



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

Secretary: Gillian Swan 07719 452023 gswan70@gmail.com

Programme Co-ordinators: Susan James 07763 131145 susan271@btinternet.com
Jennifer Mackenzie mackenzie23@btinternet.com

JUNE to SEPTEMBER 2026

SATURDAY 6th JUNE VANGUARD WAY PART 8 FINAL STAGE: BERWICK to NEWHAVEN (Linear) 13 miles. *Over the South Downs and along the English Coast Path to the end of the Vanguard Way, via Berwick church to briefly view the Bloomsbury paintings.* Two flights of steps (87 and 152), a couple of steep descents and a few stiles. Bring poles if you use them. Buy OPDR to Newhaven Harbour and single Lewes to Berwick. Dep. Victoria 9.24 (Clapham Junction 9.31) change Polegate 10.39/11.04 arr. Berwick 11.09. Dep. NH 19.30 change Lewes 19.41/19.55 arr. Victoria 21.06. Bring a picnic and refreshments for the whole day. There is a kiosk at Exeat but it may be too busy. EXOL25 Leaders Hilary (07814 512184) and Susan (07763 131145)

SATURDAY 13th JUNE BERWICK TO EASTBOURNE, EAST SUSSEX (Linear) 8.5 miles. *Including part of South Downs Way, undulating via Berwick Court, Windover Hill, Long Man, Jevington. Two short climbs.* Buy OPDR to Eastbourne. Dep Victoria (ORE train) 09.54 (Clapham Jct 10.01, E Croydon 10.10). Change Lewes 10.56/11.14, arr Berwick 11.25. Tea offered by leader's sister in Eastbourne, then bus or 1 mile walk to Eastbourne Station. Bring packed lunch. Quick pm drink stop at 8 Bells, Jevington. OS LR 199, EX 123. Leader Geoffrey who will meet the party at Berwick station.

SATURDAY 20th JUNE MILL HILL EAST (Circular) 6.25 miles *Over farmland sloping down to Folley Brook and up again to the village of Totteridge.* Meet at Mill Hill East Northern Line station (zone 4) 10.45 for prompt 11.00 start). Lunch at the Adam & Eve pub, Mill Hill or bring picnic. EX173. Leader Danny (07907 346957)

SUNDAY 21st JUNE EPPING to WALTHAMSTOW (Linear) 11.6 miles. *Through Epping Forest, London's largest open space, tranquil woodland, open grassland, and wide ponds, continuing via interlinking parks almost the entire way. Can be shortened by one mile at Wood Street Overground.* Meet Epping station (Central line) 10.15 for prompt 10.30 start. All travel within zone 6. Bring picnic lunch. EX 174. Leader Jackie Mc C

TUESDAY 23rd JUNE EVENING WALK IN REGENT'S PARK (Linear) 2 miles. *Gentle walk through the gardens of Regent's Park including Avenue Garden, newly opened Queen Elizabeth II Garden, St John's Lodge Garden and Queen Mary's Gardens.* Meet Great Portland Street Station (Circle, Hammersmith & City and Metropolitan Lines) at 17.45 for prompt 18.00 start. Finish Baker Street (same Lines). Leader Dominique

THURSDAY 25th TO SUNDAY 28th JUNE NORFOLK COAST PATH STAGE 4. HAPPISBURGH TO HOPTON ON SEA Fully booked. Enquiries to Gillian gswan70@gmail.com

WEDNESDAY 1st JULY MORDEN to WADDON Ponds via River Wandle Trail (Linear) 6.5 miles. *An easy walk following a ribbon of green parkland along the Wandle Trail, through Morden Hall Park, Beddington Park and Waddon Ponds.* Meet Morden Station (Northern line) 10.45 for prompt 11.00 start. Ret. from Waddon Station or Wandle Park tram. All travel within zone 5. Bring picnic lunch, possible refreshment stop Beddington Park cafe. Leader Julie

SATURDAY 4th JULY AMBERLEY (Circular) 11 miles *Following the Arun, then through Amberley village and Parham Park. After a steepish climb we take the South Downs Way back to Amberley.* Buy OPDR to Amberley. Dep. Victoria (Bognor Regis/Portsmouth Hbr. train) 09.05 arr. Amberley 10.29 (Clapham Jct. 09.12, E. Croydon 09.23). **Train divides at Horsham; listen to announcements and be sure to be in the right part, usually the rear.** Picnic lunch in Parham Park. Drink stop at the Crown Inn in Cootham OL10 Leader Mike Coyle

