

metropolitan walkers

Summer Programme

June – August 2017



Summer is here! The sun is shining from a cloud-free sky, temperatures are soaring, and everyone is happy and cheerful, absolutely all the time! Meanwhile, back in London, the Met Walkers are bringing you another great programme, as always packed to the brim with walks and socials to suit all tastes and abilities, giving you plenty opportunities for a well-earned break from the stresses of everyday life. Over the next three months, we're continuing working our way through our two ongoing long distance footpaths – the London Loop and the North Downs Way. We have day walks to many your favourite walking areas within reach of London, including the South Downs, Surrey, Kent and Wiltshire, as well as short evening and weekend strolls around different areas of London – why not make the most of the long summer days, and come on a few evening walks, followed by a drink or two in a nice pub? As you've come to expect, our social programme is also packed with fun events, including our monthly pub socials, the Ealing Beer Festival, crazy golf and an Ethiopian meal. Don't say we aren't keeping you entertained! Last, but not least, we have a couple of great weekends away coming up, first to the Black Mountains, in mid-August, and then to Ireland over the August Bank Holiday weekend. So plenty to look forward to!

The Met Walkers needs YOU!

Without you, our members, volunteering your time, effort and enthusiasm to the group, we wouldn't be able to offer the great walks, trips and events you'll find in this programme. Please consider contributing your time to ensure the continued success of the group! Here are some ways you can help:

- **Lead a walk – we're always looking for new walk leaders!** We need walks at all levels – easy, moderate and strenuous – and we can only offer that if you, our members, volunteer to lead them! See our website for [hints and tips on walk leading](#), and [links to online sources for walk routes](#).
- **Organise a social!** This is a great way to get involved, particularly if you don't feel able to lead a walk.
- **Run a weekend away!** Our weekends away are very popular, and we need volunteers to lead them!

The next programme will cover the months of September, October and November. The deadline for submitting walks and socials is **Friday 11 August**. Please use the relevant online form on our website to submit [walks](#) and [socials](#). If you have any queries about walk submissions, please contact our walks co-ordinators (walks@metropolitan-walkers.org.uk).

Walkers' etiquette

Whether you're the walk leader or not, please do your bit to ensure no-one gets lost or left behind:

- Look out for your fellow walkers; keep an eye on those ahead and behind.
- Look after yourself! If you leave the group at any time, let the leader know.
- Wait at significant junctions or waypoints to ensure no-one gets lost or left behind.
- If no one volunteers as back-marker, keep an eye out for the person who's ended up at the back.

Please be polite and friendly – both to existing and potential members and to members of the public we encounter on Metropolitan walks or other events.

Please remember you are representing Met Walkers when visiting pubs and other establishments. Please do not consume your own food and drink on their premises – including outdoor areas – without permission, and remove muddy boots if required.

Have a look at our Guiding Principles – you can find them at metropolitan-walkers.org.uk/index.php?id=16

Other Ramblers groups

As a member of the Metropolitan Walkers, you can walk with any Ramblers group, and become an associate member of other groups. Likewise, members of other groups can become associate members of the Metropolitan Walkers. Other groups in the Inner London Area include Capital Walkers (aimed at members in their late 30s to 50s), London Strollers (aimed at anyone who wants to do shorter walks), and 6 postcode area based groups – use the links below to find out more.

www.capitalwalkers.org.uk www.londonstrollers.org.uk www.innerlondonramblers.org.uk/index.php/about-us/local-groups

Please keep your membership up to date – renew online, or set up a Direct Debit!

Please remember to keep your membership up to date. Membership is only £34.50 per year (£45.50 for joint membership, if living at the same address). The Ramblers rely on our membership fees to carry out their important work to keep our footpaths accessible, and to campaign on issues such as coastal access for all. Our membership fees also cover costs such as insurance for all our walk leaders. Only paid-up members are allowed to go on our weekends away and socials. You also need to be a member to receive our programme (**please do not forward this programme to non-members**), as well as important updates about engineering works and changes to the programme. Why not make sure you don't forget to renew, by setting up an annual or monthly Direct Debit for your membership fee?

To renew your membership online or set up a Direct Debit, go to www.ramblers.org.uk/my-account/renew-your-membership.aspx.

Tips on saving money on rail travel

If you are walking regularly with the group, we recommend you buy a Network Railcard. It costs just £30 per year, and it gives 1/3 off travel on trains throughout the South East at weekends, bank holidays and after 10am on weekdays. If you have an annual rail season ticket (Gold Card), that also acts as a Network Railcard. If you have a Travelcard, save yet more money by buying a ticket just from your Travelcard boundary.

Check train times in advance

Although we've checked all train times in this programme, it's always a good idea to check the Met Walkers walk finder before going on a walk in case there are any changes to the train times, particularly for walks towards the end of the programme.

Thank you!

Met Walkers only works because we have so many great walk leaders who put their time and effort into leading a fantastic range of walks. Similarly our social programme is entirely dependent on the people who give up their time to organise socials. Our thanks to all of you who make us what we are! An extra special thank you to first-time walk leaders **Ania, Jeff, Gavin and Andy M**, and to **Frances and Isao**, who are organising their first socials in this programme. We really appreciate your contribution!

The Met Walkers committee

Managing an organisation as big as we are takes a lot of time and effort from the dedicated team who run Met Walkers. So a big thank you to the team!

Walks co-ordinator: Paul Carter

Socials secretary: Illana Wearn

Weekends away co-ordinator: Eden Jarvis

Membership secretary: Claire Hewitt

Programme publisher: Torkjel Matzow

Campaigns officer: Dean Wright

Weekday walks co-ordinator: Ratul Ray

Secretary: Rhiannon Green

Treasurer: Phil Whelan

IT officer: Tom Honer

Publicity officer: Katharine Robinson

Chair: Gemma Butchart

Contact us

General enquiries: secretary@metropolitan-walkers.org.uk

Membership enquiries & email distribution list: membership@metropolitan-walkers.org.uk
(please specify Ramblers membership number and expiry date)

Walks programme: walks@metropolitan-walkers.org.uk

Socials programme: socials@metropolitan-walkers.org.uk

Weekends away: weekends@metropolitan-walkers.org.uk

Complaints: chair@metropolitan-walkers.org.uk

Social media

On Facebook? Then join the Metropolitan Walkers [Facebook group](#) to keep up to date with the latest news about walks and weekends away, receive reminders about all our social events, and share photos and posts with the rest of the group!

