

LONDON STROLLERS

WALKS PROGRAMME: JANUARY TO MARCH 2023

NOTES AND ANNOUNCEMENTS

Now that we have hopefully moved on with the pandemic, group walks can go ahead without any formal restrictions on numbers, and booking is no longer compulsory. However, Ramblers Central Office has confirmed that it is open to individual walk leaders to continue with a booking system if they wish. Some of our leaders have decided that they wish to do this for at least some of their walks, in order to avoid large numbers, and they are entitled to do this.

In addition, each walk is required to meet certain requirements: maintenance of a register is strongly recommended by Central Office, and completion of risk assessments is compulsory. Registers will be destroyed by the Walk Leader after 21 days.

BOOKING YOUR PLACE ON A WALK

If you would like to join one of the walks which requires booking, please book a place by following the instructions given below.

- **Please note that booking arrangements may be different for different walks.**
- **Numbers on booked walks will be limited, so if you subsequently find that you are unable to attend, please contact the Walk Leader as soon as possible to cancel your booking so that someone else can take your place.**
- **Please do NOT turn up for a booked walk without a confirmed booking, as we will have to turn you away.**

OTHER NOTICES

1. Dogs: Well-behaved dogs on leads are welcome on our walks with the prior agreement of the Walk Leader.
2. Please note that, whilst walk leaders attempt to give an accurate finish time, the actual pace and length of the walk depends on several factors, including walker speeds on the day, café and toilet queues etc. The finish time should therefore be treated as an ***estimate only, and cannot be guaranteed***. Walkers will wish to bear this in mind when booking other events close to the finish time.
3. If you have any friends who enjoy walking, why not bring them along on one of the walks? They would be entitled to enjoy up to 3 walks on a “trial” basis before deciding whether to join London Strollers.
4. London Strollers relies on an increasingly small coterie of Walk Leaders to run its programme. As Kathryn Joyce said in a slightly different context, “We all have a walk in us. The first stop is recognising it.” If you would like to reveal your own favourite walk to the group, we can help with drawing up the walk, finalising details and offering support with recceing, and on the day. Just contact Helen Abbott or Les Douglas.

Sunday 1 January:

GREEN LONDON WAY 22 - CHARLTON TO CUTTY SARK

Start: 10.30 Charlton station (Zone 3: Southeastern - 9.57 from London Bridge - and Thameslink).

Finish: Cutty Sark station (Zones 2/3:DLR).

A linear walk of about five and a half miles on the 'alternative Capital Ring', via Maryon Wilson Park, the Thames Barrier, Greenwich Ecology Park and Greenwich Peninsula. A joint walk with Blackheath Ramblers which should finish by 14.00.

!!! This walk is limited to 30 people who must book in advance at helenabbott@aol.com or 07930 367984.

Leader: Des de Moor

Thursday 12 January:

HAMPSTEAD HEATH AND KENWOOD

Start: 11.00 Hampstead Heath station (Zone 2: London Overground).

Finish: Hampstead station (Zones 2/3: Northern Line).

A linear walk of about five miles over Hampstead Heath, including Parliament Hill and the Pergola. Refreshment break and toilets at Kenwood House. Should finish by about 15.30.

!!! No booking required - just turn up.

Leader: Jill J (jilljahans@gmail.com, mobile on the day 07835 274789).

Tuesday 17 January:

GREEN PARK TO SHEPHERD'S BUSH

Start: 10.45 Green Park station (Zone 1: Piccadilly Line). Meet on Green Park side of Piccadilly.

Finish: Shepherd's Bush station (Zone 2: Central Line, London Overground and National Rail).

A four mile linear walk via Green Park, Hyde Park, Kensington Gardens, Holland Park and some back streets to Shepherd's Bush. Possible café stop in Holland Park, otherwise at Shepherd's Bush. Should finish by about 14.00.

!!! No booking required - just turn up.

Leader: Micky Kohn (mickkohn298@gmail.com, or 020 8364 0156 between 16.00 and 20.00).

Thursday 19 January:

HIDDEN RIVERS - HACKNEY BROOK Part 1

Start: 11.00 Archway station (Zones 2/3: Northern Line). Meet at Junction Road exit.

Finish: Stoke Newington station (Zone 2: London Overground).

This linear walk of about 4.5 miles follows the route of the hidden Hackney Brook - one of London's least-known hidden rivers - on easy pavements and paths. The Brook links Arsenal FC to West Ham FC, both with stadia designed by the same architect. There will be a lunch stop. Should finish by about 14.30. Part 2 continues on Thursday 16 February.

!!! This walk is limited to 30 people who must book in advance with the leader.

