

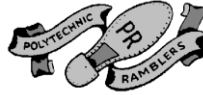
The Polytechnic Rambling Club

In association with THE UNIVERSITY OF WESTMINSTER

Founded 1885

Affiliated to the Ramblers' Association (Inner London Area)

Affiliated to HF Holidays



Programme Co-ordinators

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PROGRAMME FEBRUARY-MAY 2023

If you do not receive emails please check with the leader prior to the walk for any updates to travel as train timetables are often subject to last minute alterations

SAT 4th FEBRUARY STANMORE STATION to BUSHEY STATION (Linear) 7-8 miles. *A scenic nature winter walk, two moderate climbs and possible muddy sections. From Stanmore Common Nature Reserve we are rewarded with panoramic views across the London skyline before proceeding to Bentley Priory Nature Reserve to admire an idyllic hidden water reservoir and Middlesex's oldest tree. We cross Merry Hill, finishing at 'The Load of Hay' pub for a late lunch or picnic. Meet Stanmore station (Jubilee Line) 10.30. No Met line all day.* Return from Bushey station 10 min walk from pub. Overground and National Rail Zone 8. Buy single from Bushey to Hatch End (zone 6) or use PAYG or Freedom Pass. Bring mid-morning snack. OS EX 173. Leaders Les and Carol

SAT 11th FEBRUARY HIGH BARNET TO COCKFOSTERS via TRENT PARK (Circular) 7 miles. *Steep climb near the start to Monken Hadley Common woods. After lunch a circular route through Trent Park and return from Cockfosters (Piccadilly line). Meet 10.20 High Barnet Station (Northern Line) up the footbridge steps. Toilets on Platforms 1 and 3. Lunch at the Cock Inn or picnic (short option to return from Cockfosters after lunch). All travel within zone 6. OS EX 173. Leaders Alison and Jill*

SUN 19th FEBRUARY LONDON LOOP : ERITH to BEXLEY (Circular) 8.5 miles. *We will follow 3 rivers in quick succession, Thames, Darent and Cray. Mostly easy, level walking on firm paths and tracks with only one stile. We will pass the Queen Elizabeth II bridge, the Darent flood barrier, Littlebrook power station and long stretches of greenery through Hall place park. Elizabeth line to Abbey Wood (dep. Paddington 9.47, Liverpool St. 9.57) Replacement bus dep. Abbey Wood 10.25 arr. Erith 10.34. All travel within zone 6. Lunch stop tbc. OS EX 162. Leader Jackie*

WED 22nd FEBRUARY MID-WEEK WALK for GALANTHOPHILES from CREWS HILL (Circular) 6.5 miles or return from Turkey Street (Linear) 4.5 miles. *Walk through Whitewebbs Woods and around Tottenham Hotspur Football Club Training Ground before reaching Myddelton House Gardens where we admire snowdrops, a part of Old London Bridge and the Enfield Market Cross. Dep. 10.24 Finsbury Park train station platform 8 arr. Crews Hill 10.50 where the leader will meet the group. No toilets on the train or at Crews Hill. Lunch at the Bowles Tearoom in Myddelton House Gardens. Could be muddy. OS LR 166. All travel within zone 6. Leader Dominique*

SAT 25th FEBRUARY TRING CIRCULAR 8 miles *Lovely varied walk, circumventing the village of Wigginton, crossing a wide valley with superb views, ascending into Ashridge forest and to the Bridgewater monument. Returning via the quaint village of Aldbury. Good path, maybe muddy sections, two main uphill climbs. Buy OPDR to Tring. Dep. Euston 10.24, (Harrow and Wealdstone 10.36, Watford J. 10.43)*

arr. Tring 11.02. Sandwiches/snacks available at community Wigginton Village shop and café, hot food at Greyhound pub (members advised to book), or bring a packed lunch. If there is time, we can stop for a hot drink at the National Trust café in Ashridge forest. OS EX181 LR 165. Leader Mary King

SAT 4th MARCH PITSEA to CHALKWELL (Essex) – Fourth and final part of the Thames Estuary Path (Linear) 8.6 miles or 7.3 miles to Leigh on Sea. *We go through the RSPB Bowers March Reserve, then along Benfleet Creek - which separates the mainland from Canvey Island, Essex County Council's Hadleigh Park, passing Two Tree Island, Old Leigh and along the Thames to Chalkwell.* Buy OPDR to Chalkwell (or to Leigh on Sea). Dep. Fenchurch Street 10.00 (West Ham 10.09, Barking 10.14, Upminster 10.22) arr. Pitsea 10.39. Early lunch in Benfleet ; choice of pubs or bring a picnic. OS LR 178. Leader: Dominique

