

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

**Date:** Saturday 20<sup>th</sup> January 2018

**Start Time:** 10:00 prompt

**Location:** Tring rail station (outside ticket office) (SP 95290 12233)

**End Time:** 15:00 approx

**Location:** Tring rail station (SP 95290 12233)

**Distance:** 10 miles

**Total Ascent:** 1400'. The route is undulating throughout.

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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 Tring rail station which is a 45 minute train ride from London Euston. If travelling from London a return ticket should be purchased (£16.30 off-peak return).

A car park (£4.40 for the day) and bike racks are available at Tring station.

The walk will begin at 10:00, if you are going to be late please call or text the walk leader using the details on the next page.

## **The Walk**

Heading out from Tring station the walk quickly joins the Ridgeway National Trail, a route that has been used for over 5000 years. The trail is followed first to Pitstone Hill then to the trig point on the summit of Beacon Hill where the trail is left as the exposed ridge is taken to Gallows Hill with far reaching views throughout. Descending from the ridge the route heads south into the heart of the National Trust owned Ashridge Estate to the Bridgewater Monument and the NT visitor centre. The Hertfordshire Way is used to reach the village of Aldbury before the final leg back to Tring station.

The walk is approximately 10 miles long and 1400' feet of ascent will be encountered in total.

**Much of the route is on non-metalled tracks which are very likely to be wet, muddy and slippery. There are a couple of sections in particular which are very muddy.**

It is not anticipated any stiles will be crossed.

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## **What to wear and what to bring with you**

As the walk is taking place in January and mainly follows non-metalled tracks it is essential that a good pair of walking boots are worn with a decent sole to aid with stability on the muddy and slippery sections. Gaiters are also highly recommended.

It is also advisable to bring an extra warm layer and a waterproof jacket, it is likely to be cold and may also be wet.

Please bring sufficient food and drink to last the day. Snack and lunch stops have been factored into the route but the only place to buy food along the way is at The National Trust Visitor Centre at the Bridgwater Monument which is towards the end of the walk. Also, there are no toilets along the route except at the visitor centre.

## **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.

Please 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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