

metropolitan walkers

Winter Programme

December 2016 – February 2017



Information

Welcome to the Metropolitan Walkers winter programme!

Once again, we've put together a fantastic programme of walks and socials for you to enjoy! There are Saturday and Sunday walks to suit every preference and fitness level, ranging from short, leisurely walks around London, to strenuous walks of 17+ miles in hilly terrain, as well as a midweek evening stroll every week. We're embarking on two long distance footpaths – the London Loop and the North Downs Way – that we'll complete in multiple parts, over the next few months, and we're re-running our annual Mountain Fitness series of hilly walks. The New Year weekend away in Exeter, running from 29 Dec to 2 Jan will no doubt be a highlight of the programme for many of you, with great walks on offer every day, and our legendary New Year Party being the ultimate way for any Met Walker to see in the New Year! And don't forget to check out our extensive social programme – the Met Walkers Christmas Party, on Wednesday 14 December, is another mainstay in the Met Walkers calendar, and the ideal place to catch up with all your Met Walker friends. Our monthly pub socials are always popular, and there are also restaurant meals, pub crawls, a games night, and many other social events to choose from!

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.
- **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 March, April and May. The deadline for submitting walks and socials is **Friday 10 February**. 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 – this includes in any outdoor areas – and please 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. 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.

Beware of train times from 18 February!

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. In particular, we recommend you check our web site for any walks from 18 February, as we haven't been able to verify if there will be any engineering works after that date, at the time of this programme going out.

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 **Will S, John H, Catherine N and Angela**, who are leading walks or socials for the first time 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

Thursday 1 December	Pigs Ear Beer & Cider Festival	see social programme for details
Saturday 3 December 10:05 AM		
Chipstead Bottom and The Woodman		
Leader: Paul C (07896 544328)	Length: 13 miles	
Meeting point: Kingswood station (zone 6)	Grade: Moderate	
Finish point: Carshalton station (zone 5)	Terrain: Woodlands, fields, lanes	
Travel: Take 9:20 from London Bridge (9:37 East Croydon), arr. Kingswood 10:05.		
Note: This walk takes in some hilly areas on the southern fringes of London. Pub stop at the Woodman in Woodmansterne during walk and at The Hope in Carshalton at the end of the walk, meeting the other walk ending there today.		
Saturday 3 December 11:00 AM		
Wandle Wander and Dark Beerfest		
Leader: Alison (07860 149252)	Length: 7 miles	
Meeting point: Earlsfield station (zone 3)	Grade: Leisurely	
Finish point: Carshalton station (zone 5)	Terrain: Flat, mostly hard riverside paths (no mud!)	
Travel: Take 10:42 from London Waterloo (10:51 Clapham Junction), arr. Earlsfield 10:54.		
Note: This wander along the River Wandle is a great excuse to go to the Dark Beer Festival at The Hope, Carshalton (less than 5 minutes from Carshalton station) This great pub is a community run pub and has won many awards including CAMRA Sutton Pub of the Year 2009 & 2010, CAMRA Croydon & Sutton Pub of the Year 2012–2016 and CAMRA Greater London Pub of the Year 2012 & 2013 and now 2016! The beer festival will be both in the pub and in the marquee in the garden focusing on dark ales, such as porters and stouts. Please note Saturday is the last day of this festival so some beer will have already sold out. No lunch stop (maybe a snack or three), pub stop with food at end of walk. We'll also meet the longer walk ending in Carshalton today in the pub.		
Sunday 4 December 10:30 AM		
Woodside Park Circular		
Leader: Catherine F (07500 601404)	Length: 11 miles	
Meeting point: Woodside Park tube station (zone 4)	Grade: Leisurely	
Finish point: Woodside Park tube station (zone 4)	Terrain: Riverbank, footpath, some road	
Travel: Check TfL journey planner to get to start on time.		
Note: Following section of the London Loop. Bring packed lunch, pub stop in the afternoon		
Tuesday 6 December 6:30 PM		
Christmas curry walk		
Leader: Ben C (07825 376397)	Length: 3 miles	
Meeting point: Baker Street tube station (zone 1)	Grade: Leisurely	
Finish point: Euston (Drummond Street)	Terrain: Spicy	
Note: *Please be aware of the slightly earlier than usual start time* Meet on Marylebone Road north side. Our annual Christmas curry walk. We'll walk the outskirts of Regents Park, then have a great curry on the backstreets by Euston Station.		
Friday 9 December	Maida Ale pub crawl	see social programme for details