You can also follow Met Walkers on Twitter (search 'MetWalkers')



Walks programme

Saturday 3 June 10:25 AM	Vale of the Kings
Leader: Orson (07793 746552)	Length: 17 miles
Meeting point: Rowlands Castle station	Grade: Moderate
Finish point: Rowlands Castle station	Terrain: South Downs, hilly
Travel: Take 9:00 from London Waterloo, change at Haslemere (arr. 9:48, dep. 9:55), arr. Rowlands Castle 10:21.	
Note: Kingley Vale is one of the most beautiful places in West Sussex. The yew forest is one of the finest in Europe and may have been planted over 2000 years ago. Lunch will be on the hilltop with great views of the South Downs, Hayling Island and the Isle of Wight. Bring packed lunch, pub stop for drinks only.	
Saturday 3 June 11:35 AM	The Vale Of Pewsey
Leader: David K (07807 748608)	Length: 16 miles
Meeting point: Pewsey station	Grade: Moderate
Finish point: Pewsey station	Terrain: Downs and canal path
Travel: Take 10:35 from London Paddington, arr. Pewsey 11:34. Please try to arrive at Paddington Station half an hour earlier to arrange a groupsave ticket as this works out a lot cheaper.	
Note: Walk will follow the White Horse trail up onto the Pewsey Downs and end along the Kennet & Avon Canal. Pub stop en route and at end. Bring a packed lunch.	
Please note: train times back are 16:59 and 20:23, it is likely we will finish after 5pm.	
Sunday 4 June	Walk submissions welcome!
Want to see a walk in the programme today? Why not put one on yourself! metropolitan-walkers.org.uk/walksform	
Wednesday 07 June 07:00 PM	Down the Mudchute
Leader: Ratul (0781 6276336)	Length: 4 miles
Meeting point: Canary Wharf tube station (zone 2)	Grade: Leisurely
Finish point: Greenwich station / Cutty Sark DLR (zone 2/3)	Terrain: Urban, parks
Note: A walk from Canary Wharf around the Isle of Dogs to Greenwich. We will amble around Millwall Docks, head to Mudchute Park which includes an inner-city farm and then walk under the Foot Tunnel to Greenwich. We will walk up to the Royal Observatory which has great views of the docklands and the city. The walk ends in a pub on Royal Hill, 10 minutes' walk from Cutty Sark DLR or Greenwich National Rail Station.	
Please meet by the Cycle Hire Area. This is the exit by Smolensky's. From the platform please follow signs to the DLR and go up the escalators.	
Saturday 10 June 10:25 AM	Surrey Hills Horseshoe
Leader: James A-L (07812 119867)	Length: 21 miles
Meeting point: Holmwood station	Grade: Strenuous
Finish point: Box Hill & Westhumble station	Terrain: Surrey Hills AONB
Travel: Take 9:31 from London Victoria (9:37 Clapham Junction), arr. Holmwood 10:21. Buy return to Holmwood.	
Note: A hilly fitness walk which will be held at a fast pace through the Surrey Hills area of outstanding natural beauty. Total ascent 1008 m. We start by going up to Leith Hill and continue along to Holmbury Hill. In the afternoon we will be going up onto the North Downs Way and through Ranmore Common. We finish the walk by doing Juniper Hill and Box Hill twice. Bring a packed lunch. We will be finishing in the pub for drinks and dinner.	

Saturday 10 June 11:10 AM		A Walk for Essex	
Leader: Russell (07761 353274)		Length: 16 miles	
Meeting point: Wrabness station		Grade: Moderate	
Finish point: Manningtree station		Terrain: Riverside & fields	
Travel: Take 10:00 from Liverpool Street, change at Manningtree (arr. 10:55, dep. 11:00), arr. Wrabness 11:09. Buy return to Wrabness.			
Note: Starting with the striking Grayson Perry designed 'A House for Essex' the walk follows the Essex way into Constable country and Dedham before returning to Manningtree via the River Stour passing Flatford Mill on the way. Bring a packed lunch, probable refreshment stop in the afternoon with a pub at the end.			
Sunday 11 June 11:15 AM			London Loop Sections 12 and 13: Uxbridge to Moor Park
Leader: Simon B (07709 822652)		Length: 11 miles	
Meeting point: Uxbridge tube station (zone 6)		Grade: Moderate	
Finish point: Moor Park tube station (zone 6/7)		Terrain: Canalside, fields, woods	
Travel: Starting from Uxbridge town centre, we follow the Grand Union Canal/River Colne for around half the length of the walk before turning inland at Harefield through rolling fields and also Park Wood and Bishops Wood before finishing in Moor Park. Bring a packed lunch, refreshments possible en route and at the end.			
Note: Use TfL journey planner to get to start on time			
Monday 12 June		Rounders @ Regent's Park	see social programme for details
Tuesday 13 June 07:00 PM		Parks and the home of Cricket	
Leader: Will H (07866 311262)		Length: 3 miles	
Meeting point: Belsize Park tube station (zone 2)		Grade: Leisurely	
Finish point: St John's Wood tube station (zone 2)		Terrain: Parks and streets	
Note: A summer evening's stroll that takes in views over London from the top of Primrose Hill and traverses a fair portion of Regent's Park before reaching the home of cricket, Lord's. Samuel Smith's pub at the end.			
Saturday 17 June 10:25 AM		Chiltern District Wander	
Leader: Chris B (07852 219696)		Length: 21 miles	
Meeting point: Chorleywood station (zone 7)		Grade: Strenuous	
Finish point: Wendover station		Terrain: Hilly, 620 m ascent	
Travel: Take 9:57 from London Marylebone, arr. Chorleywood 10:24. Buy return to Wendover.			
Note: This walk would be suitable as a whole walk or for anyone looking for a short fast pace walk with medium hills; drop out points at Chesham (10 miles, 300 m ascent) or at Great Missenden (14 miles, 400 m ascent) stations directly on route. Packed lunch needed, pub on route and end.			

