

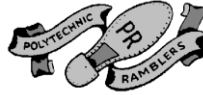
The Polytechnic Rambling Club

In association with THE UNIVERSITY OF WESTMINSTER

Founded 1885

Affiliated to the Ramblers' Association (Inner London Area)

Affiliated to HF Holidays



Programme Co-ordinators

Susan James 07763 131145 susan271@btinternet.com Jennifer Mackenzie

PROGRAMME JUNE to SEPTEMBER 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

SUN 4th JUNE HARROW SCHOOL VISIT *A leisurely walk up the hill taking in some points of interest. Meet at 11.45am at Harrow-On-The-Hill Station, Lowland Road entrance (turn left out of the ticket barriers). Lunch on the hill where there is a choice of restaurants/cafes/pub and benches in St Mary's church yard for picnickers. After lunch we make our way to Harrow School for the guided tour, which lasts 90 minutes, followed by tea and biscuits in the school buildings. Tour fully booked but all members welcome to join the short walk. Leaders Dolly and Mick*

SAT 10th JUNE DORKING to REIGATE (linear) 7.8 miles *Mainly level walk following the river Mole from the foot of Box Hill through the picturesque villages of Brockham, Betchworth and Skimmington, ending in the grounds of Reigate Priory. Buy single Dorking Main dep. Victoria 10.11 (Clapham Junction 10.18) arr. Dorking Main 11.07 Meet outside Boots on concourse. For return buy single Reigate to London (Oyster60+/FP Reigate to Coulsdon South). Lunch at Dolphin Inn, Betchworth or bring packed lunch. Afternoon tea in Reigate. OS EX 146. Leader Lorna who will meet the group at Dorking.*

SAT 17th JUNE SEAFORD to BERWICK via ALFRISTON (linear) 11 miles *Along the coast with spectacular views of the Seven Sisters, Cuckmere Haven and Valley. Then inland to Alfriston and Berwick in the South Downs. Bring packed lunch. Icecream stop in Alfriston and if time, refreshments at The Cricketers Arms in Berwick. Steep climb up Seaford Head and other hilly sections. Buy OPDR to Seaford via Lewes and single Berwick to Lewes. Dep. London Victoria (Eastbourne service) 09.24 (Clapham Junction 09.31 East Croydon 09.40) Arr. Lewes 10.26 platform 1, quick change (please do not use toilets at Lewes station but wait until Seaford) to platform 3 dep. 10.30 arr. Seaford 10.48. EXOL25, LR199. Leader Mary K.*

SAT 24th JUNE BAGSHOT HEATH and SWINLEY FOREST (circular) 9 miles *An easy walk through one of the most popular large areas of wild open space and woodland on the Berkshire-Surrey border. Buy OPDR to Bagshot. Dep. Waterloo 9.50 (Clapham Junction 9.57) Arr. Ascot 10.42. Dep. Ascot 10.53 arr. Bagshot 10.59. Bring a picnic. EX160 Leader Susan (07763 131145) who will join the train at Clapham Junction.*

SUN 25th JUNE ANGEL/REGENTS PARK (linear) 5 Miles *Chapel Street Market, the Regents Canal towpath, Primrose Hill & finally to Regent's Park for music at the bandstand to round off the day. Meet Angel Northern Line station at 11.00. Bring picnic. EX173. Leader Danny (07907-346957)*

SAT 1st JULY SANDY (BEDS) circular 12 miles *Walk via Tempsford village for memorial events relating to special operations during WW11 www.tempsfordmemorial.co.uk/history. Flat but brisk walking to allow time at Gibraltar Farm and Tempsford Museum and Archives where there is a tearoom.*

There will also be a barbecue and bar but bring picnic in case there are long queues. Buy OPDR to Sandy (Beds). Dep. St. Pancras Intl 9.16 arr. Sandy 10.05. EX208. Leader Pam

WED JULY 5th MID WEEK WALK: PART TWO OF THE GREEN LONDON WAY (linear) 10 miles. *This walk takes us from Hackney to North Woolwich along the Regent's canal and Grand Union canal towpath, the Olympic Park, Pudding Mill, Three Mills Wall River path, the Greenway, the Beckton Alps and the docks. Meet at Cambridge Heath overground station (zone 2) at 11.00. Return from King George DLR station (zone 3). Bring picnic. Drop out point at West Ham after 4 miles (DLR and Jubilee line zone 2-3) or Beckton (DLR zone 3) after 7.5 miles. Leader Dominique*

