

# 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



**President: Mrs Christine Bignold**

## Programme Co-ordinator

Pamela Beach

## General Secretary

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**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 2017

### **FEBRUARY**

**SATURDAY 4<sup>th</sup>: OTFORD to EYNSFORD (Kent) (LINEAR):** *Steady paced, hilly walk in the lovely Darent valley including Lullingstone Country Park.* Meet Victoria stn. Buy OPDR to Otford. Train dep. 9.22, arr. Otford 9.56. Lunch in Shoreham (Kent), choice of 2 pubs. Distance approx. 9 miles, EX. 147. Leader Ken:

**SUNDAY 12<sup>th</sup>: NORTH LONDON/HERTS. BORDERS, CITY & PARKS. (LINEAR):** Meet 10.00 at Oakwood stn, Piccadilly line, walk through Trent Country Park, across Monken Hadley Common to High Barnet where we will stop for lunch. Then continuing the walk along Dollis Brook concluding our walk at Woodside Park (Northern Line). Those not wanting to do the full walk can cut it short in High Barnet and Totteridge/Whetstone. Distance approx 9-10 miles. EX 173. Leaders: Mary King & Hazel Sack .

**SATURDAY 18<sup>th</sup>: TRING (CIRCULAR):** *Grand Union Canal, the Tring Reservoirs, Zoological Museum (quick visit there possible) and Park, with the final stretch along the Ridgeway.* Meet at Euston stn. Buy OPDR to Tring. Train dep. 10.24, (Watford Junction 10.49), arr. Tring 10.59. An earlier slower train stops at Harrow & Wealdstone 10.19, arriving at Tring at 10.49. Lunch at the Anglers Rest, Startop's End (or possibly at the nearby tea room). Distance approx 8 miles. EX 181. Leader: Peter T:

**SATURDAY 25<sup>th</sup>: RICHMOND to HAMPTON COURT (LINEAR):** *An easy walk along the Thames path with the option of finishing at lunchtime.* Meet at Richmond railway station at 10.30. (reach via District Line, Overground or National Rail.) Lunch at Kingston (5 miles approx.) where there is a wide choice of cafes and pubs. In the afternoon we continue a further 3 miles to Hampton Court, returning via National Rail. Total length 8 miles. Richmond is in zone 4, Hampton Court in zone 6). EX 133. Leader: Mike Coyle

### **MARCH**

**SATURDAY 4<sup>th</sup>: POLESDEN LACEY and RANMORE COMMON (CIRCULAR):** *Beautiful woods and sweeping views from the Surrey downs.* CHECK trains before travelling. Meet at Victoria stn. Buy OPDR to Boxhill & Westhumble. Train dep. 9.31, arr. BH&WH 10.21. Hot food or snacks at Polesden Lacey. Possible further refreshments at Denbies vineyards and/or swift half at Stepping Stones PH on return to station. Distance 9 miles. LR 187, EX 146, Leader: Jackie .

**SATURDAY 11<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 11<sup>th</sup> February.

**SUNDAY 19<sup>th</sup>: HADLEY WOOD to COCKFOSTERS and exploring Trent Country Park with the LONDON BLIND RAMBLERS (LINEAR):** We need you to come and help guide our blind friends! Please let Pam know if you are able to join us. As before, obviously, if we don't have enough helpers the walk can't go ahead but if we outnumber the LBRs we can always chat amongst ourselves as we go along, as we usually do on any other walk! **Meet by 9.45** at Moorgate station ticket machine area to meet up with blind ramblers and catch Great Northern train from platform 9 at 10.04 (Finsbury Pk 10.16), arr. Hadley Wood (zone 6) 10.36. Walk through lanes and woods to Cockfosters. Lunch stop at cafe (delicious cakes etc!) in Trent Country Park. Afternoon exploring the undulating woods and meadows of Trent Country Park. Distance approx 6-7 miles. EX 173. Leader: Pam .

**FRIDAY 24<sup>th</sup> to SUNDAY 26<sup>th</sup> – YHA WEEKEND, PORTLAND:** *The annual YHA trip returns to Dorset for exhilarating coast walks on the Isle of Portland.* Estimated cost £75 incl. train/bus fares & in-house food. Still a couple of places available. Reserve one for £30 by bank transfer (Club's account number 29935940, sort code 05-02-00) or a Club cheque to Danny Duffy,

**WEDNESDAY 29<sup>th</sup>: SCULPTURE IN THE CITY WALK:** *Discover 17 world-class contemporary artworks in 20 locations in the Square Mile from internationally renowned artists.* Meet Liverpool St stn, outside MacDonald's at 18.30 for a 1.5 mile walk. Explanations about each artwork will be supplied. Later, we can eat at the Crosse Keys pub in Gracechurch St. Leader: Dominique .

## APRIL

**SATURDAY 1<sup>st</sup>: COULSDON SOUTH (CIRCULAR):** *A lovely little ramble via Farthing Downs, Chaldon church, Happy Valley.* Travel within zones 1-6. Meet at Blackfriars stn. Thameslink train dep. 10.38 arr. Coulsdon South 11.14. Lunch at The Fox PH, Coulsdon Common. Distance 6.2 miles, LR 187. Leader: Geoffrey .