Saturday 17 June 10:15 AM		Witley to Gomshall along the Greensand Way	
Leader: Andy M (07769 800422)		Length: 17 miles	
Meeting point: Witley station		Grade: Strenuous	
Finish point: Gomshall station		Terrain: Hills, fields, woods and remote villages	
Travel: Take 9.15 from London Waterloo (9:22 Clapham Junction), arr. Witley at 10:09. Buy return to Witley.			
Note: This walk in the rural southern reaches of the Surrey Hills follows the Greensand Way taking in various wooded hills, the Wey Valley and several remote villages. Pub stop for drinks only so bring a packed lunch. Gomshall has a variety of good pubs to look forward to at the end of the walk!			
Saturday 17 June 10:15 AM		Steaming to and from Essex	
Leader: Will H (07866 311262)		Length: 15 miles	
Meeting point: Epping tube station (zone 6)		Grade: Moderate	
Finish point: Walthamstow tube/train station (zone 3)		Terrain: Fields, forest and a few gradients, plus a steam railway.	
Travel: Take the Central line to Epping, check TfL journey planner to get to start on time. We will then take a vintage bus to North Weald station and a steam train to Ongar and back (a classic diesel may be necessary) on the Epping Ongar Railway. The cost of the bus/steam section of the day is £13. You can buy a ticket at eorailway.co.uk or pay the bus conductor with cash (please bring the right money). Those who do not want to take the steam journey can pay £3 only to ride the vintage bus to the start of the walk but will have to wait at North Weald station.			
Note: The steam journey will be for at least 30 minutes and we will then hike from North Weald, almost traversing Epping Forest from top to bottom. Pub en route and at the end. Bring a packed lunch.			
Saturday 17 June 10:15 AM		Botany and Beer in the Gibberd Garden	
Leader: James S (07921 616896)		Length: 11 miles	
Meeting point: Harlow Town station		Grade: Moderate	
Finish point: Harlow Mill station		Terrain: Fields, woods and riverbank	
Travel: Take 9:40 from London Liverpool Street (9:52 Seven Sisters), arr. Harlow Town 10:16. Buy return to Harlow Mill.			
Note: A pleasant walk through the Essex countryside and along the River Stort, with a few pretty villages and a close up view of light aircraft. Instead of a pub, we will finish at the Gibberd Garden, a grade II listed garden with lawns, pools, streams and glades, a dramatic mature lime avenue, a brookside walk, a wild garden, an arboretum and a moated castle with a drawbridge. And, more importantly that day, a beer festival and barbecue! Entry to the gardens/beer festival is £4. One mile signposted walk back across the fields (in daylight) to the station.			
Sunday 18 June		Walk submissions welcome!	
Want to see a walk in the programme today? Why not put one on yourself! metropolitan-walkers.org.uk/walksform			
Wednesday 21 June	Monthly Pub Social	see social programme for details	
Thursday 22 June 07:00 PM		The Regency	
Leader: Georgina (07376 383268)		Length: 4 miles	
Meeting point: Baker Street tube station (zone 1)		Grade: Leisurely	
Finish point: Angel tube station (zone 1)		Terrain: London parks and canals	
Note: We will walk through Regents Park and along the canal. Pub stop in trendy Islington at the end. Please Meet at North exit by Boots (on Baker Street).			

Saturday 24 June 10:00 AM			North Downs Way Part 6: Otford to Cuxton
Leader: Phil W (07808 071145)		Length: 16 miles	
Meeting point: Otford station		Grade: Moderate	
Finish point: Cuxton station		Terrain: Hills, woods	
Travel: Take 9:22 from London Victoria (9:39 Bromley South), arr. Otford at 9:56. Buy return to Cuxton.			
Note: One of the longer sections of the North Downs Way, this stage switches often between the higher ridge, and the lower route of the Pilgrims Way. It also enters the remote Rochester Forest. Bring a packed lunch, pub stop in afternoon and at end.			
Saturday 24 June 4:25 PM		Windsor Great Park Sunset Walk	
Leader: Rich T (07980 315065)		Length: 10 miles	
Meeting point: Windsor and Eton Riverside station		Grade: Leisurely	
Finish point: Virginia Water station		Terrain: Parkland	
Travel: Take 15:28 from London Waterloo (15:32 Vauxhall, 15:38 Clapham Junction), arr. Windsor & Eton Riverside 16:21. If you'd like to join us later, you can alternatively take 17:28 from London Waterloo (17:32 Vauxhall, 17:38 Clapham Junction), arr. Windsor & Eton Riverside 18:21. Buy return to Windsor & Eton Riverside. A small single (Virginia Water to Staines) will be required on the return leg.			
Note: The first option adds a 3-mile loop around the towns of Windsor and Eton – including the latter's famous public school - and the River Thames. There'll be time to buy some dinner briefly (and a drink if you wish).			
We'll then meet arrivals on the second train (please eat beforehand if you are catching this train). Then we'll head out into the Royal Landscape, across Windsor Great Park to Virginia Water lake and Valley Gardens. It should be quite still by this time, so bonus points for spotting wildlife! There'll be a lot of daylight to enjoy, so we'll return on the 22:49 from Virginia Water (23:24 Clapham Junction), arr. London Waterloo 23:34. We'll be back on lit streets before arriving at the station, but you're welcome to bring a torch if you'd like. Walk not suitable for dogs.			
Sunday 25 June 11:15 AM			London Loop Sections 14 and 15: Moor Park to Borehamwood
Leader: Simon B (07709 822652)		Length: 14 miles	
Meeting point: Moor Park tube station (zone 6/7)		Grade: Moderate	
Finish point: Elstree & Borehamwood station (zone 6)		Terrain: Fields, woods, streets	
Travel: Use TfL journey planner to get to start on time.			
Note: Another one of the longer walks of the London Loop, we head east through Oxhey Woods and over fields to the Harrow Viewpoint at Old Redding. Afterwards we head past Bentley Priory and through Stanmore Common before heading north towards Aldenham Reservoir and shortly after finishing in Borehamwood. Refreshments possible en route and at the end but please bring a packed lunch.			
Tuesday 27 June 07:00 PM		Clapham Junction to Pimlico	
Leader: Dave L (07788 244838)		Length: 4 miles	
Meeting point: Clapham Junction station (zone 2)		Grade: Leisurely	
Finish point: Pimlico tube station (zone 1)		Terrain: Urban, riverside, parkland	
Note: A walk mainly following the Thames, passing through Battersea Park and finishing at the Cask pub in Pimlico. Meet outside Caffè Nero at front of station in the exit through the shopping centre on St John's Hill.			
Friday 30 June	The Blind Pig	see social programme for details	