SAT 11th MARCH GREAT MISSENDEN to AMERSHAM (Linear) 10.1 miles. *A walk through the beautiful Chiltern countryside, passing through several villages and ending at Amersham Station. Medium difficulty with some steep hills to climb and certain areas are often muddy with puddles.* Buy OPDR to Great Missenden (FP/Oyster 60+ holders single Amersham to Great Missenden). Dep. Marylebone 9.57 arr. Great Missenden 10.38. Lunch at Hit or Miss Inn, Penn Street or bring a picnic to have on the village green. Since lunch is a little late we will have a short break at Little Missenden (bring your own snack if desired). OS EX172/181. Leader Chris

SAT 18th MARCH ANNUAL GENERAL MEETING 11am St Georges Church Community Space, Campden Hill, W8 7JG. Nearest tube Notting Hill/ Holland Park. All members welcome. Refreshments available after the meeting. Notice of motions should reach the Secretary gswan70@gmail.com no later than 18th February

SUN 19th MARCH LONDON LOOP : BEXLEY to PETTS WOOD (Linear) 7.5 miles. *Starting with level ground beside the river Cray, Old Bexley Conservation area and Foots Cray meadows. We pass through Foots Cray village and climb to Sidcup place, undulating through the ancient woodland of Scadbury Park before descending through Petts Wood. No stiles but 3 footbridges to cross, each with 20-30 steps up and down.* Dep. Charing Cross 09.51 (Wat. E. 9.54, London Bridge 10.00) arr. Bexley 10.29. All travel within zone 6. OS EX 162. Lunch stop tbc. Leader Jackie

SAT 25th March OTFORD to EYNSFORD (Linear) 8.8 miles. *A lovely walk through three villages steeped in history, past a ruined palace, two castles and a Roman villa, at times alongside the River Darent and through fields and woods. There are two steep hills and come prepared for some mud! After lunch we walk through Lullingstone Park, with some fine views of the Darent valley, to Eynsford. Lunch at the Kings Arms in Shoreham or in nearby tea rooms or at a riverside picnic spot.* Buy an OPDR from Victoria to Otford. Meet at Victoria. Train dep. Victoria at 09.55. Arr. Otford at 10.31. If you want to return to Blackfriars rather than Victoria you will need a separate return ticket. Maps: EX147 & EX162. Leaders Mary and Chris

SUN 26th MARCH – WRAYSBURY (CIRCULAR) 4.5 Miles

A walk within sight of water for much of the way, including the Colne Brook and River Thames. Buy OPDR to Wraysbury (Freedom passes & 60+ passes valid to Feltham). Windsor & Eton train departs Waterloo 10.44 (Vauxhall 10.48, Clapham Junction 10.54, Richmond 11.09 where the leader will join). Lunch at the Perseverance pub, Wraysbury or bring picnic. EX160. Leader: Danny (07907-346957)

SATURDAY 1 APRIL: GUILDFORD CIRCULAR 9.5-10 MILES

Includes part of the North Downs Way up to St Martha's Church (steep climb) with some great views. Muddy in parts Meet at Waterloo. Buy OPDR to Guildford. Train departs 10.00 (fast to Woking), arrives Guildford 10.32. Alternatively take the 09.52 from Clapham Junction, arrives Guildford 10.23. Bring a picnic lunch as we will stop for about 30 mins on a panoramic hillside. After that we will walk about 10 minutes to reach Newlands Corner car park which is less scenic but offers hot drinks, snacks, cakes and

ice-cream and WC. There are toilets at Guildford Station on the platform before the ticket barrier otherwise no others until Newlands Corner. Leader Rochelle

TUES 4th APRIL EVENING WALK in MARYLEBONE (Linear) 2 miles *This walk explores some of the prettiest roads, mews and garden squares of Marylebone.* Meet outside Bond Street tube station, Marylebone lane exit at the corner of the Disney store at 18.00. The walk will end at Marble Arch tube station. Leader: Dominique

SATURDAY 8TH APRIL : RICHMOND CIRCULAR 7.5 miles approx. A pleasant walk in Richmond Park, visiting the Isabella Plantation to admire the beautiful spring blooms. Meet Richmond station (zone 4) 11.00. Bring a picnic lunch. If it is not too busy, we will stop at Pembroke Lodge, before exiting the park, for refreshments towards the end of the walk. EX 161. Leader Susan 07763131145

EASTER MONDAY 10TH APRIL TAPLOW (Circular) 6 miles *A stroll along the Jubilee River to Dorney village with its listed manor house & back via the Thames.* Meet Taplow Station 10.45, the arrival time of the 09.39 Elizabeth Line train from Abbey Wood (Liverpool Street 09.52, Paddington 10.10 & Ealing Broadway 10.19). Freedom passes valid. 60+ passes buy OPDR West Drayton to Taplow. Without pass, use contactless or buy a railcard return. Lunch at the Pineapple pub, Lake End or bring picnic. EX 172/160. Leader Danny (07907-346957)

SAT APRIL 15th WOODS in the SKY : WENDOVER (Circular) 11 miles *A walk through the woods which clothe the dramatic chalk outcrops in the Chilterns.* Bring picnic lunch. BUY OPDR to Wendover (Freedom Pass/Oyster 60+ OPDR from Amersham to Wendover). Dep Marylebone 9.57 arr Wendover 10.45. EX181 Leader Valerie Evans

