

THE POLYTECHNIC RAMBLING CLUB

Programme Co-ordinator

Pamela Beach
Tel

**EVERY WORD IS HERE
FOR A PURPOSE.
PLEASE READ THEM ALL!**

(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

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 with full details. Contact a committee member with suggestions for social events (e.g. restaurant, theatre visits, paragliding 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 2019

FEBRUARY

SATURDAY 2nd: LIMEHOUSE to GREENWICH (LINEAR): North Thames Path followed by circular walk exploring Greenwich and Greenwich Park. Leader will meet walkers at 10am at Limehouse station (zone 2) on DLR from Bank. Walk concludes at Greenwich stn.(zone 2/3). Stunning views of London from the Observatory and Pointer Hill. Suggested lunch at the Trafalgar Tavern, Greenwich. Distance 8 miles, EX 162. Leader Hilary 07814 512184.

SATURDAY 9th: OXTED to WOLDINGHAM (LINEAR): *We follow the Greensand and Vanguard Ways in the morning (1 short, steep climb) to Chelsham Common for lunch at The Bull Inn. Short afternoon but bus option available.* Meet Victoria stn. Buy OPDR to Oxted. E Grinstead train dep 09.21, arr Oxted 10.01. Distance 8 miles. EX146. Leader: Sandra

SATURDAY 16th HOLLAND PARK to HORSE GUARDS PARADE (LINEAR): *Pleasant short walk through London parks.* Meet at 12 noon at Holland Park stn Central line. Proceed through leafy Holland Park, then on to Hyde Park, Green Park and St James' Park, ending at Horse Guards Parade. Many eating and drinking places at the end of the walk and dropping off places along the way. Distance ~5 miles. Leader: John H.

SATURDAY 16th: LONGER WALK: OTFORD TO EYNSFORD (KENT) 8 miles. Leader Mary King. Last minute addition so details will be circulated by email.

SATURDAY 23rd AMERSHAM, CHALFONT ST GILES AND LITTLE CHALFONT (LINEAR): *Undulating walk taking in Old Amersham and the village of Chalfont St Giles.* Meet at Marylebone stn. All travel within Oyster card/Freedom Pass zones. Aylesbury train departs 09.57, Harrow on the Hill 10.09, arrives Amersham 10.32. Lunch at the White Hart Inn, Chalfont St Giles, Return from Chalfont & Latimer. Distance: 9 miles approx. EX: 172. Leaders: Stuart and Gillian (07719452023) who will meet the group at Amersham.

MARCH

SATURDAY 2nd: WATTON at STONE (Herts.) (CIRCULAR): *Walk in the Hertfordshire countryside following part of the Chain Walk and lunch in a pub whose landlord is a CAMRA founder member.* Meet Finsbury Park train station. Buy OPDR to Watton at Stone. Train departs from platform 8 at 9.54 (reaches Cuffley 10.23 where the leader will board the train), arrives Watton at Stone 10.41. Please note that there are no toilets on the train or at Watton at Stone station. There are toilets on platform 7 at Finsbury Park. Lunch at The Lordship Arms, Burn's Green. Distance: 8.6 miles. LR166. Leader: Dominique

SATURDAY 9th TATTENHAM CORNER, (SURREY) (CIRCULAR): *Our route will take us up to Epsom Downs racecourse (where there is a fine view over London, weather permitting) and then via Headley and Walton on the Hill back to Tadworth.* Meet at London Bridge stn. Buy OPDR (if necessary) to Tadworth (zone 6). Train departs 9.47, arriving Tadworth 10.38. Lunch in pub at Headley. Check National Rail Enquiries nearer the time for engineering works. Distance: ~8 miles. LR 187. Leader: Mike. (020 85424951 or 07801 445653).

FRIDAY 15th to SUNDAY 17th – YHA WEEKEND, BEER (Devon): This trip is now fully booked. However there may be late cancellations. If you wish to go on the waiting list contact Danny (qprduffy20@hotmail.com or 07591-999016).