Saturday 1 July 10:35 AM		Southdown 1000
Leader: Chris B (07852 219696)	Length: 18 miles	
Meeting point: Southease station	Grade: Strenuous	
Finish point: Hassocks station	Terrain: Hilly, 1000m	
Travel: Take 9:17 from London Victoria (9:23 Clapham Junction, 9:32 East Croydon), change at Lewes (arr. 10:24, dep. 10:28), arr. Southease 10:25. Buy return to Southease.		
Note: 1000m ascent across the walk including five hills 100-180m each. Please bring a packed lunch and enough water especially if it's a hot day. Pub stop at end at Jack & Jill near Hassocks station.		
Saturday 1 July 10:40 AM		West Kent Downs
Leader: David K (07807 748608)	Length: 18 miles	
Meeting point: Cuxton station	Grade: Strenuous	
Finish point: Shoreham (Kent) station	Terrain: Hilly, woods	
Travel: Take 9:55 London St Pancras (10:02 Stratford International), change at Strood (arr. 10:27, dep. 10:34), arr. Cuxton 10:38 or take 9:09 from London Charing Cross (9:12 London Waterloo East, 9:17 London Bridge), change at Strood (arr. 10:19, dep. 10:34), arr. Cuxton 10:38. Buy return to Cuxton. If travelling from St Pancras you will need a ticket valid on HS1.		
Note: Undulating walk through the West Kent Downs, pub stop for drinks only, bring a packed lunch. Pub at the end.		
Sunday 2 July 11:15 AM		Flying to Stansted
Leader: Christopher B (07949 709382)	Length: 15 miles	
Meeting point: Stansted Airport station	Grade: Moderate	
Finish point: Stansted Mountfitchet station	Terrain: Fields and woods	
Travel: Take 10:10 from London Liverpool Street (10:23 Seven Sisters), arr. Stansted Airport 11:11. We will meet outside the WH Smith in the airport terminal. Buy return to Stansted Airport.		
Note: Exploring the undulating countryside surrounding Stansted including the 12 th Century abbey church at Tilty, picturesque village of Manuden and Stort valley.		
Sunday 2 July 12:30 PM		Brixton to Crystal Palace
Leader: Gemma B (07769 188863)	Length: 9 miles	
Meeting point: Brixton tube station (zone 2)	Grade: Leisurely	
Finish point: Crystal Palace station (zone 3/4)	Terrain: Mostly park and woodland with some urban stretches	
Travel: Check TfL journey planner to get to start on time		
Note: Meet outside Brixton underground entrance. Please eat lunch before the walk, ice cream/cafe stop(s) en route, and pub stop at the end.		
Wednesday 5 July	Grub Club @ Ethiopian	see social programme for details
Thursday 06 July 07:00 PM		Wimbledon Common
Leader: Paul C (07896 544328)	Length: 3 miles	
Meeting point: Wimbledon Park tube station (zone 3)	Grade: Moderate	
Finish point: Wimbledon station (zone 3)	Terrain: Parkland, common	
Note: This walk explores Wimbledon Park and Common. The walk ends in the 'Hand In Hand' pub at the edge of Wimbledon Common and is around a mile walk back to Wimbledon station along urban streets.		

Saturday 8 July 10:10 AM		Still on the Road to Nowhere	
Leader: Tom F (07751 141686)		Length: 18 miles	
Meeting point: Southminster station		Grade: Moderate	
Finish point: Southminster station		Terrain: Coast, fields, lanes	
Travel: Take 8:55 from London Liverpool Street (9:02 Stratford), change at Wickford (arr. 9:31, dep. 9:36), arr. Southminster 10:07.			
Note: A return to the tranquillity of the seventh-century Chapel of St. Peter-on-the-Wall, believed to be the second-oldest surviving church building in England, on this most isolated stretch of the Essex coast. Graded moderate this time as the terrain remains completely flat and this is a shortened route (avoiding the full 23-mile loop from Burnham!). Two other options also available by bus from the 11-mile point – a dropout back to Southminster or a shortcut allowing an extended pub stop and reducing the total distance to 15 miles. Please bring packed lunch, pub stops during and after walk.			
Saturday 8 July 11:10 AM		Zigzagging Along the Hangers	
Leader: David K (07807 748608)		Length: 17 miles	
Meeting point: Alton station		Grade: Strenuous	
Finish point: Petersfield station		Terrain: Hilly, woods	
Travel: Take 9:53 London Waterloo (10:00 Clapham Junction) arr. Alton 11:10 or take 10:00 London Waterloo, change at Woking (arr. 10:24, dep. 10:30), arr. Alton 11:10. Buy return to Petersfield.			
Note: Walk follows much of the Hangers Way through lush Hampshire countryside where lavender fields are likely to be in seasonal bloom followed by ancient wooded hillsides, this also includes the unusual zigzag climb created by the naturalist Gilbert White. Pub stop en route and at the end. Bring a packed lunch.			
Sunday 9 July 10:55 AM		Seven Sisters	
Leader: Ania (07771 957321)		Length: 15 miles	
Meeting point: Seaford station		Grade: Moderate	
Finish point: Eastbourne station		Terrain: Hilly	
Travel: Take 9:07 from London Victoria (9:12 Clapham Junction, 9:22 East Croydon), change at Brighton (arr. 10:03, dep. 10:17), arr. Seaford 10:51. Buy return to Seaford. A ticket Eastbourne-Lewes may be required for the return journey.			
Note: A lovely coastal walk along rolling white cliffs. Please bring packed lunch with you. We will stop in a pub for drinks in the afternoon.			
Wednesday 12 July		Ealing Beer Festival	see social programme for details
Thursday 13 July 07:00 PM		Hampstead Heath	
Leader: Phil W (07808 071145)		Length: 4 miles	
Meeting point: Belsize Park tube station (zone 2)		Grade: Leisurely	
Finish point: Highgate tube station (zone 3)		Terrain: Heath, urban	
Note: This walk explores the beauty of Hampstead Heath in the summertime, including the woods, lakes and a stunning view over London from Parliament Hill. It will conclude at a classic London pub, 'The Flask' in Highgate.			