Saturday 10 December 10:05 AM		Hurtwood Hills	
Leader: Orson (07793 746552)		Length: 16 miles	
Meeting point: Gomshall station		Grade: Moderate	
Finish point: Dorking station		Terrain: Hilly	
Travel: Take 9:00 from London Waterloo, change at Guildford (arr. 9:33, dep. 9:48), arr. Gomshall 10:03. Buy return to Gomshall.			
Note: This walk explores two of the highest peaks in Surrey without the really steep climbs. Expect dense woodland on the northern edges of the hills and great views to the south from the peaks. Bring packed lunch, pub stops for drinks only.			
Saturday 10 December 11:00 AM		Wandle Trail – Let's Go North	
Leader: David Y (07899 842762)		Length: 7 miles	
Meeting point: Morden tube station (zone 4)		Grade: Moderate	
Finish point: Wandsworth Town station (zone 2)		Terrain: Urban and parks	
Travel: Please check TfL journey planner to get to start on time			
Note: We'll walk along River Wandle through the heart of some of south London's formerly most industrialised landscape which has now turned into hidden green spaces. The walk ends up in a pub in Wandsworth. Please bring packed lunch.			
Sunday 11 December 11:10 AM			London Loop Section 1: Erith to Bexley
Leader: Simon B (07709 822652)		Length: 9 miles	
Meeting point: Erith station (zone 6)		Grade: Moderate	
Finish point: Bexley station (zone 6)		Terrain: Streets, riverside, parks	
Travel: Take 10:33 from London Cannon Street (10:45 Greenwich, 10:58 Woolwich Arsenal), arr. Erith 11:08. Please note, this train does not call at London Bridge.			
Note: This walk explores the first section of the London Loop, first by the bank of the Thames and then along the Rivers Derwent and Cray until finally finishing in Bexley. Sights en route include Dartford Creek Barrier, Crayford Marshes and Hall Place and there should also be refreshments along the way and at the end.			
Wednesday 14 December 6:30 PM		The Hoppy Christmas walk	
Leader: Andy H (07971 740839)		Length: 2 miles	
Meeting point: Temple tube station (zone 1)		Grade: Leisurely	
Finish point: St Mary Axe, nr Aldgate tube station (zone 1)		Terrain: Urban, pavements	
Note: *Please be aware of the slightly earlier than usual start time* This gentle stroll takes us from Temple across to the Metropolitan Walkers' Christmas party, located at St Mary Axe in the City.			
Wednesday 14 December		Met Walker Xmas party	see social programme for details
Saturday 17 December 10:30 AM		Jingling to the Bell	
Leader: David K (07807 748608)		Length: 14 miles	
Meeting point: Newport (Essex) station		Grade: Moderate	
Finish point: Audley End station		Terrain: Open fields, some undulating	
Travel: Take 9:28 from London Liverpool Street (9:40 Tottenham Hale) arr. Newport 10:27. Buy return to Audley End.			
Note: Walk takes in the wide open views over North Essex around Clavering and Arkesden. Pub stop for drinks only, bring a packed lunch. We will finish at a classic winter pub at the end, The Bell Inn. Will likely be dark towards the end of walk.			

Sunday 18 December 11:30 AM			London Loop Section 2: Bexley to Petts Wood
Leader: Simon B (07709 822652)		Length: 8 miles	
Meeting point: Bexley station (zone 6)		Grade: Leisurely	
Finish point: Petts Wood station (zone 5)		Terrain: Riverside, streets, woods	
Travel: Take 10:48 from London Charing Cross (10:50 London Waterloo East, 10:55 London Bridge, 11:05 Lewisham) arr. Bexley 11:28			
Note: This walk continues along the banks of the River Cray before passing through Scadbury Park and ending just after Jubilee Park. Refreshments possible en route and at the end. Bring a packed lunch.			
Sunday 18 December 11:30 AM		Festive Walk to Trafalgar Square Xmas Tree	
Leader: Christopher B (07949 709382)		Length: 6 miles	
Meeting point: Holland Park tube station (zone 2)		Grade: Leisurely	
Finish point: Trafalgar Square (zone 1)		Terrain: Parks, urban	
Travel: Check TfL journey planner to get to start on time			
Note: After passing St Volodymyr's statue, the walk explores Holland Park including a waterfall, before following the line of parks, Hyde Park, Green Park and St James's Park to Trafalgar Square with its Christmas tree. After the walk there is the option of a pub stop or listening to a free carol concert taking place under the Christmas tree at 2pm.			
Details: bit.ly/2qzIMZb			
Monday 19 December	Winter Mondayland	see social programme for details	
Tuesday 20 December 7:00 PM		A meander around Mayfair	
Leader: Katharine R (07801 068938)		Length: 3 miles	
Meeting point: Piccadilly Circus tube station (zone 1)		Grade: Easy	
Finish point: Piccadilly Circus tube station (zone 1)		Terrain: Pavements	
Note: Meet outside Clydesdale Bank on Piccadilly at surface level – use Exit 7 (labelled 'Piccadilly – south side') from Piccadilly Circus tube station. This walk explores the historical streets and squares of Mayfair. It's a circular walk with a pub stop at the end.			
Tuesday 27 December 11:05 AM		Walking With a Spring in Your Steps	
Leader: Simon B (07709 822652)		Length: 10 miles	
Meeting point: Ashwell and Morden station		Grade: Leisurely	
Finish point: Baldock station		Terrain: Fields and fields with a sprinkling of fields	
Travel: Take 10:04 from London Kings Cross (10:10 Finsbury Park), arr. Ashwell & Morden at 11:02. Buy return to Ashwell & Morden.			
Note: This walk explores the rural countryside of North Hertfordshire with a chance to visit some springs near Ashwell and Baldock. Bring a packed lunch although there will be a pub stop at lunchtime and at the end.			
Thursday 29 December – Monday 2 January			Met Walkers New Year in Exeter