For walkers not going on the YHA w/e: SATURDAY 16th: TOTTENHAM HALE TO TRINITY BUOY WHARF:(LINEAR): Easy walking within 3 Sections of the Lea Valley Walk, with detours through Walthamstow Reservoir, and past the Abbey Mills Pumping station ending at the confluence of Bow Creek and the Thames where there is a cafe. Return is from East India on the DLR (zone 2/3). Meet outside Tottenham Hale station (zone 3) at 10.30am, lunch stop to be confirmed. Distance 7 1/2 miles. LR 177. Leader Sarah.

SATURDAY 23rd: ANNUAL GENERAL MEETING: NEW VENUE: Bankside Community Space 18, Great Guildford Street (junction with Zoar Street) SE1 0FD. All members welcome. Refreshments available after the meeting. Notice of motions should reach the General Secretary (address above) not later than 23rd February.

SATURDAY 30th : SHORT WANDLE WALK: CARSHALTON PONDS to MORDEN (LINEAR): *Flat easy paced walk.* Meet Victoria stn. Catch 11.11 train to Carshalton (zone 5). A little under 3 miles. Nice cafe by a garden centre in

Morden Hall Park, near the end of the walk (Morden tube, Northern line). Leader: Rosie.

SUNDAY 31st: NB CLOCKS GO FORWARD HARLOW TOWN to BISHOP'S STORTFORD (LINEAR)

Meandering linear walk through the undulating East Hertfordshire countryside. Meet Liverpool St stn. Buy OPDR to Bishop's Stortford. Cambridge train dep. 9.28, (Tott. Hale 9.40) arr. Harlow Town stn 9.59. Lunch stop tbc, maybe picnic. Distance ~13 miles. EX194/LR167. Leader: Jackie.

APRIL

SUNDAY 7th: YALDING to BOROUGH GREEN (LINEAR): *Along the Medway, through fields and woods passing Roydon Hall, East Peckham, Mereworth and Crouch.* Meet Charing Cross stn. Buy OPDR to Yalding. Train dep 09.40 change Tonbridge (10.24/10.33) arr Yalding 10.47. Bring picnic lunch. Distance 10.4 miles. LR 188. Leader: Susan J. (07763 131145).

SUNDAY 14th: RAINHAM (ESSEX) (zone 6) (CIRCULAR) with the LONDON BLIND RAMBLERS: *Level walk along the Thames Path to RSPB Rainham Marshes and back.* As always, 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. Meet at Barking stn (C2C, District or H&C lines) (zone 3) on platform 7. Grays C2C train dep. 10.34. Packed lunch or RSPB food and refreshment at visitor centre cafe. Listen out for birds! Distance: ~8 miles or train back from Purfleet (Oyster PAYG, outside zone 6). EX 162. Leader: Pam.

EASTER SATURDAY 20th: GREENFORD (zone 4) to HARROW on the HILL (zone 5). (LINEAR): *Grand Union Canal, wetlands, two hills, Harrow School buildings and hopefully Perivale Wood to see the bluebells.* Meet 10.15 Greenford stn (Central line). EX 173. Lunch Ballot Box PH Greenford (mentioned in the Polyrampblers' booklet "Walking through the Years"!). Distance ~ 6.5 miles. Leaders Sunita & Jennifer.

EASTER MONDAY 22nd: CHRIST'S HOSPITAL, WEST SUSSEX (CIRCULAR): *Fields, hedgerows & small woodlands, typical of the Low Weald, and views of the Sussex Downs.* Meet Victoria stn. Buy OPDR to Christ's Hospital. Bognor Regis train departs 09.36 (Clapham Junction 09.43, East Croydon 09.53), arr. 10.38. Lunch at the Red Lyon, Slinfold. Distance: 8 miles. EX OL34. Leader: Danny (07591-999016).