SATURDAY 11th JULY BENTLEY to FARNHAM (Linear) 11.5 miles. *Lovely walk mostly in light woodland & fairly flat.* Buy OPDR to Bentley (Hants). Dep. Waterloo 09.54 (Clapham Jct. 10.01), arr. Bentley 11.02. Bring a picnic but drink stop at Millbridge. EX 145. Leader Harriet.

WEDNESDAY 15th JULY THE SALMONS BROOK TRAIL PART 1 – HADLEY WOOD TO GRANGE PARK (Linear) 6.5 miles. *This trail is 11.4 miles in total across the Borough of Enfield. This first part follows the course of the brook as closely as possible. It is mostly rural and through residential streets in London's leafy suburbs.* Dep. Finsbury Park Train Station

(platform 8) 10.45, arr. Hadley Wood 11.04. Ret. from Grange Park Station to Finsbury Park. All travel within zones 5 and 6. Lunch in café/pub or bring a picnic. Leader Dominique

SUNDAY 19th JULY HAMMERSMITH (Circular) 6 miles. Meet Hammersmith underground (District, Piccadilly lines) outside Tesco 10.45 for prompt 11.00 start. *From Hammersmith Bridge through Chiswick to Barnes Bridge and back* Bring a packed lunch. Tea stop at Riverside Studios at the end of the walk. Leader Jackie C.

SATURDAY 25th JULY BANSTEAD (Circular) 6 miles. *A fine breezy walk along Banstead Downs and through Woodmansterne.* Dep. Victoria (Epsom Downs train) 10.00 (Clapham Junction 10.09, West Croydon 10.34) arr. Banstead 10.56 (zone 6). Lunch at the Woodman, Woodmansterne or bring picnic. EX 146 & 161. Leader Danny (07907 346957)

SATURDAY 1st AUGUST LEWES (Circular) 14.5 miles. *Lovely but challenging walk in the South Downs.* There are 3 very steep hills so we will have to keep up a good pace. We stop at Rodmell for a swift half, picnic by the church at Southease &, our reward- The Little Cottage Tea Room at Glynde. Buy OPDR to Lewes. Dep Victoria 09.24 (Clapham Jct. 09.31) arr. Lewes 10.26. OL 11. Leader Harriet

SUNDAY 2ND AUGUST: GREAT MISSENDEN CIRCULAR WITH CHURCH TEA AND MUSIC – 5 miles. Meet at Marylebone. Buy OPDR to Great Missenden (FP Oyster 60+ buy Amersham to Wendover). Aylesbury train departs 11.57, Harrow on the Hill 12.09, arrives Great Missenden 12.40. Bring picnic lunch. Walk ends with tea at the church in Great Missenden. EX 181. Leader Yvonne D who will meet the group at Great Missenden

THURSDAY 6th AUGUST - THE GREEN LONDON WAY PART 9 – RICHMOND TO BOSTON MANOR (Linear) 7 miles. *We continue our walk around London on the Green London Way along the Thames to Kew Bridge and Brentford where we join the Grand Union Canal to Boston Manor Station (Piccadilly Line).* Meet Richmond Station (District Line) 10.45 for prompt 11.00 start. All travel within zone 4. Lunch in café or bring a picnic. Leader Dominique

SATURDAY 8th AUGUST CHALFONT & LATIMER, BUCKS (Circular) 9.5 miles. *Chiltern villages, meadows and woodland trails, River Chess.* Buy OPDR Chalfont & Latimer (Within Freedom pass zone). Dep. Marylebone 09.27, arr Chalfont & Latimer 9.58. Bring packed lunch, possible drink stop en route, OS EX181 or LR172. Leader Sunita

