

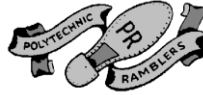
The Polytechnic Rambling Club

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 JUNE to SEPTEMBER 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

SAT 1st JUNE CHIGWELL to ENFIELD LOCK (Linear) 8 miles *Mostly open countryside with some mild hills..*
Meet 11.00 Chigwell Central Line station Lunch Premier Inn Royal Forest, Chingford or bring a picnic. For a shorter walk return from Chingford (Overground) after lunch. All travel within zone 6. OS EX 174 Leader: Rob H.

SUN 9th JUNE LONDON LOOP: COULSDON S. to EWELL (Linear) 8.5 miles *A steady ascent into open country, though lavender fields and farmland before descending to the Thames Valley to Nonsuch Park and Bourne Hall.* 5 stiles, some road walking. Dep. London Bridge 10.25 (Three Bridges service), change at Purley (10:50) onto a rail replacement bus to Coulsdon South (dep 10.57 arr Coulsdon Sth 11.07) . Return From Ewell W. Lunch tbc. All travel in zone 6. OS EX 146/161. Leader Jackie:

WED 12th JUNE THE GREEN LONDON WAY PART 5 – GREENWICH TO FOREST HILL (Linear) 8.2 miles (or 4.5 miles ret. From Ladywell station). *A continuation of the Green London Way via Blackheath, Hilly Fields, Ladywell Fields, Blythe Hill Fields, One Tree Hill and Horniman Park. A few small hills.* Meet at Cutty Sark DLR station at 11.00. Return from Forest Hill overground station. Lunch in a cafe or bring a picnic. All travel zones 2/3 Leader: Dominique

SAT 15th 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. Victoria (Eastbourne service) 09.24 (Clapham Junction 09.31 E Croydon 09.40) Arr. Lewes 10.26 (plat 1) dep. 10.30 (plat 3) arr. Seaford 10.48. EXOL25, LR199. Leader: Mary K

SUN 16th JUNE : CHINGFORD/LEYTONSTONE (LINEAR) 6 miles *A less well known area of Epping Forest snuggling in the midst of urban North-East London.* Meet Chingford London Overground Station (Weaver Line) at 11.00 (zone 5). Train dep Liverpool St 1033, Walthamstow Ctl 1048, arr Chingford 1059. Lunch at Humphrey's Cafe, Highams Park or bring picnic. EX174. Leader: Danny (07907-346957)

SAT 22nd JUNE: WEST RUISLIP TO NORTHWOOD HILLS (4.5 miles) *A pleasant, non-taxing walk with some pretty sections.* Meet at West Ruislip (Central line) 11am (allow 45 minutes from Oxford Circus). Early lunch at Ruislip Lido café or bring a picnic. Return from Northwood Hills (Met line). OS 172. Leader Les & Carol d'S

SAT 29TH JUNE KEW TO TEDDINGTON (Linear) 8 Miles (or return from Richmond, 3.5 miles approx) *Flat and easy walking along the Thames Path*. Meet at Kew Gardens station (District and Overground) 11:00 (Kew Gardens side). Lunch in cafe, pub Richmond or bring a picnic. Return from Teddington (zone 6). OS EX 161 Leader : Rob H.

FRI 28th – SUN 30th JUNE: NORFOLK COAST PATH STAGE 2. WELLS NEXT THE SEA TO SHERINGHAM

Fully booked. Enquiries to Gillian gswan70@gmail.com 07719452023

SAT 6th JULY BEKKUSDUNNET:- WROTHAM to MEDWAY BRIDGE ALONG THE NORTH DOWNS WAY (Linear). 12 miles. *Undulating Kentish downland with views across Weald. To recreate an abridged version of a walk undertaken by Polyramblers on Sun 7 July 1985*. Buy OPDR to Maidstone Stations (in plural, covers both lines) NB Do NOT buy via HS1, due to HS1 track work. Dep. London Bridge 09.38 (Maidstone East train), arr Borough Green 10.15. Lunch at The Villager PH, Vigo Village, with picnic green nearby. OS LR 188,178; EX147,148. Leader Geoffrey

