

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

Date: Sunday 10th June 2018

Start Time: 11:00 prompt

Location: Lewes rail station – Main entrance (TQ 41651 09822)

End Time: 17:30 approx

Location: Lewes rail station (TQ 41651 09822)

Distance: 14 miles

Total Ascent: 2000'.

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

This circular walk will start from Lewes rail station which is just over 1h from London Victoria. If travelling from London a return ticket should be purchased (£29 off-peak return).

A car park (£2.15) and bike racks are available at Lewes Station.

The walk will begin at 11:00, if you are going to be late please call or text the walk leader using the details on the next page.

The Walk

Meet at 11:00 for a circular hill walk from Lewes in the glorious South Downs National Park with far reaching views of rolling hills. Leaving Lewes by the south west the trail soon joins the South Downs Way and follows it north to the walk's high point of 700 feet at Plumpton Plain. The track joined at this point is one that over 80,000 people walk each year connecting Ditchling Beacon with the market town of Lewes and although it's 200m above the sea, the path is flat meaning surface water is a big problem. The BMC's Mend Our Mountains campaign is raising £25,000 to repair, strengthen and add drainage to this 1km-long track so it can sustain the thousands of people that use it. This walk provides an opportunity to see why the funding is required and where the money raised will be used. Continuing east along the ridge the route descends back to the rail station at Lewes.

The walk is approximately 14 miles long and 2000 feet of ascent will be encountered in total. If you would like to see the proposed route in advance please contact the walk leader.

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Some of the route is on non-metalled tracks which may be wet, muddy and slippery depending on the weather leading up to the walk and on the day.

Undulating hills are encountered throughout with three distinct ascents.

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 may be 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 which will involve sitting on the ground as there are no benches on route. There is nowhere to buy food along the route once departed from Lewes.

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

Chris Stone

BMC London & South East Volunteer Hillwalking Rep

lsehillwalking@hotmail.com

07565436725