

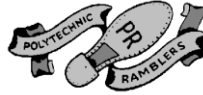
The Polytechnic Rambling Club

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 SEPTEMBER 2023 to JANUARY 2024

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

THURSDAY 5 OCTOBER MID WEEK WALK: PART THREE OF THE GREEN LONDON WAY (nearly circular) 10 miles (numerous drop out points by bus along the route). *Starting with a cruise on the Thames (only 5 minutes!), via Plumstead, Winn's, Eltham and Woolwich commons, Lesnes Abbey Woods, Oxleas Woods and Bostall Heath and Woods and East Wickham Open Space.* A few steep ascents. Meet at King George V DLR station (zone 3) at 11.00. Return from Woolwich Dockyard train station (zone 4) for Southeastern trains to London Bridge station. EX 162. Bring picnic. Leader Dominique

SUN 8th OCTOBER BENFLEET to LEIGH-on-SEA / SOUTHEND-on-SEA (Essex) (linear) **with the LONDON BLIND RAMBLERS** 4 or 8 miles *By the sea, at sea-level or slightly more undulating version. Gravel, grassy and, later, metalled paths.* Buy SUPER-OPDR to Leigh-on-Sea or Southend-on-Sea, depending on how far you want to walk. **Meet Barking station 10.00.** Dep. Fenchurch St (9.35), West Ham (9.45), arr. Barking at 9.51. From Benfleet we can divide into two groups: (1) slightly more energetic route up the slope through Hadleigh Country Park for a quick stop at the Hub café and down again via Hadleigh Castle (4 miles) or (2) sea-level walk along the path to Leigh-on-Sea (4 miles). Lunch Pub, café, Gelato Italia or picnic in Leigh-on-Sea. Option to return from here or continue along the seaside path to Westcliff-on-Sea or Southend (4 miles) (plus the pier!). EX 175. Leader Pam. **PLEASE let Pam know in advance that you will come to help guide the LBRs and which walk option you prefer, bearing in mind that our route(s) on the day will depend on their preferences.**

FRI 13th-MON 16th OCTOBER AUTUMN WEEKEND IN CONWY, NORTH WALES Youth hostel and B&B accommodation. Not too late to book accommodation. Enquiries to Danny (07907 346957)

SAT 21st OCTOBER BEVERLEY BROOK WALK (linear) 7 miles *Mostly flat varied walk following the Brook through several commons and along the Thames to Putney* (zone 2/3). Dep. Waterloo 10.27 (Clapham Junction 10.36, Wimbledon 10.43) Arr. New Malden 10.49 (zone 4). Cafes in Richmond Park or bring picnic. After walk drinks at Bricklayers Arms Putney. EX 161 Leader Susan (07763 131145)

SAT 28th OCTOBER NORBURY PARK, MOLE VALLEY, DRUIDS GROVE, WESTHUMBLE and MICKLEHAM (circular) 5/6 miles *River Mole, Norbury Park Woods and period houses.* Some gradual hill slope walking. Buy OPDR to Box Hill and Westhumble. Dep. Victoria 09.41 (Clapham Jct. 09.48) Arr. Box Hill and Westhumble, 10.37. Bring picnic. Possible refreshments in Mickleham and Westhumble EX 146 Leader Kim

SUN 29th OCTOBER LONDON LOOP WEST WICKHAM to HAMSEY GREEN (linear) 9 miles *Crossing the Greenwich Meridian, through woodland and commons with great views from Addington Hills.* Fairly level,

though some steep ascents and long flights of steps, two stiles. Dep. Charing Cross 9.35 (Waterloo E. 9.38, London Bridge 9.44) Arr. Hayes (Kent) 10.20. All travel within zone 6. Lunch tbc. EX 162 Leader Jackie.

SAT 4th NOVEMBER TOTTERIDGE (circular) 8.8 miles *Meadows, woods and villages on the Northern Heights*. Meet Totteridge and Whetstone station on High Barnet branch of Northern Line (zone 4) 10.30. May be muddy. Lunch Three Hammers, Mill Hill or bring a picnic. EX 173 Leader Susan (07763 131145)

SAT 11th NOVEMBER HASLEMERE (circular) 8.7 miles. *Lovely walk mostly in woodland with some steep hills*. Can be very muddy after rain. Buy OPDR to Haslemere. Dep Waterloo 9.30 arr Haslemere 10.20. Bring a picnic, cafes in Haslemere at the end. EX OL33. Leader Harriet

SAT 18th NOVEMBER RUISLIP TO RICKMANSWORTH (linear) 9.5 miles *Bayhurst Wood Country Park and the Grand Union Canal*. Stiles, steps and a few ups and downs. Meet at Ruislip station at 10.30am (Met line 35 minutes from Baker St). Lateish lunch or drinks stop at Coy Carp, Harefield. Can shorten by taking bus from Harefield (7 miles approx). All travel in Oyster/Freedom Pass zones. EX 172. Leaders Gillian and Stuart (07719 452023)