SUN 7th JULY GUNNERSBURY PARK TO HANWELL (Linear) 5 miles. *Gunnersbury Pk gardens and Museum, South Ealing Cemetery, Boston Manor Pk and manor house, along the Canal towpath to finish at the leader's house for a drink/tea and cake to help celebrate her birthday*. Meet 11am at Acton Town Station zone 3 Piccadilly and District lines. Return Boston Manor or Ealing Broadway Station zone 3/4. Lunch in café or bring a picnic. OS EX 173. Leader Hilary (07814 512184)

SAT 13th JULY STAINES to CHERTSEY (Linear) 7.5 or 12 miles. *Along the Thames path, visit wild life filled Penton hook island and Laleham Park, St. Ann's Nature Trail (slightly hilly) with the stunning views of Surrey. Option: Chertsey Mead circular extra 4 miles with a ferry crossing*. Lunch tbc or bring packed lunch. Buy OPDR to Chertsey. Dep. Waterloo 09.33 arr. Staines 10.11. Leader will meet the group at Staines EX 160. Leader: Ida

THUR 18th JULY EVENING WALK TO ROTHERHITHE AND SOUTHWARK PARK (Linear) 2.5 miles. *Discover what was a community of shipbuilders and sailors until the closure of the docks in 1970. The old village around the church has been designated as a conservation area. The world's first tunnel under a major navigable river was constructed in Rotherhithe*. Meet at Bermondsey (Jubilee line) at 18.00. Return from Canada Water (Jubilee line). Leader: Dominique

SAT 20th JULY SOUTH DOWNS from LEWES (Circular) 14.5 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*. Buy OPDR to Lewes. Dep Victoria 9.24, arr Lewes 10.26. OL11. Leader Harriet

SAT 20th JULY CHORLEYWOOD (Circular). 6.0 miles. *A moderate stile-free walk in the picturesque Chess Valley. One ascent and descent*. Meet Chorleywood station 10.30. (Met. line 50 mins from Baker Street). Or by Chiltern train dep Marylebone 0957, Harrow-ot-Hill 1009, arr Chorleywood 1024. Travel within Freedom Pass / Oyster 60+ zone. Bring a picnic. OS. EX 192. Leader Jennifer

SAT 27th JULY HAMPTON COURT to BUSHY PARK (Linear) 8 miles. *A flat gentle walk exploring two Parks next to Hampton Court Palace*. Dep. Waterloo 10.12 arr. Kingston on Thames 10.40. Lunch at Pheasantry Cafe or bring a picnic. All travel Zone 6. OS EX 161. Leaders: Lucy & Nita

SAT 3rd AUGUST SAUNDERTON (Circular) 11 miles *Two steep climbs, mostly gentle gradients and some good views*. Buy OPDR to Saunderton. Dep. Marylebone 09.52 arr. Saunderton 10.49. Lunch tbc. EX172. Leader: Jo

SAT 10th AUGUST HAM STREET VIA APPLEDORE (KENT) (Circular) 12 miles but can be cut short by returning from Appledore. *A walk full of historical interest in the low hills around Romney Marsh*. Buy OPDR to Ham Street. Dep. St Pancras 9.40 High Speed train (FP and Oyster 60+ not valid) (Stratford International 9.48). Change at Ashford International (10.14/10.24), arr. Ham Street 10.32. Lunch at the Black Lion in Appledore or bring a picnic. OS EX 125. Leader: Dominique

SAT 17th AUGUST WADHURST via BEWL WATER (Circular) 10.6 miles, can be shortened. *An undulating walk through the beautiful hidden valleys and ancient woods of the High Weald National Landscape.* Buy OPDR to Wadhurst. dep. London Bridge 09.54 arr. 10.50. Lunch at the Old Vine Cousley Wood or bring a picnic. EX 136. Leader: Rochelle

