

BMC London and South East Area Group Walk – Pre Event Information

Date: Saturday 10th June 2017

Start Time: 10:30 prompt

Location: Wendover National Rail Station (SP 86539 07738)

End Time: 17:00 approx

Lcation: Wendover Nation Rail Station (SP 86539 07738)

Distance: 10 miles

Total Ascent: 1700'. The route is undulating throughout with a couple of notable short but steep inclines.

BMC Participation Statement

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

The Start

The walk will start from Wendover National Rail Station which is a 48 minute train ride from London Marylebone and will finish at Wendover Station. If travelling from London a return ticket should be purchased (£17.40 off-peak return).

A car park and bike racks are available at Wendover Station.

The walk will begin at 10:30, if you are going to be late please call or text the walk leader using the details on the next page.

The Walk

The walk begins by joining the Aylesbury Ring and heads West to the small village of Ellesborough and its delightful church. Heading South the route climbs to the summit of Beacon Hill, a steep but short climb is rewarded with fine panoramic views of the Chilterns landscape including the town of Aylesbury to the North. There is a steep but again short descent back down to the main footpath which continues Southerly before joining up with the Ridgeway National Trail. Continuing to Lower Cadsden before rising again through Giles Wood to the summit Whiteleaf. Temporarily leaving the Ridgeway, an enclosed woodland path follows as the route makes its way up to Chequers, the country retreat of the Prime Minister. As it is unlikely we will get invited in for tea the walk will continue, meeting the Ridgeway again to the high point of the day, Coombe Hill. At 257 metres this viewpoint is a fine conclusion to the walk before heading back down to Wendover Station. Upon our return, there is the opportunity to stop for a drink in a local pub.

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The walk is approximately 10 miles long and 1700' feet of ascent will be encountered in total.

Mixed terrain will be encountered and the route is undulating throughout. A couple of paths are overgrown and stinging nettles are present on both sides. Trousers are recommended.

Please note that stiles are present on this walk.

What to wear and what to bring with you

Although technical ground will not be encountered it is recommended that a good pair of walking boots are worn as some sections are muddy.

As it is June, please bring suitable sun protection including sun cream and a hat as well as plenty of water!

Hopefully the weather will be warm and dry however please be prepared to bring a waterproof and extra warm clothes if this is not looking to be the case.

Please bring sufficient food and drink to last the day. Snack and lunch stops have been factored into the route.

Toilets are available at Wendover Station. Although there is a pub on route it is not a planned stop.

Under 18's

It is expected that most, if not all, participants will be adults. Under 18's are however welcome provided they are to be directly supervised at all times on the day by their parent or legal guardian who will take full responsibility for their care and welfare throughout.

Health Issues

If you have health issues that you believe might affect your ability to complete the walk safely then please let the leaders know in advance.

It is crucial to let the leader know if you suffer from any allergies in particular allergic reactions to stinging nettles or bee / wasp stings.

Contact

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