SAT JULY 8th SOUTH DOWNS from LEWES (circular) 16 miles. *By popular request this gorgeous & challenging walk in the South Downs with three mighty climbs & descents is back on the programme. We have to keep up a good pace in order to have time for the delights it offers -a swift pint at The Abergavenny Arms in Rodmell, tea at the wonderful The Little Cottage Tea Room & Garden at Glynde & the many pubs in Lewes as a reward at the end. Same walk as before but mileage reassessed!! Buy OPDR to Lewes. Dep Victoria 9.24, arr Lewes 10.26. OL11. Leader Harriet*

SAT JULY 15th HENLEY-ON -THAMES (Circular) 10 miles. *A lovely walk partly by the river Thames to historic Hambleden village where we will have lunch at the Stag and Huntsman pub (or bring a picnic). Then returning to Henley via the Great Wood, passing through Fawley village and along the Oxfordshire Way. The terrain is flat until lunch and then there are two steepish climbs afterwards with a long gradual descent in the final stages of the walk. Buy an OPDR to Henley-on-Thames. Dep. Paddington 10.08, change Twyford 10.45, arr. Henley 10.57. Map EX171. Leader Chris*

TUES JULY 18th EVENING WALK in KENSINGTON (circular) 2.5 miles *This walk explores the area around High Street Kensington, part of the Great West Road to the western counties. Meet outside the ticket office of High Street Kensington Station (District and Circle lines) by the side entrance of Marks and Spencer at 18.00. Leader Dominique*

SUN JULY 23rd 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 JULY 29th TRING (circular) 8 miles *This walk initially follows the ancient Ridgeway with stunning views from the top of Pitstone Hill, nesting site for skylarks and meadow pipits, and Ivinghoe Beacon before returning through the beautiful woodland of the NT's Ashridge Estate. Two steepish ascents. Buy OPDR to Tring. Depart Euston 9.39, Harrow & Wealdstone 9.51 arr. Tring 10.21. Bring picnic lunch. OS. Ex. 181. Leaders Sunita & Jennifer*

THUR AUGUST 3rd MID WEEK WALK: FROM WEST TO EAST LINKING TWO OF HARINGEY'S HISTORIC BUILDINGS (linear) 5.5 miles. *This walk takes us from Alexandra Palace to Bruce Castle through various parks and green spaces and eight conservation areas in Haringey. Meet Bounds Green tube station (Piccadilly Line – zone 3-4) at 10.30. Bring picnic. Walk ends at Bruce Grove overground station (zone 3). Leader Dominique*

SAT AUGUST 5th WINDSOR CASTLE VISIT Fully booked. Dep. London Paddington, 9.38 GWR towards Didcot Parkway arr. Slough 9.53. Dep. plat.1 9.59 arr. Windsor and Eton Central 10.05 QR dep. Waterloo 09.28 arr. Windsor and Eton Riverside 10.26. Meet outside the main gate, no later than 11am. Further details to be sent to participants nearer the date. Leader Hilary ((07814 512 184)

SAT AUGUST 12th ROACH VALLEY WAY – CANEWDON TO ROCHFORD (ESSEX) (linear) 12.8 miles. *Walk along the river Roach and Crouch estuaries passing historic villages in the Rochford Hundred. Learn about wife-farming, Peculiar People, smuggling and witches among other things. Buy Super OPDR to Rochford. Dep. Liverpool Street (Southend Victoria train) 9.33 (Stratford 9.40) arr. Rochford 10.24. We catch bus 60 at 10.51, arr. Canewdon 11.05. Bring picnic lunch. OS EX 175 & 176. Leader Dominique*

SUN AUGUST 13th CAMBRIDGE (circular) 6 miles *South along the River Cam to the picture-postcard village of Grantchester & then back to the Backs with superlative views of the colleges.*

Buy OPDR to Cambridge. Dep. Kings Cross 10.10, arr. Cambridge 10.58. Lunch at the Orchard House Tearooms, Grantchester or bring picnic. EX209. Leader Danny (07907-346957)

