on a waiting list for cancellations, contact Danny on [qprduffy20@hotmail.com](mailto:qprduffy20@hotmail.com) or

**SATURDAY 12<sup>th</sup>: ALTERNATIVE SHORT WALK from BATTERSEA PARK TO WANDSWORTH TOWN (LINEAR):** *We pass by the Peace pagoda and the Heliport and guess what - Wandsworth recycling centre!* Meet at Battersea Park railway stn 11am. Distance approx. 3-4 miles. Lunch at rather nice restaurant by the river at Ransomes Dock called Source. Return from Wandsworth Town railway station. Leader Rosie .

**SATURDAY 19<sup>th</sup>: STONEGATE (CIRCULAR):** *Lovely walk in Sussex Weald - woods, valleys, pastures etc & not too strenuous.* Distance 9.6 miles. Lunch at Rose & Crown PH Burwash or Limetree Tea Rooms. Buy OPDR to Stonegate. Meet London Bridge. Train dep. 9.23, arr. 10.46. EX 136 & 124. Leader Harriet .

**GOOD FRIDAY 25<sup>th</sup>: WATFORD (MET LINE) to CROXLEY (MET LINE) (LINEAR):** *via Cassiobury, Sarratt Church End and Croxley Green. We will make use of Watford station before its threatened closure by 2020. Undulating West Herts with some flat stretches.* Meet Baker Street station. Watford Metropolitan Line train dep. 09.42 (Finchley Rd 09.47), arr. Watford 10.23. Lunch at Cock Inn, Sarratt Church End. Distance: 10 miles. LR166. NB Watford and Croxley stations are both in zone 7 so non freedom/non Boris pass holders will require an oyster card or use a contactless bank card at touch in/out. Leader Geoffrey .

**EASTER SUNDAY 27<sup>th</sup>: HAMMERSMITH, BARNES & BOAT RACE (CIRCULAR):** *The Thames Path, Barnes Common and the Men's & Women's Boat Races.* Meet 10.15 at Hammersmith District & Piccadilly Line Station. Lunch at

the Coach & Horses, Barnes. Distance: 7 miles. EX161. Leader: Danny

## **APRIL**

**SATURDAY 2<sup>nd</sup>: BENTLEY to ALTON (LINEAR)** *Through undulating farming countryside and woods, with some open views. Possible muddy stretches. Pub Lunch in East Worldham tbc.* Distance just under 10- miles. Meet Waterloo Stn. Buy OPDR to Alton. Alton train dep. 9.53, arr. Bentley 11.02. EX144 Leader: Mike C .

**SATURDAY 9<sup>th</sup>: LOOP STAGE 15 – HAROLD WOOD to RAINHAM (ESSEX) (LINEAR):** “Almost there with Anna & Martin” Meet Liverpool Street stn. Shenfield train (TfL Rail) dep. 9.50, arr. Harold Wood (zone 6) 10.23. Lunch at The Windmill, Upminster Bridge (District Line zone 6). Distance 9 miles or 4½ miles. Walk ends at Rainham (Essex) (C2C zone 6 into Fenchurch Street). Leaders Anna and Martin

**WEDNESDAY 13<sup>th</sup>: EVENING WALK in SHOREDITCH (CIRCULAR):** *Explore Shoreditch, Colombia Road and Brick Lane's lively streets and historic buildings.* Meet at Shoreditch High Street Overground station at 6.30 for a 2.7 mile walk in Shoreditch. Possible meal at the end of the walk. Leader Dominique .

**SATURDAY 16<sup>th</sup>: ICKNIELD WAY STAGE THREE: – STREATLEY (BEDS) to LETCHWORTH (HERTS) (LINEAR):** *We resume at the A6 in Streatley, cross the border from Bedfordshire into Hertfordshire and continue north east towards the garden city of Letchworth, via several hills, passing the villages of Pirton and Ickleford and crossing the East Coast mainline.* Meet at St Pancras. Buy Off Peak Single to Luton. Bedford train dep. 09.18, arr. Luton 09.53. Bus 81 from Galaxy Centre at 10.15 to Streatley. Late pub lunch at Pirton or bring a picnic. Return by train from Letchworth to Kings Cross (buy single ticket - trains at 29 and 56 past the hour). Distance approx. 12 miles. EX 193. Can shorten to 10 miles by ending at Ickleford and taking bus to Hitchin for train. Leaders: Gillian and Stuart .

