

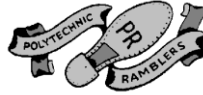
## **The Polytechnic Rambling Club**

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](mailto:susan271@btinternet.com) Jennifer Mackenzie

### **PROGRAMME JUNE-SEPTEMBER 2022**

**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**

#### **WED 1<sup>st</sup> -SUN 5<sup>th</sup> JUNE ALSACE WEEKEND**

**SAT 11<sup>th</sup> JUNE BERKHAMSTED to TRING (Linear)** 6 miles. *We will climb up to Berkhamsted Common, passing through the Alpine meadow and skirting Ashridge Park, descending to Aldbury for lunch at the Greyhound or a picnic by the pond. After lunch the short walk to Tring station might be muddy.* Buy OPDR to Tring. Dep Euston 10.24 arr Berkhamsted 10.51. EX 181 Leader Sandy

**SAT 18<sup>th</sup> JUNE SEAFORD to BERWICK (Linear)** 11 miles. *As we make the steep climb to Seaford Head we are treated to spectacular views of the Seven Sisters, Cuckmere Haven and Valley before following the Vanguard Way inland to Alfriston and Berwick in the South Downs. Some hilly sections.* Bring a packed lunch, possible refreshments in Berwick depending on time. Buy OPDR to Seaford via Lewes and single Berwick to Lewes dep Victoria 9.23 arr Lewes 10.26 dep 10.30 arr Seaford 10.48. OL25, LR199 Leader Mary K.

**SAT 25<sup>th</sup> JUNE TUNBRIDGE WELLS to TONBRIDGE via TUDELEY (Linear)** 10 miles. *A fairly gentle walk with a visit to the the modest little church of Tudeley to see its wonderful stained-glass windows, all twelve of which were decorated by the painter Marc Chagall.* £3.00 per person for the visit to the church. Please inform the leader by June 18 if you wish to take part. We will have a talk about the windows which has been financed by the club. Bring packed lunch. Buy OPDR to Tunbridge Wells. Dep Charing Cross 10.00 (Wat. East 10.03, London Br. 10.09) arr Tunbridge 10.57 EX 136 Leader Susan (07763 131145)

**SUN 26<sup>th</sup> JUNE GREENWICH PARK (Circular) & BANDSTAND CONCERT** 4.5 miles *Over Blackheath and around the historic park with a Midsummer Jazz concert at the bandstand.* Buy OPDR to Blackheath (Zone 3) or use 60+Card/Freedom Pass. Dep Charing Cross (Dartford train) 10.42 (Waterloo East 10.45, London Bridge 10.49, Lewisham 11.00), arr Blackheath 11.03. Bring picnic lunch. EX 162. Leader: Danny (07907-346957 or 07591-999016)

#### **SAT JULY 2<sup>nd</sup> THAMES VALLEY ESTUARY PATH PART 3: STANFORD LE HOPE TO PITSEA (ESSEX) (Linear)**

9 miles. *We go through the Thurrock Thameside Nature Park and Stanford Warren Nature Reserve again. Corringham, Fobbing and Vange Marshes. The villages of Corringham and Fobbing, where, in 1381, the Peasant's Revolt started. The walk ends in Pitsea but we can make a detour to Wat Tyler Country Park where you can learn all about explosives, nitroglycerin and have a cup of tea.* Buy OPDR to Pitsea. Dep. Fenchurch Street (Shoeburyness train) 9.53 (West Ham 10.03 Barking 10.08) arr. Stanford Le Hope 10.43. Lunch at the Bull in Corringham or bring picnic. OS LR 177. Leader Dominique

**SUN 3<sup>rd</sup> JULY MAYFIELD LAVENDER FIELDS from COULSDON SOUTH with LBR (Circular)** 6 miles. *Steepish upwards slope at start but otherwise flattish terrain. Meadows and views to be described, path across lavender field to the Oaks Park café for picnic lunch stop. Woodland trail after lunch and return to Coulsdon South station. Possibility of bus ride back from the Oaks Park.* Meet at Victoria station, near main line ticket office at 9am to team up with London Blind Ramblers. Dep 9.46 arr Coulsdon South (zone 6) 10.23. If you would like to come and help guide our blind friends, please contact Pam NOW to register your interest. EX146,161. Leader Pam

**SAT 9<sup>th</sup> JULY BOX HILL (Circular from Dorking)** 8 miles. *Two ascents, two descents but all very manageable. Return to station via Westhumble village and Denbies vineyard.* Buy OPDR to Dorking. Dep. Victoria 09:55. arr. 10:51. Option of reducing to 6.5m. Picnic lunch in the footsteps of Jane Austen's Emma. OS EX146. Leaders Sunita and Jennifer

**SAT 16<sup>th</sup> JULY SHOREHAM CIRCULAR via LULLINGSTONE** 6.5 miles *Varied walk, including hills, meadow, river and woodland.* Meet Blackfriars stn. Buy OPDR to Shoreham. Dep 10.12 (OR Victoria 10.25 with 1 change), arr. Shoreham 11.09 (11.08) where leader will meet group. Picnic lunch & pub at end of walk. EX147 Leader: Kim

**SAT 23<sup>th</sup> JULY SOUTH DOWNS from LEWES (Circular)** 14.6 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 30<sup>th</sup> JULY 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.* Dep. Buy OPDR to Rochford. Dep Liverpool Street (Southend Victoria Train) 9.33 (Stratford 9.59) 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 31<sup>st</sup> JULY BEXLEY (Circular)** *A delightful stretch of the River Cray followed by a wander through ancient Joyden's Wood.* Meet at Charing Cross station. Buy OPDR to Bexley (Zone 6) or use 60+Card/Freedom Pass. Dep 10.20 (Gravesend train) (Waterloo East 10.25, London Bridge 10.31), arr Bexley 10.53. Pub lunch at the White Cross, North Cray Road or bring a picnic. Distance: 5.5 miles. EX 162. Leader Danny (07907-346957 or 07591-999016)