SAT AUGUST 19th CINQUE PORTS (E SUSSEX) (circular) 9 miles approx. *We walk from the historic town of Rye to Winchelsea returning via Rye Harbour. Easy, flattish walking.* Buy OPDR to Rye (£27.50 with senior railcard). Check nearer the time for cheaper advance purchase tickets. Oyster/Freedom passes not valid on this route (HS1). Dep. St. Pancras (Margate train) 09.37, change at Ashford Int 10.14/10.25, arr. Rye 10.46. Lunch in Winchelsea tbc or bring picnic. Time to explore Rye before we head home. OS125. Leaders Gillian and Stuart (07719452023)

FRI AUG 25th-TUES AUG 29th DERRY (N.I.) WEEKEND Fully booked. Enquiries to organiser Jackie

SUN SEPT 3rd HAMMERSMITH and BARNES (circular) 5.7 miles *From Hammersmith along the towpath to Barnes Bridge and through Dukes Meadows to Chiswick House. The walk returns to the river at Chiswick Church and then back to Hammersmith along the river with an alternative finish at Ravenscourt Park. Some blue plaques and maybe some terrapins.* Flat apart from steps at Barnes Bridge. Meet at 11.00 in the main ticket hall area at Hammersmith D&P station (zone 2). Note that on the day there is no Circle line or Hammersmith and City line service into Hammersmith so use District or Piccadilly. Bring a picnic or buy a snack at the café at Chiswick House. EX161. Leader Sandy

SAT SEPTEMBER 9th RIDDLESDOWN to COULSDON SOUTH (linear) 11.3 miles. *An undulating walk with one steep descent and ascent through shady woodlands and open fields of Happy Valley and Farthing Down.* Ascent 300mt. Dep. Victoria 9.50 (Clapham Junction 9.57) arr. Riddlesdown 10.18. All travel within zone 6. Bring picnic lunch. Leaders Carole & Jennifer

SAT SEPTEMBER 16th VANGUARD WAY SECT. 3-LIMPSFIELD CHART to EDENBRIDGE (linear) 10 miles approx. *We follow the Greensand Way via Tenchleys Wood to rejoin the Vanguard Way. Sect 3 is mostly level walking across farmland, footpaths and a golf course. A short detour will be made to visit the village of Crockham Hill.* Bring a picnic but possible refreshment stops on route. Buy OPDR to Edenbridge Town. Dep. Victoria 9.50 arr. Oxted 10.31 (Clapham Junction 9.57) OR Dep. London Bridge 10.07 arr. Oxted 10.35. EX 147. Leaders Hilary (0781 4512184) Susan (07763 131145) who will join the train at Clapham Junction.

SAT SEPTEMBER 23rd EGHAM to WINDSOR (linear) 7.5 miles. *A slow climb from Egham up Coopers Hill before dropping down to Runnymede to view the Magna Carta memorial artworks. After a flat river walk to Datchet we continue on the Thames Path to Windsor with good views of the castle.* Return from either Windsor station or drop out at Datchet (5.5 miles). Lunch pub Datchet or bring a picnic. Egham and Windsor are on different lines, buy 2 singles. Oyster/FP buy OPDR Feltham (zone 6) to Egham and single Windsor Eton Riverside to Staines. Dep Waterloo (Reading train) 9.50 (Clapham Junction 9.58, Richmond 10.06, arr Egham 10.27. Exp160. Leader Sandra EX 146/161

SAT SEPTEMBER 30th PETERSFIELD to LISS (Linear) 10.1 miles. *We follow the Hangars Way through an unspoilt AONB. The climb up Shoulder of Mutton Hill is rewarded with spectacular views of the South Downs. One short steep downhill section.* Buy OPDR to Petersfield. Dep. Waterloo 09.30 arr. Petersfield 10.32. Picnic lunch at top of Shoulder of Mutton Hill. OS EX OL33 or 133 LR 197 185. Leader Rochelle

SAVE THE DATE: FRIDAY 13th to MONDAY 16th OCTOBER AUTUMN WEEKEND in CONWY, NORTH WALES Youth Hostel or B&B accommodation. Details to follow. Enquiries to Danny (07907-346957)

If you leave a walk early please advise the leader to avoid them waiting for you. If you cannot do it in person, please phone as not all leaders are on the whatsapp social group. Please address enquiries about walks to the leader, Jennifer or Susan as only they have all the details.