Thursday 5 January 7:00 PM		Film, Music and Fashion in the West End
Leader: Katharine R (07801 068938)	Length: 3 miles	
Meeting point: Goodge St tube station (zone 1)	Grade: Easy	
Finish point: Trafalgar Square	Terrain: Pavements	
Note: Meet at the seating area outside Cafe Nero at the junction of Tottenham Court Rd and Tottenham St. Exploration of some of Soho's historical streets linked to the film, music and fashion industries. Pub stop at the end.		
Saturday 7 January 10:35 AM		Sevenoaks to Tonbridge (West Kent)
Leader: Peter D (07929 197711)	Length: 12 miles	
Meeting point: Sevenoaks station	Grade: Moderate	
Finish point: Tonbridge station	Terrain: Woods, fields	
Travel: Take 10:00 from London Charing Cross (10:03 London Waterloo East, 10:08 London Bridge), arr. Sevenoaks 10:35. Buy return to Tonbridge.		
Note: Walk goes through Sevenoaks Weald & Leigh. Bring packed lunch, pub stop at end of walk.		
Saturday 7 January 11:00 AM		 North Downs Way Part 1: Farnham to Guildford
Leader: Phil W (07808 071145)	Length: 11 miles	
Meeting point: Farnham station	Grade: Moderate	
Finish point: Guildford station	Terrain: Woods, hills	
Travel: Take 9:53 from London Waterloo (10:00 Clapham Junction), arr. Farnham 10:55. Buy return to Farnham, may need single Guildford-Woking on return.		
Note: This walk is the first in a series tackling the entirety of the North Downs Way. It follows the banks of the River Wey out of Farnham, passing through the lovely village of Puttenham before emerging in Guildford. Bring a packed lunch, pub stop at end of walk (and potentially en route as well).		
Sunday 8 January		Walk submissions welcome!
Want to see a walk in the programme today? Why not put one on yourself! metropolitan-walkers.org.uk/walksform		
Thursday 12 January 7:00 PM		Dandies, lawyers and monks
Leader: Will H (07866 311262)	Length: 3.5 miles	
Meeting point: Piccadilly Circus tube station (Exit 7: Piccadilly – south side) (zone 1)	Grade: Moderate	
Finish point: Blackfriars tube station (zone 1)	Terrain: Parkland and urban	
Note: This walk takes us from the world of the Regency dandy to the medieval Dominican monks on the banks of the Thames, taking in royalty, Parliament, Knights Templar and the judiciary for good measure. A quick ramble through history. Pub stop at the end.		
Friday 13 January	MetWalkers on Ice	see social programme for details