SAT 25th NOVEMBER WITLEY to HASLEMERE (linear) 8.8 miles. *Varied walk through lovely Surrey countryside and woodland*. A few short steep slopes and 8 stiles. Buy OPDR to Haslemere. Dep. Waterloo 09.45 (Clapham Junction 09.52) Arr. Witley 10.42. Lunch Chiddingfold (venue tbc) or bring a picnic. EX OL33. Leader Chris

SAT 2nd DECEMBER CITY of LONDON WALK with OPTIONAL VISIT to LONDON MITHRAEUM. (circular), 5.5 miles (can be shortened) *Roman London, Livery Halls and churches past and present*. Meet Bank station exit 8 (access via Central Line) 10.15 with visit or 11.00 without. **Entry is free but must be booked, ASAP and before 3 November**. Cafe or picnic at Barbican centre and bring a snack. Leader Jennifer.

WED 6th DECEMBER MID WEEK WALK: READING, BISCUITS AND ST JAMES WAY (figure of eight) 6.2 miles. *Part 1 : the biscuit crumb trail, Reading, Huntley & Palmers heritage and Reading's link to St James' Way and The Camino Inglés. Part2 : Caversham, another centre of pilgrimage in the Middle Ages*. Meet Reading station ticket office (Blagrave Street side) 11.15. Dep. **Elizabeth Line** Liverpool St. 10.06, Farringdon 10.09, Paddington 10.18, Ealing Broadway 10.26 Arr. Reading 11.10 (Freedom Pass free to Reading; 60+ pass buy OPDR Zone 6 to Reading) **OR** Buy OPDR to Reading. **GWR** Dep. Paddington 10.35 Arr. Reading 10.59. EX 159 Lunch at the Museum of English Rural Life. Leader Dominique.

SUN 10th DECEMBER CLUB XMAS LUNCH: FREEMASON'S ARMS, COVENT GARDEN See separate booking form for more details. For short 2.5 mile walk through the Royal Parks to work up an appetite, meet 11.00 at Hyde Park Corner Piccadilly Line station. Leader Danny (07907 346957)

SAT 16th DECEMBER HOW WOOD/ST ALBANS (linear) & **CAROL CONCERT** 5 Miles *Alongside the River Yer & around ancient Verulamium, finishing with a carol service in the Cathedral*. Buy OPDR to St Albans Abbey. DEP Euston 10.23, change Watford Junction (arr.10.37/dep.10.45) Arr. How Wood 10.56. Lunch in St Albans. EX182. Leader Danny (07907 346957)

SATURDAY 30th DECEMBER LOWER SYDENHAM to GREENWICH (linear) 5 miles *The Waterlink Way through suburban South London, following the Pool & Ravensbourne Rivers*. Dep. Charing Cross 10.22 (Waterloo East 10.25, London Bridge 10.30), arr. Lower Sydenham (zone 4) 10.45. Lunch at Brookmill pub, Deptford. EX161. Leader Danny (07907 346957)

MON 1st JANUARY POLY RAMBLERS NEW YEAR ZOOM QUIZ 8pm New quizzers very welcome. Contact Gillian (07719 452023) for more information. Joining details nearer the time.

SAT 6th JANUARY NORTHOLT to SUDBURY HILL (linear) 7 miles *Some slopes including Horsenden Hill, may be muddy*. Meet Northolt Station 10.25(Central Line). Lunch at Ballot Box or bring a picnic. All travel within zone 4. Leader Sunita

SAT 13th JANUARY CHORLEYWOOD (circular) 7 miles *The picturesque Chess valley via Chenies*
Meet 10.30 Chorleywood station (Metropolitan line-43 mins from Baker Street) Lunch PH in Chenies or bring a picnic. EX 192 Leaders Gillian W. Cathy M

SAT 20th JANUARY ALDGATE to GREENWICH (linear) 6 miles *Via St Katherine's Dock, Canary Wharf and Cutty Sark.* Meet Aldgate station (Circle and Metropolitan lines) 10.30. Return from Greenwich DLR.

Cafes and pubs along the walk. Leaders Cathy M. and Gillian W.

JANUARY 20th-21st (plus one or two days on each side **SNOW WALKING : Reit im Winkl in Germany.** Flight details beginning of November. Please contact leader no later than 1 November if you are interested. Leader Dominique .

SAT 27th JANUARY HADLEY WOOD to BROOKMANS PARK (linear) 7 miles *Varied Hertfordshire walk through woods and fields via the village of Northaw.* Buy OPDR to Brookmans Park (FP/60+ single Brookmans Park to Hadley Wood). Dep. Moorgate 10.27 (Finsbury Park 10.42) Arr. Hadley Wood 11.00. Lunch at Two Brewers or bring a picnic. OS 173/182. Leader Mary K.