Saturday 15 July 10:55 AM		Udimore Uplands	
Leader: Orson (07793 746552)		Length: 17 miles	
Meeting point: Rye station		Grade: Strenuous	
Finish point: Hastings station		Terrain: Hilly	
Travel: Take 9:34 from London St Pancras (9:41 Stratford International), change at Ashford International (arr. 10:11, dep. 10:33), arr. Rye 10:54. Buy return to Rye. Other connections to Ashford from London Charing Cross available.			
Note: A different start to the usual Hastings walks, visiting Udimore with views across Brede Levels ending with a wooded cliff top path into Hastings Old Town. Bring packed lunch, pub stop for drinks only.			
Saturday 15 July 12:00 PM		Thames Estuary Path + swim!	
Leader: Richie H (07786 262583)		Length: 7.5 miles	
Meeting point: Pitsea station		Grade: Leisurely	
Finish point: Leigh-on-Sea station		Terrain: Flat along estuary path	
Travel: Take 11:13 from London Liverpool Street (11:21 Stratford, 11:31 Barking), arr. Pitsea 11:56. Buy return to Leigh-on-Sea (NOT Leigh, Kent).			
Note: Pub lunch or picnic in Benfleet. Lots of seafood options at Leigh along with pub. Bring swimming costume if you fancy a swim at the end of the walk on a sandy beach with loos & changing rooms.			
Sunday 16 July 11:00 AM			London Loop Section 16: Borehamwood to Cockfosters
Leader: Simon B (07709 822652)		Length: 11 miles	
Meeting point: Elstree & Borehamwood station (zone 6)		Grade: Moderate	
Finish point: Cockfosters tube station (zone 5)		Terrain: Streets, woods, fields	
Travel: Take 10:36 from London St Pancras (10:40 Kentish Town, 10:44 West Hampstead Thameslink), arr. Elstree and Borehamwood at 10:58.			
Note: A single section of the Loop passing through Scratchwood, after which we join the Dollis Valley Greenwalk through Mount Moat and Totteridge Fields towards Barnet. Afterwards we leave it and skirt through Monken Hadley Common on our way Cockfosters. Bring a packed lunch. Pubs en route and at the end.			
Wednesday 19 July		Monthly Pub Social	see social programme for details
Thursday 20 July 07:00 PM		Come Hither Green	
Leader: James C (07754 257534)		Length: 3 miles	
Meeting point: Cutty Sark DLR (zone 2/3)		Grade: Moderate	
Finish point: Hither Green station (zone 3)		Terrain: Urban	
Note: Walk follows the route of the London Inner Circuit (LINC) as far as Hither Green. Pub at the end.			

Saturday 22 July 10:10 AM			North Downs Way Part 7: Cuxton to Bearsted
Leader: Phil W (07808 071145)		Length: 16 miles	
Meeting point: Cuxton station		Grade: Moderate	
Finish point: Bearsted station		Terrain: Hills	
<p>Travel: Take 9:27 from London St Pancras (9:34 Stratford International), change at Strood (arr. 9:58, dep. 10:04), arr. Cuxton 10:08. Can also take 8:39 from London Charing Cross (8:42 London Waterloo East, 8:47 London Bridge), change at Strood (arr. 9:49, dep. 10:04), arr. Cuxton 10:08. If travelling from St Pancras, you will need a ticket valid on Kent HS1. Buy return to Maidstone stations, may need single Bearstead-Maidstone on return.</p> <p>Note: The North Downs Way crosses the River Medway (the accepted border between East and West Kent) in this section. This stage also features panoramic views of Rochester's castle and cathedral, and passes the prehistoric Kit's Coty House. Bring a packed lunch, pub stops in afternoon and at end.</p>			
Saturday 22 July 11:00 AM		East London Saturday Stroll and 'Bermondsey Beer Mile' Social	
Leader: Jeff H (07837 706331)		Length: 5 miles	
Meeting point: Limehouse DLR Station (Branch Road Exit)		Grade: Leisurely	
Finish point: Fourpure Brewing Co, SE16 3LL		Terrain: Urban, some riverbank	
<p>Travel: Check TfL journey planner to get to start on time. Meet downstairs at Limehouse DLR station (Branch Road exit - the one at the front end of the platform if coming from London).</p> <p>Note: A weekend walk with a difference – a 5 mile walk followed by an afternoon drinks social visiting several small craft breweries following the Bermondsey 'Beer Mile' back towards London Bridge.</p> <p>We will begin the walk at Limehouse station at 11am, walking west, taking in some of the Thames Path, the Tobacco and St Katharine's Docks, then crossing Tower Bridge and exploring Shad Thames and Southwark Park.</p> <p>We will finish the walk at the Fourpure Brewery (near South Bermondsey station) at approximately 1pm. There is also food available at the brewery.</p> <p>We will then continue with the social enjoying craft beers at several microbreweries along the beer mile.</p> <p>Walkers are welcome to come along to both the walk and the social, or just the walk or alternatively just join us at 1pm onwards for drinks! I will be contactable on my mobile number on the day if you wish to join later and need to find out where we are!</p>			
Saturday 22 July		'Bermondsey Beer Mile' social	see social programme for details
Sunday 23 July 11:00 AM			London Loop Section 17: Cockfosters to Enfield Lock
Leader: Simon B (07709 822652)		Length: 10 miles	
Meeting point: Cockfosters tube station (zone 5)		Grade: Leisurely	
Finish point: Enfield Lock station (zone 6)		Terrain: Fields, woods, streets	
<p>Travel: Check TfL journey planner to get to start on time</p> <p>Note: Travelling through Trent Park, the walk emerges in the ancient Enfield Chase and later passes through the Forty Hall Estate, following Turkey Brook before finishing at Enfield Lock. Bring a packed lunch, refreshments possible en route and at the end.</p>			

Wednesday 26 July 07:00 PM		South of the river? At this time of night?
Leader: Caroline R (07879 441630)	Length: 4 miles	
Meeting point: Sloane Square tube station (zone 1)	Grade: Leisurely	
Finish point: Clapham Common tube station (zone 2)	Terrain: Urban	
Note: A leisurely walk through Chelsea and Battersea, ending in a pub in Clapham Old Town.		
Thursday 27 July	Met Walkers Unplugged	see social programme for details
Saturday 29 July 11:10 AM		Cranborne Chase
Leader: David K (07807 748608)	Length: 20 miles	
Meeting point: Tisbury station	Grade: Strenuous	
Finish point: Tisbury station	Terrain: Hilly	
Travel: Take 9:20 from London Waterloo, arr. Tisbury 11:06.		
Note: This walk explores the sweeping downs of Cranborne Chase. Pace of walk will need to be fairly quick, possible pub stop for drinks only, bring a packed lunch.		
Saturday 29 July 10:50 AM		A Stroll in the Cotswolds
Leader: Will H (07866 311262)	Length: 18 miles	
Meeting point: Charlbury station	Grade: Moderate	
Finish point: Charlbury station	Terrain: Fields, river banks and some gradients	
Travel: Take 9:06 from London Marylebone, change at Oxford (arr. 10:10, dep. 10:33), arr. Charlbury 10:50.		
Note: This walk only partially overlaps with the Charlbury walks I led last year. Bring a packed lunch but chance of a pub stop en route. We hope to meet up with the group from the shorter walk today at the Riverside Music Festival.		
Saturday 29 July 11:50 AM		Charlbury Circular and Riverside Festival
Leader: Will S (07980 384801)	Length: 9 miles	
Meeting point: Charlbury station	Grade: Moderate	
Finish point: Charlbury	Terrain: Footpaths, farms	
Travel: Take 10:06 from London Marylebone, change at Oxford (arr. 11:10, dep. 11:31),arr. Charlbury 11:48.		
Note: A dreaded walk with no pub stop! However, there is a free music festival at the end. At Charlbury station, cross the footbridge, we will meet in the car park. This is a pleasant walk through the Cotswold countryside, including Wychwood Forest and the Cornbury estate. There are no steep climbs but the walk is undulating throughout. We won't make many stops so that we can make the most of the festival. Please bring a packed lunch. There are bars in the festival but you cannot bring your own alcohol in. Details of the festival are at www.riversidefestival.charlbury.com		
Sunday 30 July 9:50 AM		The Battles of Newbury
Leader: Caroline R (07879 441630)	Length: 17 miles	
Meeting point: Newbury station	Grade: Moderate	
Finish point: Newbury station	Terrain: Rolling countryside	
Travel: Take 8:51 from London Paddington (9:32 Reading), arr. Newbury 9:47.		
Note: A walk through history in the countryside around Newbury, the site of two battles in the Civil War and a third in the mid-1990s. Bring a packed lunch. Pub stop in the middle of the day, for drinks only. We plan to finish at the Lock, Stock and Barrel pub by the Kennet and Avon canal in Newbury.		