Saturday 14 January 10:25 AM		Horns Lodge and the Lockhart Tavern
Leader: Orson (07746 746552)	Length: 17 miles	
Meeting point: Lewes station	Grade: Moderate	
Finish point: Hayward Heath station	Terrain: Riverside paths, downland	
Travel: Take 9:17 from London Victoria (9:23 Clapham Junction), arr. Lewes 10:24. Buy return to Lewes.		
Note: A mixture of riverside paths, Sussex Downs and typical Sussex Weald. Bring packed lunch, pub stop during walk for drinks only and a new craft ale house/pub at end.		
Sunday 15 January		Walk submissions welcome!
Want to see a walk in the programme today? Why not put one on yourself! metropolitan-walkers.org.uk/walksform		
Wednesday 18 January	Games night	see social programme for details
Thursday 19 January	Monthly pub social	see social programme for details
Friday 20 January 7:00 PM		Maida Vale and surrounds
Leader: Rich T (07980 315065)	Length: 3 miles	
Meeting point: Edgware Road tube station (Circle, District, Hammersmith & City lines) (zone 1)	Grade: Easy	
Finish point: Maida Vale tube station (zone 2)	Terrain: Urban	
Note: Please note the start point – make sure you come to the correct Edgware Road tube station! A lovely little stroll along part of the Regent's Canal and up through Maida Vale. Pub stop at the end.		
Saturday 21 January 10:20 AM		Lee Valley to Epping Forest
Leader: David K (07807 748608)	Length: 13 miles	
Meeting point: Cheshunt station (zone 8)	Grade: Moderate	
Finish point: Theydon Bois tube station (zone 6)	Terrain: Canal paths and woodland	
Travel: Take 9:58 from London Liverpool Street (10:10 Tottenham Hale) arr. Cheshunt 10:18.		
Note: Walk follows the Lee Valley Canal path before exploring Epping Forest. Pub stop for lunch and after the walk.		
Sunday 22 January 10:40 AM		 London Loop Section 3: Petts Wood to Hayes
Leader: Simon B (07709 822652)	Length: 10 miles	
Meeting point: Petts Wood station (zone 5)	Grade: Moderate	
Finish point: Hayes (Kent) station (zone 6)	Terrain: Woods, fields, streets	
Travel: Take 9:55 from London Victoria (10:23 Bromley South), arr. Petts Wood 10:30 or take 10:06 from London Charing Cross (10:09 London Waterloo East, 10:14 London Bridge), arr. Petts Wood 10:39.		
Note: This section of the London Loop passes through Bromley Common before heading south, where a large majority passes through High Elms Country Park. After turning north it passes through Keston Common to finish at Hayes Common. Please bring a packed lunch although there may be refreshments en route.		
Tuesday 24 January	10 Pin Bowling	see social programme for details

Thursday 26 January 7:00 PM		Canada Water & Rotherhithe	
Leader: Ratul (07816 276336)		Length: 3 miles	
Meeting point: Canada Water (zone 2)		Grade: Leisurely	
Finish point: Rotherhithe (zone 2)		Terrain: Riverbank, Parkland, Urban	
Note: Please follow signs to 'Buses' when exiting Canada Water station. An almost circular walk from Canada Water to Rotherhithe. We walk through Canada Dock (making sure we don't lose anyone at the Decathlon buying cut price walking gear) & Greenland dock then head towards the Stave Hill Ecological Park which includes an artificial hill with views of Canary Wharf and the City. We shall then head towards the river and walk to a pub near to Rotherhithe tube station.			
Saturday 28 January 11:10 AM		Southern Surrey Stroll	
Leader: Rich T (07980 315065)		Length: 12 miles	
Meeting point: Witley station		Grade: Moderate	
Finish point: Godalming station		Terrain: Mix of countryside landscapes; undulating	
Travel: Take 10:15 from London Waterloo (10:22 Clapham Junction), arr. Witley 11:09. Buy return to Witley.			
Note: A nice walk through the Surrey countryside featuring woodland, an arboretum and a snippet of the River Wey. Finishing in Godalming where a pub will be on hand.			
Sunday 29 January 11:00 AM			London Loop Section 4: Hayes to Whyteleafe
Leader: Simon B (07709 822652)		Length: 11 miles	
Meeting point: Hayes (Kent) station (zone 6)		Grade: Moderate	
Finish point: Upper Warlingham/Whyteleafe stations (zone 6)		Terrain: Fields, woods, streets	
Travel: Take 10:21 from London Victoria (10:32 Denmark Hill, 10:41 Lewisham), arr. Hayes (Kent) 11:05. Please note this train does not call at Clapham Junction and the station should not be confused with Hayes and Harlington.			
Note: A surprisingly hilly section of the London Loop, offering possible views from the Addington Hills. We will also pass Wickham Court and go through National Trust land at Selsdon Wood towards Hamsey Green before finally arriving at Whyteleafe.			
Tuesday 31 January 7:00 PM		Just south of the river	
Leader: David Y (07899 842762)		Length: 3 miles	
Meeting point: Southwark tube station (zone 1)		Grade: Leisurely	
Finish point: Waterloo station (zone 1)		Terrain: Urban	
Note: This walk explores the neighbourhood around Southwark before heading north towards Tate Modern and the river bank. The walk ends in a nice pub near Waterloo station.			
Saturday 4 February 11:15 AM		Box Hill Winter Warm Up	
Leader: Orson (07793 746552)		Length: 13 miles	
Meeting point: Dorking station		Grade: Moderate	
Finish point: Dorking station		Terrain: Very hilly	
Travel: Take 10:24 from London Waterloo (10:33 Clapham Junction), arr. Dorking 11:11.			
Note: 710 m ascent; this hilly walk will be enough to test all your gear and your legs, plenty of steep ascents and descents. Bring packed lunch, pub stop at end of walk.			

