

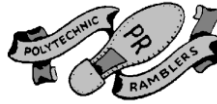
THE POLYTECHNIC RAMBLING CLUB

(in association with the University of Westminster)

Founded 1885

Affiliated to the Ramblers' Association (Inner London Area)

Affiliated to HF Holidays



Programme Co-ordinator

Pamela Beach

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

General Secretary

Gillian Swan
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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, Crossrail etc. If there is a last minute change the next available train will be taken. Please keep an eye on our 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 Solvig with social event details (restaurant, theatre visits 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 – JUNE to SEPTEMBER 2017

JUNE

SATURDAY 3rd: BENFLEET (ESSEX) (CIRCULAR) via Leigh on Sea: *Across the downs, passing Hadley Castle, to Old Leigh a picturesque lunch stop with a wide choice of eateries. Drop out point Leigh-on-Sea stn. Return to Benfleet taking in a circuit of the RSPB section of Two Tree Island. Meet Barking stn. Buy Super OPDR to Benfleet. Shoeburyness train dep.10.16. Arr. Benfleet 10.45. Distance: 8.5 miles. EX175. Leader: Jennifer*

SATURDAY 10th BERWICK to EASTBOURNE (LINEAR): *7/10 toughness, through birdwatchers' paradise. Great views along the walk, inc. the Long Man and smugglers' village of Jevington. Meet Victoria stn. Buy OPDR to Eastbourne. Brighton train dep. 8.50, change Brighton 9.48/9.52 arr. Berwick 10.20. Lunch at 8 Bells PH. Main walk: 11.6 miles, shorter walk diverts to Polegate stn (6.3 miles). Volunteer needed to lead the diversion, written instructions available. The shorter walk will have earlier lunch at the Giant's Rest PH). LR199/EX123. Leader: Jackie*

SATURDAY 17th MARLOW / MAIDENHEAD / COOKHAM: *Meet Paddington stn. Buy OPDR to Marlow. Bring picnic lunch. Train dep. 9.42 (allow time in case platform 13 or 14). arr. Maidenhead 10.23. Leader will meet group on platform for Marlow. Train dep. 10.38, arr. Marlow 11.01. Walk along Thames Path to Bourne End (BE) (3 miles), or continue from BE to Maidenhead (8.3 miles from Marlow), or BE to Cookham stn (2 miles from BE). LR175. Leader of short walk: Christine B. Leaders needed for other route(s).*

SATURDAY 24th/25th: ICKNIELD WAY STAGE SIX: GT. CHESTERFORD to DULLINGHAM (LINEAR) W/E: *Approx 10 miles walking each day. Meet at Liverpool St stn. Buy period return to Cambridge and Off Peak single from Dullingham to Cambridge for Sunday 25th. Cambridge train dep: 9.28, (Tott. Hale 09.40) arr. Gt Chesterford 10.35. Bring picnic lunch. B&B accommodation in Haverhill overnight. On Sunday we walk another 10 miles to Dullingham. Return by 16.45 bus to Cambridge (2-hourly service) and train to London. Distance: 20 miles. EX 209/210. Enquiries to the organisers: Gillian & Stuart*

SUNDAY 25th: CRYSTAL PALACE PARK & DULWICH VILLAGE (LINEAR): *A section of the Green Chain Walk then a circuit through Dulwich finishing at Sydenham Hill stn. Meet at Victoria stn. Orpington train dep.10.25, arr. Penge East 10.41. Lunch at the Wood House, Sydenham Hill. Distance: 5.5 miles. EX161. Leader: Danny*

JULY

SATURDAY 1st: AMBERLEY (CIRCULAR): *Walk through Amberley village and Parham Park in the morning, then up on to the South Downs after lunch for a superb walk with great views back to Amberley, finishing with a cream tea at the Riverside Cafe if there's time. Meet Victoria stn. Buy OPDR to Amberley. S'ton & Bognor Regis train dep 9.36, arr Amberley 10.55 (train will split at Horsham). Lunch at the Crown Inn, Cootham. Distance: 11 miles. EX121. Leader: Sandra*