**SATURDAY 23<sup>rd</sup>: EAST GRINSTEAD (CIRCULAR):** *Undulating farmland and woodland walk via the grounds of Standen (NT), Weir Wood reservoir, the Bluebell railway line, Gravetye Manor and a disused railway line.* Meet Victoria stn. Buy OPDR to East Grinstead. Train dep 09.23, arr E Grinstead 10.18. Lunch at The Cat Inn, West Hoathly. Distance 10/11miles. Exp 135. Leader: Sandra .

**B/H W/E SATURDAY 30<sup>th</sup>: CANAL, CEMETERY & SCRUBS (LINEAR):** *Along the Grand Union Canal, through Kensal Green Cemetery & across Wormwood Scrubs. All welcome for tea with the leader at his new flat to celebrate his birthday.* Meet 10.30 at Paddington Hammersmith & City Line Station. Lunch at Paradise by Kensal Green. Distance: 6.5 miles. EX173. Leader: Danny

## **MAY**

**BANK HOLIDAY MONDAY 2<sup>nd</sup> BISHOP'S STORTFORD to HARLOW MILL (LINEAR):** *Meandering River Stort walk, alongside meadows and fields.* Meet Liverpool St stn. Buy OPDR to Bishop's Stortford. Train dep. 10.28, Tottenham Hale 10.40, arr. Bishop's Stortford 11.10. Cafe stop at Sawbridgeworth for lunch. Pleasant riverside bar at the end of the walk at Harlow Mill. Distance: about 7 miles. Leader: John H who will join the train en route .

**SUNDAY 8<sup>th</sup>: BERWICK to EASTBOURNE (LINEAR):** *Walk rated 7 out of 10 for toughness, passing through birdwatchers' paradise. Great views along the walk, including the Long Man. Passing through the smugglers village of Jevington.* Meet Victoria stn. Buy OPDR to Eastbourne. £20.95 with railcard. **(Cheaper Advance fares usually go on sale 12 weeks before travel)** Train dep. 9.07, arr. Berwick 10.35. Lunch at Eight Bells PH. Main walk: 11.6miles, shorter walk diverts to Polegate stn (6.3 miles). Volunteer needed to lead the diversion, written instructions available. The shorter walk will have an earlier lunch at the Giant's Rest PH). LR199/EX123. Leader Jackie .

**SATURDAY 14<sup>th</sup> LOOP 15 (Pt 2) RAINHAM (Essex) to PURFLEET (LINEAR):** Thank you for staying with us these past five years, as we take our final steps. Meet Fenchurch St stn. Buy OPDR for Purfleet or single back from Purfleet to Rainham if you have a railcard covering 6 zones. Grays train dep. 10.40 arr. Rainham (zone 6) 11.03. Morning - Rainham Hall NT or next door at 'Cold Blooded Emporium' across the road from The Phoenix (out of stn, left across car park) lunch 12.45-14.00 (later Grays train dep. Fenchurch St 12.10 arr. Rainham 12.33) ). Afternoon walk 4¾ miles to Purfleet stn (C2C, NB one stop outside zone 6) via RSPB reserve. Leaders Anna & Martin.

**SUNDAY 15<sup>th</sup>:** possible longer walk. Keep an eye on the Polyramblers' website.

**SATURDAY 21<sup>st</sup> : DANBURY COMMON to BLAKES WOOD (Essex) (CIRCULAR):** *A moderate walk through a variety of wildlife habitats, including grassland, heaths, ponds and mixed woodland.* Meet Liverpool Street stn, buy OPDR to Chelmsford. Ipswich train dep. 9.30 am, arr. Chelmsford at 10.03. We then take a bus to Eve's corner, Danbury, to the start of the walk. Lunch at pub tbc. Distance 7.5 miles (12 km). EX 183 Leader Sarah Check National Rail Enquiries nearer the time for engineering works.

**SPRING BANK HOLIDAY, WALKING IN KILLARNEY, IRELAND, THURSDAY 26<sup>th</sup> to MONDAY 30<sup>th</sup> MAY:**

We will be based in this resort town on the doorstep of Ireland's finest Lakeland scenery and its highest mountain range. Now booking. Contact Danny on [gprduffy20@hotmail.com](mailto:gprduffy20@hotmail.com) or 07591-999016)

**>>>>>>>>>>FUTURE EVENTS <<<<<<<<<<<<<**

**AUGUST BANK HOLIDAY WEEKEND: FRIDAY 26<sup>th</sup> AUGUST – TUESDAY 30<sup>th</sup> AUGUST:** Walking in Yorkshire Dales, based in B&Bs in Skipton. £50 non-refundable deposit required to secure your place. See Newsletter for details. Organiser Gillian Swan [gillian.swan@dsl.pipex.com](mailto:gillian.swan@dsl.pipex.com) 01494 721098 / 07719452023.

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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.

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