Leader: Andy Strouthous (andy.strouthous@blueyonder.co.uk, mobile 07948 379692).

Saturday 21 January:

PUTNEY HEATH AND WIMBLEDON COMMON

Start: 12.45 Putney Bridge station (Zone 2: District Line).

Finish: Raynes Park station (Zone 4: National Rail to Waterloo).

A linear walk of about six miles featuring the Thames, Beverley Brook, Putney Heath, Putney Common and Wimbledon Common which might be muddy in places..

Refreshments and toilets stop along the way. Should finish by about 16.15.

!!! This walk is limited to 30 people who must book in advance with the leader.

Leader: Les Douglas (douglasleslie13@yahoo.co.uk, 020 8809 2338 after 8 January).

Sunday 22 January:

WEST BROMPTON TO VAUXHALL

Start: 11.00 West Brompton station (Zone 2: District Line, London Overground, National Rail).

Finish: Vauxhall station (Zone 1: Victoria Line, National Rail).

A six mile linear walk via Brompton Cemetery, the Thames Path, Battersea Park and Battersea Power Station. Refreshment stop in Battersea Park. Should finish about 15.00.

!!! No booking required - just turn up.

Leader: Kathy (mobile 07835 309587).

Tuesday 24 January:

WINTER AT THE LONDON WETLAND CENTRE

Start: 10.45 Putney Bridge station: (Zone 2: District Line).

A circular walk of about four and a half miles. Winter is a great time to visit the centre because we should be able to see overwintering birds. We can visit the hides and perhaps take a guided tour. Bring a packed lunch or buy lunch in the café (where toilets are available). Entry to the centre costs £11.81 without Gift Aid, but I know some of you are members. The finish time is flexible but perhaps 16.00 would be good to avoid the rush hour.

!!! This walk is limited to 10 people. Please book your place with the leader by phone, text or email.

Leader: Cherry Trott (cherrytrott@hotmail.co.uk, mobile 07527 244111).

Thursday 26 January:

FINSBURY PARK AND CLISSOLD PARK

Start: 11.00 Finsbury Park station (Zone 2: Piccadilly and Victoria Lines, National Rail), Meet outside Station Place exit.

Finish: Stoke Newington station (Zone 2: London Overground).

A linear walk of about three and three quarter miles with a lunch/toilet stop in Clissold Park. Many drop-out points available if needed. Should finish by about 13.30.

!!! No booking required - just turn up

Leader: Michael Lyons (07427 665070).

Tuesday 31 January:

TRACING THE RIVER FLEET FROM ST PANCRAS TO BLACKFRIARS

Start: 11.00 St Pancras (mainline) station (Zone 1: lots of lines). Meet outside Midland Road exit.

Finish: Blackfriars station (Zone 1: Circle and District Lines, National Rail).

An urban walk of about four miles along pavements, finishing around 14.00 with a stop en route for coffee.

!!! No booking required - just turn up

Leader: Des Garrahan (ramblerdes@gmail.com, 07592 759981).

Thursday 2 February:

BOW HERITAGE TRAIL

Start: 11.00 Mile End station (Zone 2: Central, District and Hammersmith & City Lines).

A circular walk of about three and a half miles looking at local historical highlights. Toilets and refreshments available. Should finish around 14.00.

!!! This walk is limited to 20 people who must book in advance with the leader,

Leader: Moo Ling Boey (mlboey@yahoo.com, mobile 07983 477200 - text and voicemail only).

Saturday 4 February:

MORNING WALK TO INNER LONDON AREA AGM

Start: 10.00 Clapham Junction station (Zone 2: National Rail and London Overground).

Meet outside the Grant Road exit from the north side of the station.

Finish: Waterloo station (Zone 1: lots of lines).

A linear walk of about six miles mostly along the Thames via Battersea Park and Archbishop's Park. Refreshments and toilets stop along the way. Should arrive at Waterloo around 13.00 with time to find lunch before the Inner London Ramblers AGM begins at 14.00 in the Waterloo Action Centre, 14 Baylis Road, SE1 7AA. The AGM is open to all members of Inner London and its groups.

!!! This walk is limited to 30 people who must book in advance with the leader.

Leader: Les Douglas (douglasleslie13@yahoo.co.uk, 020 8809 2338 after 8 January).

Sunday 5 February:

ABBEY WOOD, THAMESMEAD AND PLUMSTEAD

Start: 10.30 Abbey Wood station (Zone 4: Elizabeth Line, Thameslink and Southeastern trains).

Finish: Plumstead station (Zone 4: Southeastern trains).