WEDNESDAY 5th: EVENING WALK IN REGENT'S PARK: *The Regent's Park, designed by John Nash, covers 395 acres but we will walk mainly around Queen Mary's Gardens which features more than 12,000 roses of 400 varieties, as well as the gloriously restored William Andrews Nesfield's Avenue Gardens. Meet outside Baker Street tube stn, by Sherlock Holmes' statue on Marylebone Rd at 18.30 for a 1.5-mile walk. Possible meal in a local hostelry afterwards. Leader: Dominique*

SATURDAY 8th: LEWES (CIRCULAR): *Gorgeous walk with 3 steep climbs otherwise gently undulating on good paths. Meet Victoria stn. Buy OPDR to Lewes. Train dep 9.17 arr 10.24. Lunch Abergavenny Arms, Rodmell. Tea in Glynde. Distance: 14.6 miles. Map: OL11. Leader: Harriet.*

SATURDAY 15th: CHIGWELL to ENFIELD LOCK (LINEAR) LOOP 18 & 19 anti-clockwise: *Gently undulating terrain. Three smallish hills after lunch. Meet at Chigwell stn (Central Line) 10:45. zone 4. Lunch stop at Premier Inn Chingford. EX173&174, LR176&177. Return from Chingford (zone 5) after 4 miles or Enfield Lock (zone 6) after 8.5 miles. Leader: Rob*

SATURDAY 22nd: MANNINGTREE to WRABNESS (ESSEX) (LINEAR): *This walk follows a stretch of the Essex Way. It goes through Mistley, follows the Stour river estuary and ends in Wrabness where the church bell is housed in a cage in the churchyard and where we will see artist Grayson Perry's fantasy: 'A House for Essex'. Meet Liverpool St stn. Buy OPDR to Wrabness. CHECK TRAINS BEFORE TRAVEL FOR ENG. WORKS! Train dep. 9.30, Stratford 9.38, arrive Manningtree 10.31. Bring picnic lunch. Possible pub stop. Distance: 9 miles. EX184. Leader: Dominique*

SATURDAY 29th: AMERSHAM (CIRCULAR): *Through 5 charming Chilterns villages. Terrain can be muddy. One steep hill at the end. Meet Marylebone stn. Train dep. 9.57am, arr. Amersham 10.32am (zone 9). CHECK TRAIN TIMES on our website. Lunch at the Hit or Miss PH at Penn Street or packed lunch on village green. Little Missenden 11thC church and follow R. Miss, back to Amersham. Distance: 10 miles. EX181. Leader: Mary K.*

AUGUST

SATURDAY 5th: longer walk - ALTON (Hants.) (CIRCULAR): *Gently undulating farming countryside and woods, inc opportunity to visit Jane Austen's House, though on our last visit, the adjacent tea room proved a greater attraction. Bring a picnic. PH stop in Upper Farringdon for drink only at about 1.30 in the afternoon. Meet Waterloo stn. Buy OPDR to Alton. Train dep. 9.25, arr. Alton 10.38. CHECK train times on our website. NB SW trains eng. works in August. Distance 10 miles. EX133/LR186. Leader: Mike Coyle*

SATURDAY 5th: shorter walk – HAMPSTEAD HEATH (CIRCULAR): *Delightful walk through the streets of Hampstead village, Ponds, Parliament Hill, Highgate Ponds, Kenwood House (options of visiting the art collection). Choice of good pubs on return to station. Meet 10.30 Hampstead Stn. (Northern line, Zone 3). Lunch at Kenwood rest./cafe or picnic. Distance approx. 5 miles. Leaders: Barbara & Hazel*

