

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

**Date:** Saturday 30<sup>th</sup> September 2017

**Start Time:** 10:30 prompt

**Location:** Hassocks rail station (south bound side) (TQ 30422 15545)

**End Time:** 16:00 approx

**Location:** Hassocks rail station (TQ 30422 15545)

**Distance:** 10 miles

**Total Ascent:** 1600'. The route is undulating throughout with a couple of notable short but steep inclines and one long climb.

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## **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.

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## **The Start**

This circular walk will start from Hassocks rail station which is a 1h 20 minute train ride from London St Pancras. If travelling from London a return ticket should be purchased (£11.20 off-peak return).

A car park and bike racks are available at Hassocks 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 starts by heading south out of the village of Hassocks following the mainline to Brighton. At Clayton, a short ascent leads to the pair of windmills known as Jack & Jill before proceeding along the top of the chalk down land to the Chattri war memorial. Fine views towards the south coast will be seen as the route heads East then North to the trig point on the 248m summit of Ditchling Beacon. Depending on the weather, far reaching views to the North and South should be visible as the ridge is followed, briefly joining the South Downs Way before descending back to Hassocks.

The walk is approximately 10 miles long and 1600' feet of ascent will be encountered in total.

Mixed terrain will be encountered and the route is undulating throughout.

Please note, there are 5 stiles along the route.

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## **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 and will offer better ankle support.

As the walk is taking place at the end of September please bring an extra warm layer and a waterproof jacket.

Please bring sufficient food and drink to last the day. Snack and lunch stops have been factored into the route but there is nowhere to buy food after leaving Hassocks.

## **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**

Chris Stone

BMC London & South East Volunteer Hillwalking Rep

[lsehillwalking@hotmail.com](mailto:lsehillwalking@hotmail.com)

07565436725