A linear walk of about five miles passing the ruins of Lesnes Abbey, around South Mere and following the Green Chain Walk the greener corners of Thamesmead to the River Thames, then Gallions Hill (optional climb) and the old Royal Arsenal Canal. This is a joint walk with Blackheath Ramblers, on paved surfaces throughout, finishing by about 13.30.

!!! This walk is limited to 30 people who must book in advance with

helenabbott@aol.com or 07930 367984).

Leader: Chris Percy (07800 663626).

Tuesday 14 February:

SOUTHGATE TO ENFIELD

Start: 11.00 Southgate station (Zone 4: Piccadilly Line). Meet outside the station booking hall.

Finish: Enfield Town station (Zone 5: London Overground). If you prefer, you could return from Enfield Chase station (Zone 5: National Rail).

A four mile linear walk via Oakwood Park, Boxer's Lake and World's End, with some hilly sections with fairly steep gradients. Plenty of refreshment possibilities at the end in Enfield. Should finish by about 13.30.

!!! No booking required - just turn up.

Leader: Micky Kohn (mickkohn298@gmail.com, or 020 8364 0156 between 16.00 and 20.00).

Thursday 16 February:

HIDDEN RIVERS: HACKNEY BROOK Part 2

Start: 11.00 Stoke Newington station (Zone 2: London Overground - 10.45 from Liverpool Street arrives 10.58).

Finish: Pudding Mill Lane station (Zones 2/3: DLR).

Continuing our walk from 19 January, we cross Hackney Downs and pass Sutton House - the oldest residential building in Hackney - before reaching Hackney Wick, then through cobbled streets built for industries once served by the River Lea, to where Hackney Brook ends. There will be a lunch stop at a suitable point. This linear walk of about five miles will be mainly flat and on pavement, park or canal paths, finishing on the Greenway near Pudding Mill Lane by about 14.30.

!!! This walk is limited to 30 people who must book in advance with the leader.

Leader: Andy Strouthous (andy.strouthous@blueyonder.co.uk, mobile 07948 379692).

Saturday 18 February:

JUBILEE COUNTRY PARK AND PRINCE'S PLAIN

Start: 12.45 Chislehurst station (Zone 5: Charing Cross 12.10, Waterloo East 12.14, London Bridge 12.20).

Finish: Hayes (Kent) station (Zone 5: trains to Charing Cross).

A linear walk of about six miles featuring open spaces and footpaths. Rest stop along the way but no refreshments until the end. Maybe muddy in places. Should finish by about 16.15.

!!! This walk is limited to 30 people who must book in advance with the leader.

Leader: Les Douglas (douglasleslie13@yahoo.co.uk, 020 8809 2338 after 8 January).

Tuesday 21 February:

THE PARKLAND WALK

Start: 11.00 Finsbury Park station (Zone 2: Piccadilly and Victoria Lines, National Rail). Meet outside the Station Place exit.

Finish: Alexandra Palace station (Zone 3: National Rail to Moorgate).

A linear walk of about five miles along the Parkland Walk to Highgate Woods (refreshment and toilet break), Muswell Hill and Alexandra Palace Park. Should finish by around 15.30.

!!! No booking required - just turn up.

Leader: Jill J (jilljahans@gmail.com, mobile on day 07835 274789).

Thursday 23 February:

STAND AND DELIVER -A WALK THROUGH EPPING FOREST

Start: 11.15 Epping station (Zone 6: Central Line).

Finish: Theydon Bois station (Zone 6: Central Line).

A linear walk of about four miles which should finish around 14.30. Toilets and refreshments available at start and finish of walk.

!!! This walk is limited to 25 people who must book in advance with the leader.

Leader: Moo Ling Boey (mlboey@yahoo.com, mobile 07983 477200 - text and voicemail only).

Train times beyond this point were unconfirmed when this programme was finalised so please check these before travelling.

Thursday 2 March:

THROUGH A GREEN HARINGEY

Start: 11.00 Highgate station (Zone 3: Northern Line). Meet outside the ticket barrier.

Finish: Wood Green station (Zone 3: Piccadilly Line).

A linear walk of about three and a half miles, passing a house where Peter Sellers lived, through Highgate Wood and below Muswell Hill and 'Ally Pally' before descending to Wood Green. Lunch and toilet stop in Highgate Wood. Hilly in places with some gravel surfaces. Should finish by about 13.30.

!!! No booking required - just turn up.

Leader: Michael Lyons (07427 665070).

Offers to lead walks for our April to June programme would be very welcome. Please send details to our Walks

Coordinator (douglasleslie13@yahoo.co.uk) by Friday 3 March.

Saturday 4 March:

BRENT RIVER PARK AND PERIVALE PARK

Start: 12.45 West Ealing station (Zone 3: Elizabeth Line)

Finish: Hanwell station (Zone 4: Elizabeth Line).