**TUE 2<sup>nd</sup> AUGUST MOORGATE to TOWER HILL (Linear)**

*Walk through some of the City's gardens. Hopefully, we will be able to sneak a look at the Tower of London Superbloom but no guarantee.* Meet OUTSIDE Moorgate tube station by the Nero coffee shop at 6.00pm. Leader Dominique

**SUN 7<sup>th</sup> AUGUST LONDON LOOP stages 20&21 : CHIGWELL TO HAROLD WOOD (Linear)** 11.5 miles *Undulating walk through Essex farmland to Chigwell Row crossing Hainault forest and farmland to reach Havering Country Park. A few ascents and descents, some stiles.* Cafe stop two hours into the walk. Lunch tbc. All travel within zone 6. Meet outside Chigwell station at 10:30. EX 174,175. Leader Jackie

**SAT 13<sup>th</sup> AUGUST 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

**SAT 20<sup>th</sup> AUGUST PULBOROUGH to AMBERLEY (Linear)** 10 miles *Varied undulating walk along the Arun, then taking in the RSPB reserve, Parham Park and Amberley village.* Lunch at Cootham or picnic, with hopefully, a tea room finish at Amberley. Buy OPDR to Amberley. Dep Victoria 9.35 (Bognor

Regis/Southampton train) (Clapham Junction 9.42, E Croydon 9.53) Arr Pulborough 10.52 **NOTE Train divides at Horsham; listen to announcements and be sure to be in the right part.** LR 197, EX121 or OL10.

Leader Mike Coyle

**FRI 26<sup>th</sup>-TUES 30<sup>th</sup>AUGUST FALMOUTH WEEKEND** Fully booked. Enquiries to the organiser Gillian Swan [gswan70@gmail.com](mailto:gswan70@gmail.com)

**SAT 3<sup>rd</sup> SEPTEMBER WEST HARROW to HARROW-on-the-HILL (Linear)** 3.5 miles *A walk around West Harrow and Harrow on the Hill taking in some historical aspects of the hill.* We will be passing most of the places described here <https://simplebooklet.com/harrow#page=1> Meet West Harrow station (Met line – Uxbridge branch 11.00 Finish Harrow-on-the-Hill station (Met Line). All pavement walking with a few steepish sections of hill. Cafes and pub near end of walk or bring picnic. Ex 173 Leaders Dolly & Ros

**SUN 4<sup>th</sup> SEPTEMBER LONDON LOOP : HAROLD WOOD to RAINHAM (Linear)** 9 miles *Wander gently down the Ingrebourne valley, through Harold Wood Park and farmland, almost to its confluence with the Thames.* Access to food/drink and loos tbc. Can be shortened ½ way through at Upminster Bridge Station. Meet Harold Wood 10.30am. All travel within zone 6. EX175. Leader Jackie

**SAT 10<sup>TH</sup> SEPTEMBER EXCEAT TO EASTBOURNE, East Sussex (Linear)** 11.5 miles *Along the coastal South Downs Way, via Seven Sisters, Birling Gap, Beachy Head. Undulating via clifftop, then descent into Eastbourne where private tea will be provided at 1 Cobbold Ave, before final descending mile to Eastbourne station.* Bring packed lunch, although refreshments should be available at Birling Gap and Beachy Head en route. This will be a long but exhilarating day out. Buy OPDR to Eastbourne. Dep Victoria 08.54(Clapham Jct 09.01, E Croydon 09.10), arr Eastbourne 10.17. Cross to Gildredge Rd opposite stn, for frequent bus 12/12A/12X to Seven Sisters Country Park, Exceat. OS EX123 or LR199. Leader Geoffrey who will meet the party at Eastbourne station.

**SAT 17<sup>th</sup>SEPTEMBER VANGUARD WAY PART 1: EAST CROYDON to WOLDINGHAM (Linear)** 10.7 miles *From the suburbs of London into the beautiful Surrey hills for the first stage of this long distance trail from London to the coast.* For more info visit <http://www.vanguardway.org.uk/> Lunch tbc. Buy OPDR to Woldingham (single Woldingham to E Croydon for freedom pass/60+ Oyster holders) Dep Victoria 10.09 (Clapham Junction 10.16) arr E. Croydon 10.26 **OR**, Dep London Bridge 10.07 arr East Croydon 10.21. EX 146,161 Hilary (07814 512 184) and Susan (07763 131145)

**SAT 24<sup>th</sup>SEPTEMBER PETTS WOOD to CHISLEHURST FOLLOWED by TOUR of CHISLEHURST CAVES** 3.5 miles. *Shortish walk through National Trust woodland followed by a private tour of Chislehurst Caves and tea. The caves are a labyrinth of man-made tunnels, carved out over hundreds of years and forming a maze covering over 6 Hectares up to 30 metres below the homes and woodlands above.* Dep Charing Cross (Sevenoaks train) 10.04 arr Petts Wood 10.36. All travel in Freedom Pass/Oyster zones. 3.5 mile walk to Chislehurst. Pub lunch or picnic. 45-50 minute private guided tour of the Caves at 2.15pm followed by tea in the cafe. The tour and tea will be paid for from Club funds. Booking essential. More details to follow nearer the time. Please email [gswan70@gmail.com](mailto:gswan70@gmail.com) to secure your place. EX 162 Leader Gillian and Stuart (07719452023)