SATURDAY 27th: GT MISSENDEN to AMERSHAM (LINEAR): *Picturesque Chiltern Hills.* Meet at Marylebone stn. Buy single to Gt Missenden. Aylesbury Parkway train dep. 9.27, arr Gt. Missenden 10.08. Lunch at Penn Street, PH or picnic. Distance 9 miles. LR 165. Leader: Ken.

MAY

MAY B/H SATURDAY 4th: ST ALBANS to WATFORD MET LINE. (LINEAR 11 or 7.5 miles). *Nicknamed the Pope, the President and Ovaltine, this walk crosses the Ovaltine Farm in countryside known to Nicholas Breakspear (the only English Pope), and President Carter. Undulates via Cathedral, Bedmond and Kings Langley then Canal path.* Complete 11 mile walk ends at Watford Met tube, or just do 7.5 miles (missing canal) & end at Kings Langley Stn. Meet St Pancras stn. Buy single to St Albans City. Train dep 10.21, arr St Albans City 10.41. Lunch at The Bell Inn, Bedmond. Full walkers return from Watford tube using Freedom Pass/Oyster card. Shorter walkers returning from Kings Langley buy a single back from there (Euston line). LR 166. Leader Geoffrey(01525 714105, or 07773 225602 on the day), who will meet the group at City station.

SATURDAY 11th: BETCHWORTH (CIRCULAR) via WALTON-ON-THE-HILL and HEADLEY: *Varied walk, including "two remarkable stretches of heathland", fine views and steep short climb up to and down from North Downs.* Meet Victoria stn. Buy OPDR to Betchworth. Take 9.39 train (check time week before), change Redhill (10.18/10.30) arr. Betchworth 10.39 where leader will meet group. Pub lunch tbc. Distance 10 miles, EX146. Leader: Kim (07954511619). <http://www.fancyfreewalks.org/Surrey/WaltonOnTheHill-Headley.pdf?version=1802>.

SATURDAY 18th: WIVELSFIELD to HASSOCKS (LINEAR): *Lovely walk in Sussex with a fairly gentle first half to Ditchling. Lunch at the Ditchling Tea Rooms, probably best tea shop we've ever patronised, or various pubs. The second half takes us up onto the South Downs to be invigorated & braced & then down to the station via a very nice pub for those not desperate to get back.* Meet London Bridge (or St Pancras for 9.50 train if more convenient) Buy OPDR to Hassocks for the Thameslink Brighton train, dep. LB 10.04, arr. 10.58. Distance ~10 miles. OL11. Leader Harriet..

MONDAY 20th : EVENING WALK – CHELSEA FLOWER SHOW FOR THE POOR (or Chelsea in Bloom): We will discover an alternative floral art show in the streets of Chelsea. Meet outside Sloane Square Tube Station (District and Circle Lines) at 18.30 for a 2-mile walk. Toilets in Peter Jones. Leader: Dominique.

SPRING BANK HOLIDAY, WALKING IN THE DOLOMITES: FRIDAY 24th to TUESDAY 28th MAY: Not too late to sign up if flights still available. Contact organiser, Susan J (07763 131145) susan271@btinternet.com for queries.

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

SATURDAY 22nd /SUNDAY 23rd JUNE: WALKING THE PEDDARS WAY IN NORFOLK: 10-12 miles each day carrying overnight gear. B&B accommodation. Enquiries to Gillian: gillian.swan@dsl.pipex.com

AUGUST BANK HOLIDAY WEEKEND: FRIDAY 23rd AUGUST – TUESDAY 27th AUGUST: Coastal walks to include Morecambe Bay and walking in the Forest of Bowland. Based in guest accommodation at Lancaster University. See newsletter article for more information. To secure your place, please send deposit of £50 to Danny Duffy either by bank transfer or a Club cheque to Danny Duffy, 28 Dunraven Road, London W12 7QZ. **Note change of address.** Queries to organiser Hilary. habbey@btinternet.com (07814512 184).

---o00o---

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..