Thursday 03 August 07:00 PM		Abandoned Graves to Italian Craft Beers	
Leader: Illana (07785 303859)		Length: 4.5 miles	
Meeting point: Putney Bridge tube station (zone 2)		Grade: Moderate	
Finish point: Turnham Green tube station (zone 2/3)		Terrain: Pavement, park	
Note: We will cross the river into Barnes and explore Barnes Old Cemetery, an abandoned graveyard, before walking towards Chiswick, finishing at the Italian Job pub.			
Saturday 5 August 9:30 AM		Three Sources of the Thames	
Leader: Tom F (07751 141686)		Length: 23 miles	
Meeting point: Kemble station		Grade: Strenuous	
Finish point: Cheltenham station		Terrain: Hills, woods, fields	
Travel: Take 8:15 from London Paddington, arrive Kemble 9:29. Buy return to Cheltenham. NB outside Network Card area so might be worth considering advance tickets. Based on the recce, estimated finish time is around 6:30pm, but that is not guaranteed of course so if booking a specific train back please allow some margin for error (which if not needed can be used for well-earned dinner/drinks!).			
Note: This route visits two traditionally quoted sources of the Thames – near Kemble (where the channel bearing the Thames name emerges) and Seven Springs (where a tributary called the River Churn rises, adding more distance from the estuary). The one for the record books though is a stream forming a tributary of the Churn and giving the longest route to the sea – that source is on private land but the walk will get as close as possible. Please bring packed lunch, pub stops during and after walk.			
Saturday 5 August 11:10 AM		Dover to Westenhanger	
Leader: David K (07807 748608)		Length: 16 miles	
Meeting point: Dover Priory station		Grade: Moderate	
Finish point: Westenhanger station		Terrain: Cliff top coastline, some hills	
Travel: Take 9:34 from London St Pancras (9:41 Stratford International), arr. Dover Priory 10:41, or take 9:07 from London Victoria (9:23 Bromley South), arr. Dover Priory 11:06. Buy return to Dover Priory. If travelling from St Pancras you will need a ticket valid on HS1.			
Note: Walk takes in dramatic views over the English Channel before heading along the ridges of the downs later on. We will also pass through the Battle of Britain Memorial site and a view over the Channel Tunnel terminus. Possible pub stop for drinks only, bring a lunch. Pub at the end.			
Sunday 6 August		Walk submissions welcome!	
Want to see a walk in the programme today? Why not put one on yourself! metropolitan-walkers.org.uk/walksform			
Tuesday 8 August		Crazy golf	see social programme for details
Thursday 10 August 07:00 PM		Common People & The Four Thieves	
Leader: Cheryl (07955 309708)		Length: 3.5 miles	
Meeting point: Clapham Junction station (zone 2)		Grade: Leisurely	
Finish point: Clapham Junction station (zone 2)		Terrain: Pavement, Park	
Note: Summers evening stroll through Wandsworth Common, Clapham Common and the quiet residential streets between the commons. Pub stop at the end at a local favourite, The Four Thieves. The pub has an on-site brewery and a retro arcade with crazy golf, remote control car racing, vintage arcade games and more. Please meet by the Grant Road exit which is the one by Platforms 1 and 2.			
Friday 11 – Monday 14 August		Weekend away to the Black Mountains	

Saturday 12 August 9:55 AM		Downs, Monarchs and Castles	
Leader: Chris B (07852 219696)		Length: 20 miles	
Meeting point: Amberley station		Grade: Strenuous	
Finish point: Amberley station		Terrain: Hilly, 780m ascent	
Travel: Take 8:36 from London Victoria (8:42 Clapham Junction, 8:52 East Croydon), arr. Amberley 9:55.			
Note: This walk includes five inclines with rolling hills in between. Route includes Arundel Park & riverside, woodland and ending with views from the final range into Amberley. Packed lunch needed, pub at end only.			
Sunday 13 August		Walk submissions welcome!	
Want to see a walk in the programme today? Why not put one on yourself! metropolitan-walkers.org.uk/walksform			
Wednesday 16 August		Monthly pub social	see social programme for details
Thursday 17 August 06:45 PM		Only Fools and Horses Walk	
Leader: Catherine N (07814 898756)		Length: 4.5 miles	
Meeting point: Peckham Rye station (zone 2)		Grade: Leisurely	
Finish point: Ladywell station (zone 3)		Terrain: Parks and streets	
Note: Please Note the earlier start time: this is a longer walk than usual and the Ladywell Tavern often has some local ales to spend time with. We will head further out than the eponymous series, taking in some green green grass on Peckham Common, Blythe Hill and Ladywell Fields, with a couple of lovely jubbly views over town. You know it makes sense.			
Saturday 19 August 10:10AM		Thurdley & Puttenham Commons	
Leader: Orson (07793 746552)		Length: 17 miles	
Meeting point: Witley station		Grade: Moderate	
Finish point: Guildford station		Terrain: Heath and common land	
Travel: Take 9:05 from London Waterloo (9:14 Clapham Junction), change at Guildford (arr. 9:48, dep. 9:53), arr. Witley 10:12. Buy return to Witley.			
Note: This walk explores the open heath and common land formally used by the MOD for training purposes. Bring packed lunch, pub stop for drinks only.			
Saturday 19 August 11:05 AM			North Downs Way Part 8: Bearsted to Lenham
Leader: Phil W (07808 071145)		Length: 12 miles	
Meeting point: Bearsted station		Grade: Moderate	
Finish point: Lenham station		Terrain: Hills, woods	
Travel: Take 9:52 from London Victoria (10:09 Bromley South), arr. Bearsted at 11:01. Buy return to Lenham.			
Note: This stage of the North Downs Way is one of contrasts: from the glorious viewpoint at White Horse Wood Country Park, to the lower trail of the Pilgrims Way, which passes a large tiling factory. Bring a packed lunch. Pub stops just after lunch, and at end.			