SATURDAY 15th AUGUST RYE via WINCHELSEA VILLAGE (Circular) 11 miles. *After a short tour of historic Rye, we strike out across salt flats to Camber Castle built by Henry 8th, continuing along the coast, through fields of sheep to the village of Winchelsea.* Relatively flat, one flight steep steps. Buy OPDR to Rye. Dep. St Pancras 09.40 change Ashford International 10.18/10.24 arr. Rye 10.46. **High speed javelin train so freedom passes cannot be used.** Bring packed lunch. Refreshment stop at pub in Winchelsea. EX125. Leader Mary King

SATURDAY 22nd AUGUST COOKHAM to MAIDENHEAD (Linear) 10.5 miles. *A lovely walk along the Thames passing by the 'Wind in the Willows' river bank and the Cliveden Estate.* Buy OPDR to Cookham. Dep Paddington 10.08 (Didcot Parkway train), quick change at Maidenhead (Marlow train) 10.30/1034, arr. Cookham 10.41. **OR** take the Elizabeth line. Dep. Paddington plts A&B 09.32, Ealing Bdway 09.41, arr Maidenhead 10.12, and buy a single Maidenhead to Cookham dep 10.34, Marlow train). Lunch at a pub tbc or bring a picnic. EX172. Leaders Chris and Lindy

FRIDAY 28th AUGUST TO TUESDAY 1st SEPTEMBER: AUGUST BANK HOLIDAY WEEKEND IN WORCESTER Fully booked. Enquiries to Gillian gswan70@gmail.com

SATURDAY 5th SEPTEMBER BENFLEET to LEIGH-on-SEA /SOUTHEND-on-SEA (Essex) with the LONDON BLIND RAMBLERS (Linear) 4-8 miles depending on choice of LBRs. 4 miles to Leigh on sea, some may want to continue to Chalkwell, Westcliff or Southend, plus the pier. *Mostly by the sea, at sea-level. 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. Dep. Liverpool St. 10.15 arr. Benfleet 11.00. Lunch pub, cafe in Leigh on Sea or bring a picnic. 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.**

SUNDAY 6th SEPTEMBER GREENSAND WAY 4: DORKING to REIGATE (Linear) 7.8 miles) *Mainly level following River Mole foot of Box Hill via picturesque villages of Brockham, Betchworth and Skimmington, to grounds of Reigate Priory.* Buy OPDR to Dorking Stations. Dep. Victoria 09.40 (Clapham Jct. 09.47) arr. Dorking Mainline 10.40 EX146. Lunch Dolphin Inn Betchworth or bring a picnic Leader Rochelle

WEDNESDAY 9 SEPTEMBER - THE QUEEN'S HOUSE AND THE GARDENS OF GREENWICH PARK FROM MAZE HILL (Circular) 3.5 miles. *Visit of the Queen's House designed in the 17th century as a royal 'House of Delights' (free) and the Chapel of St*

Peter and St Paul followed by a leisurely walk through the gardens of Greenwich Park. Dep. London Bridge Rail Station 10.48, arr. Maze Hill 11.00. Travel in Zone 3. Lunch in café or bring a picnic. Leader Dominique

SATURDAY 12th SEPTEMBER MOOR PARK to RICKMANSWORTH (Linear) 7 miles *Part of the London Loop, the Hillingdon Trail and the Colne Valley Trail with woods, canal and aquadrome.* Dep. Baker Street (Metropolitan Line) 10.27 arr. Moor Park 11.00. Lunch stop TBC. EX172. All travel within zone 7. Leader Gillian W.

SATURDAY 19th SEPTEMBER BOOKHAM (circular). 9 miles. No hills but plenty of views. 11 stiles some shaky. One very overgrown path so shorts not recommended. Buy OPDR to Bookham. Horsham train dep. Victoria 09:41 (Clapham Junction 09:48) arr. Epsom 10:23, Guildford train dep. 10.28 arr. Bookham 10.41. Picnic lunch. EX. 145, 146. Leaders Carole M and Jennifer

SATURDAY 26th SEPTEMBER PETTS WOOD (Circular) 7.4 miles *Easy woodland walking. Scadbury Park and the Hawkwood Estate.* Dep. Charing Cross (Sevenoaks train) 10.01, (London Bridge 10.10), arr. Petts Wood 10.38. All travel in Oyster/Freedom Pass zones. Pub lunch in Chislehurst or bring a picnic. EX 162. Leader Gillian S. (07719 452023)