FRI 21st to SUN 23rd APRIL WALKING THE NORFOLK COAST PATH Fully booked. Enquiries to the organiser Gillian Swan gswan70@gmail.com

SAT 22nd APRIL BARNES BRIDGE to TEDDINGTON (Linear) 5.7 miles. *We follow the Thames path to Richmond where we stop for lunch. In the afternoon we continue along the Thames path to Teddington where we may stop for refreshments before returning home. No hills and plenty of restaurants and eating areas for those who prefer to picnic and lovely scenery with boats, birds, ducks and geese to admire on the way.* Dep. Waterloo 10.52 (Clapham Junction 11.02) arr. Barnes bridge 11.14. All travel within zone 6. From Teddington (or Richmond) there are plenty of buses and trains for the journey home. OS EX 161. Leader Rob H.

THUR 27th APRIL MID-WEEK WALK DULWICH VILLAGE (Circular) 4.5 miles. *This walk features Dulwich College (old and new versions), Dulwich Picture Gallery, Georgian houses in Dulwich Village, Dulwich Village, Dulwich Park and Dulwich Woods, last surviving tollgate in London, views of the City and West End from Sydenham Hill.* Dep. London Bridge train station 10.31 (Southern train to E.Croydon - dep. Peckham Rye 10.42) arr. North Dulwich (zone 2 / 3) 10.47. Lunch in the café in Dulwich Park. OS LR 177. Leader: Dominique

SAT 29th APRIL WATFORD to CHORLEYWOOD (Linear) 8miles. *A scenic walk through Cassiobury Park and Whippendell Woods, hopefully full of bluebells, to the hamlet of Sarratt before traversing the beautiful Chess Valley to finish at Chorleywood. One descent and ascent.* Meet at Watford underground station (zone7) at 10.20 (allow 50minutes from Baker Street). All travel within FP/Oyster 60+ zone. Pub lunch at The Boot Sarratt. (TBC) or bring a picnic. EX 172/173. Leaders Sunita and Jennifer

BANK HOLIDAY MONDAY 1ST MAY - HENDON CENTRAL TO HAMPSTEAD (LINEAR) 5.5 miles *Help celebrate the leader's 75th birthday with a stroll almost entirely along green routes & heathland.* Meet Hendon Central Northern Line station (Zone 3/4) at 11.00. Lunch at the Old Bull & Bush pub or bring picnic. EX 173. Leader: Danny (07907-346957)

SUNDAY 7TH MAY CHILWORTH (Surrey) to GUILDFORD (Linear) 9.5 miles. *We start by taking in part of Blackheath then turn north to Shere. We then proceed west, via St Martha's Church, and Pewley Down, ending at Guildford. Varied heath, wood and farmland and classic views to south from St Martha's and*

Pewley Down. 400 metres ascent and descent. Buy OPDR to Chilworth , Surrey. Dep. Waterloo (Portsmouth train) 09.30 arr. Guildford 10.10. Dep. Guildford 10.28, arr. Chilworth 10.37. Bring a picnic or pub lunch at Shere. Further possibilities to toast our newly crowned King at Guildford. LR 186 & 187. EX145. Leader Mike

SUN 14th MAY WALK WITH LONDON BLIND RAMBLERS – OTFORD & SHOREHAM (Kent) via lavender farm (Linear) Return from Shoreham 4 miles or on to Eynsford 8 miles. *Walking along the Darent valley and riverside path to the lavender fields.* Buy OPDR to Otford (Kent). Dep. Victoria 9.55 arr. Otford 10.31. Lunch stop at Lullingstone country park where food and drinks are available or bring a picnic. Tea room & pubs at the end of the walk in both Shoreham and Eynsford. EX 147/(162). Leader Pam. Please let Pam know BEFORE the day if you can come and help accompany our blind rambling friends. The walk can't go ahead without helpers!

SAT 20th MAY VANGUARD WAY PART 2 CHELSHAM COMMON to LIMPSFIELD Linear 10.5 miles. *This is one of the hilliest parts of the Vanguard Way with some very steep and quite long ascents and descents compensated by outstanding views. Parts of the route can be muddy, particularly one very steep ascent.* Bring a picnic but possible refreshment stops en route. Buy OPDR to Woldingham. Meet East Croydon station. Dep. London Bridge 9.35 arr. East Croydon 9.48 or dep. Victoria 9.35 arr. 9.52. EX 146. Leaders Hilary (07814 512 184) and Susan (07763 131145)

SAT 27th TO WEDS 31st MAY SPRING BANK HOLIDAY WALKING WEEKEND IN THE COTSWOLDS Based at the Royal Agricultural University near Cirencester (bed and breakfast). Enquiries to the organiser Gillian Swan gswan70@gmail.com