**SATURDAY 8<sup>th</sup>: THE SOURCE OF THE THAMES (CIRCULAR):** *A six & half mile circular walk in which we pass the Source twice. It's two miles further on from the Source to the lunch pub. Some walkers may like to go just to the Source and back to the station where there is a pub with food, this option would be about three miles.* **You are strongly advised to book in advance, two single tickets (Paddington to Kemble & back, £15.20-£23 depending on railcard).** Meet Paddington station. Train dep. 9.57, change Swindon 11.00/ 11.14, arr. Kemble station 11.29. Lunch at The Tunnel Inn, Coates, above the southern portal of the two mile long Sapperton tunnel on the Thames & Severn canal. Return train time: 16.47. LR 163. Contact Leader, Martin for any queries.

**EASTER SATURDAY 15<sup>th</sup> – DENHAM (CIRCULAR):** *Out via the high ground above the Colne Valley and back alongside the Grand Union Canal.* Meet at Marylebone stn. Buy OPDR to Denham. Aylesbury train dep. 10.13 (Wembley Stadium 10.22), arr. Denham 10.32. Lunch at the Coy Carp, West Hyde. Distance: 8 miles. EX172. Leader: Danny .

**SATURDAY 22<sup>nd</sup>: ICKNIELD WAY STAGE FIVE: – ROYSTON to GREAT CHESTERFORD (LINEAR):** *Picking up the trail at Royston we soon cross the Greenwich Meridian. Leaving Hertfordshire behind we cross into Essex after a brief foray into Cambridgeshire. Reasonably level but be prepared to keep up a good pace.* Meet at Kings Cross stn. Buy OFF PEAK SINGLE to Royston. Cambridge train departs: 09.04, arrives Royston: 10.07. Bring a picnic lunch if weather permits. Drinks stop at King William IV, Heydon but food is pricey and time short. Return from Great Chesterford into Liverpool Street. Buy OFF PEAK SINGLE. (hourly service at .34. 1hr 26 mins). Distance 13 miles. EX 209. Leaders: Gillian and Stuart.

**B/H W/E SATURDAY 29<sup>th</sup>: WENDOVER to TRING (LINEAR):** *We follow the Ridgeway for most of the walk.* Meet Marylebone. Buy single to Wendover, and single from Tring to Euston to return. CHECK train times on our website before starting out. Aylesbury train dep 9.27 arr Wendover 10.15. Lunch at the Greyhound, Wigginton ~ 6 miles into the walk. Distance ~ 8 miles. EX 181. Leaders: John & Caroline

## MAY

**MAYDAY BANK HOLIDAY MONDAY 1<sup>st</sup>: TOTTENHAM HALE to LIMEHOUSE BASIN:** *Easy walking (within zones 1-3) of 3 Sections of the Lea Valley Walk alongside reservoirs, parks & Limehouse cut canal.* Bring binoculars. Meet at Tottenham Hale station at 10.30 am. Lunch at Timber Lodge cafe in the Olympic Park. Distance 7 miles. Leader Sarah

**SATURDAY 6<sup>th</sup>: ST. MARGARETS to THE HADHAMS (Herts) (LINEAR):** *Walk from St Margarets through Perry Green, where we see some of Henry Moore's sculptures, and Hadham Mill, Hadham Cross, Much Hadham, Hadham Ford and Little Hadham.* Meet Liverpool St stn. Buy OPDR to St Margarets. Train dep. 9.43, change Broxbourne (10.15-10.19), arr. St Margaret's 10.25 (check time of the train before the walk). Late lunch at the Hoops Inn (slightly expensive) in Perry Green. Bus 351 back from one of the Hadhams at 16.30. Distance 10.7 miles. Maps: LR 166 & 167. Leader: Dominique .

**SATURDAY 13<sup>th</sup>: GT MISSENDEN (CIRCULAR):** *Through fields, woods, taking in Cobblershill, and Denner Farms, and St. Mary Magdalene Church.* Lunch at The Hampden Arms situated in the beautiful Chiltern Hills. Meet at Marylebone stn. Buy OPDR to Gt Missenden (Oyster Card holders card can pay from Amersham Zone 9). Chiltern Line train dep. 10.27 arr. Gt Missenden 11.08. Distance 9½ miles. EX172/181. Leaders Peter , Lucy & Sunita.

**SATURDAY 20<sup>th</sup> LISS to PETERSFIELD (LINEAR):** *Lovely walk through the-mostly- unspoilt Hampshire countryside with a goodish hill towards the end but the delights of Petersfield should be ample compensation.* Meet Waterloo. Buy OPDR to Petersfield. Train dep 09.00, change at Haslemere, arr Liss 10.06. Lunch at Hawkley Inn, in Hawkley! Distance 10.1 miles. LR 197 & 185, EX 133. Leader: Harriet .

**SPRING BANK HOLIDAY, WALKING IN AOSTA VALLEY, WESTERN ALPS, ITALY, THURSDAY 25<sup>th</sup> to MONDAY 29<sup>th</sup> MAY:** Contact organiser, Susan J for queries re late availability.

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

**AUGUST BANK HOLIDAY WEEKEND: FRIDAY 25<sup>th</sup> AUGUST – TUESDAY 29<sup>th</sup> AUGUST:** Walking in Devon, based in Exeter. £50 non-refundable deposit required to secure your place. Payment can be by bank transfer (Club's account number 29935940, sort code 05-02-00) or a Club cheque to Danny Duffy, See Newsletter for details. Organiser: Mike C: .

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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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