Sunday 5 February 10:15 AM	Watford to Kings Langley via the Chess Valley
Leader: John H (07710 840348)	Length: 15 miles
Meeting point: Watford Junction station	Grade: Moderate
Finish point: Kings Langley station	Terrain: Undulating fields, woodland, roads
Travel: Take 9:54 from London Euston, arr. Watford Junction 10:09. Buy return to Kings Langley.	
Note: This walk will explore the quiet countryside outside of the M25 taking in the Chess Valley. Please bring a packed lunch as the pub stop will be for drinks only.	
Sunday 5 February 1:00 PM	Richmond to Balham
Leader: Caroline R (07879 441630)	Length: 10 miles
Meeting point: Richmond tube/train station (zone 4)	Grade: Moderate
Finish point: Balham tube/train station (zone 3)	Terrain: Parks and quiet streets
Travel: Check TfL journey planner to get to start on time.	
Note: We will follow the Capital Ring through some of south London's most beautiful parks and commons, finishing at the Devonshire pub in Balham.	
Tuesday 7 February	Grub Club @ Filipino see social programme for details
Thursday 9 February 7:00 PM	Pudding Lane to Pie Corner: The Great Fire of London Walk
Leader: Sarah C (07778 103415)	Length: 3 miles
Meeting point: Monument tube station (zone 1)	Grade: Leisurely
Finish point: Farringdon (zone 1)	Terrain: Pavement
Note: Meet outside the Fish Street Hill exit near the base of The Monument (just outside the station). 350 years ago the Great Fire of London raged, destroying most of the City of London. We will be tracing its course, ending in a pub near Farringdon tube station.	
Saturday 11 February 10:20 AM	Hatfield Forest
Leader: David K (07807 748608)	Length: 14 miles
Meeting point: Bishops Stortford station	Grade: Moderate
Finish point: Sawbridgeworth station	Terrain: Woods, fields
Travel: Take 9:40 from London Liverpool Street (9:52 Tottenham Hale) arr. Bishops Stortford 10:17. Buy return to Bishops Stortford.	
Note: Walk will circle through Hatfield Forest while passing through a disused railway path. Cafe for lunch in the forest, but bring a packed lunch as may be busy. We will head to The Gate Pub after the walk.	
Saturday 11 February 10:10 AM	A Punch Bowl
Leader: David Y (07899 842762)	Length: 12 miles
Meeting point: Milford station	Grade: Moderate
Finish point: Haslemere station	Terrain: Woods, fields and hills
Travel: Take 9:15 from London Waterloo (9:22 Clapham Junction), arr. Milford 10:05. Buy return to Haslemere.	
Note: We will walk through quiet heathland in the morning, and up the Devil's Punchbowl in the afternoon. Please bring packed lunch.	

Sunday 12 February 10:25 AM		Pegsdon Hills and Knocking Hoe	
Leader: Simon B (07709 822652)		Length: 15 miles	
Meeting point: Hitchin station		Grade: Moderate	
Finish point: Hitchin station		Terrain: Fields, woods, hills	
Travel: Take 9:52 from London Kings Cross (9:58 Finsbury Park), arr. Hitchin 10:22.			
Note: This walk explores a lesser known area of the Chilterns. We will stop off for lunch atop Telegraph Hill with a chance for the pub after before later passing Knocking Hoe and returning back to Hitchin. Please bring a packed lunch. Pub stop also possible at the end.			
Sunday 12 February 11:00 AM		Hampstead Heath to Whetstone	
Leader: Catherine F (07500 601404)		Length: 12 miles	
Meeting point: Hampstead Heath station (London Overground zone 2)		Grade: Leisurely	
Finish point: Totteridge & Whetstone tube station (zone 4)		Terrain: Riverbank, footpath, some road	
Travel: Check TfL journey planner to get to start on time.			
Note: Route through Hampstead Heath, then onto Dollis Valley Greenwalk. Bring packed lunch, pub stop in afternoon			
Wednesday 15 February 7:00 PM		Clapham Fest	
Leader: Gemma B (07769 188863)		Length: 3 miles	
Meeting point: Clapham North tube station (zone 2)		Grade: Leisurely	
Finish point: Clapham Common tube station (zone 2)		Terrain: Urban streets and common ground	
Note: Join us for a leisurely stroll around the back streets of Clapham, over the darkened common, by way of lit footpaths. The pub of choice will be in Clapham Old Town.			
Thursday 16 February	Monthly pub social	see social programme for details	
Please note that we were unable to check train times beyond this date at time of publication, so they may be subject to change – please check the website for updates			
Saturday 18 February 9:30 AM		Onwards to Braughing	
Leader: Will H (07866 311262)		Length: 18 miles	
Meeting point: St Margarets station (Herts)		Grade: Moderate	
Finish point: Bishops Stortford station		Terrain: Fields, river banks and some gradients	
Travel: Take 8:42 from London Liverpool Street (8:55 Tottenham Hale). Buy return to St Margarets (Herts). A single ticket to Broxbourne will be needed for the return journey from Bishops Stortford.			
Note: Moderate-to-strenuous pace owing to limited daylight. We will loosely follow a disused railway into the heart of East Herts, reaching lovely Braughing just over midway. Pub stop but bring a packed lunch. Pub at the end.			
Saturday 18 February 10:20 AM		Mountain Fitness walk part 1 of 5: Temple of the Winds	
Leader: Orson (07793 746552)		Length: 17 miles	
Meeting point: Haslemere station		Grade: Strenuous	
Finish point: Haslemere station		Terrain: Steep hills, woodland	
Travel: Take 9:30 from London Waterloo, arr. Haslemere 10:20.			
Note: This is the first and easiest walk in the five Mountain Fitness walks. These walks are aimed at improving fitness and stamina. This series of walks has plenty of steep ascents and descents along with a quick/fast pace. Bring packed lunch, pub stop for drinks only.			