SATURDAY 12th : BOSTON MANOR to HANWELL (LINEAR): (within zone 4): *A themed tree and canal heritage walk from Boston Manor park to Brent River Valley Walk via Hanwell meadows and Grand Union Canal. Easy walking. Please bring food and drink to share at picnic in Hanwell meadows or if raining chez Hilary & Clive! Meet Boston Manor stn (Piccadilly line, Heathrow branch) 10am. Return from Hanwell mainline stn on Heathrow Connect train. Distance ~ 7+ miles. Leaders: Hilary & Clive*

SATURDAY 19th: SOLE ST. to HIGHAM (KENT) (LINEAR): *Dickens themed walk. Meet Victoria stn. Buy OPDR to Rochester. Dover Priory train dep. 09.34, arr. Sole St 10.25. Lunch at Rose & Crown PH, Shorne. Distance: 7 miles. EX163. Leader: Martin*

FRIDAY 25th - TUESDAY 29th: BANK HOLIDAY WALKING W/E BASED IN EXETER: This trip is now full. However, based on past experience there are usually cancellations, so please contact Sandra or Mike to check availability

SEPTEMBER

SATURDAY 2nd: WADHURST (CIRCULAR): *A walk through undulating countryside. Meet London Bridge. Hastings train dep 9.23 (Charing Cross 9.15) arr Wadhurst 10.19. Lunch at the Elephant's Head, Hook Green. Distance: approx 9 miles. EX136. Leaders: John & Caroline*

SUNDAY 10th: KNOCKHOLT (CIRCULAR) with the LONDON BLIND RAMBLERS (elite group!): *Pleasantly undulating, varied landscape within zone 6. Be prepared for brisk pace! Bring a packed lunch. Possible pub stop at George & Dragon, Downe. Please let Pam know if you can help. Meet London Bridge stn down near new ticket office. Train dep. 9.44, arr K'kholt 10.19. Distance: 11.2 miles. EX147. Leader: Pam.*

SATURDAY 16th: SHAWFORD (HANTS) (CIRCULAR): *Varied undulating terrain, including meadow, chalk down-land and woodland. Lunch stop at The Ship pub. Owslebury, (Reviews on website poor but were posted some years ago, not that bad now!!) picnic lunch area nearby. Meet Waterloo Station. Buy OPDR to Shawford, Hants. Southampton (Totton) train leaves at 09.39, arr. Shawford at 10.54. Leader (Roy Carpenter) will meet train at Shawford. Distance: approx. 8miles. EX132.*

SATURDAY 23rd: HOLMWOOD (CIRCULAR) via LEITH HILL: *Undulating, including Leith Hill Tower the highest point in Surrey at 329m/1029ft above sea level. Views of sea if clear. Bring picnic lunch. Possible servery at Tower. Meet Victoria stn. Buy OPDR to Holmwood. Horsham train dep 9.31, Clapham Jn 9.37, arr Holmwood 10.32. Distance ~6 miles. LR187. Leader: Geoffrey*

SUNDAY 24th: BALCOMBE (CIRCULAR): *A delightful walk through fields and woods taking in a nature reserve with a Japanese pavilion and a 600 year old yew tree. Meet Victoria stn. Buy OPDR to Balcombe. Brighton train dep.9.27 (Clapham Junction 9.32, E. Croydon 9.42). arrive Balcombe 10.17. Distance 10.9 miles. EX.OL34 and EX135. Lunch at Victory Inn, Staplefield. Leader: Susan J who will join the train at Clapham Junction.*

SATURDAY 30th: CHORLEYWOOD (CIRCULAR): *Through fields and woods on edge of Chilterns. Lunch TBC or bring a picnic. Meet at Marylebone stn. Chiltern Line train dep. 9.27 arr. Chorleywood (zone 7) 9:54. Distance: 8½ miles. EX172. Leader: Sunita*

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

FRIDAY 6th - MONDAY 9th OCTOBER, AUTUMN TRIP to BARMOUTH (N. WALES): B&B accommodation. £50 non-refundable deposit required to secure your place. Payment can be by bank transfer (Club's account number 29935940, sort code 05-02-00) or a Club cheque to Danny Duffy,. See Newsletter for details. Organiser: Dominique .

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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.