Sunday 20 August 10:10 AM	William Wilberforce to Darwin's Downe House on the day of the Biggin Hill airshow	
Leader: Gavin (07940 298957)	Length: 12 miles	
Meeting point: Bromley South station (zone 5) (meet on pavement to front of station)	Grade: Moderate	
Finish point: Knockholt station (zone 6)	Terrain: Hills, fields, woodland, forest	
Travel: Take 9:42 from London Victoria, arr. Bromley South 10:02.		
Note: This walk goes over hill passing a memorial seat to the anti-slavery MP William Wilberforce, from the year 1862 and Roman Fort nearby. On to Charles Darwin's, Downe House, where he wrote <i>The Origin of Species</i> . To lunch at The Old Jail pub, followed by Cuckoo Wood, High Elms Park, a tall forest, is a site of special scientific interest, finishing at the Bo-Peep at Knockholt. This walk coincides with the annual Biggin Hill airshow, so one or two unusual aircraft may be in the sky.		
Wednesday 23 August 07:00 PM	River Walk	
Leader: Alison (07860 149252)	Length: 3.5 miles	
Meeting point: Putney Bridge tube station (zone 2)	Grade: Leisurely	
Finish point: Putney Bridge tube station (zone 2)	Terrain: River side, flat	
Note: A summer stroll along the river walking over Hammersmith Bridge to return back to Putney for some evening drinks. Hopefully the weather will be good enough to sit outside The Rocket Wetherspoons Pub along the river where the walk will end.		
Thursday 24 August	Angel Comedy	see social programme for details
Friday 25 – Tuesday 29 August	Weekend away to Clifden, West Ireland	
Saturday 26 – Monday 28 August	Walk submissions welcome!	
Want to see some day walks in the programme over the Bank Holiday weekend? Why not put one on yourself! metropolitan-walkers.org.uk/walksform		
Thursday 31 August 07:00 PM	Baker Street station to Camden	
Leader: Angela J (07912 874731)	Length: 3 miles	
Meeting point: Baker Street station (zone 1)	Grade: Leisurely	
Finish point: Kentish Town West Overground station (zone 2)	Terrain: Parks, pavement	
Note: Walk via the Regent's Park and Primrose Hill ending at a pub near Kentish Town West Overground station. Other tube/train stations (e.g. Kentish Town & Chalk Farm) are a 10 minute walk away. Please Meet at North exit by Boots (on Baker Street)		
Advance notice: Thursday 21 – Tuesday 26 September	Weekend away to Whitby	
Advance notice: Friday 13 – Sunday 15 October	Hastings Bonfire Weekend	

Social programme

Monday 12 June 6:30 PM		Rounders @ Regent's Park	
Organiser: Frances G (07825 161 306)		socials@metropolitan-walkers.org.uk	
Meeting point: North east corner of the park between Gloucester gate and the zoo, on the right hand side of the path		Nearest station: Camden Town	
Notes: Be ready for a competitive game of rounders! All you need to bring is your running shoes – bat and balls will be provided. Feel free to bring a Frisbee, boules, nerf ball and any other outdoor games you may have. Please bring along picnic food and drink.			
This is slightly weather dependent, so if it's forecast to rain heavily on the day, please check the Facebook event for updates. If it's cold, bring a jumper and run around more!			
Booking: No need to book, just turn up anytime from 6:30pm ready to win!			
goo.gl/yM0Zwz			
Wednesday 21 June 7:00 PM		Monthly Pub Social @ The Water Poet	
Organiser: Ratul (07816 276336)		socials@metropolitan-walkers.org.uk	
Meeting point: The Water Poet, 9–11 Folgate Street, Spitalfields, E1 6BX.		Nearest station: Liverpool Street / Shoreditch High Street	
Notes: Located near Spitalfields Market, in the borderlands between hipsters and bankers, the Water Poet is a popular watering hole in the East End with several seating areas, a large covered beer garden, and a pool table. We have an area booked in the beer garden. This pub serves food.			
Our monthly pub socials are for everyone, whether you've been a member for years of you're new to the group, or for anyone thinking of joining.			
Booking: No need to book, just turn up any time from 7 pm – look out for the Metropolitan Walkers signs.			
www.waterpoet.co.uk			
Friday 30 June 7:00 PM		The Blind Pig	
Organiser: Isao (07793 080437)		ayugase@hotmail.co.uk	
Meeting point: 58 Poland St, Soho, W1F 7NR		Nearest station: Oxford Circus, Piccadilly Circus or Tottenham Court Road	
Notes: An evening social at the Blind Pig cocktail bar, with a menu of cocktails inspired by children's classics. Try the Winnie the Pooh honey pot or Paddington Bear's lost and found. Food menu also available.			
See drinkup.london/features/12456/new-blind-pig-menu for example cocktail menu.			
Booking: Please note that due to the limited capacity of the venue, places are limited and will be allocated on a first come first served basis. Please email to reserve your place.			
www.socialeatinghouse.com			
Wednesday 5 July 7:30 PM		Grub Club @ Ethiopian (Take 2)	
Organiser: Will L (07969 395138)		willleonard@hotmail.com	
Meeting point: Mesi's Kitchen, 128 Holloway Rd, N7 8JE		Nearest station: Holloway Road or Highbury & Islington or Drayton Park stations	
Notes: Ethiopian restaurant – Come prepared to eat with your hands and maybe get a little messy!			
Booking: Please sign up to Facebook Event or email organiser.			
www.mesiskitchen.com			