Saturday 18 February 1:00 PM		Meander through the Marshes
Leader: Richie H (07786 262583)	Length: 8 miles	
Meeting point: Stratford tube/train station (zone 2/3)	Grade: Leisurely	
Finish point: Leyton tube station (zone 3)	Terrain: Mostly made paths along rivers, canals and parks	
Travel: In Stratford station follow signs to Westfield Stratford City. As you exit the station there is a Marks and Spencer on your left, which is the meeting point (this is M&S food level).		
Note: A meander through Queen Elizabeth Olympic Park, River Lee, nature reserves, Hackney/Walthamstow marshes and Leyton Jubilee Park. Eat lunch before walk, mid-afternoon café stop. Finish pub is Leyton Technical, which is an Antic pub with an excellent choice of real ales and ciders.		
Sunday 19 February 11:30 AM		Straight Outta Brompton!
Leader: Will S (07980 384801)	Length: 9 miles	
Meeting point: West Brompton tube/train station (zone 2)	Grade: Leisurely	
Finish point: Barnes Bridge station (zone 3)	Terrain: Flat –Thames path, parks, roads.	
Travel: Check TfL journey planner to get to start on time. West Brompton is on the District Line and London Overground and Barnes Bridge is on National Rail to Clapham Junction, Vauxhall and London Waterloo.		
Note: This walk will take in Brompton Cemetery (the only one run by the Royal Parks), King's Road, the Royal Hospital Chelsea, the Thames Path and several parks. While this walk is flat it could be a bit muddy towards the end on Barnes and Putney Commons. Please bring a packed lunch, pub stop at end of walk.		
Thursday 23 February 7:00 PM		Dover Street to Great Dover Street
Leader: Caroline R (07879 441630)	Length: 4 miles	
Meeting point: Green Park tube station (zone 1)	Grade: Moderate	
Finish point: Borough tube station (zone 1)	Terrain: Urban	
Note: Meet outside the exit on Piccadilly south side by Green Park. A wander through the contrasting streets of central London, finishing at The Roebuck pub in Borough.		
Friday 24 February	Return to Han	see social programme for details
Saturday 25 February 10:40 AM		Northern Stars of the South Downs Way
Leader: Tom F (07751 141686)	Length: 16 miles	
Meeting point: Newhaven Harbour station (NB the stop AFTER Newhaven Town)	Grade: Moderate	
Finish point: Eastbourne station	Terrain: Hills, woods, fields	
Travel: Take 9:17 from London Victoria (9:23 Clapham Junction, 9:33 East Croydon), change at Lewes (arr. 10:24, dep. 10:28), arrive Newhaven Harbour 10:40. Buy return to Eastbourne plus single from Lewes to Newhaven Harbour to cover extra part of outward journey.		
Note: Although the big finish over the Seven Sisters is perhaps the most familiar way to walk into Eastbourne, the South Downs Way in fact offers two options. This walk takes in some of the highlights of the northern, inland alternative, including Bostal Hill and the Long Man of Wilmington, on ridges either side of the Cuckmere Valley. Please bring packed lunch, pub stops during and after walk.		