SUN 18th AUGUST LONDON LOOP: EWELL to KINGSTON BRIDGE (Linear) 8 miles *Mostly level, following the Hogsmill river to the Thames.* Dep. Waterloo 10.32 arr. Ewell West 11.04. All travel within zone 6. OS EX 161 Lunch tbc. Leader : Jackie

FRI 23rd - TUES 27th AUGUST: WEEKEND AWAY IN NORTHUMBRIA Fully booked. Enquiries to Gillian gswan70@gmail.com 07719 452023

SAT 31st AUGUST SUNNINGDALE to WINDSOR (Linear) 9.9 miles. *A lovely walk to Windsor via Virginia Water and Windsor Great Park. Mostly flat on made paths.* Dep. Waterloo 10.20, (Clapham J 10.28, Staines 10.53) arr. Sunningdale 11.08. Buy OPDR to Sunningdale and single from Windsor&Eton Riverside to Staines. Lunch at Savill Garden Cafe or bring a picnic EX 160 Leader Chris

SAT 7th SEPTEMBER : STONEGATE TO WADHURST (linear) 12.5 miles. Through the lovely High Weald, including a fairly wild path round Bewl Water. Bring a picnic & something to sit on as there are no convenient benches round the reservoir. Drink at Cousley Wood later. No enormous hills but some very badly maintained paths & stiles. Dep. London Bridge 8.54 arr Stonegate 9.56. Buy OPDR to Stonegate. OS EX 136. Leader Harriet

SUN 8th SEPTEMBER BRIGHTON to SALTDEAN (Linear) 5.5 miles *The Laines, Volks Railway, Brighton Marina and the Undercliff Walk.* Return to Brighton by bus. Buy OPDR to Brighton. Dep. Victoria 10.02 (Brighton train) (Clapham Junction 10.09, East Croydon 10.18), arr.11.09. Lunch at pubs/cafes in Rottingdean or bring picnic. EX122. Leader: Danny (07907 346957)

SAT 14th SEPTEMBER HILDENBOROUGH and LEIGH (Circular) 7 miles *Fairly flat walk to visit the Club's donated kissing gate and beyond with woodland and waterways.* Buy OPDR to Hildenborough. Dep. Charing Cross 09.45 arr. Hildenborough 10.26. Lunch tbc. EX147. Leader Kim

SUN 22nd SEPTEMBER BENFLEET to LEIGH-on-SEA / SOUTHEND-on-SEA (Essex) with the LONDON BLIND RAMBLERS (Linear) 4 to 8 miles *Mostly by the sea, at sea-level or possibly slightly more undulating option. 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 by 10.00am. NB overground through Barking not running.** The walk options depend on the choice of the LBRs. The main walk is at sea-level along the path to Leigh-on-Sea (4 miles). Lunch: pub, café, Gelato Italia or picnic in Leigh-on Sea. After lunch, some of the group may want to walk on to Chalkwell, Westcliff or Southend (4 miles more) (plus the pier!). Depending on the participants (and possibly the weather!) there could be an option to return to Benfleet from Leigh-on-Sea via Hadleigh Castle and Country Park, over more undulating terrain. EX 175. Leader Pam **PLEASE let Pam know in advance that you will come to help guide the LBRs and which walk length you prefer, bearing in mind that our route(s) on the day will depend on the LBRs' preferences.**

SAT 28th SEPTEMBER GT MISSENDEN (Circular) 9.5 miles *Through fields, woods, and farms.* Lunch tbc or bring a picnic . Buy OPDR to Gt Missenden. Dep. Marylebone 9.27 (Harrow on Hill 9.39, Amersham 10.03) arr. Gt Missenden 10.10. EX172/181. Leaders Sunita, Carol D'Souza

FRI 11th – MON 14th OCTOBER NEW FOREST YHA WEEKEND accommodation in Burley YHA and B&Bs enquiries to susan271@btinternet.com