Wednesday 12 July 7:00 PM		Ealing Beer Festival	
Organiser: Torkjel (07981 573806) & Paul C (07896 544328)		socials@metropolitan-walkers.org.uk	
Meeting point: Walpole Park, Mattock Lane, W5 5BG		Nearest station: Ealing Broadway	
Contact the organisers if you can't find us inside the festival area.			
Notes: Spend a nice summer evening in the park with your Met Walkers friends, while sampling from a huge range of real ales and ciders at London's biggest outdoor beer festival. What's not to like?			
Food is available at the event.			
Cost: Entry is £5 (£3 for CAMRA members).			
Booking: Not required – just turn up on the evening.			
www.ealingbeerfestival.org.uk			
Wednesday 19 July 7:00 PM		Monthly Pub Social @ The Craft Beer Co.	
Organiser: Matt K (07976 603076)		socials@metropolitan-walkers.org.uk	
Meeting point: First Floor, 82 Leather Lane, EC1N 7TR		Nearest station: Chancery Lane, Farringdon.	
Notes: Choice of 16 Cask & 21 Keg beers to choose from + Cider & many bottled beers. Pork pies, scotch eggs & snacks available. Hot food take-away can be brought in from the nearby Kin Fusion Asian Street Food, www.kinstreetfood.com . An area on the first floor will be reserved for us.			
Our monthly pub socials are for everyone, whether you've been a member for years or you're new to the group, or for anyone thinking of joining.			
Booking: No need to book, just turn up any time from 7pm – look out for the Metropolitan Walkers signs.			
www.thecraftbeerco.com/clerkenwell			
Saturday 22 July 1:00 PM		'Bermondsey Beer Mile' Social	
Organiser: Jeff H (08737 706331)		socials@metropolitan-walkers.org.uk	
Meeting point: Fourpure Brewing Co, Bermondsey Trading Estate, Rotherhithe New Road, SE16 3LL		Nearest station: South Bermondsey	
Notes: Following on from today's East London Saturday Stroll, which finishes at the Fourpure Brewery (near South Bermondsey station) at approximately 1pm, we'll continue the afternoon enjoying craft beers at several microbreweries along the beer mile.			
There is food available at the Fourpure brewery.			
Walkers are welcome to come along to both the walk and the social, or just the walk or alternatively just join us at 1pm onwards for drinks! I will be contactable on my mobile number on the day if you wish to join later and need to find out where we are!			
Booking: No need to book – just turn up			

Thursday 27 July 7:00 PM		Met Walkers Unplugged @ The Blues Kitchen	
Organiser: Cheryl (07955 309708)		socials@metropolitan-walkers.org.uk	
Meeting point: The Blues Kitchen, 111–113 Camden High Street, Camden, NW1 7JN		Nearest station: Camden Town	
Notes: Join us for an evening of live rhythm and blues at the legendary Blues Kitchen in Camden. They serve southern American inspired food or just come for drinks.			
Booking: Not required, just turn up on the night.			
theblueskitchen.com/camden			
Tuesday 8 August 7:00 PM		Crazy golf	
Organiser: Illana (07785 303859)		socials@metropolitan-walkers.org.uk	
Meeting point: The People's Park Tavern, 360 Victoria Park Road, E9 7BT		Nearest station: Homerton	
Notes: We have booked the booths in the beer garden so let's hope the sun is shining!			
We will play crazy golf on a just rock up and play basis.			
The pub also has its own brewery, a games room, arcade machines, pinball machines, a photo booth, foosball and bar billiards.			
Cost: 2 for 1 offer – £3 for one round and £4.50 for two rounds			
Booking: No need to book – just turn up			
peoplesparktavern.pub			
Wednesday 16 August 7:00 PM		Monthly pub social @ The Abbey Tavern	
Organiser: Illana (07785 303859)		socials@metropolitan-walkers.org.uk	
Meeting point: 124 Kentish Town Road, NW1 9QB		Nearest station: Kentish Town / Kentish Town West	
Notes: We have an area reserved in the rooftop garden! The pub serves real ale, cask beer, cider, wine, spirits and food.			
Our monthly pub socials are for everyone, whether you've been a member for years or you're new to the group, or for anyone thinking of joining.			
Booking: No need to book, just turn up any time from 7pm – look out for the Metropolitan Walkers signs.			
www.abbey-tavern.com			
Thursday 24 August 8:00 PM		Angel Comedy	
Organiser: Ratul (07816 276336)		socials@metropolitan-walkers.org.uk	
Meeting point: Camden Head Pub, 2 Camden Walk, Angel, N1 8DY		Nearest station: Angel	
Notes: Join us for a night of comedy at the Camden Head (confusingly in Angel NOT Camden). This will feature a mixture of experienced acts and first timers from the amateur comedy scene. There is no entrance fee, however one of the acts will stand there with a bucket at the end of the night and give you a stare if you don't donate a small amount at least. Although the show starts at 8pm entrance is on a first come first served basis and it is recommended you arrive by 7:30. I'll aim to be there around 7–7:15 pm downstairs, however please go upstairs if you can't find us after 7:30. The show lasts around 2 hours.			
Booking: No need to book, just turn up			
www.angelcomedy.co.uk			

Weekends away programme

Metropolitan Walkers run several weekends away each year, to areas all around the country and beyond. Many of the trips offer tough, mountainous walking in places such as the Scottish Highlands, the Lake District, or Wales. But we organise plenty of less challenging weekends as well, often within easy reach of London, without the need to take time off work – examples include the Cotswolds and the Isle of Wight. We've also had several trips abroad – Norway, the Alps, Poland and Portugal have all featured in our weekends away programme, as have city breaks to Copenhagen, Luxembourg, and Paris, to name a few!

We recommend that you come on at least one of our normal day walks before signing up for a weekend away. All the latest information, including how to book, is continuously updated on the Metropolitan Walkers website – select 'Weekends Away' at the top of the page and then select 'view upcoming weekends away', or use the direct link below.

metropolitan-walkers.org.uk/board/viewforum.php?f=3

Please note that all trips are open to members only, and you need to let the leader know in advance that you're coming. Sometimes you may be asked to pay a modest, non-refundable deposit when you sign up for a trip, to cover organising expenses such as bus hire for transport to the walk start, or pre-arranged social events. In order to maximise the number of events we can run, leaders usually do not arrange accommodation or transport from London, so you need to do that yourself. However, most of the locations we visit are readily accessible by public transport and have plenty of options for accommodation. Be aware that walks during weekends away are often in remote and rugged mountain terrain, so good walking boots and other equipment is essential.

Owing to the success of the weekends away programme, we sometimes end up booking up a large proportion of the accommodation in the places we visit, especially the single rooms. To avoid disappointment, we strongly recommend you book your accommodation and transport well in advance.

Message Boards

Weekends away and upcoming socials are advertised in advance on our message boards (metropolitan-walkers.org.uk/board). The message boards can be viewed by anyone, but you will need to register in order to post a message. When registering, you will need to use your Ramblers membership number and the registration code from the current programme.

Registration code: **17walk06**



The Metropolitan Walkers is part of the Ramblers (charity number 1093577)