Saturday 25 February 10:40 AM	 North Downs Way Part 2: Guildford to Westhumble
Leader: Phil W (07808 071145)	Length: 14 miles
Meeting point: Guildford station	Grade: Moderate
Finish point: Box Hill & Westhumble station	Terrain: Hills, woods
Travel: Take 9:33 from London Waterloo (9:41 Clapham Junction), arr Guildford 10:35. Buy return to Guildford, may need single Box Hill & Westhumble to Leatherhead on return.	
Note: Continuing the North Downs Way odyssey, this section takes in the beautiful St Martha's Hill and Church, an excellent viewpoint. It then descends to the village of Gomshall, and traverses the Denbies Wine Estate to end in Westhumble. Bring a packed lunch, pub stop at end (and potentially en route).	
Sunday 26 February 10:30 AM	Four River Crossings/Switched
Leader: David K (07807 748608)	Length: 12 miles
Meeting point: King George V DLR station (zone 3)	Grade: Moderate
Finish point: Tower Bridge (zone 1)	Terrain: Urban, river paths
Travel: Check TfL journey planner to get to start on time	
Note: A reverse of last year's walk crossing the Thames via ferry, cable car, foot tunnel and Tower Bridge starting from the north side of the river this time round. Early lunch stop by London's only lighthouse, pub for drinks after walk.	
Wednesday 1 March 6:50 PM	SE London 'Fields'
Leader: Catherine N (07814 898756)	Length: 3 miles
Meeting point: Ladywell station (zone 3)	Grade: Leisurely
Finish point: St John's station (zone 2)	Terrain: Parks, residential streets
Note: Note that the walk starts at the slightly earlier time of 18:50! This walk is timed to meet the train from Charing Cross/Waterloo East/London Bridge, but there is also an earlier train from Cannon Street, or you can bus/walk from Lewisham. Meet on southbound platform (no barriers). We'll loop round the parks of Ladywell, Blythe Hill and Hilly 'Fields' with views over London. A torch might be helpful. Finishing at the Talbot pub which seems to have a few ales plus a decent menu.	
Advance notice: Friday 17 – Sunday 19 March	Weekend away to Norfolk
Advance notice: Friday 28 April – Monday 1 May	Weekend away to the Peak District

Social programme

Thursday 1 December 7:00 PM	Pigs Ear Beer & Cider Festival
Organiser: Paul C (07896 544328)	socials@metropolitan-walkers.org.uk
Meeting point: Round Chapel, Glenarm Road, E5 0LY	Nearest stations: Hackney Central/Hackney Downs (zone 2)
Notes: Join us at the Pigs Ear Beer & Cider Festival. Food available. Entry is £5 (£3 CAMRA members). Please text or call Paul if you are unable to find the group on arrival at the venue.	
Booking: Not required	
www.pigsear.org.uk/festivals.htm	
Friday 9 December 6:45 PM	Maida Ale pub crawl
Organiser: Rich T (07980 315065)	socials@metropolitan-walkers.org.uk
Meeting point: Paddington tube – Hammersmith and City line exit	Nearest station: Paddington
Notes: The return of this three-pub pub crawl sees us blaze a trail through the neighbourhoods of Little Venice and Maida Vale in search of liquid sustenance. Feel free to catch a snack beforehand!	
Booking: Not required	
Wednesday 14 December 7:00 PM	Oh Come All Ye Ramblers... to the Met Walker Xmas party!
Organiser: Illana (07785 303859)	socials@metropolitan-walkers.org.uk
Meeting point: Craft Beer Co St Mary's Axe 29–31 Mitre Street, London, EC3A 5BU	Nearest station: Aldgate
Notes: The Craft Beer Co in St Mary's Axe has an excellent range of beers, ciders and wines. Come and join us in the basement area wearing your Christmas outfits!	
There is also an Italian restaurant across the road called Adriatico Bacari, where we're allowed to take food into the pub.	
Booking: Not required	
www.thecraftbeerco.com/st-mary-axe	
Monday 19 December 6:45 PM	Winter Mondayland
Organiser: Andrew T (07986 547921)	socials@metropolitan-walkers.org.uk
Meeting point: Marble Arch, W1C 1CX (From Marble Arch station, take Hyde Park exit, or walk from other exits or many nearby stations)	Nearest station: Marble Arch
Notes: If you haven't had enough Christmas fun at the Craft Beer House then join us for sleigh bells, glistening snow and the beautiful sight of rollercoasters and gluhwein at Hyde Park's Winter Wonderland.	
No fee to enter the park is free, some cost to eat/drink/play. Rides via tokens (£1 each, rides from 3 tokens)	
Meet at 6:45pm, it should be possible to join later (attractions are open until 10pm). Those who will be ready earlier please check the facebook event nearer the time for some bonus options / reccy opportunities.	
Pub stop at the end for drinks only.	
Booking: Not required	
www.hydeparkwinterwonderland.com	