A linear walk of about six miles featuring parks and open spaces. Refreshments and toilets stop along the way. Possibly muddy in places. Should finish by about 16.15.

!!! This walk is limited to 30 people who must book in advance with the leader.

Leader: Les Douglas (douglasleslie13@yahoo.co.uk. 020 8809 2338 after 8 January).

Sunday 5 March:

GIRL POWER: BATTLING BELLES OF BOW

Start: 10.30 Bow Road station (Zone 2: District and Hammersmith & City Lines). Also Bow Church station (Zone 2: DLR) is 300 metres away.

In anticipation of International Women's Day on 8 March, a circular exploration of the area where Sylvia Pankhurst began her suffrage campaign, including the Bryant & May match factory, site of the landmark 1888 matchgirls' strike. A joint walk with Blackheath Ramblers of about 3 miles, finishing around 13.30.

!!! This walk is limited to 30 people who must book in advance with the leader.

Leader: Helen Abbott (helenabbott@aol.com, 07930 367984).

Tuesday 14 March:

LONDON BRIDGE TO CANADA WATER

Start: 10.45 London Bridge station (Zone 1: Jubilee and Northern Lines, National Rail).

Meet on the lower concourse of the mainline station by Body Shop.

Finish: Canada Water station (Zone 2: Jubilee Line).

A three and a half mile walk via the Thames Path through Bermondsey to Rotherhithe, then Southwark Park for a café break, Greenland Dock, Russia Dock Woodland and the Albion Channel. Should finish by about 13.00

!!! No booking required - just turn up.

Leader: Micky Kohn (mickkohn298@gmail.com, or 020 8364 0156 between 16.00 and 20.00).

Thursday 16 March:

ROMAN AROUND THE CITY

Start: 11.00 St Pauls station (Zone 1: Central Line). Meet at the front of the station by Caffè Nero.

Finish: Farringdon station (Zone 1: Circle, Hammersmith & City, Metropolitan Lines, Elizabeth Line and Thameslink)

A walk of about three miles visiting the oldest part of London dating back to AD50 'in a city established by the Romans'. There will be a short break at a suitable point and the walk should finish by around 14.00 near Farringdon, Barbican and Blackfriars stations.

!!! This walk is limited to 30 people who must book in advance with the leader.

Leader: Andy Strouthous (andy.strouthous@blueyonder.co.uk, mobile 07948 379692).

Saturday 18 March:

HORSENDEN HILL AND HARROW VILLAGE

Start: 13.00 Alperton station (Zone 4: Piccadilly Line).

Finish: South Kenton station (Zone 4: Bakerloo Line and London Overground).

A linear walk of about six miles featuring canal towpath, footpaths and some pavements. There will be a rest stop along the way but probably no refreshments or toilets stop. Should finish by about 16.15. Some hills and possibly some mud.

!!! This walk is limited to 30 people who must book in advance with the leader.

Leader: Les Douglas (douglasleslie13@yahoo.co.uk, 020 8809 2338 after 8 January).

Sunday 26 March:

ROTHERHITHE CIRCULAR

Start: 11.00 Surrey Quays station (Zone 2: London Overground).

A five-mile walk encompassing parks and the River Thames on the relatively quiet Rotherhithe Peninsula and taking in medieval ruins, the sad story of Prince Lee Boo and the site of an Atlantic liner terminal. Pub possibility at walk's end. Walk should finish around 14.30.

!!! No booking required - just turn up.

Leader: Mike Biggs (mikebiggs11@sky.com).

Tuesday 28 March:

PIMLICO AND BATTERSEA PARK

Start: 11.00 Pimlico station (Zone 1: Victoria Line). Meet outside the main entrance.

Finish: Battersea Power Station station (Zone 1: Northern Line).

A relaxed pace walk of about three miles along the river to Battersea Park. Refreshments and toilets stop in Battersea Park. Should finish by about 14.00.

!!! No booking required - just turn up.

Leader: George Wood (07906 801687).

Thursday 30 March:

BROMPTON CEMETERY AND BEATRIX POTTER

Start: 10.45 Fulham Broadway station (Zone 2: District Line).

Finish: Earl's Court station (Zones 1/2: District and Piccadilly Lines).

A linear walk of about three and a half miles. Brompton Cemetery is peaceful and beautiful in all seasons. There are many fascinating graves, including those for Emmeline Pankhurst and Dr John Snow. Lunch can be found in the café (which has toilets) or bring a picnic. Should finish around 14.00.

!!! No booking required - just turn up.

Leader: Cherry Trott (cherrytrott@hotmail.co.uk, mobile 07527 244111).