Friday 13 January 6:10 PM	MetWalkers on Ice
Organiser: Catherine N (07814 898756)	socials@metropolitan-walkers.org.uk
Meeting point: Meet (with your ticket) in the archway at the entrance to the courtyard of Somerset House (Strand, WC2R 1LA).	Nearest station: Temple (and various others)
If you're early or late you can go ahead and join us on the ice.	
Notes: Come and defeat any post-Christmas gloom with some evening skating in the courtyard of Somerset House. Don't worry if you can't skate – there's a mini side rink to practise on.	
Bring thick socks and some gloves. You can't take bags etc. on the ice - cloakroom costs £1 per two items.	
We'll head to a nearby pub afterwards.	
Booking: Buy your own ticket ASAP for the 18:45 session. (Meeting time is earlier to allow for dropping bags and getting skates). It may well book up.	
Note: Ignore the fact that the website calendar page says '23:59' and click through to see ticket times available.	
Get your ticket before meeting up with the group (print 24 hours ahead, have them posted or collect from the on-site box office).	
www.somersethouse.org.uk/whats-on/skate-somerset-house/times-and-tickets	
Wednesday 18 January 7:00 PM	Games Night
Organiser: Sarah and Martin (07778 103415)	duskmaiden24@yahoo.co.uk
Meeting point: 337 Acton Mews, Hackney, London E8 4EA	Nearest station: Haggerston
Notes: Join us in January for a social at London's first dedicated games cafe Draught. Their games selection is vast and there's a good selection of alcoholic and soft drinks plus bar snacks.	
Booking: There is a £5 gaming fee per person which needs to be paid at least a week in advance of the social. Contact organiser on email above for bank details.	
www.draughtslondon.com	
Thursday 19 January 7:00 PM	Monthly Pub Social @ The Marquis Cornwallis
Organiser: Angela J (07912 874731)	socials@metropolitan-walkers.org.uk
Meeting point: Meeting point: The Marquis Cornwallis, 31 Marchmont Street, London, Greater London, WC1N 1AP	Nearest station: Russell Square
Notes: The Marquis Cornwallis serves traditional cask ales, craft beers, lagers, fine wines, maybe even a warming mulled wine, and pub food.	
We have an area reserved	
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.themarquiscornwalliswc1.co.uk	

Tuesday 24 January 8:00 PM		10 Pin Bowling	
Organiser: Ratul (07816 276336)		ratulray82@gmail.com	
Meeting point: Hollywood Bowl, Surrey Quays The Mast Leisure Park, 3A Teredo St, SE16 7LW		Nearest station: Canada Water/ Surrey Quays (zone 2)	
Notes: Swap your walking shoes for bowling shoes and join us for 10 pin bowling. Will book one game from 8pm and optionally join us for food from 7pm. The location is near Canada Water at Hollywood Bowl.			
Booking: The cost is £6.39 to be paid in advance. If you're on Facebook, please join the event to give organiser a rough idea of numbers beforehand. Please email Ratul to confirm at least 2 weeks ahead, and he'll send the payment details.			
www.hollywoodbowl.co.uk/our-centres/surrey-quays			
Tuesday 7 February 7:30 PM		Grub Club @ Filipino	
Organiser: Will L (07969 395138)		willmleonard@hotmail.com	
Meeting point: 4 Charlotte Street, Fitzrovia, W1T 2LP		Nearest station: Tottenham Court Road or Goodge Street tube stations	
Notes: Ever heard of Filipino food before? Me neither. Apparently it 'fuses together traditions from South East Asia, the Americas and Europe'.			
Booking: Sign up on Facebook page, or email organiser			
josephinesrestaurantcouk.webplus.net			
Thursday 16 February 7:00 PM		Monthly Pub Social @ The Draft House	
Organiser: Illana (07785 303859)		socials@metropolitan-walkers.org.uk	
Meeting point: Draft House 206–208 Tower Bridge Road SE1 2UP		Nearest station: London Bridge	
Notes: It's that time of year where all we want to do is curl up in front of the fire with a hot chocolate. But instead, why not come to the pub for drinks and stimulating conversation!			
We have an area reserved			
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.drafthouse.co.uk			
Friday 24 February 7:00 PM		Return to Han	
Organiser: Will L (07969 395138)		willmleonard@hotmail.com	
Meeting point: Han Restaurant 1 High Street, New Malden KT3 4DQ		Nearest station: New Malden train station	
Notes: A repeat of Alison's excellent Korean night with the added option of Karaoke afterwards in one of their private rooms. Sign up for (1) meal and karaoke or (2) just meal.			
Booking: Sign up on Facebook page, or email organiser			
hankaraoke.wordpress.com			

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 Dorchester. 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 Amsterdam, 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 – go to 'Weekends Away' at the bottom of the home page, 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, the locations we visit are always readily accessible by public transport, and there are usually plenty of options for accommodation. Many of our walks are 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: **20walk17**



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